



Michael C. Pyryt, Editor

1988

July-August

The President's Page

The road racing circuit in and around Charleston, West Virginia had plenty of excitement in May and June. On May 15, 1988, the KVRRC teamed up with John's Cyclery of St. Albans for the Kanawha-Teays Biathlon (see results in this issue). Congratulations to KVRRC member Bill Shultz and his volunteers. It was a great event. We are already talking about next year.

I have labeled the weekend of June 4th and 5th, "West Virginia 5K Weekend". The number of finishers in two races approached 1000. Congratulations to KVRRC member Jim Woodrum, who did a great job as Race Director of the Banana Split 5K. Don Norman (14:34) and KVRRC member Joni Adams (18:51) set course records in that race. On Sunday the Symphony Fun Run 5K was won by KVRRC members Frank Lewis (15:45) and Debbie Crites-Carmichael (20:03).

The weekend of June 18th and 19th was also exciting. On Saturday KVRRC member Sharon Jones put together the Mountaineer Spirit 5-Miler, a solid well-organized race. On Sunday, the 3rd annual Charleston Criterium Bicycle races sponsored, in part, by KVRRC member Rich Harper, owner of John's Cyclery of St. Albans, were run. Several KVRRC members made the transition from running to biking-- Leonard Heger, Dennis "Race" Hamrick, Ron Plott, Tom Poole, Mary McGuckin and Mark Robinson. KVRRC member Diana Morris won the Will Cooke Citizens Race.

I would also like to mention other fine performances by KVRRC members. Darlene Norman (1:20:41) won the Women's Masters

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III President/Treasurer 744-0575
 Paul Garrett Vice President
 Membership Chairman 925-3247
 Annette Castelle Secretary 343-9371
 Dave Ellis Director 344-4488
 Dennis Hamrick Director 344-8342
 Bill O'Dell Director 744-4918
 Mike Pyryt Director/Newsletter 776-5592
 Bill Shultz Director 768-8472
 Fred Waybright Director 768-9065

Gary Smith Alternate 744-1099
 Dave Fields Race Calendar 548-4761
 Alternate

FROM THE EDITOR:

I'd also like to reiterate Pat's congratulations to Race Directors, Bill Schultz, Jim Woodrum, and Sharon Jones. They clearly realize the amount of effort it takes to put on a quality event. I would remind potential race directors to carefully review Gary Smith's Race Management Checklist in the March-April Runners Sole when planning races. There should be water stops at EVERY race (each mile preferred). Race directors who fail to have water stops at 5K races are courting disaster. There is also no excuse for 3.5 mile 5Ks. The KVRRC can provide assistance in measuring courses and provide information about TAC certification procedures.

It's time for both high- and low-mileage runners to make hill training part of their repertoire. I know that I'm in shape when I can run up Mt. Alpha in Kanawha City. Another indicator of my conditioning is the placement of my stomach after turning on Oakwood at George Washington High School. Paul Wright suggests running Porter Road across from C & P on MacCorkle Avenue for a challenging training run. I'd like to solicit other alternative courses for future issues.

Jerry Herndon and I have a special T-shirt Quilting Project in mind. I would ask each KVRRC member to donate one "prided" T-Shirt. Please give the shirt to Jerry or me by August 8. Feel free to call me at 776-5592 for more information.

Finally, I'd like to commend Rocco Muriale of Rocco's Ristorante and Jim Woodrum of Baskin Robbins for their excellent pre-race pasta parties and post-race festivities.

I hope you find this issue informative. Oak Hill is only a month away. It's time for lactic acid buildup and ibuprofen and fluid replacement treatments. SEE YOU AT THE RACES !!!!!
 MIKE PYRYT

The President's Page (Continued)

Division and Frank Lewis (1:11:48) finished 19th place in the 12th annual Elby's 20K Road Race. Ken Tallman completed his 13th consecutive Boston Marathon. John Barnette was race director again for the Sundown Showdown 5K. Nemo Nearman was race director for the Kim Yanov 5K Memorial run. Joe Pat Young of Summersville (age 14) ran 28:37 in the WVU 5-miler. The multi-talented Otto Drescher has been winning his age group regularly and ran a 35:07 WVU 5-miler. Carroll and Betty Young both won their age group in the WVU 5-miler with a combined time of 1:45:31. How about Jay Dawkins? He is getting faster and closer to the front each week. Last but not least, 61 year-old Bob Dennis ran a 35:01 in the WVU 5-miler and won the 60 and over age division, beating his two close rivals, Morris Adkins and Ross James. Congratulations to Everybody!!!

Don't forget the 12th annual West Virginia 20-K Championship, Oak Hill to Fayetteville (Application in this issue) on August 6 at 8:00 AM. Applications for 16th Annual Charleston Distance Run (15 miles) to be run on September 3rd at 8:00 AM are now available. If you have a problem or need extra applications you can call Mary Johnson of the Mayor's office (304) 348-6464 who will help you.

I would like for you to run/support the Great Teays 10K on July 16th at Hurricane High School, starting at 8:00 AM and sponsored by the Great Teays Running Club (SEE AD THIS ISSUE).

I am proud to let you know that KVRRC member Jimmy Fisher from Elkview is being considered to represent the United States of America on the blind Olympic team to run the Marathon in Seoul, Korea this Fall. Jimmy has run a SUB 3 hour marathon at Marine Corps and to qualify for the Olympics Jimmy just ran 1:19:50 at this year's Elby's 20K-- good enough for 114th place overall. If the Olympic selection committee approves Jimmy's selection, he will need help with travel expenses. I will keep you informed.

I want to remind you that our annual picnic/pool party will be August 20th at Steve Stewart's house. (See note this issue).

On behalf of the KVRRC membership, I want to extend my deepest sympathy to the family of Leo Runyan of Rabel Mountain, Davis Creek, who recently passed away. Also I am proud to tell you that the male winner in the 60 and over age division in the Charleston Distance Run will receive "The Leo Runyan Award".

Keep your eye on Gary Smith's race calendar and also editor Mike Pyryt's race applications printed in this issue. I urge you to stay in shape, support the races and recruit a new member for the KVRRC.

Patrick and I will see you at the races.
 Pat Board III

KANAWHA-TEAYS BIATHLON
OFFICIAL RESULTS

<u>Female</u>		<u>Time</u>	<u>Age</u>
1.	Diana L. Morris	2:01:13.3	38
2.	Tracy Miller	2:07:55.7	26
3.	Mona Jeffery	2:08:28.3	27
4.	Kaye Poole	2:14:50.7	54
5.	Mary McGucken	2:17:19.7	30
6.	Tammie Wright	2:18:02.2	30
7.	Roxane Carte	2:28:18.5	28
8.	Gail Lemma	2:31:15.8	32
9.	Joanne Christian	2:39:04.0	31
10.	Terri Defazio	2:41:31.9	33
11.	Sharon Jones	2:42:59.7	33
12.	Ruth Heidenreich	3:15:01.1	52
<u>Male</u>			
1.	Dennis Payne	1:41:26.3	29
2.	Leonard Hager	1:41:30.8	34
3.	Chris Thomas	1:41:32.9	19
4.	Pat Niesgodski	1:43:13.3	30
5.	Jonathon S. Lewis	1:45:24.5	24
6.	Steven J. Stewart	1:47:31.4	32
7.	Don Jeffery	1:48:50.4	30
8.	Ken Farley	1:49:06.6	38
9.	Alan Doss	1:50:22.2	29
10.	Rick McAllister	1:50:45.8	29
11.	W. K. Munsey	1:52:09.9	31
12.	Steve Turk	1:52:42.5	36
13.	Bob Fleming	1:52:45.7	45
14.	Mark Swebston	1:53:17.9	33
15.	Daniel Williams	1:53:20.8	34
16.	Don Wilson	1:53:25.4	34
17.	Stefan Mierau	1:53:33.8	34
18.	Pat McGinnis	1:55:07.7	36
19.	Larry Hoffman	1:55:45.2	36
20.	Joe Farley	1:55:48.5	14
21.	Harold Edwards	1:56:27.9	34
22.	Mark Robinson	1:56:51.2	37
23.	Steve Buly	1:56:53.5	35
24.	Richard Lutz	1:58:19.5	38
25.	Mark Maday	1:58:34.5	19
26.	Daryl Swecker	1:59:08.4	32
27.	Paul Garrett	1:59:18.5	36
28.	George Hall	1:59:57.5	27
29.	Rob Jarvis	2:00:14.1	26
30.	Dan Barker	2:00:49.3	33
31.	Mark Truelove	2:02:13.1	29
32.	Matt Tiernan	2:02:42.1	14
33.	Bill Platt	2:03:17.6	34
34.	Mark Brown	2:03:37.4	27

35.	Phil Snyder	2:05:19.0	52
36.	Craig Slaughter	2:05:30.5	30
37.	Keith Ratliff	2:05:42.0	26
38.	Winston Gregory	2:05:43.2	40
39.	Ron Plott, Jr.	2:06:00.8	31
40.	Art Shomo	2:06:09.1	33
41.	Steve Cole	2:06:17.7	24
42.	Loren McGrady	2:06:44.6	38
43.	Robert Goldberg	2:06:59.0	29
44.	Billy Bob Taylor	2:07:19.1	33
45.	Tim Circle	2:07:25.9	27
46.	Stephen Tirone	2:07:29.8	40
47.	Richard Harper	2:07:37.4	31
48.	Fred Potter	2:08:45.1	37
49.	David Pray	2:09:00.3	36
50.	Pete Torrico III	2:09:30.5	38
51.	Dwight Kidd	2:09:43.1	30
52.	Jerry Parkins	2:13:07.7	30
53.	Charlie Wright	2:13:36.9	42
54.	Mike Thomas	2:13:49.1	44
55.	Brian Pearcy	2:14:43.5	28
56.	Jeff Hively	2:14:44.3	24
57.	William Keaton	2:15:14.1	26
58.	Steve Taylor	2:15:20.1	31
59.	Dorsey Spears	2:15:26.2	33
60.	Doug Rohmiller	2:16:22.9	18
61.	Lee Cabell	2:16:44.2	36
62.	Steve Goad	2:17:14.3	37
63.	Rick Workman	2:17:44.5	37
64.	Don Mega	2:19:47.7	46
65.	Bane McCracken	2:20:52.9	43
66.	Bob Dennis	2:21:29.8	61
67.	David L. Ellis	2:22:35.7	46
68.	Dante R. Geronilla	2:23:23.1	43
69.	David W. Berry	2:23:41.0	32
70.	James Rogers	2:24:16.2	49
71.	Kevin Sloan	2:24:47.9	21
72.	J.H. Browning	2:25:53.5	53
73.	Greg Dingess	2:26:02.4	17
74.	Danny Holt	2:26:35.7	29
75.	Daniel Burval	2:27:21.4	13
76.	John Reifsteck	2:28:16.5	34
77.	Mike Hoffman	2:30:53.2	46
78.	G. P. Wright	2:35:22.8	46
79.	Wayne Dailey	2:38:25.5	23
80.	Ken Mann	2:51:35.6	44

REMEMBER THE KVRRC PICNIC, SATURDAY, AUGUST 20 at 1:00 PM

Steve Stewart's Home
1422 Quarrier Street, Charleston, WV

BRING A COVERED DISH AND SOCIALIZE WITH KVRRC MEMBERS

<u>Team</u>	<u>Time</u>	<u>Sex</u>			
1. Frank Lewis/ James Willis	1:34:43.7	M/M	19. Tim Burton/ James Burton	2:05:02.8	M/M
2. Dave Fields/ Roy Dilly	1:39:51.9	M/M	20. Joe Eary/ James W. Eary	2:07:52.6	M/M
3. Joe Barker/ Phil Townsend	1:42:31.8	M/M	21. Greg Isaacs/ Rob Harfield	2:08:21.9	M/M
4. Tim Caudill/ Neil Nessel	1:43:42.0	M/M	22. David Wilson/ Tom Epps	2:09:53.8	M/M
5. Kenny Copley/ Ben Adkins	1:46:40.7	M/M	23. James Anderson/ Ed Canterbury	2:10:11.3	M/M
6. Mark Keener/ Andy Berg	1:48:40.1	M/M	24. Darlene Norman/ Cindy Kelly	2:11:34.5	F/F
7. Roger Arthur/ Ronnie Hall	1:51:25.8	M/M	25. Tom Scarr/ Tom Heywood	2:12:19.1	M/M
8. Sarah Davis/ Don Davis	1:52:44.2	F/M	26. Bill Chandler/ Charles Dennie	2:13:54.9	M/M
9. Twila Taylor/ Leon Harrison	1:53:54.0	F/M	27. Robert Strupe/ Frederick Tipane	2:15:47.2	M/M
10. Dan Connelly/ Alan Thor	1:54:04.0	M/M	28. Bob McCusky/ Carle Slaughter	2:18:21.1	M/F
11. Mike Gleason/ Jim Counts	1:54:13.4	M/M	29. J. K. Lilly/ Barry Pinkus	2:19:14.7	M/M
12. Ron Plantz/ Bill Perrine	1:57:25.2	M/M	30. Kenneth Roden/ Gene Teaney	2:34:45.3	M/M
13. Gary Brown/ Linda Detrick	1:57:37.0	M/F	31. Chuck Canterbury/ Rick Wilcox	2:23:46.9	M/M
14. Robert Richardson/ Patricia Edge	1:57:50.2	M/F	32. Joseph Hooten/ Clyde Beal	2:27:16.6	M/M
15. Rufus Dingess/ Ken Doss	1:59:32.1	M/M	33. Todd Kaufman/ Tim Kaufman	2:27:33.0	M/M
16. Jim Fisher/ Shirley Canterbury	1:59:32.1	M/F	34. Anita Doss/ Jeff Doss	2:30:33.0	F/M
17. Betsy Weikle/ Barry McCoy	2:00:53.0	F/M	35. Tom Ditty/ Debbie Evans	2:34:51.1	M/F
18. Joe Dress Jr/ Chris Holstein	2:04:29.8	M/M	36. John Poffenbarger/ Patricia Poffenbarger	2:51:23.0	M/F

GREAT TEAYS 10K RUN

Sponsored by Fruth Pharmacy

Date/Time: July 16, 1988 at 8 a.m.

Place: Hurricane High School, Hurricane, WV

Course: The course is gently rolling through the countryside and streets of Hurricane. Each mile is marked and splits are given at 1, 3 and 5 mile markers.

Entry Fee: \$6 early registration and \$8 late registration. All entrants will receive a t-shirt and a free pass to the Valley Park Wave Pool.

Awards: Special awards to the top five males and top three females, and first place master, both male and female. Awards will be given to the top finishers in each age category (at least two) depending upon the number of participants. The Joe Varian Award will be given to the first male and female Putnam County finishers.

Facilities: Dressing and showers available at Hurricane High.

Information: Winston Gregory, 757-6435 or Jack Adkins, 757-6490

AGE GROUPS		Wheelchair	
		Top	Finisher
Men	Women		
Under 14	Under 20	40-49	50-over
15-19	20-29		
20-24	30-34		
25-29	35-39		
	40-44		
	45-49		

MAIL FORM & CHECK TO: GTRC, P. O. Box 16, Teays, WV 25569

Name _____

Address _____

City _____ State _____ County _____

Sex: Male Female Age: (as of July 16, 1988) _____

T-Shirt size: (circle one) S M L XL

In consideration of the acceptance of this entry, I waive all rights and claims for damage that I or my heirs may have against the Great Teays Running Club or their representatives and assigns. I attest that I am physically fit and have sufficiently trained for this event.

Signature _____ Parent/Guardian (if runner is under 18) _____

5-MILE RUN FOR HEALTH

Saturday, July 30, 1988

8 a.m.

South Charleston High School

Sponsored by Thomas Memorial Hospital & DASCO Home Health Care Corporation

New Course

50 Trophies To Be Awarded

(Includes Best Overall Male & Female, 2nd, 3rd Overall; Best Male & Female in the Heavyweight Division; Oldest & Youngest Competitors & a Wide Variety of Awards in Age Divisions)

Door Prizes

The entry fee is \$7 if received by July 29, and is \$8 the day of the race. Make checks payable to Thomas Memorial Hospital's 5-Mile Run For Health and mail them to John Giles, Community Relations Department, Thomas Memorial Hospital, 4605 MacCorkle Avenue, S.W., South Charleston, WV 25309. For more information, phone 766-3706 from 8 a.m. - 4:30 p.m. Monday through Friday.

THOMAS
1988

ENTRY FORM

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____

Age On July 30 _____

Male Female

Tank Style T-Shirt Size

S M L XL

Are you entering in the Heavyweight Division?

(males 185 lbs. & over)

(females 140 lbs. & over)

Are you a TMH employee? _____

RELEASE OF RESPONSIBILITY

In consideration of your accepting this entry, I the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against Thomas Memorial Hospital, and any other individuals and organizations assisting with the run, for any and all injuries suffered by me in said event. I verify that I am physically fit and have sufficiently trained for the completion of this event.

Signature _____

Parent if under age 18 _____

Schedule of Events

July-August

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

July 2, 1988

Saturday
4th of July 10K Classic
RT: 8:00 AM
ST: 9:00 AM
SP: Alderson, West Virginia

EF:
RD:

July 10, 1988

Sunday
Scenic Mountain Triathlon
RT: 8:30 AM
ST: 10:00 am
SP: Summit Lake, Richwood
EF: \$15.00/\$20.00
RD: Richwood Area Chamber of Commerce
SEE AD May-June ISSUE

July 16, 1988

Saturday
RRCA Women's Distance Festival (5K)
RT: 7:30 AM
ST: 8:30 AM
SP: City Park, Parkersburg

EF:
RD: Judy Chichester

July 17, 1988

Sunday
4-H 2.4 Mile Run
RT: 7:00 AM
ST: 8:00 AM
SP: Wood County Fairgrounds
EF:
RD:

July 4, 1988

Monday
Ashland Regatta 10K/1M
RT: 7:00 AM
ST: 8:00 AM
SP: Central Park
Ashland, Kentucky
EF: \$10.00/\$15.00
RD: Jack Ditty (606) 836-3111

July 16, 1988

Saturday
Great Teays 10K
RT: 7:00 AM
ST: 8:00 AM
SP: Hurricane HS
EF: \$6.00/\$8.00
RD: Great Teays Running Club
Winston Gregory 757-6435
Jack Adkins 757-6490
SEE AD THIS ISSUE

July 16, 1988

Saturday
Road Runner 5K
(10 and under 1600 meter)
RT: 8:30 AM
ST: 9:30 AM
SP: Woodrow Wilson HS
Beckley, WV
EF: \$6.00/\$8.00 (\$3.00 @ 1600)
RD: Wayne Bennett 253-4093
Raleigh Cty. Road Runners

July 23, 1988

Saturday
Bear Hole Road Race (10K)
RT: 8:00 AM
ST: 9:00 AM
SP: Twin Falls State Park
EF:
RD: 4th of Governor's Cup Series

July 23, 1988

Saturday
Memorial Hospital (10K and 5K)
(also 1-Mile Walk)
RT: 8:00 AM
ST: 9:00 AM
SP: Memorial Hospital, Marietta, OH
EF:
RD:

July 30, 1988

Saturday
Thomas Memorial Hospital
5-Mile Run For Health
RT: 7:00 AM
ST: 8:00 AM
SP: South Charleston High School
EF: \$7.00/\$8.00
RD: John Gillies 766-3706
SEE AD THIS ISSUE

August 12, 1988

Friday
Town Center Sundown 5K
RT: 6:00 PM
ST: 7:00 PM
SP: Court Street Entrance
EF: \$6.00/\$7.00
RD: Roger Jefferson 744-0166
Nemo Nearman 344-4400

August 13, 1988

Saturday
Aracoma Story Run (10K & 2M)
RT: 8:00 AM
ST: 9:00 AM
SP: Chief Logan State Park
EF: \$8.00/\$9.00
RD: Peggy Mosley 583-7168
Evelyn Adams 752-6729
5th of Governor's Cup Series

August 13, 1988

Saturday
Bluestone Valley 8K
RT: 7:15 AM
ST: 8:30 AM
SP: Spanishburg High School
RD: Bev Maxwell 423-7253

July 28, 1988

Thursday
West Virginia Water Festival (5K)
RT: 6:00 PM
ST: 7:00 PM
SP: Bluestone Dam, Hinton, WV
EF: \$7.00/\$8.00
RD:

August 6, 1988

Saturday
Oak Hill to Fayetteville 20K
RT: 7:00 AM
ST: 8:00 AM
SP: Collins Middle School, Oak Hill
EF: \$6.00/\$12.00
RD: Fayette County Chamber of Commerce
SEE AD THIS ISSUE

August 13, 1988

Saturday
Hurricane Centennial 5-Miler
RT: 7:00 AM
ST: 8:00 AM
SP: Hurricane High School
EF: \$6.00/\$7.00
RD: Winston Gregory 757-6435
Jack Adkins 757-6490
SEE AD THIS ISSUE

August 13, 1988

Saturday
Cherry River Festival (10K)
(also a 5K Walk)
RT: 7:30 AM
ST: 8:30 AM
SP: Main Street, Richwood
EF: \$6.00/\$8.00 RUN
\$3.00/\$5.00 WALK
RD: Richwood Area Chamber of Commerce

August 20, 1988

Saturday
West Virginia Sportsfest (5M)
RT: 7:00 AM
ST: 8:15 Walk 8:30 Run
SP: Oak Hill High School
RD: Tom Ditty 465-1850
SEE AD THIS ISSUE.

TWELVETH ANNUAL WV 20 KM CHAMPIONSHIP

sponsored by **woay-tv**
SATURDAY AUGUST 6 8:00 a.m. Oak to Fayetteville

Course starts at Collins Middle School, Jones Avenue, Oak Hill off Route 61. Runners follow Jones Avenue, turn left onto Main Street, through East End Oak Hill. Turn right at 7-11 onto Salem-Gatewood Road. 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 Street. Showers are available at the Memorial Building.

PRE-REGISTER BY FRIDAY, JULY 29TH TO PAY LOW ENTRY FEE OF \$6 WHICH INCLUDES FREE T-SHIRT AND ADMISSION TO LUNCH/AWARDS! LATE REGISTRATION \$12-NO EXCEPTIONS! MAKE CHECKS PAYABLE TO FAYETTE COUNTY CHAMBER OF COMMERCE.

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 each age group	25-29	
1st 5-person official team	30-34	

HARDEES LUNCH FOR ALL RUNNERS AND GUESTS (\$3.50) PRIOR TO LUNCH CEREMONY

Rest Times: Male 1981 Steve Heatherington 1:04.58
Female 1985 Liz Ervin 1:22.14
I hereby waive and release all rights and claims for damages I may have against the sponsor, municipalities of Oak Hill and Fayetteville, and officials of the 20 KM race on August 6, 1988, of all injuries suffered by me in said event. I verify I have sufficiently trained and am physically fit for this event.

Signature _____ (Parent if under 18) Age ____ Sex ____
PRINI Name _____ Occupation _____
Street Address _____
City _____ State _____ Zip Code _____
T-shirt size ____ Picnic? Yes ____ No ____ # of guests (\$3.50 ea) ____

Mail to: Fayette County Chamber of Commerce
214 Main Street
Oak Hill, WV 25901

Questions? Call (304) 465-5617

*****PLEASE COMPLETE ENTIRE APPLICATION!*****

August 20, 1988
Saturday
KVRRC ANNUAL PICNIC (?)
RT: Plan NOW
ST: 1:00 PM
SP: Steve Stewart's Home
1422 Quarrier St.
EF: COVERED DISH
RD: KVRRC Board of Directors

ROAD RUNNERS

Tentative schedule of area road runs:
July 28 - West Virginia Water Festival, 5K, 7 p.m., Bluestone Dam, Hinton.
July 30 - Run for Health, 5 miles, 8 a.m., South Charleston High School. Sponsored by Thomas Memorial Hospital and DASCO Home Health Care Corp. Awards: top three finishers; youngest and oldest competitors; age groups; top females; heavyweight top female and male; Thomas Memorial top finishers. Contact: John Giles (744-3706).
Aug. 6 - West Virginia 20K championship (Oak Hill-Fayetteville run), 8 a.m., start at Collins Middle School in Oak Hill and finish in Pirate Stadium in Fayetteville. Sponsored by WOAY-TV under auspices of Fayette County Chamber of Commerce (465-5617).
Aug. 6 - Putnam County Jamboree, 10K (8:30 a.m.) and 1.2-mile fun run or walk (8 a.m.), Eleanor Fire Station, 12 age divisions. Sponsored by Buffalo High School Athletic Boosters. Call 566-4236 or 565-3245.
Aug. 12 - Town Center Sundown, 5K, 7 p.m., Court Street entrance to Charleston Town Center. Contact: Catherine Ferris, marketing-advertising director, Charleston Town Center (345-9528).
Aug. 13 - Hurricane Centennial, 5 miles, 8 a.m., Hurricane High School. Contact: Winston Gregory (757-4435) or Jack Adkins (757-4490).
Aug. 13 - Cherry River Festival biathlon, 10K run and 5K walk; 40-mile bike, 8:30 a.m., Main Street, Richwood. Sponsored by Richwood Chamber of Commerce (846-6790).
Aug. 13 - Hardee's Challenge, 10K run, 9 a.m., West Virginia TAC championship and 1-mile fun walk-run, 8:30 a.m., Bridgeport. Write: Hardee's Challenge Run, Bridgeport (757-4729). Mailing address: Aracoma Story 10K, P.O. Box 2016, Logan, WV 25601.
Aug. 13 - Bluestone Valley, 8K, 8:30 a.m., Spanishburg High School. Race director: Bev Maxwell (425-7243).
Aug. 20 - West Virginia Sportsfest, 5 mile walk (8:15 a.m.) and 10K (9 a.m.) at Oak Hill High School. Sponsor: _____ County.

Ridge Runners. Director: Tim _____ (850).
Aug. 20 - Parkersburg Half Marathon, 8 a.m., Town Square Parking Garage, Parkersburg and Juliana streets. Race director: Dorsey Chevront (422-4930).
Aug. 27 - CPA Mile, 1 p.m., Kanawha Boulevard, Charleston. Sponsored by Charleston Chapter of W.Va. Society of Certified Public Accountants. Age groups: 7-10, 11-14, 15-29, 30-44 and 45 and over; wheelchair; parent-child; heavyweight (200 and over); CPA team.
Sept. 3 - Charleston Distance Run, 15 miles, 16th annual.
Sept. 17 - Mountain State Biathlon (10K run, 20K bike), 9:30 a.m., Raleigh County Airport. Sponsored by Raleigh County Road Runners.

August 20, 1988
Saturday
Parkersburg Half-Marathon
RT: BY AUGUST 6
ST: 8:00 AM
SP: Towne Square Parking Garage
4th and Juliana Streets
EF: \$8.00
RD: Dorsey Chevront 422-4930

August 27, 1988
Sunday
CPA MILE
RT: 11:30 AM
ST: 1:00 PM
SP: Ruffner Park, Kanawha Boulevard
EF: \$7.00/\$8.00
RD: Charleston Chapter of WVSCPA

Looking Ahead
September 3 Charleston Distance Run
September 3 Regatta Swim
September 17 Mountain State Biathlon
October 8 Rhone-Poulenc Run For The
October 15 Humana Hospital 10K
October 16 University City Classic 1

Race Directors should immediately contact the KVRRC regarding cancellation or rescheduling of events. Please provide race information to:
Gary Smith
250 F. Street
South Charleston, West Virginia
(744-1099 after 6

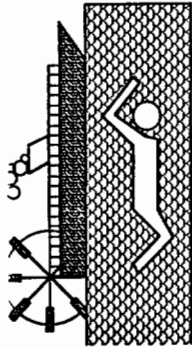
KVRRC MEMBERSHIP APPLICATION
(Check One) New Member Yes ____ No ____
Type of Membership: Regular (\$8) ____ Full Time Student (\$5) ____ Family ____
Contributing ____ (Includes one of above memberships)

First Name: _____
Home Address: _____
Home Phone: () _____ Office Phone: () _____
Occupation: _____
Family Membership Names: _____ Date of Birth: _____

1. _____
2. _____
3. _____
4. _____
MAKE CHECK PAYABLE TO:
MAIL TO:
THE KANAWHA VALLEY
P.O. Box 2282
Charleston, West Virginia

STERNWHEEL REGATTA
1988 CPA Mile
Sunday - August 28

**2nd Annual
United Way
Regatta Swim**
Saturday, September 3, 1988
12 Noon



Name & Address	Age	Sex	M	F
	Shirt size	S	M	L

1. Age group competition (circle category)
 7-10 11-14 15-29 30-45 45 & over
 Wheelchair
 2. Parent/child (list both names _____)
 3. Heavyweight (200+ lbs.)
 4. CPA Team

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 Charleston Chapter of the WVSCPA's 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 understand entry fees are non-refundable.

Please Sign Here _____
 Signature _____ Date _____ Parent/Guardian (under 18)
 (Detach and mail with check payable to Charleston Chapter of WVSCPA's, P.O. Box 1142, Charleston, WV 25329)

Race Information
 The Charleston Chapter of the West Virginia Society of Certified Public Accountants is sponsoring the 1988 CPA Mile on August 28, 1988, in conjunction with the 1988 Sternwheel Regatta.

The race will be a flat, straight, one-mile course from Ruffner Park on Kanawha Boulevard to the South Side Bridge. Preregister by mail or register from 11:30 a.m. to 1:00 p.m. on race day at 1560 Kanawha Blvd., E. (Suttle, Stalhammer & Schoen, CPAs). The entry for each class (except CPA Team Competition) is \$7 when preregistered or \$8 on race day. Awards will be presented to the top four finishers (or teams) in each division, and there will be t-shirts for the first 200 entrants.

The first division starts at 1:00 p.m. with additional heats starting approximately every 10 minutes. The heats will be run in the following order (male first, then female): 7-10; 11-14; 15-29; 30-45; 45+. Four special groups will be run following the age groups: CPA Team Competition; wheelchair; parent and child; and heavyweight (200+ lbs.)

Race Course: The race will be held along the north bank of the river from the Capitol Steps, 1.5 miles downriver to the steps just before the Southside Bridge.
Water Temperature: Approximately 80°F
Water Speed: Approximately 1.5 miles/hour

Race Safety: Coast Guard & City of Charleston Police will keep water traffic away from the race course. EMT's will also be on hand to monitor swimmers leaving the water at the end of the race. Regatta Swim volunteers in boats will further monitor & ensure swimmers' safety along the course.

Awards: An awards ceremony will be held in conjunction with a light lunch immediately following the race. 1st, 2nd, & 3rd place ribbons will be given in all categories with five or more swimmers. Categories are defined by age & sex and will be posted at the starting line. There will also be a special awards group for those competing in both the distance run and the swim.

Fees: \$12 Pre-registration (postmarked by Saturday, August 13th)
 \$15 August 14th - Sept 3rd (Entries accepted until 11:45 am on race day)
 Fee includes T-shirt, swim cap, pasta dinner on the evening before the race, light lunch, & awards. Guests may be registered for the luncheon by including an additional \$3 per guest.
Note: Correct shirt size cannot be guaranteed for entries received after August 13th.

Registration

Name (last, first, init) _____ Birth Date _____ Sex _____
 Address _____ Home Phone _____
 Work Phone _____
 Competing in Distance Run? _____ # of Lunch Tickets _____
 Shirt Size: S (28-32) M (34-38) L (40-44) XL (46-48)

Waiver: I, the undersigned, waive & release myself, my heirs, executors & administrators any & all rights & claims for damages & any other action whatsoever, which I may have against the City of Charleston Festival Commission, all participating sponsors, representatives & assignees, arising out of my participation in this event, including any & all injuries suffered by me as a result of my participation in this event. I consider myself adequately trained for the completion of this event. Should I suffer an injury or illness, I authorize officials of this swim to use their discretion to have me medically treated & transported to a medical facility, & I take full responsibility for this action.

Signature: _____
 (Signature of Parent or Guardian if swimmer is under 18 years old)

Send completed registration and check to:

United Way Regatta Swim Committee
 c/o Sharon Peterson
 2105 Overly Drive
 St. Albans WV 25177

MOUNTAIN STATE BIATHLON



4th Annual Humana 10K

SPONSORED BY:
Humana Hospital Greenbrier Valley

BENEFIT:
Greenbrier County Special Olympics

RULES:

- All contestants must check-in at the start-finish area at Raleigh County Airport between 8:00 and 9:00 A.M. Race Morning.
- All entrants under 21 years of age must be accompanied by parent or guardian.
- Support teams are not necessary, and only competitors will be allowed in transition areas. **No support vehicles will be allowed on the course!**
- Protective headgear is required during bike stage.
- Bikers are individually responsible for obeying all traffic signs and regulations (bide with traffic) you are solely responsible for the consequences of any infraction.
- NO DRAFTING** other bikers or any other vehicles will be allowed. Minimum following distance. Bikes 2 lengths.
- There will be Aid Stations on the bike course. Water holder and bottle is suggested.
- No cyclists may wear headphones, headsets, etc. that interfere with normal hearing.

BE THERE



Awards: First 3 male and female

Age groups Male:
Under 20 (2)
20 to 24 (2)
25 to 29 (3)
30 to 34 (3)
35 to 39 (3)
40 to 44 (3)
45 to 49 (3)
50 to 60 (2)
60-over (2)

Female:
Under 20 (2)
20 to 30 (2)
31 to 35 (2)
40 to 49 (2)
50-over (2)

Teams: Male (3), Females (3), Mixed (3)

Teams will consist of 1 runner and 1 biker.

Aid Stations: Water will be available at regular intervals during the run and bike stages.

Awards Party: After race with plenty of food and refreshments at the Raleigh County Airport.

Date: September 17, 1988

Time: 9:30 A.M. — Start

Distance: 10K Run — 20 Mile Bike

Location: Raleigh County Airport Start and Finish

Race Directors: Pete Tomico II
Barry McCoy

Race Committee: Raleigh County Road Runners

Pre-Registration: Open to the First 250 Registrations — 150 Individuals, 50 Teams — Registration will be cut off once the 250 limit is reached — Entry Fees are non-refundable — no exceptions.

Entry-Fee: Individual \$15; Team \$25. After Sept. 10, 1988 Individual \$20; Teams \$30. Checks Payable to Raleigh County Road Runners.

Clothes: Screen Printed Polo Shirts to all entrants — Drawing for door prizes.

WAIVER STATEMENT

Must Be Signed Or Entry Will Not Be Accepted
In consideration of the acceptance by the sponsor of my entry in the 4th Annual Humana 10K Run, 20 Mile Bike, and 10K Run, I hereby acknowledge that I am medically able and properly trained, I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, and such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone acting on my behalf, waive and release the Greenbrier Valley Road Runners, Humana Hospital Greenbrier Valley, Greenbrier County and all sponsors, their representatives and successors from all claims, or liabilities, of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (if Team, both must sign) _____
 Representing (Company or Organization) _____
 Parents/Guardian's Signature if Under 18 _____
 Medical Problem: _____
 Emergency Contact: _____
 Phone: _____

ENTRY FORM

Name _____ Age Race Day _____
 Address _____ Zip _____
 City _____ State _____ Sex Male _____ Female _____
 Telephone Work _____ Home _____ Married _____
 Category Team Male _____ Female _____
 Age Group _____ Short Size _____
 I have a friend who will help volunteer. _____
 T-shirt size _____

Open to the first 150 individuals and 50 teams.
 ENTRY FEE: \$15 Individual, \$25 Team. After Sept. 10, \$20 Individual, \$30 Team.
 Checks payable to Raleigh County Road Runners.
 P.O. Box 626, Beaman, WV 25813-0026

INFORMATION

DATE: Saturday, October 15, 1988 at 10:00 a.m.

PLACE: Race begins at McElhenny Road and ends at Greenbrier Center on Church Street in Lewisburg, WV.

REGISTRATION: Pre-registration forms must be postmarked by October 13, 1988 or left at the hospital by 6:00 p.m. Friday, October 14. Late registration will be allowed the morning of the race, beginning at 8:00 a.m. in the parking lot beside Greenbrier Center. Pre-registration greatly appreciated.

ENTRY FEE: \$8 for pre-registration and \$10 for late registration (non-refundable) and a \$15 additional fee for Team competition.

AGE CATEGORIES; MEN: 13 & under (2), 14-17 (2), 18-22 (3), 23-29 (3), 30-35 (3), 36-39 (3), 40-49 (3), 50-59 (2), 60 & over (1).
FEMALE: 14 & under (2), 15-19 (2), 20-29 (3), 30-39 (3), 40-49 (2), 50 & over (1).

(An eight dollar (\$8.00) entry fee must accompany each application. Send check or money order to GREENBRIER VALLEY ROAD RUNNERS, P.O. Box 1292, Lewisburg, WV 24901).

TEAM COMPETITION: Maximum five members per team, minimum of three members. Lowest three times totaled for team score. Trophies to the top three teams. Team members are eligible for individual awards. All teams must pre-register.

AWARDS: Trophies to the top three male & female overall winners and the specified age categories. No duplicate awards. Long-sleeve T-shirts to all participants. Pizza, fruit, and beverages served after the race at Awards Ceremony at Greenbrier Center. Free to all runners and \$3 fee for each guest.

FACILITIES: Shower & restroom facilities available in the Gym Building at Greenbrier Center.

ADDITIONAL: For further information and additional entry forms contact: Lee Scruggs (304) 647-3331 (Day), 645-6365 (Evening) or Dan Withrow at (304) 645-3476.

ACCOMMODATIONS: Brier Inn, 1-64 & Rt. 219, 10% Discount to runners. Contact: Arch at (304) 645-7722.

Last Name _____ First Name _____ MI _____
 Street Address (Include apartment & R.D. #) _____ Zip _____
 City _____ State _____ Zip _____
 Area Code _____ Phone Number _____ Age on race day _____ Sex M _____ F _____ Estimated Time _____
 Representing (Company or Organization) _____

Team Competition: Yes No Include with Entry Fee

Number of Guest @ \$3.00 ea. S M L XLG

RACE WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, and such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone acting on my behalf, waive and release the Greenbrier Valley Road Runners, Humana Hospital Greenbrier Valley, Greenbrier County and all sponsors, their representatives and successors from all claims, or liabilities, of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Date _____ Signature _____ Parents Signature if Under 18 _____

(THIS APPLICATION IS FURNISHED COURTESY OF HUMANA AND MAY BE REPRODUCED)