



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith

1986

July - August

THE PRESIDENTS PAGE

Your 1986 membership dues are due now. Over 70% of the members are delinquent. Unless your dues are brought current you will be dropped from our mailings. An easy check is to look at your address label. If it says 1985 we list you as not paid for 1986. If there is a problem give Paul Garrett (925-3247) or myself a call. Lets increase our membership. Recruit a new member or two.

I am getting excited about the quality and character of the races. Also the number of race entrants appears to be increasing. Take a friend to your next race. Lets think positive. Keep your eye on Gary Smith's race schedule.

Lets hear it for the ladies. Congratulations to KVRRC members Betty Young and Annette Castelle. On May 10th Betty was the 1st overall woman finisher in the WVSCA/USMC 10K race and on May 11th Annette was winner of the CAMC Womens 5K race. By the way both Betty and Annette were among a large group of KVRRC members that completed the May 24th Elby's 20K race in Wheeling. How about that course!

Another "Good Show" was put on May 31st at the Marmet 5-Miler. Carolyn Broggi was the race director.

Also congratulations to Jim "Too Fast" Woodrum, race director and sponsor of the first Baskin-Robbins 5K road race held June 7. The race was a total success with 350 plus finishers. Look out next year Jim might set a world record.

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	744-0575
Carroll Young	727-9844
JoAnn Urofsky	345-
Paul Garrett	925-3247
Bill O'Dell	744-4918
Don Barnett	744-0816
Mike Pfyrt	776-5592
Mike Province	744-6466
Carol Graham	744-5148

Dave Fields	Alternate	
David Copeland	Alternate	
Gary C. Smith	Newsletter, Race Calendar	744-1099

FROM THE EDITOR:

KVRRC POOLSIDE PICNIC

The picnic planning committee has finalized plans for the upcoming poolside picnic. This year's picnic will take place at 1:00 PM on August 16. The location is 1422 Quarrier Street, Charleston, WV. We request that participants bring a covered dish. The activities planned for the day will include swimming, eating, drinking, socializing, and a special surprise event, so bring your running gear. Take this chance to meet socially the people that you normally see only at races.

The KVRRC board members will be available during the day to answer any questions you may have about the club, running, or any ideas that you may have to improve our organization.

See you all there!

Mike Province



TRAINING COURSE MAP

In this issue is a map compliments of Carroll Young of some of Charleston's more popular training routes and their approximate distances as measured by his car. Useful items like this or descriptions of your favorite training route, favorite race or a recounting of your most memorable running story are always welcome, and needed.

ADOPTION KEEPS CHARLESTON CLEAN
By Dave Ellis

Sounds dumb don't it? Well it ain't!

The bleach bottles, old tires, etc will not disappear as a result of my actions, but my street sure looks better. Your street could look better with just a little extra effort.

When I first started running I would occasionally pick up an empty can, bottle, or some other kind of trash and carry it home to throw away. Once in a while I was lucky and ran by a trash can, and other times I just threw it over a wall beside the road. I've been doing that for over six years now. I adopted my street.

Anyway, the details are not important. This is certainly not a magic solution to the overwhelming trash problem in West Virginia, but I am doing something about it! ARE YOU?

The important thing is you, me, all of us. We can make a difference. Adopt a street, at least the one you live on.

ADOPTION CAN KEEP YOUR TOWN CLEAN! Doesn't sound so dumb after all!

By the way, the City of Charleston picked up my 6 years of accumulated trash recently. Thanks Tom Vasale!

PRESIDENTS PAGE (Continued)

"Good Luck" to everybody running the August 30th Charleston Distance run. I hope you have trained well enough to finish with class and character. If you need an application or have a problem you can call Mary Johnson at 348-6464 or 348-8174, in the Mayor's office.

The Sunday morning long runs of the Charleston Distance Run course are alive and running. There are groups leaving the Virginia Street starting line at 6:30, 7:00, 7:30, and 8:00 A.M. You are invited.

Don't forget the OakHill to Fayetteville 20K on August 2nd at 8:00 A.M. The race application is printed in this newsletter.

I want to make you aware that this years Almost Heaven Marathon has been scheduled for December 6, 1986 with a 10:00 A.M start. As you know the course is all flat except for the Patrick Street Bridge. Bill O'Dell, 744-4918, is the race director, and again this year we are going to be big on "Quality". The application is printed in this newsletter.

KVRRC member Gene Fuller has been "under the weather" and has a long way to go to be on the road again. Lets give Gene all the support we can.

Be aware of Mike Province's article about the KVRRC pool party in this newsletter.

Remember your membership dues.

Patrick and I will see you at the races.



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POTOMAC HIGHLANDS
RUNNING VACATION**

- Comprehensive Wellness Program
- Magnificent Wilderness Setting
- Personalized Approach: Beginner thru Elite
- Make New Friends



"The Perfect Vacation"

July 27 - August 1, 1986

ACCOMMODATIONS:

All rooms COMPLETE with:
Linens/Towels
Central Air and Heat
Color TV
Phones
Bath/Shower

FEES:
\$269. Per person
Based on 4 per room
\$339. Per person
Based on double occupancy
\$389. Single occupancy

ALL rooms equipped with two double beds.

Join Us!

THE DAILY SCHEDULE
A wellness-Total Fitness Approach

The daily mixing of running, instruction, recreation, relaxation, and nutrition makes the Potomac Highlands Running Vacation a unique experience.

- 7:00 Wake-up - stretching - and slow runs of varying lengths
- 8:30 Breakfast
- 9:30 Clinics
- 11:00 Swim/Recreation
- 12:00 Lunch
- 1:00 Rest/Free Time
- 1:30 Demonstrations/Workshops
- 2:30 Recreation/Free Time
- 4:30 Runs: Including intervals, speed workouts jogging, middle range and long runs
- 6:15 Dinner
- 7:15 Recreation and Social Events (including films, discussions, hayrides, dancing, roller skating, etc.)

Aerobic exercise sessions and therapeutic massage technique will be included daily.

PLEASE ENROLL ME IN THE NEW BALANCE POTOMAC HIGHLANDS RUNNING VACATION
JULY 27 - AUGUST 1, 1986

Name _____ Birth Date _____
Address _____ City _____ State _____ Zip _____
Telephone _____ Running Club or School _____
Brief comment on recent running experience:
(Best race times, distances, amount of training) _____

Are you a strict vegetarian? Yes No Explain _____
Goals: _____
Signature _____ Parent or Guardian _____
T-Shirt Size: Small Medium Large \$100.00 Deposit Enclosed: Balance Due On Check In.
MAKE CHECKS PAYABLE TO: POTOMAC HIGHLANDS RUNNING VACATION

cb Carl Hatfield • 712 So. Chestnut Street • Clarksburg, WV 26301 • Tel. 304-624-9239

**Tenth Annual
WV 20 KM Championship**
sponsored by WDAY-TV

Sat. Aug. 2 8 a.m. Oak Hill to Fayetteville

Course starts at Collins Middle School, Jones Ave., Oak Hill off Rt. 61. Runners follow Jones Ave., turn left onto Main St., through East End Oak Hill. Turn right at 7-// onto Salem-Gatewood Rd. The hilly scenic country road is the major part of the course. It winds into Fayetteville with the finish line at Pirate Stadium on High St. Showers available at Memorial Building.

Pre-register by Friday, July 25th to pay low entry fee of \$6 which includes free t-shirt & admission to lunch/awards.

late registration \$12 NO EXCEPTIONS

AWARDS	AGE GROUPS	Timed splits
1st 10 finishers	15 & under	35-39 1,3,5,7,9 mi
1st 3 in each age group	16--20	40-49
1st 5 women	21-24	50+
1st woman in age groups	25-29	10 water stops
1st 5-person official team	30-34	

Hardees lunch for all runners & guests (\$3.50) prior to awards ceremony

BEST TIMES: Male 1981 Steve Heatherington 1:04.58
Female 1985 Liz Ervin 1:22.14

1985 winner David Kline 1:05.31

I HEREBY WAIVE & RELEASE ALL RIGHTS & CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE SPONSORS, MUNICIPALITIES OF OAK HILL & FAYETTEVILLE, AND OFFICIALS OF THE 20 KM. RACE ON 8/2/86 OF ALL INJURIES SUFFERED BY ME IN SAID EVENT. I VERIFY I HAVE SUFFICIENTLY TRAINED & AM PHYSICALLY FIT FOR THIS EVENT.

SIGNATURE _____ (PARENT IF UNDER 18) AGE _____ SEX _____
PRINT NAME _____ OCCUPATION _____
ST. ADDRESS _____ CITY, ST., ZIP _____

T-SHIRT SIZE _____ PICNIC? YES _____ NO _____ NO. OF GUESTS _____ \$3.50 EACH

mail to: Fayette Plateau Chamber of Commerce 214 Main St. Oak Hill, WV 25901
questions? call 304-465-5617

SCHEDULE OF EVENTS
JULY - AUGUST 1986

RT: Registration Time
ST: Starting Time
SP: Starting Place
EF: Entry Fee
RD: Race Director

July 4, 1986

Friday
7th Independence Day 10K

RT: 7:00 AM
ST: 8:00 AM
SP: Laidley Field
EF: \$6.00/\$7.00
RD: American Cancer Society
346-3409

July 13, 1986

Sunday
Scenic Mountain Triathlon

RT: 10:00 AM
ST: Summit Lake 8 miles east
SP: of Richwood on Route 39
EF: \$10.00
RD: Richwood Chamber of Comm.
846-6790

July 19, 1986

Saturday
BRCA Womens Distance Festival 5K

RT: 5:00 PM
ST: 7:00 PM
SP: 10th Street Ritter Park
EF: \$5.00/\$6.00
RD: Huntington Track Club
Rick Jackson 525-3460

July 5, 1986

Saturday
New Martinsville Regatta(5M)

RT: 10:00 AM
ST: New Martinsville, WV
SP: New Martinsville Regatta
P O BOX 41
New Martinsville, WV 26155

July 12, 1986

Saturday
Ridgerunner Races (26.2M,10M,2M, and 1M)

RT:
ST: North Bend State Park, Cairo, WV
EF: 643-2931

July 12, 1986

Saturday
CAP 10K

RT: 7:30 AM
ST: 8:00 AM
SP: Coonskin Park
EF: \$6.00/\$7.00
RD: Civil Air Patrol
Tom Morris

July 19, 1986

Saturday
Great Teays 10K

RT: 8:30 AM
ST: Hurricane High School
SP: Hurricane High School
EF: \$6.00/\$7.00
RD: Great Teays Running Club
562-3908

July 26, 1986

Saturday
Race Against MS

RT: 7:30 AM
ST: 9:00 AM
SP: Town Center Mall
EF: \$6.00/\$8.00
RD: Multiple Sclerosis Society
Alan Mills 344-0241

July 19, 1986

Saturday
Island Park 5K (and 1M Fun Run)

RT: 7:00 AM
ST: 9:00 AM
SP: Island Park-Ronceverte
EF: \$5.00/\$7.00
RD: Greenbriar Valley R R
645-6722 after 5:00 PM

July 27 - August 1, 1986

Six Days
Potomac Highlands Running Vacation

RT: See ad this issue
ST: Canaan Valley State Park
SP: Canaan Valley State Park
EF: Carl Hatfield 624-9239
RD: Carl Hatfield 624-9239

August 9, 1986

Saturday
5th Hardee's Challenge Run 10K

RT: 7:30 AM
ST: 9:00 AM
SP: Hardee's Bridgeport, WV
EF: \$6.00/\$7.00
RD: Hardee's Box 263
Bridgeport, WV 26330

August 9, 1986

Saturday
4th Aracoma Story 5K

RT: 8:00 AM
ST: 9:00 AM
SP: Chief Logan State Park
EF: \$6.00/\$7.00
RD: Evelyn Adams 752-6729
Peggy Moseley 583-7168

August 16, 1986

Saturday
3rd WV Sports Festival (5M)

RT: 7:00 AM
ST: 8:30 AM
SP: Oak Hill HS Oylar Avenue
EF: \$7.00/\$8.00
RD: Fayette County Ridge Runners
465-1850

August 30, 1986

Saturday
Charleston Distance Run (15M)

RT: Must pre-register
ST: 8:00 AM
SP: Charleston Civic Center
EF: \$8.00
RD: Nemo Nearman

August 2, 1986

Saturday
Oak Hill - Fayetteville 20K

RT: 7:00 AM
ST: 8:00 AM
SP: Collins Middle School
Jones Avenue Oak Hill
EF: \$6.00/\$12.00
RD: Fayette Plateau Cham. of Comm.

August 9, 1986

Saturday
Bluestone Valley 10K

RT: 7:30 AM
ST: 8:30 AM
SP: Spanishburg High School
EF:
RD:

August 16, 1986

Saturday
Cystic Fibrosis 5K Run

RT: 8:30 AM
ST: Scott High School
SP: Scott High School
EF: \$8.00/\$9.00
RD: Peggy Pauley
369-3513

August 24, 1986

Sunday
CPA Mile

RT: Noon
ST: Staggered - Starting at 1:00 PM
SP: Kanawha Blvd at Ruffner Park
EF: \$6.00
RD: WV Society of CPA's
342-5461



LOOKING AHEAD

September 20, 1986 MAC 3-Miler, Moorehead KY
October 12, 1986 9th Black Walnut 10K, Spencer
October 19, 1986 University Classic 10-Miler

Race directors should immediately contact
the KVRRC regarding cancellation or re-
scheduling of events. Please provide race
information to:

Gary C. Smith
250 F Street
South Charleston, WV
25303
744-1099 (after 6PM or
weekends

3rd Annual West Virginia Sport's Festival

5535 M M I X L E E E E E R R R
 5535 M M H I L E E E A R R
 5535 M M I L L L L E E E E R R R

Sponsored by Fountain Terrace Shopping Center
 Oak Hill, WV

DATE & TIME: August 16, 1986. Walker's Race Time 8:15 A. M.
 Runner's Race Time 8:30 A. M.

PLACE: Oak Hill High School, Oyster Avenue, Oak Hill, WV

REGISTRATION: Pre-registration is encouraged. Registration on race day will be from 7:00 - 8:00 A.M. \$7.00 pre-arranged registration \$8.00 race day. Make checks payable to WV Sports Festival 5-Miler. Restrooms and showers available.

COURSE: Starts and ends at Oak Hill High School. First 1 1/2 miles mostly flat. Miles 1 1/2 - 4 hilly countryside. Last mile flat to Collins. Splits at 1.3 mile marks. Water stops at 1 mile and 3 1/2 miles.

AWARDS: Low slava's T-shirts and caps to first 150 registered. Awards to first 3 male & female finishers overall. Awards to top 3 in the following male and female age categories. No duplicate awards. A random drawing for many prizes following the race.

- MALE & FEM. SPECIAL WALKERS
- UNDER 16
- 17 - 23 Overall Champion
- 24 - 29 Top 3 in following
- 30 - 34 250 groups,
- 35 - 39 Under 29
- 40 - 45 30 - 45
- OVER 50 46 & Over

ORGANIZED & HELD BY: WV Sport's Festival & the Fayette County Ride Runners

MAIL ENTRY FORMS TO: Tom Ditty / Race Director
 Rt. 1 Box 206-11 25840
 Fayetteville, WV 25840
 Phone: (304) 465-1830

Tear off and mail

NAME _____ MAILING ADDRESS _____ ARE ON RACE DAY _____
 T-SHIRT SIZE (Circle one) S M L XL RUNNER OR WALKER _____ SEX _____

ATHLETE'S RELEASE:
 I waive any and all claims for myself, my heirs, and executors against the West Virginia Sports Festival, Fayette County Ride Runners, City of Oak Hill, Fayette County Board of Education, any sponsors and their employees, representatives, or agents for any illness or injury which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this event.

DATE _____ SIGNATURE _____
 PARENTS' SIGNATURE IF UNDER 16 _____



1040

U. S. Individual Income Tax Run
 Dept. of the Treasury-Internal Running Service
 August 24, 1986

1986 MILE
 OMB 304/342-5461

Your first name and initial _____ Last name _____
 Present home address (number, street, apt., route) _____ Your age and sex _____
 City, town or post office, state and zip code _____ Your shirt size: _____
 Child S M L XL _____
 Your daytime phone _____

Filing Status _____
 Check only one box.
 1. _____ Age Group Category Only (specify category from below)
 2. _____ Wheelchair
 3. _____ Husband and Wife (list both names)
 4. _____ Heavyweight (200 lbs. +)
 5. _____ Member of the West Virginia Society of CPAs
 6. _____ Open

Please read before signing:
 I understand that I waive all rights and claims for any damage or injuries that I, my heirs or my assigns may have against the West Virginia Society of Certified Public Accountants or their representatives, assigns or agents. I hereby attest that I am physically fit and not suffering from any injuries or other condition which might be aggravated by participating in this run. I have read the entry information provided and certify my compliance by my signature. I also understand entry fees are non-refundable. Under penalties of perjury, I declare that I have examined this entry form and accompanying schedules and statements, and to the best of my knowledge and belief, they are true, correct and complete. Declaration of preparer (other than runner) is based on all information of which the preparer has any knowledge.

Please Sign Here
 Your signature _____ Date _____ Parent/guardian (for under 18)
 The entry fee for each category is \$6.00. Please make checks payable to the West Virginia Society of CPAs and mail them to:
 The West Virginia Society of CPAs
 P. O. Box 1142
 Charleston, WV 25324
 Category: _____ Amount enclosed: _____
 (Detach and mail the top part of this form.)

The West Virginia Society of Certified Public Accountants is sponsoring the 1986 CPA Mile (formerly the Kanawha Boulevard Mile) on August 24, 1986 in conjunction with the 1986 Sternwheel Regatta.
 The race will be a flat, straight course from Ruffner Park on Kanawha Boulevard to the South Side Bridge. Preregister by mail or register from 11:30 a.m.-1:00 p.m. on race day at Ruffner Park. The entry fee is \$6.00 per class. You may enter in your age group and the special classes by submitting separate applications and entry fees for each class. Separate classes will be run for males and females in each of the following age groups: 9 & under; 10-12; 13-15; 16-19; 20-29; 30-39; 40-49; 50-59; 60+. Five special classes will be run following the age groups: wheelchair; husband and wife; heavyweight (200 lbs. +); CPAs; and open. The first division starts at 1:00 p.m. with additional heats starting approximately every 10 minutes.

Awards will be presented to the top four in each division and there will be t-shirts for the first 250 runners (one per person).

The West Virginia Society of CPAs would like to acknowledge the help of the Kanawha Valley Road Runners Club and the Kanawha Valley Amateur Radio Club.

SEE YOU RACE DAY!

ALMOST HEAVEN MARATHON

DECEMBER 6, 1986

STARTING TIME 10AM.
 REGISTRATION 9AM.
 SPONSORED BY KANA WAH VALLEY ROAD RUNNERS.
 PRE-REGISTRATION FEE \$6 BEFORE DEC. 1, 1986, \$10 AFTER.
 TAC CERTIFIED.
 FOR INFORMATION CALL 744-4918, 744-0575, 925-3247.



- AWARDS.**
 1ST FIVE MEN AND 1ST THREE WOMEN OVERALL.
 1ST AND 2ND PLACE MASTERS(40+) FOR MEN AND WOMEN.
 1ST AND 2ND PLACE IN EACH AGE GROUP.
 SHIRTS TO ALL REGISTRANTS.
AGE GROUPS (MEN AND WOMEN)
- | | |
|--------------|-------|
| 20 AND UNDER | 41-45 |
| 21-25 | 46-50 |
| 26-30 | 51-55 |
| 31-35 | 56-60 |
| 36-40 | 61+ |

COURSE INFORMATION.
 26.2 MILES BEGINNING AND ENDING NEAR THE WVU MEDICAL BUILDING AT CAMC MEMORIAL DIVISION ON 31ST STREET IN KANA WAH CITY. THE FIRST 8+ MILES ARE IN KANA WAH CITY. THE NEXT 9 MILES TAKE YOU ALONG HACCORCKLE AVE. ACROSS THE PATRICK ST. BRIDGE TO THE KANA WAH BLVD. YOU FOLLOW THE BLVD ALMOST BACK TO THE 35TH STREET BRIDGE. AT 17 MILES YOU TURN AROUND AND RETRACE THE PATH BACK TO CAMC FOR THE FINISH. THE COURSE IS FLAT EXCEPT FOR THE PATRICK ST. BRIDGE. WATER STOPS WILL BE SET UP EVERY 3 MILES. SPLITS WILL BE GIVEN AT 1.5, 10, 15, 20, 25 MILES. SHOWERS ARE AVAILABLE ON THE 4TH FLOOR OF THE WVU MEDICAL BUILDING. THE COURSE WILL CLOSE AFTER 5 HOURS. ANYONE ON THE COURSE AFTER 3PM WILL BE ON THEIR OWN.

AWARDS CEREMONY.
 FOLLOWING THE RACE AT 2:30PM THERE WILL BE A COVERED BISH DINNER ON THE 4TH FLOOR OF THE WVU MEDICAL BUILDING. HOT(OR COLD) SOUP, DRINKS, AND UTENSILS WILL BE PROVIDED BY KYRR. BRING A DISH TO ADD TO THE MEAL. NON-RUNNERS THAT DO NOT BRING A DISH WILL BE CHARGED \$1.

ENTRY FORM (MAIL TO: KYRR BOX 2282 CHARLESTON, WV 25328)

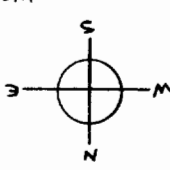
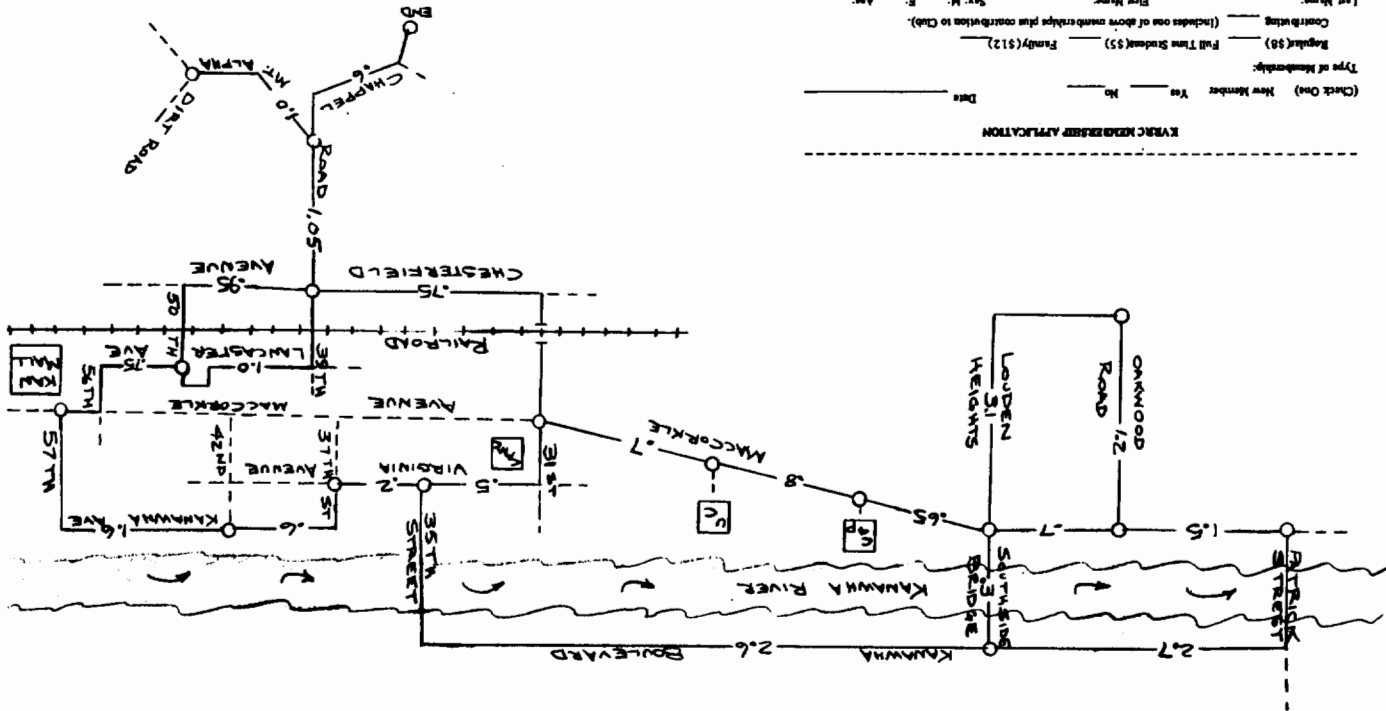
NAME: _____ AGE: _____

ADDRESS: _____ SEX: _____

CITY, STATE, ZIP: _____ T-SHIRT SIZE: _____

I WISH TO ENTER THE RACE AND HEREBY RELEASE THE KYRR FROM ANY LIABILITY FOR INJURY OR ACCIDENT FROM MY PARTICIPATION. I VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THIS EVENT.

SIGNATURE: _____
 (PARENTS' SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OLD.)



KYRR MEMBERSHIP APPLICATION

(Check One) New Member Yes No

Type of Membership: Regular (\$8) Full Time Student (\$5) Family (\$12) Contributing (Includes one of above memberships plus contributions to Club)

Last Name: _____ First Name: _____ Sex: M: F: Age: _____

Home Address: _____ City: _____ State: _____ Zip: _____

Home Phone: () _____ Office Phone: () _____

Occupation: _____ Student's School: _____

Family Membership Number: _____ Date of Birth: _____

NOTE HERE IF CHANGE IN ADDRESS

1. _____
 2. _____
 3. _____
 4. _____

MAKE CHECK PAYABLE TO: THE KANAWHA VALLEY ROAD RUNNERS CLUB
 P. O. BOX 2282
 Charleston, West Virginia 25328