



Michael C. Poryt, Editor

1989

July-August

**The President's Page**

Congratulations to all KVRRC members who completed the 93rd Boston Marathon on April 17th. KVRRC member Glenn Baldwin's great effort was especially noteworthy. He ran 2:37:27 and placed 126th out of approximately 6,000 runners and was the first male West Virginia Finisher.

On May 1, 1989, KVRRC Member Leonard Hager had emergency surgery and ended his streak of 8 years and 14 days of running everyday. We wish Leonard a speedy recovery and quick progress in working on his next streak. As of this writing, to my knowledge, the new streak leader in the Kanawha Valley is KVRRC board member Paul Garrett with 7 years and 76 days.

As you know on May 7th, thanks to John's Cyclery and Rich Harper the KVRRC put on the 1989 edition of the Kanawha-Teays Biathlon. I want to thank everybody who came out and volunteered/worked on race day. The weather was terrible but your support was fantastic. Dennis Payne won again this year and set a new course record 1:38:13. Tammi Wright was the first female in 2:03:59. Congratulations to everybody that participated!!!

Congratulations to KVRRC member Fred Waybright for his fast marathoning in 1989. Fred won the masters with a 2:34:38 at the Charlotte Marathon finishing 14th overall. Fred placed fifth in the masters with a 2:32:20 at the Pittsburgh Marathon finishing 13th overall.

On September 2nd, the 17th Annual 15-Mile Charleston Distance Run takes place. Call Mary Johnson (304/348-6464) for info. The Regatta Swim takes also takes place on the 2nd at noon. Race Hamrick's Run For The People 10K is set October 7th.

The 1989 Almost Heaven Marathon is set for December 2nd. The 89/90 KVRRC "Winter Series" dates are set; The Kanawha City 10K, December 10, 1989 at 2:00 PM; The Frostbite 5-miler, January 14, 1990 at 2:00 PM and The Valentine 5K, February 11, 1990 at 2:00 PM.

(Continued on Page 3)

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	347-7010
Paul Garrett	Vice President	925-3247
Annette Castelle	Membership Chairman	343-9371
Rufus Dingess	Secretary	345-6072
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

Gary Smith	Alternate	757-6847
Dave Fields	Race Calendar	744-1099
	Alternate	548-4761

FROM THE EDITOR:

I apologize for the lateness of this newsletter. It's hard to get excited about putting the newsletter together when there are no local races to begin the bimonthly period. I also find it a shame that so many West Virginia runners needed to contribute to the Kentucky economy to find a suitable race for July 4th. Charleston should still be able to support a successful Independence Day 10K. For historic reasons, it should probably start and finish at the Capitol. A course along the Boulevard with a moment of silence for the old National Track and Field Hall of Fame would be fitting. Although I'd like to see costume contests and random prize drawings for a trip to Philadelphia, I'd settle for a Mt. Alpha 5K and complimentary Advil. Perhaps the Town Center could finally make a commitment toward providing a quality race in Charleston.

The Runners Sole needs a new logo. The current shading pattern does not reproduce well when reduced in printing. Please send your suggested designs by August 1, 1989 to me at 5110 Rainbow Drive, Cross Lanes, WV, 25313. The winning entrant will receive a prize to be named later.

Oak Hill is fast approaching. It's a wonderful test of how well your Distance Run Training is progressing. Your average minute-per-mile at Oak Hill multiplied by 15 gives a reasonable estimation of your Charleston Distance Run time. The estimate will be off as heat/humidity, training, diet, potassium and carbohydrate replenishment varies between August 5th and September 2nd.

It's also time to start swimming in hopes of completing the Regatta Challenge (the 15-Mile Charleston Distance Run and 1.5 Mile Regatta Swim). By running 35 miles a week and swimming four miles a week, it's possible to finish both distances with lower probability of injury.

SEE YOU AT THE RACES!!!

Mike Pyryt

The President's Page (continued)

How about a little trivia: Biker/Road Racer Harold Edwards is resigning his teaching position and returning to Law School. Dr. Bill Ripley is back in town from Arizona and is running his better than ever. Rufus Dingess has won a trophy in every race he has run in 1989. Congratulations to Mary Heidelt for setting the female course record (34:50) at the Parkersburg 10K and also a course record (27:56) at the Mountaineer Spirit 5-miler. Congratulations to Bobby Dent who finished 2nd in the 3,000 meter steeple chase at the NAIA championships in California. Betty Young has returned to the roads after an assortment of injuries with a 40:02 at the Mountaineer Spirit 5-miler. I nominate Sharon Jones for race director of the year with her effort at the Mountaineer Spirit 5-miler. Congratulations to Darlene Norman, who ran 1:05:03 and finished 2nd in the masters in the TAC 15K championships at St. Clairsville, Ohio.

I invite you and your family to bring a friend, join the KVRRC come out and have fun with all of us. Patrick and I will see you at the races.

Pat Board III

HATS OFF TO RUNNERS

British runner, Richard Bird, 42, completed 71 marathons in one year. This breaks Ed Barreto's previous record of 65. We can still honor Ed since ALMOST HEAVEN was one of his 65.

On February 18, 1989, Dick Tout and Eleanor Adams both set new world indoor records with 163 miles 286 yards and 142 miles 1602 yards respectively.

On February 18, 1989, Helen Klein, 66, established the following age group records (65-69) at the California State University, Sacramento Fleet Feet 12 and 24 Hour Runs:

1. World Track Record (65-69) for 100K
2. World 24-Hour Record (65-69)
3. U. S. Mile Record (65-69)

On February 25-26, 1989, Barabara McLeod, 51, established a North American (50-54) record with 113 miles 1126 yards in the Valley Indoor 24-Hour Race.

On March 12, 1989, Ashrita Furman, 34, made a new world record for joggling (Juggling while running or is it running while juggling?) He covered 50 miles in 8:52:07 at Queens, New York.

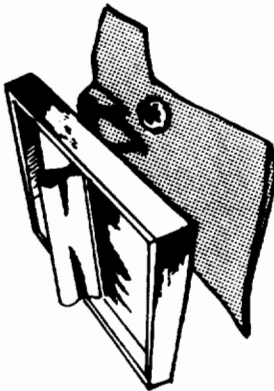
On March 18-19, Ann Treason, 28, at the 6th Annual Redwood Empire 24-Hour Run set a 12-Hour world record by doing 85.75 miles, and established a world record for 100 miles in 14:29. In the same race, Paul Reese, 71, ran 50 miles in 9:17.

Editor's Note: The idea for this article and pertinent information was provided by Jerry Herndon. I thank Jerry for his contributions to the newsletter and encourage other KVRRC members to provide information, ideas, and articles.



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## Schedule of Events

### July-August

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

July 9, 1989

Sunday  
SCENIC MOUNTAIN TRIATHALON  
RT: 8:30 AM  
ST: 10:00 AM  
SP: Summit Lake, Richwood  
EF: \$15.00/\$20.00  
RD: Richwood Chamber of Commerce  
(846-6790)

July 15, 1989

Saturday  
CHIEF BIGFOOT 5K

RT: 7:30 AM  
ST: 9:00 AM  
SP: Tomlinson Run State Park  
New Manchester, WV  
EF: \$5.00/\$6.00  
RD: Tomlinson Run State Park  
(1-800-CALL-WVA)

July 29, 1989

Saturday  
THOMAS HOSPITAL RUN FOR LIFELINE (5M)  
RT: 7:00 AM  
ST: 8:00 AM  
SP: St. Albans Loop  
EF: \$8.00/\$9.00  
RD: Sterling Spangler (766-3706)

August 5, 1989

Saturday  
WEST VIRGINIA 20K CHAMPIONSHIP  
(OAK HILL TO FAYETTEVILLE)  
RT: 7:00 AM  
ST: 8:00 AM  
SP: Collins Middle School, Oak Hill  
EF: \$6.00 by 7/28/\$12.00  
RD: Fayette County Chamber of Commerce  
(465-5617)

August 12, 1989

Saturday  
Cherry River 10K Run 40K Bike  
Finch, WV 5M

July 15, 1989

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  
(757-6435)

July 22, 1989

Saturday  
MARIETTA MEMORIAL  
HOSPITAL ROAD RUN (1/M/5K/10K)  
RT: 7:30 AM  
ST: 8:30 AM  
SP: Indian Acres Park  
Marietta, OH  
EF: \$8.00/\$9.00  
RD: Gerald Wessels  
(613/373-0674)

July 29, 1989

Saturday  
BEAR HOLE 10K ROAD RACE  
RT: 7:30 AM  
ST: 9:00 AM  
SP: Twin Falls State Park  
EF: \$6.00/\$8.00  
RD: Twin Falls State Park  
1-800-CALL-WVA  
Governor's Cup Run

August 12, 1989

Saturday  
ARACOMA STORY 10K  
RT: 8:00 AM  
ST: 9:00 AM  
SP: Chief Logan State Park  
EF: \$7.00/\$8.00  
RD: Peggy Moseley (583-7168)  
Governor's Cup Run

Name	Stick #	Time
Dennis Payne	1	1:38:13
Tia Caudill/Neil Messet	2	1:44:06
Pet McGinnis/Larry Belcher	3	1:45:28
Glen Morris/Todd Chadwick	4	1:45:55
Yolanda Hager/Phil Townsend	5	1:48:32
Chris Parsons/Bane McCracken	6	1:48:49
Don Jeffery	7	1:48:57
Rick McAllister	8	1:49:39
Mike Hunt/Mark Robinson	9	1:50:05
Jeff Clashman	10	1:51:42
Greg Kloepfner/Bryan Mabe	11	1:52:57
Mark Keener/Steve Broglio	12	1:54:10
Jerry Bostic/Jim Counts	13	1:54:24
Bill Schultz	14	1:54:29
Mike Light/Joel Sandberg	15	1:54:30
Ted Smith/Jed Smith	16	1:54:37
Mark Truelove/Matt Monarty	17	1:55:25
Steve Buly	18	1:56:32
Mike Blake/John Gatski	19	1:56:34
Ronnie Hull	20	1:56:46
Gary Brown/Eilene Abbot	21	1:56:50
Gary Smith/Jamie McJunken	22	1:57:04
James Mihalliak Jr.	23	1:57:08
Bill Platt	24	1:57:53
Phil Snyder	25	1:59:13
Gaylord Shumaker	26	1:59:30
James Willis III	27	1:59:47
Pam Burwell/Kathryn Williamson	28	2:00:20
John Callard/Scott Perfater	29	2:00:38
Stefan Mierau	30	2:00:44
David White/Marlene Moore	31	2:01:48
William Brodesen	32	2:02:51
C.W. Simon, Jr./Twila Taylor	33	2:03:02
Den Kendra	34	2:03:02
John McDonald Jr.	35	2:03:13
Pam Berman/Butch Plott, Jr.	36	2:03:34
Chuck Cunningham	37	2:03:50
Tammi Wright	38	2:03:59
Rick Lutz	39	2:04:05
Mark Brown	40	2:04:25
W. K. Munsey	41	2:05:17
Jerry Holbroock	42	2:05:47
Marc Subik/Roger Kyle	43	2:06:05
Steve Taylor	44	2:06:21
Connie Young/Chuck Young	45	2:06:38
Chuck Caneberry/Kenneth Quin	46	2:06:47
Paul Garrett	47	2:07:06
Roger Hager	48	2:07:34
K.B. Coyle	49	2:08:04
Lee Cabell	50	2:08:39
Tom Pearcey/Kay Poole	51	2:09:03
Tom Tinder/Brad Layne	52	2:09:06
Darwin Stump	53	2:09:16
John Ruch	54	2:09:40

August 19, 1989  
 Saturday  
 PARKERSBURG HALF MARATHON  
 RT: TILL AUGUST 18  
 ST: 8:00 AM ST: 1:00 PM  
 SP: Towne Square, 4th and Juliana  
 EF: \$8.00 by 8/7 \$12.00 by 8/18  
 RD: Dorsey Chevront (424-2786)  
 EF: \$5.00 by 8/7 /\$8.00  
 RD: Dorsey Chevront (424-2786)  
 Hubba Bubba  
 Centipede/Costume/  
 categories

LOOKING AHEAD

SEPTEMBER CHARLESTON DISTANCE RUN  
 SEPTEMBER REGATTA SWIM  
 SEPTEMBER POTATO FESTIVAL 6 MILE  
 SEPTEMBER WINECELLAR CLASSIC  
 SEPTEMBER MOUNTAIN STATE BIATHALON, BECKLEY  
 SEPTEMBER CHARLESTON EAST END 10K/2M FUN RUN  
 OCTOBER RUN FOR THE PEOPLE

Race Directors should immediately contact the KVRRC regarding the cancellation or rescheduling of events to:

Gary Smith  
 170 Washington Circle  
 Hurricane, West Virginia 25526  
 757-0817 after 6PM

Editor's Note: The following races are also scheduled for July-August. Contact Carl Hatfield or the West Virginia Road Running Club in Morgantown for more information.

July 15 FAIRMONT 10K/5K  
 July 22 WESTON HOSPITAL 5K  
 July 29 DODDRIDGE FAIR 10K  
 August 12 HARDEE'S 10K /BRIDGEPORT  
 August 26 MONZA 5K/CLARKSBURG

REGATTA SWIM

The 3rd Annual Regatta will be held Saturday, September 2, 1989, after the Charleston Distance Run. The 1.5 mile open water swim begins at the Capitol steps at noon and finishes at just above the Sout Side Bridge. Entry fee is \$15.00 before August 12. Entry forms are available at Tudor's Biscuit World, Kaufmann's, Sportin', Life, and area pools.  
 Last year's event drew 150 competitors, including 23 Distance Runners. Come join the other runners this year. It's a great way to work out tight muscles after a 15 mile run.

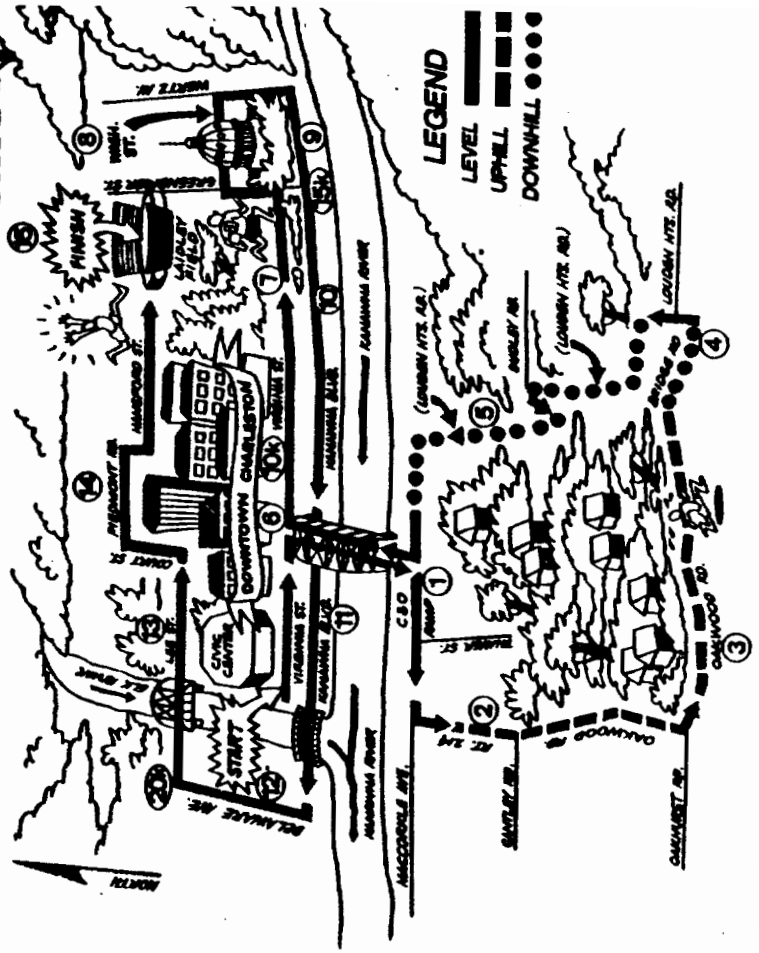
Phil Bryan 111 2:39:50  
 Dale Shenblin/Kathy Davis 112 2:42:52  
 Ven Acherya 113 2:44:43  
 Todd Dorcas 114 2:45:12  
 Steve Turk 115 2:56:29  
 Ruth Heidenreich 116 2:58:42

**STICK WAS NOT TURNED IN**

Rocky Kimble/Randy Brotherton  
 Ken Mann  
 Joe Sheridan  
 Billy Bob Taylor  
 Jo Anne Christian  
 Tim Ligon/John Coleman  
 George Hall  
 Jim Fisher/Tom Durst  
 Bill Reese/Kathy Reese  
 Amos Perrine/Ron Plentz  
 Bob Stewart/Bill Powell  
 Mary Beth Atkins/Leon Harrison  
 Patrick Jacobs

55	Winston Gregory	2:09:57
56	Linda Detrick	2:10:02
57	Charlie Wright	2:10:08
58	James Harrison	2:10:15
59	Bill Moore	2:10:22
60	Rob Jarvis	2:10:32
61	Jeff D'Agostino	2:11:05
62	Donna Akers	2:12:38
63	Rusty Surface/Tracy Surface	2:12:49
64	Paul Wright/Rich Harper	2:13:37
65	Wayne Bennett	2:14:16
66	Daniel Burval	2:14:45
67	Tim Rust/James Burton	2:14:48
68	Gene Teaney	2:14:56
69	John Reifsteck	2:15:41
70	Jeff Joseck	2:16:33
71	Harry Bruner	2:16:47
72	Jeremy King	2:16:54
73	Robert Goldberg	2:17:08
74	Bill Varga/Jeff Defries	2:17:13
75	Tom Neal/Tom McJunkin	2:17:36
76	John McCulkey/Steve Annand	2:18:05
77	Dennis Hamrick, Jr.	2:18:11
78	Thomas Poole	2:18:34
79	Denny Holt	2:19:00
80	Diana L. Morris	2:19:10
81	Mitch Evans/Jim Saulters	2:19:26
82	Thomas Ditty	2:19:41
83	James Rogers	2:20:36
84	Hank Glass	2:20:41
85	Joe Giles/Jon Hutchinson	2:21:00
86	Mona Jeffery	2:21:34
87	Roxane Carte	2:21:55
88	Keith Ratliff	2:24:50
89	Max Lemna	2:24:55
90	Darlene Norman/Cindy Kelley	2:25:31
91	Paul Sias	2:26:09
92	Joe Handley/Karen Mynes	2:27:57
93	Jeff Callard	2:28:00
94	Dante Geronilla	2:28:01
95	Gail Lemna	2:28:10
96	Tim Burton	2:29:07
97	Matt Tiernan	2:29:14
98	Rosemary Platt	2:29:43
99	Ernie Vecchio	2:30:10
100	Thomas Scarr	2:31:21
101	Gaule Ward	2:31:34
102	John Timberlake	2:32:15
103	Jeff Lucas	2:32:28
104	Tom Sample	2:32:53
105	Jack Griest	2:33:16
106	Jane Flewing/Sharon Jone	2:33:50
107	Mack Eckert	2:34:56
108	Bob Dennie	2:35:45
109	Sam Moore/Tish Neese	2:38:54
110	Mary McGucken	

**CHARLESTON DISTANCE RUN COURSE**



# Kanawha Valley ROAD RUNNERS



## Running Journal "generic" road race entry form

**NOTE:** This entry form was designed by Running Journal as a courtesy to runners and race directors to make it easier to pre-register for local races. Simply read the adjoining Race Calendar to gain basic information about the race. Fill out the form below and send it, along with your check, to the address shown for that race in the calendar. Look also for advertisements about road races in Running Journal. Be sure to fill out information requested and sign the waiver. You may make copies of this form. Some race officials may require you to fill out their own entry blank, including those sponsored by the Atlanta Track Club and some major races. **RACE DIRECTORS:** Acceptance of this form releases Running Journal and Carolina Runner Inc. from any liability.

Name of run and location \_\_\_\_\_ Distance entered \_\_\_\_\_  
 Your name \_\_\_\_\_ Team or club \_\_\_\_\_  
 Address \_\_\_\_\_ Phone no. \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_ Sex \_\_\_\_\_  
 Age race day \_\_\_\_\_ Birthdate \_\_\_\_\_ Citizenship \_\_\_\_\_  
 Previous best time \_\_\_\_\_ T-shirt size \_\_\_\_\_ Shorts size \_\_\_\_\_  
 for this distance \_\_\_\_\_  
 EMERGENCY CONTACT (name/phone) \_\_\_\_\_

**WAIVER (please read carefully):** In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, and anyone entitled to act on my behalf, release and discharge Running Journal, plus sponsors, their representatives and successors, promoters, managers, directors, officials, agents, employees and volunteers of the road race named in the above entry form from any and all claims of injury or liabilities of any kind, illness or damages suffered by me, as a result of my participation in or travelling to or from this event. I know that running or walking a road race is a potentially hazardous activity. I should not enter and run or walk 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 or walk. I assume all risks associated with running or walking in this event, including, but not limited to, falls, contact with other participants, the effects of the weather (including high heat or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. I realize that this is a strenuous event which requires proper physical conditioning. I hereby certify that I am in such physical condition and good health. I also give my permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose. This form was designed for running and walking events only.

\_\_\_\_\_  
 (signature) \_\_\_\_\_ (date)  
 \_\_\_\_\_ (date)  
 \_\_\_\_\_ (date)

**You may make copies of this form from Running Journal... we care!**

The Kanawha Valley Road Runners (KVRR) invite you to join a growing group of runners. We currently have more than 200 members and offer services which are helpful to all types of runners. Some of the benefits of club membership are:

- o Bi-monthly mailings of a newsletter which will include upcoming events throughout West Virginia and in nearby states. This mailing also will include race results, plus dates, times, and meeting places for training runs and social events and race entry forms.
- o Reduced entry fees at six KVRR-sponsored runs held each year.
- o Development and sharing of training strategies for novice to experienced runners at the KVRR annual dinner meeting and at other times.
- o Discount to club members from athletic stores.
- o Club shirts and mementos from time to time as income allows.

Running has brought to the Kanawha Valley a wide assortment of runners/joggers. Whatever you consider yourself, we believe there is a place for you in our club. Please join with us in promoting running. If you are interested, mail the application below to: P.O. Box 2282, Charleston, WV 25323.

### KVRR MEMBERSHIP APPLICATION

(Check One) New Member: Yes \_\_\_\_\_ No \_\_\_\_\_ Date \_\_\_\_\_  
 Type of Membership: \_\_\_\_\_  
 Regular (\$8) \_\_\_\_\_ Full Time Student (\$12) \_\_\_\_\_ Family (\$12) \_\_\_\_\_  
 Contributing \_\_\_\_\_ (Includes one of above memberships plus contribution to Club).  
 Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Sex: M: \_\_\_\_\_ F: \_\_\_\_\_ Age: \_\_\_\_\_  
 Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
 Home Phone: ( ) \_\_\_\_\_ Office Phone: ( ) \_\_\_\_\_ Zip: \_\_\_\_\_  
 Occupation: \_\_\_\_\_ Student's School: \_\_\_\_\_

Family Membership Names: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ RENEWING MEMBERS  
 1. \_\_\_\_\_ NOTE HERE IF CHANGE  
 2. \_\_\_\_\_ IN ADDRESS  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_



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