

THE RUNNERS SOLE



Kanawha Valley Road Runners Official Newsletter

Ray N. Joens, Editor 1983 March - April

THE PRESIDENT'S PAGE

The outlook for the Kanawha Valley Road Runners for the coming year is a bright and productive one. In the past few months the Road Runners has evolved into an organization in which more members are actively involved in its running and organization. Participants at the general meeting in January voiced opinions on what they would like to see the club do and we hope to follow through with those expectations.

In an effort to better serve the runners in the Kanawha Valley, the club has purchased a Chronomix CC707 for over \$900.00. It is a timing device which prints the times and places of finishers in a race. We will rent it to race sponsors and it will pay for itself while allowing the club races to become better and make finish lines more efficient.

The club has a proposed budget of \$3,800.00 for the year. Income is from memberships, newsletter ads, the rental of the Chronomix and the Almost Heaven Marathon. Expenditures will include the newsletter, insurance, RRCA dues, mailing costs, races and the annual dinner.

As you can see, we are planning for the year ahead and growing as an organization. But the only way that we can continue to grow and to provide quality activities for the club is to have more members play an active part. We need new energy, new ideas and the participation of as many members as possible to make the Road Runners a success. I encourage you to attend general meetings, board meetings, and to participate in club fun runs and races. The Road Runners is your club and we want you to make a difference.
Bill O'Dell

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Dear Editor: Please comment on an article I read recently in the The Caribder concerning the stress test. Arden Rollins before injury, as you may remember, was once the best 50+ year old runner in the Valley, once having finished 8th in the world competition in Canada. At the age of 55, his heart rate is no longer supposed to exceed 132; a post-60 runner's heart rate would have to remain below 125; at 75 perhaps below 110. Yet, I find that in training at my usual pace of 9 minutes per mile, my pulse is around 140. In competition, at a pace of 8 minutes and 30 seconds per mile, it reaches 150. Am I, or someone at my age, endangering my health? What is the possibility of developing fibrillation under these conditions? Perhaps a brief discussion of fibrillation, its etiology and prevention may be in order. John Pianfetti, Dunbar, W. Va.

Dear John: Recommendations for training are just recommendations. They are not inviolate rules. In order to improve one's fitness, the recommendations are to get the heart rate between 70 to 85% of predicted maximum heart rate (220 minus age). I must emphasize these are just recommendations.

You and other regular joggers are doing stress tests every time you run. If you do not have chest pain, then the odds are with you that you do not have heart disease (not 100% proof); and it is unlikely that your level of performance is going to cause you problems. Obviously, if you have symptoms or are just starting an exercise program, then a work-up may be indicated. Fibrillation happens only rarely in the absence of heart disease and then usually occurs when dehydrated and overheated. The reason that Mr. Frankel could not get your heart rate up is because his test is designed for normal healthy subjects but not unusually fit athletes. I am sure that many of the local over-60 runners (and some under 60) would be happy for you to exercise at a lower heart rate so they can catch you more easily the next time they race you. Harold Selinger, M.D., KVRV

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Dear Editor:

How quickly does a person lose his conditioning if he lays off from running for a while? I have noticed a marked difference in performing after missing only 3 to 4 days. Bill Anderson, Winston-Salem, N.C.

Dear Bill:

Aerobic conditioning depends on cardiovascular fitness and muscle conditioning. Loss of conditioning results in the return of both these factors to an unconditioned state. Although it has been stated that the "half life" of benefits from conditioning is about 4 to 5 days, extreme variation exists from individual to individual. Some athletes have the unique gift of retaining aerobic fitness for several months, or even years! Age, duration of exercise, type of muscle fibers and intensity of prior exercise are amongst the factors which influence the athlete's ability to perform after a period of abstinence from training. Aerobic conditioning must be differentiated from benefit from exercise. For example, a runner may be able to run a 10K race in 35 minutes. After a 3 week layoff, the same runner may be able to perform that same race in 37 or 38 minutes. This is formidable for those of use who struggle through many weeks and miles of training just to best under 42 minutes. It can be stated that this runner maintained his aerobic capabilities but lost his benefit from exercise; that is, a runner with a good aerobic state but now untrained.

What is the reason for this? During training, small chemical packets called "enzymes" are built up in the muscles that furnish energy for work. It takes about 4 weeks to get a 80-90% improvement from the work done (or for the muscle enzymes to build up). Likewise, there is about an 80% loss of these chemicals from the muscle in about a month, or state more simply, this parallels the loss of training over a month's time. Alfred K. Pfister, M.D., KVRV

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(If any of our readers has questions concerning the medical aspects of running, jogging or exercise physiology, please send them to the Editor for answer in subsequent newsletters.)

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

- William O'Dell President
Annette Castelle Secretary
Gary Smith Treasurer

BOARD OF DIRECTORS

- Don Barnett
Annette Castelle
Carol Clark
David Copeland
David Fields
Jim Jones
Bill O'Dell
Al Pfister

Worley Stout

FROM THE EDITOR:

The KVRV needs more members - runners and joggers alike. Runners, for the most part, tend to become members. Joggers, for the most part, do not. And while we need more members of both kinds, this is a special plea for joggers.

What is the difference between runners and joggers? By definition, not very much. As a practical matter, about 2 to 7 minutes a mile. I've tried being both but not very successfully. Unless I can get a 2 leg transplant, I'm destined to be a jogger from now on.

So joggers, stand up and be counted! Maybe you don't run as fast as runners do, but so what. Maybe you don't log the daily miles that runners do, but so what. Maybe you don't run intervals and train on speed-work programs as runners do, but so what. Maybe you don't win trophies and awards as runners do, but so what. Maybe you don't win runner and you run for the same reasons that runners do - health, sport and recreation and with the same sense of purpose, sacrifice, dedication and self-discipline. The KVRV certainly needs more runners but we also need a lot more joggers and we also need a lot more joggers who will participate in KVRV race calendar events. In your first race, you probably won't win your age group competition, but consider the fun and excitement of entering your first road race or even your first fun run, of being caught-up in the pre-race activities, of positioning yourself at the starting line, of establishing a good first mile pace, of passing some and being passed by others, of pacing yourself through the mid-course miles, of calling on your every ounce of stamina as the finish line nears, of running the last fifty yards as if an Olympic gold were at stake and the feeling of accomplishment as you funnel into the chute and cross the finish line. And then the real fun begins as you join in the post-race camaraderie of seeing old friends and meeting new ones, and the other post-race activities.

Yes, joggers, the KVRV and its events are for you too. You need only the commitment to participate - not a commitment to win. For your first race, establish a single goal - finish the race! You'll be for the joggers - our forgotten membership! Ray N. Joens

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Thought for the day: The man who loses his enthusiasm is out of the race. B. C. Forbes

COURSE MEASUREMENT

by George Castelle

Many of us realized long ago that area courses are so frequently mis-measured that times recorded on them are, for the most part, meaningless. The problem of racecourse measurement is more frustrating for the determined runner who is unaware of how carelessly we sometimes lay out our courses. A runner may struggle for years trying to improve on an old 10K PR, when the source of his futility is that the PR was set in a 10K course that, in reality, was closer to a 9K course and that, since then, he has been unable to find a 10K that is shorter than nine and a half.

The solution, for those of us who feel the need to know how slow we really are, is for club members to provide to area race directors, particularly non-running race directors, the following information regarding course measurement.

The margin of error in car odometers can sometimes exceed 10 percent. Consequently, there are only three acceptable methods of course measurement:

- Steel tape - a time consuming and impractical method requiring a 100 foot calibrated steel tape and a tension measuring device.
- Surveyor's wheel - a measuring wheel which is first calibrated over a surveyed distance and then rolled by hand over the course. The KVRr once purchased a surveyor's wheel which will again be available for local use if it is ever returned by the unknown person who borrowed it last.

• Calibrated bicycle wheel - the most efficient method which is recommended by the TAC National Standards Committee. This method requires the use of a mechanical counter which attaches to the wheel of a bicycle and records twenty counts for each revolution of the wheel. The counter can be purchased by mail for \$20.00 from:

Billy Noel
NVRRC
P.O. Box 881
FDR Station
New York, New York 10150

The counter may also be borrowed from local owners - Jerry Herndon, Al Pfister and myself.

Prior to measurement, the bicycle wheel must be calibrated along a surveyed course. For this purpose, the KVRr maintains a certified half-mile calibration course on MacCorkle Avenue. The course is located on the east bound side of the road, beginning about 100 yards beyond the Southside Bridge between the second and third lightpole east of the bridge. The course beginning is marked by a two-foot yellow stripe painted partially in the right-hand lane and partially on the shoulder of the road with a "0" painted beside the stripe. The half-mile marker is indicated by a similar yellow stripe with "½" painted beside it and is adjacent to the second lightpole beyond the MacCorkle Avenue direction sign that reads "Frontage Rd. next left - Porter Rd. next right".

The calibration course should be driven several times and the counter readings on the bicycle wheel averaged to obtain the constant for measuring the racecourse. Utilizing the bicycle wheel, the racecourse should then be measured and the counter recalibrated, all in the same day. Recalibration is necessary because differences in tire pressure due to temperature changes and slow leaks will cause substantial errors in measurement. After recalibration, the course length should be adjusted to reflect the average of the pre-measurement and post-measurement calibrations.

As a safeguard, the entire measurement procedure should then be repeated on a different day because, as experienced racecourse measurers will tell you, invisible elves sabotage every effort to get

it right the first time. Also, if measuring a metric course, bear in mind that a 10K course is not 6.2 miles but 6.21371 miles, a difference of about 72 feet.

Additional assurance of accuracy can be established by obtaining certification of the course distance from the National Standards Committee of TAC and RRCA. Certification is also significant in that only the times recorded on certified courses are considered valid for purposes of national standings and records. Certification procedure involves repeated measurements and detailed record keeping which are submitted to the Standards Committee by a fairly extensive application. The application can be obtained by sending \$1.70 and a self-addressed, stamped envelope to:

Ted Corbett, Chairman
National Standards Committee
Apt. 8H, Section 4
150 W, 225th Street
New York, New York 10463

Despite the claims of race directors, according to the March, 1982, listings compiled by the National Running Data Center, the only certified courses in the Kanawha Valley are the Almost Heaven Marathon course in Kanawha City and the St. Albans Diet Pepsi 10K. Since that time, the Elkview course for the Almost Heaven Marathon has also been certified. If other courses become certified, please send us a copy of the certification notice so that the Runners Sole can accord the accuracy of the course the recognition it deserves.

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LETTERS TO THE EDITOR

Dear Editor:

There are some days when you want or have to run but the weather conditions preclude it. It may be raining or snowing or the ground is covered with ice and snow. I suggest running I-64 - not on the highway but underneath it. Try running under I-64 on the west side of Charleston from Washington St. south to Kanawha Boulevard. It is a very satisfactory running area approximately one-half mile long. The running surface varies from gravel to dirt to asphalt. There is some lighting but not uniform. Be careful crossing the streets as all are one way. If you have to run, there is a place in Charleston. Charles F. Nelson, Charleston

Dear Editor:

I have a question concerning the categories of the runs. I am a rather large runner. I weigh around 260 lbs. and have only been in one run where there was a class for over 200 lbs. Could you explain why? I feel if there were a class for over 200 lb. people, there would be more overweight people out jogging and running. Roger Roberts, Oak Hill, W. Va.

(Race Directors: What about this? Editor)

Thanks to so many of you who have written concerning the Runners Sole. Although I cannot acknowledge all of your mail, keep writing! Send your comments, questions and any articles you would like for us to consider. Editor

RACE CALENDAR

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

March 11, 1983

Friday
KVRR Annual Dinner Run for Health
ST: 6:00 p.m.
SP: Rose City Cafeteria
EF: \$1.00 GTRC Members/\$2.00 Others
RD: Great Teays Running Club
Info: Annette Castelle
343-9371 (H)/949-6400 (O)

March 13, 1983

Sunday
Putnam Spring Run, 1 & 5 Miles
RT: 1:00 p.m.
ST: 2:00 p.m.
SP: Putnam County Library
EF: \$1.00 GTRC Members/\$2.00 Others
RD: Great Teays Running Club
340 Green Acre Drive
Hurricane, W. Va. 25526

March 19, 1983

Saturday
Poca River, 15K
RT: 9:00 a.m.
ST: 10:00 a.m.
SP: Poca River on Doc Bailey
Road (I-64, Cross Lanes
Exit 1, Big Tyler Road
to Doc Bailey Road)
EF: \$2.00 Members
\$3.00 Non-members
RD: Worley Stout
925-8125

March 26, 1983

Saturday
Coonskin Classic, 10,000 Meter Run
RT: 8:30 - 9:30 a.m.
ST: 10:00 a.m.
SP: Coonskin Lodge
EF: Not Available
RD: Michael Fisher
Kanawha Co. Parks
and Recreation
345-8000 (O)

April 9, 1983

Saturday
COC's Classic 10K
RT: 8:00 - 10:00 a.m.
ST: 10:00 a.m.
SP: Kanawha City Comm. Ctr.
EF: \$5.00/\$7.00 (late)
RD: Ray Dockery
768-9711 (O)
Addtl Info: Flat, Accurate
Course, Awards, \$2,000
random drawings

April 16, 1983
Saturday
6th Annual Carbide Fitness Run,
10K - 2 Mile Beginners' Run
RT: 7:30 a.m.
ST: 9:30 a.m.
SP: Carbide Tech Center
EF: \$7.00/\$8.00 (late)
RD: Dick Henderson
747-4450
Addtl Info: Random drawing for
runners in 2 mile, Awards
luncheon/extra tickets \$3.50
adults, \$2.50 under 12, Gatorade,
water, Mile Splits Course same
as 1982. T-shirts. Plaques

December

Roger Boothe, Uneeda, WV
Susan Cavender, Charleston
Frank Crowder, So. Charleston
Ed Foster, Charleston
Jim Holland, Dunbar
Freda Painter, Charleston
Richard Painter, Charleston
Gary Peyton, Charleston
Edward Littig, Charleston
Dan Hedges, Charleston (family)
Jim Creech, Dunbar
Sandra Myers, Charleston

January

Jack Adkins, Hurricane
Bob Rusczek, Cross Lanes
George Anderson, Charleston
Ken Ash, Belle
Barrie Baer, Charleston
John Barnette, So. Charleston
Morgan Bragg, Point Pleasant
Pete Brown, Hurricane
George Cox, Charleston (family)
Tim Coffman, Belle
Dan Daniel, Charleston
John Hermansdorfer, Dunbar
Jerry Herndon, Cabin Creek

January

Kenneth Keeling, Elkview
Brock Loftus, Madison
Frances Merritt, So. Charleston
Barbara Wilkerson, Charleston
Mitch Kapiian, Elkview
Sonja Poniatowski, Cross Lanes
Michael McCutcheon, Charleston
Larry Walker, So. Charleston
Tom Noterman, Charleston
Robert Brown, Charleston
Julia Dooley, Charleston
Tom Ecker, Elkview
Jeff Jarrell, So. Charleston
Bing Lance, Charleston
Jean Anne Baron, Charleston
Carol Morrison, Charleston
Judy Riffie, Charleston
Mitchell Harrison, Charleston
Robert Van Uden, Charleston
Kerry L. Winters, Charleston

Contributing (\$) Members:

Susan Cavender, Charleston
John Pianfetti, Charleston
Harvey Wegert, Nitro
Andy Woodyard, So. Charleston
Robert Brown, Charleston

N-O-T-I-C-E

The surveyor's wheel belonging to the KVRR was borrowed from the club
some time ago and never returned. Anyone knowing of its whereabouts,
please contact Don Barnette at 747-4581 (O) or 744-0816 (H).

BOARD OF DIRECTORS MEETING

The March meeting of the KVRR Board of Directors will be on Tuesday,
March 22, 1983 at the National Track and Field Hall of Fame at 7:00
p.m. The April meeting will be on Tuesday, April 26, 1983 at the same
time and place. Members are cordially invited to attend.

RUNNING COMPANIONS WANTED

Person(s) to run with on weeknights. 9:00 p.m. - Kanawha City/East
End area. 4-5 miles 8:30-9:00 pace. Contact Annette Castelle at
343-9371 (H) or 949-6400 (O).

DISCOUNTS - DISCOUNTS - DISCOUNTS

- The Athletes Foot (downtown - Capitol St.) offers a 10% discount on
running shoes to KVRR members. Please present your membership card
at the time of purchase.

- The Charleston Department Store offers a 10% discount on any running
item(s) to KVRR members with valid membership cards.

- Shoes at the Charleston Athletic Club are discounted 10% before
sale.

MEMBERSHIP DRIVE

Membership Drive - The KVRRC needs new members. If every member would recruit at least one new member, our membership would double. Recruit one new member! Let's see how much the KVRRC can grow!

Kanawha Valley ROAD RUNNERS

The Kanawha Valley Road Runners (KVRRC) invite you to join a growing and helping group of runners. We currently have more than 200 members and expect to double this number during the next year by offering services which will be beneficial to all types of runners. Some of the benefits of club membership are:

1. Development of a club run--this run will provide other runners and race directors a "showcase" for how races ought to be conducted.
2. Bi-monthly meetings which will include lectures, discussions, movies, and trade sessions.
3. Development and sharing of training strategies for novice to experienced runners.
4. Bi-monthly mailings of a newsletter which will include upcoming events which receive the KVRRC's endorsement. This mailing also will include race results plus dates, times, and meeting places for training runs and special events.
5. Discount to club members from athletic stores.

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, 25328, and enclose a check for \$5.00 single membership or \$9.00 family.

KVRRC MEMBERSHIP APPLICATION

(Check One) New Member Yes No Date _____

Type of Membership: Regular (\$5) _____ Full Time Student (\$3) _____ Family (\$9) _____
 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 IN ADDRESS
2. _____
3. _____
4. _____

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

April 23, 1983
 Saturday
 Clean Air Classic, 5K & 10K
 RT: 8:00 a.m.
 ST: 9:00 a.m.
 SP: Watt Powell Park
 EF: \$5.00/\$6.00 (late)
 RD: Tony Gallo
 342-6600

April 24, 1983
 Sunday
 Boone County, 10K
 RT: 1:30 P.m.
 ST: 2:30 P.m.
 SP: Madison Jr. High
 EF: \$6.00/\$7.00 (late)
 RD: Dave Hill
 369-1111

April 30, 1983
 Saturday
 University of Charleston, 5K
 RT: 8:00 a.m.
 ST: 9:00 a.m.
 SP: Univ. of Charleston
 EF: \$5.00
 RD: Carmen Morton/Diane Lorden
 346-9471, ext. 288

April 30, 1983
 Saturday
 Huntington Distance Classic, 10M
 RT: 7:00 - 8:30 a.m.
 ST: 9:00 a.m.
 SP: Heritage Village
 11th Street & Veterans Blvd.
 EF: \$5.00/\$7.00 (late)
 RD: Dick Ash
 529-5499 or 523-5251

April 30, 1983
 Saturday
 Ky. Derby Mini-Marathon
 RT: 5,500 Person Cutoff
 ST: 8:00 a.m.
 SP: Louisville, Ky.
 EF: Not available
 Add'l info:
 Contact Steve Edwards
 776-4003 (H) or 344-7762 (O)

Looking Ahead:

- May 7 - YWCA Women's Run
- May 7 - WV School of Osteopathic Medicine 10K
- May 14 - St. Francis 6 mi/3 mi
- May 15 - Charleston Pops 5K
- May 28 - 3rd Annual Nitro Spring Festival 15K
- May 28 - Elby's Distance Run 20K
- June 4 - WV Rehabilitation Center Run
- June 11 - Shawnee Hills 10K (a.m.)
- June 11 - Charleston Charlies Run (p.m.)
- July 30 - Diet Pepsi 10K
- Sept. 3 - Charleston Distance Run

Race directors should immediately contact the Road Runners Club regarding cancellation or rescheduling of events. Please provide any information regarding events to:

George or Annette Castelle
 124 West View Drive
 Charleston, West Virginia 25311
 949-6400 (O) or 343-9371 (H - evenings)

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1983 MEMBERSHIP RENEWALS DUE

Membership renewals for 1983 were due in January, 1983. A membership application is provided in the centerfold. Those members who have not renewed their memberships will be removed from the mailing list. Those members who joined or renewed after August, 1982 automatically receive a 1983 membership.

THE WOMAN RUNNER

by Carol Clark

Both literally and figuratively, women have made great strides since Roberta Gibb became the first woman to run the Boston Marathon in 1966. Although she ran unofficially, she proved that women were capable of running long distance events. Women now make up an appreciable percentage of most race participants and the women's running movement has produced a series of "women only" races for women with the ability of running a 2:25 or a 4:45 marathon. For the first time, women will be able to compete in the marathon in the 1984 Olympics.

But some of the biggest changes brought about by women running are perhaps those that have occurred in the multitudes of women who don't run world record paces. The majority of female runners have started to run only in the past few years and the changes we have experienced are far reaching and encompass much more than the hour a day we spend in a pair of Nikes. Increased self-confidence, improved health, often a significant change in appearance, weight loss, and a sense of identity are only a few of the positive benefits women derive from running.

For many women, this may be the first time in their lives that they have been "in shape" and physically fit. Women in our society have never been encouraged to be physically active. Having overcome a lifetime of programming that women are not capable of strenuous physical exercise is a barrier that long needed to be broken down. What an exhilarating experience to know that she can be strong, fast, competitive ... an athlete! To run a mile, then six, to enter a race, finish and compete, to see the times drop, to just be a part of the crowd of runners! For many of us, it is an experience that never before had been afforded.

So remember, the next time you sprint against a woman at the finish line of a 10K, that's she's probably come a lot farther than you have. Her victories are just as sweet, her agony just as great, but her final rewards are probably bigger. It's an exciting time to be a female runner. We're just at the starting line and the road ahead stretches as far as our feet and our inspiration will take us.

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THE KVRR GENERAL MEETING

The KVRR members' meeting in January brought out approximately 40 members and generated the following ideas and suggestions:

1. A fast/slow relay run on the track
2. Various distances combination run
3. More newspaper coverage
4. Speed clinic
5. Better public relations for the KVRR
6. Club T-shirts, jackets, sweaters, etc.
7. Car pools for out-of-town races
8. Certification of courses
9. Purchase of finish line recording clock
10. Combination race/social event
 - a. No run - run
 - b. Scavenger hunt
 - c. Color coded T-shirts
 - d. Optional lower fee for no T-shirt
 - e. Various types of awards

The meeting was preceded by a film on running by Jim Fix. and was followed by a fun run.

IF THE SHOE FITS, WEAR IT

by Bill Ripley

Shoes! Shoes! Shoes! Today, the shoe industry is making an important contribution to the well-being of runners - one whose offering is worth taking a look at. Presently, there are more running shoes on the market than ever before. In just 10 years, imagine the impact that 35 million runners in the U.S. has had on the shoe industry.

Research and development are increasing and technological advances involving choices of materials and compounds are significant. Runners must deal with the product lines available and do not have many alternatives to choose from. At the same time, shoe manufacturers realize that the running public will not put up with shoes that are inferior. There must be continuing advances toward new ideas involving shoe engineering and design. The manufacturers must constantly monitor their quality control and workmanship. The shoe is between your feet and the roads. It provides protection and adds a certain running efficiency since most runners wear shoes. The lasts and sizes from shoe companies vary somewhat. Even different models from the same company have sizing variations, especially in widths. We usually know instinctively when a shoe isn't right. If it isn't right, it simply isn't right! No rationalization or persuasion can change the fact that a shoe doesn't fit.

When a shoe seems to feel somewhat comfortable there still may be doubts as to proper fit. Do not be in a hurry in selection! Check out the physical conformation of your feet. Analyze the last of each foot. This may be done by taking a wet imprint of your foot or tracing the foot on a piece of paper. Not only will this reveal the size, shape and foot orientation characteristics of your feet but, just as importantly, will show the area and contact surface that the feet have with the surface on which we stand and run. Ideally, we want the last of the running shoe to correspond with the last of our feet. If the alignment of your foot is straight, look for a shoe the outer sole of which is configured to the same general shape and direction outlines of your feet. Also, note the size and confirmation of your heel. In this respect, we sometimes have to make a compromise as the one-half moon diameter of the inside shoe heel counter is usually larger than the heel of one's foot. For the toes, allow some vertical space of about the length of your little finger nail in the toe box of the shoe. Under foot print pressure, the arches of normal feet flatten out somewhat requiring this extra space. Check this by rocking your foot forward and backward from heel strike to your toes to insure sufficient room in the shoe. In the forefoot, keep the foot stationary and move the ball of your foot laterally within the shoe. Make sure that the ball of your foot retains its relative alignment within the shoe.

There are areas other than fit to give attention to - shoe weight, fabric, synthetics, arch supports, mid-sole, wedge and outer sole compounds to name a few. When trying on a new pair of running shoes, take your time, walk around, flex your foot, and check the shoes and fit carefully.

Buying a new pair of running shoes is fun and, if done properly, can provide miles of running pleasure. Double-knot your laces and KEEP RUNNING!

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THE RUNNERS SOLE

The views and opinions expressed in The Runners Sole are those of the authors and do not necessarily reflect those of the Kanawha Valley Road Runners, its officers or Board of Directors.

by Dave Fields

A poet once noted - "the bird that flutters least is longest on the wing." I believe this is a philosophy all distance runners, whether experienced or aspiring, should adopt. I have been acquainted with a number of runners who simply took their training and racing too seriously for extended periods of time and, for one reason or another, could not continue. Usually, if they are just beginning and they don't heed the poet's advice, physical ailments will impede them. For more experienced runners, it is usually an emotional let down that becomes their undoing. The desire to run simply is no longer there.

A suggestion for avoiding these let downs or burn-outs would be to make some changes in our approach to training and racing. When you are on training runs, for example, let the group go ahead and resolve to remain in "last place." Once you are three-quarters through the training run, then you can consider picking up the pace if you feel like running harder. Plan your training in general terms for a year. For example, look at the year in terms of the seasons. Use the winter, when it is too cold, and the summer, when it is too hot, to simply maintain and prepare for the best racing in the Spring and Fall. During the holiday season, just run when you feel like it and don't worry. Invariably, you will come back with a greater desire to run and, as a result, the extra poundage picked up will disappear.

As for racing, some experts maintain that, for "mere mortals", two races per month is enough and that no more "fluttering" than that should allow us to race well for six to eight weeks. Of course, racing but twice a month is difficult with so many races available. We may elect to race more often but plan to run in some as just a run with reduced effort. For those who are real competitive, they should consider not racing more often. The "slower" runs will come if we race more than twice a month. We can either plan it or let Mother Nature do it for us. The only problem with allowing Mother Nature to do it for us is that by the time we figure out she is doing the planning, we have already injured ourselves or lost our desire for the run. In a nutshell, mileage mania, pace mania, and race mania will cause you to be more like an English sparrow than like the eagle. Allow some time each training year to "ride the thermals."

GETTING READY TO RACE - FINE TUNING

by Ray Dockery

In the past issues, we have presented a series on speedwork for road runners and discussed a speed building program. This article concludes the series with information on putting the finishing touches on our speedwork program.

As the racing season approaches, it is appropriate to cut back on the level and intensity of the speedwork previously established. This is particularly helpful if one is pointing toward a specific race.

The base was to have built speed, endurance and strength. In cutting back, the legs will recover from the intense training and develop some "snap" needed (and desired) in racing. If you intend to race every weekend and are not really pointing, simply continue with your base level of training.

Critical to fine tuning is to find out what works best for you. Tapering for a race is very much an individual matter so try several methods. A typical system is to start preparing Tuesday by cutting the speedwork in half. If you are accustomed to running miles, do half-miles at the same pace or just slightly faster - 10 seconds per mile. Wednesday should be a typical recovery day - slow and easy running. Thursday is a critical day - avoid hills - try a few (6-8) pick-ups either on the track or the road - no more than 400 yards in length. Friday should be slow and easy. Several runners go from 40 minutes on Wednesday, to 20 minutes on Thursday, to 10 minutes on Friday when tapering for a special race. For most of us this wouldn't occur more than once or twice a year and then probably for longer races.

The key is to try several methods and notice how you feel during the race (legs heavy or fresh?). Once you've discovered what works best, stick with it. Good racing!

new balance B



The New Balance 660 is designed for runners who prefer the feel of the road to the feel of a shoe. It has a light, firm Morflex outersole, a Fethalite wedge and midsole, a double density Lunams Pillow and double-extended Surlyn Counter. Yet for all this, it weighs in at a mere 9 ounces.



The New Balance 730 is an impressive combination of comfort and stability, designed for runners who seek a stable but forgiving training shoe. It features a double-density counter, double-density footbed insert and a sole unit made of three different materials for cushioning and protection.

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