

# THE RUNNERS SOLE

KANAWHA VALLEY ROAD RUNNERS OFFICAL NEWSLETTER

Gary C. Smith, Editor

1985

March-April

## THE PRESIDENT'S PAGE

At least for the time being, this will be the last president's page, I'll be writing (or getting help writing) due to the upcoming election of officers for the new Board of Directors at the Annual KVRRC Banquet on March 8th at Rose City Cafeteria. I'm not about to try and individually thank everyone who helped with the many aspects of the club this past year. I do however take my hat off to everyone who contributed in their own way to making the KVRRC the success it is today. Without the support of all of you who helped with or even came out and supported our many endeavors, we would not have such a fine club to be proud of. Enough said.

Did you hear about the idiot who ran 33 miles on his 33rd birthday last year--well he is not planning to run 34 this year. I don't know if I'm a year wiser or just plain out of shape. Maybe next year will tell.

Getting back to more important matters, don't forget to come out to the banquet and pick up your KVRRC shirt. The shirts will only be given to active 1985 members who attend the banquet. We already have a list of nominees who have accepted to serve on the board if elected by the membership. We will accept additional nominees at the dinner. Please check with the person you are nominating and be sure that at a minimum they are willing to give one night a month and one or two Saturdays and Sundays to the club to help promote running in the Kanawha Valley. If you are interested in being nominated yourself, let us know before we open it up to the membership that night.

In closing, let me project a personal thought; how many times do we run past the same person and just give them the "hi" sign? Why not extend it a little and make a new friend? Why not try to get to know all the people in the valley we share a common bond, and byways with. Thank you for allowing me to give of myself, mistakes and all.

Bill O'Dell

## OFFICERS

Bill O'Dell . . . . .	President	744-4918
Carol Clark . . . . .	Vice President	727-6786
Connie Perry . . . . .	Secretary	768-3177
JoAnn Dawson . . . . .	Treasurer	342-3082
Paul Garrett . . . . .	Membership Chairman	925-3247
Pat Board . . . . .	Publicity, Equipment, Race Calendar	744-0575
David Copeland . . . . .	Director	744-1634
Bill Ripley . . . . .	Director	343-0463
Winston Gregory . . . . .	Director	757-6435
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Barbara Theierl . . . . .	Alternate	925-9342
Gary Smith . . . . .	Newsletter	744-1099

## FROM THE EDITOR:

The big event on the agenda this issue is our annual dinner meeting. A Brief outline of the program planned follows:

- Starting at 5:30 we will have our meal. We have the banquet room reserved - just go through the cafeteria line and choose your own meal - Dutch treat.
- Opening comments.
- Club president Bill O'Dell will talk about events of the past year.
- New Charleston Distance Run chairman Nemo Nearman will tell us about plans to further improve the valley's most prestigious race.
- Dr. Robert T. Vanuden will discuss "Running after injury."
- Elections will be held to vote for our 1985-86 Board of Directors.
- Nominations and voting on the John Pianfetti award (which is presented each year at the Carbide Race banquet) will be held.
- KVRRC Awards will be presented in the following categories:
  - Most Miles Run in 1984
  - Most Days Run in 1984
  - Most Races Run in 1984
  - Most Races Run in 1984 without winning an award
  - Awards for best combined times in our winter series races.
- Blue and gold club t-shirts will be given to those present at the banquet who have paid their 1985 dues.

The following are hereby nominated by the present board of directors for the 1985-86 Board, further nominations will be taken from the floor just before voting begins:

Joanie Adams	Cathy Hastings
Al Bloomberg	Susan McDavid
Pat Board, III	Bill O'Dell
Carol Clark	Gail Proffitt
JoAnn Dawson	Mike Pyryt
Dennis Dean	Liz Taylor
Paul Garrett	Carroll Young
Tom Cornell	Robert Fretwell
Carol Graham	

Hope to see you at the banquet.

Gary Smith

## RUNNERS--SPOTLIGHT

by Carol Clark

As I watched Joan Benoit's victory lap at the 1984 Summer Olympics, I wondered to myself how her performance would affect women's marathoning in the United States. My question was answered a few months later by Carol Graham's participation in the Almost Heaven Marathon. What made Carol's run different from most was that she had never run farther than ten kilometers before and her husband, Glenn. They've always had controversy about trying new things and after watching the Olympic marathon, Carol decided that it was something she'd like to try. I was quite dubious about her effort and told her husband before the race that I doubted if she'd make it farther than the 20K mark. I had to eat my words the next day when I discovered that not only had Carol finished the 26.2 mile course in inclement weather, she had finished in four hours and twenty-seven minutes. Carol told me that she didn't get tired until about eighteen miles and that running with a man who was on his third Almost Heaven Marathon helped her make the last eight miles.

Carol started running when she was eighteen (she's now 28) but didn't start participating in races until March of 1984. She'd been running a mile about three times a week and then started upping her mileage to 1 1/2 mile runs and then six miles, when she discovered that most races were about that distance. Her husband ran with her for a while but because of injuries he was soon spending most of his athletic time on a bicycle with the Vandalia Velos, the local bicycle racing club.

In order to spend more time with Glenn, Carol started riding her bike more and soon was attending club rides with the Mountain State Wheelers. She moved up from club rides to doing time trials and she presently holds the course record for women for the ten mile time trial course. When not expending energy on a bike or running, you can find Carol putting in hour and a half workouts in a pool. She laughed when I said we had a potential triathlete on our hands, but I wouldn't be surprised to see her name on a triathlon application!

Carol and Glenn are originally from Libey, Montana and came to West Virginia because of Glenn's employment with Union Carbide. Carol teaches Special Education at Rand Elementary School and is presently taking classes at COGS and West Virginia State to become certified to teach gifted and science classes. She sews and does needlework, as well as down hill skiing, and fits in a romp with their Australian shepard, Smokey, in between workouts.

Future plans include racing both in foot races and on her bicycle. Carol has her sights set on a spring 10K at Coonskin and is enthusiastic about the upcoming purchase of a racing bike. Hopefully we'll get to see more of Carol than the smoke from her Tiger tread and tires, but make the effort to track her down and make her acquaintance. It's an inspiration to talk to her and have her enthusiasm boost your spirits and strengthen your flagging determination.

# THE CITIZENS BANK

*Banking Made Easy*

3rd ANNUAL  
Hillbilly Day 10-K Run  
And

1 Mile Fun Run  
Saturday, April 13, 1985  
Pikeville, Kentucky

10-K Run 11:00 a.m. 10:00 a.m.  
1 Mile Fun Run

ENTRY FEE: \$5.00 advance reg. \$3.00 advance reg.  
\$6.00 Day of Race \$5.00 Day of Race

COURSE: Start & Finish at The Citizens Bank Parking Lot on Second Street. The course is moderately flat but challenging. The course is well marked. Adequate parking, restroom facilities, traffic control, and water stations are provided.

CLASSIFICATION (Under 18)  
SEX: MALE-FEMALE  
DIVISION: 14-17  
18-24  
25-29  
30-34  
35-39  
40-44  
45-49  
50-59  
60 & Over

**AWARDS:** Grand Prize Trophy Men & Women's Division, Masters Trophy (40 & Older), 1st & 2nd place Trophy in each division of the 10-K Run. Trophies to top 3 finishers in each category in Fun Run. Gift Certificate to be given by random drawing.

**REGISTRATION:** Advance registration for both races can be made by mail, or you may register the day of the race at the starting point at The Citizens Bank Second Street parking lot.

REGISTRATION FORM  
Enter me in THE CITIZENS BANK HILLBILLY DAY RUN (Please Print)

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Age: \_\_\_\_\_

10-K Run 1 Mile Fun Run  
CLASSIFICATION (Under 18)  
SEX: MALE-FEMALE  
DIVISION: 14-17  
18-24  
25-29  
30-34  
35-39  
40-44  
45-49  
50-59  
60 & Over

In consideration of the acceptance of my entry, I, for myself, my executors, administrators, and assigners, do hereby release and discharge all sponsors in event of injury, illness, or any other catastrophic arising or growing out of my participation in this race. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

SIGNATURE \_\_\_\_\_  
(Parents signature is required if under 18)

FOR MORE INFORMATION CONTACT THE MARKETING DEPARTMENT AT  
THE CITIZENS BANK (637-9431)

RETURN ENTRY TO: Citizens Bank of Pikeville  
c/o Marketing Department  
P.O. Box 882  
Pikeville, KY 41501

CO-SPONSORS EAST KY. BEVERAGE, T & D SPORTING GOODS, JOHNSON'S

## ILIOIOTIBIAL TRACT FRICTION SYNDROME

by Peggy L. Kiser, D.C.

The "iliotibial tract friction syndrome" is usually identified by pain on the lateral aspect of the thigh just above the knee. This pain is often described as "stinging" and may radiate below the knee to the lateral head of the tibia (shin bone). See diagram 1. The most intense pain occurs when the leg comes into contact with the ground during deceleration. This condition often occurs in novice runners with tibia vara (bowed legs) and hyperpronated feet. The symptoms may also occur when a runner has improper support in the outer sole of his/her shoe. Runners who train on a sloped road may develop this syndrome in the down-side leg.

The iliotibial tract is a thick strip of fascia that passes down the lateral part of the thigh and inserts into the head of the tibia. As the knee flexes and extends the iliotibial tract repeatedly rubs across the lower lateral part of the femur (thigh bone). See diagram 2. This rubbing may cause an inflammatory response, particularly if the iliotibial tract has not been stretched.

Treatment for the iliotibial band friction syndrome includes application of ice to the area of pain for up to 20 minutes followed by stretching the iliotibial tract. See diagram 3. This treatment is continued until the symptoms subside. The forces going through the lateral aspect of the knee at heel strike and with internal rotation must be controlled with proper footwear. If the lateral sole of the shoe is worn, it must be replaced. If the pain persists after following this course of treatment, consult your doctor.

Diagram 1

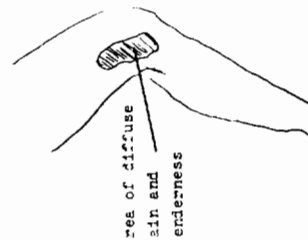


Diagram 2

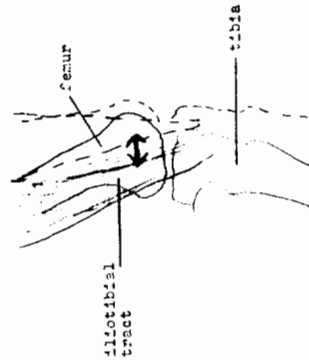
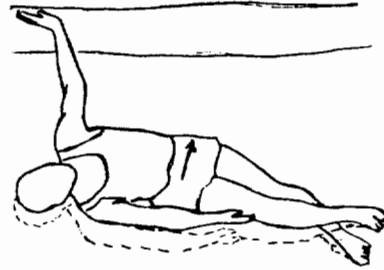


Diagram 3



ILIOIOTIBIAL TRACT STRETCH

SCHEDULE OF EVENTS  
MARCH - APRIL 1985

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

March 4, 1985

Monday  
KVRRC Board of Directors Meeting

RT: 7:30 P.M.  
SP: JoAnn Dawson's House  
731 Churchill Drive  
Charleston

March 8, 1985

Friday  
KVRRC Annual Banquet

RT: 5:30 P.M.  
SP: Rose City Cafeteria, So. Chas.  
EF: Dutch Treat  
ADD'L INFO: Long-sleeve shirts to  
all club members present

March 9, 1985

Saturday

Poca River 15K  
RT: 9:00 A.M.  
ST: 10:00 A.M.  
SP: Doc Bailey Road/Poca River  
EF: \$3.00 members/\$5.00 nonmembers  
RD: KVRRC  
ADD'L INFO: T-shirts to first 100  
runners

March 16, 1985

Saturday

Food & Fitness Fair 5K  
RT: 8:30 A.M.  
ST: 9:30 A.M.  
SP: Clendenin & Washington Sts.  
Charleston Marriott  
EF: \$5.00/\$7.00  
RD: KVRRC  
Awards inside Town Center  
following race.

March 16, 1985

Saturday

Shamrock 5-Miler Vs. Cancer  
RT: 10:00 A.M.  
SP: Masonic Park, Marietta, OH  
EF: \$6.00/\$8.00  
RD: Rick Brown 614-373-8643  
Stephen Robinson 304-424-8654

March 17, 1985

Sunday

Run for the Children 5K/10K  
RT: 12:30 P.M.  
ST: 2:00 P.M.  
SP: Tech Field House  
EF: \$6.00 Montgomery  
RD: Bob Scholl 442-3167  
344-3631

March 30, 1985

Saturday

Coonskin Classic 10K  
RT: 8:30 A.M.  
ST: 10:00 A.M.  
SP: Coonskin Park Clubhouse  
EF: \$7.00/\$8.00  
RD: Kanawha City Parks &  
Recreation Commission

April 6, 1985

Saturday

Run for Dog 900 10K  
RT: 8:30 A.M.  
ST: 9:30 A.M.  
SP: Clendenin & Washington Sts.  
Charleston Marriott  
EF: \$5.00/\$7.00  
RD: KVRRC  
Awards inside Town Center  
following race.

April 13, 1985

Saturday

Hillbilly Day 10K Run  
RT: See ad in this issue  
ST: 11:00 A.M.  
SP: Citizens Bank, Pikeville KY  
EF: \$3.00/\$5.00  
RD: Citizens Bank of Pikeville  
606-437-9651

April 20, 1985

Saturday

COBS 10K  
RT: 8:00 A.M.  
ST: 9:30 A.M.  
SP: Kanawha City Rec Ctr.  
EF: \$6.00/\$8.00  
RD: Call 768-9711  
Team Competition

April 27, 1985

Saturday

Carbide Fitness Run 10K  
RT: 9:30 A.M.  
SP: Carbide Tech Center  
EF: \$7.00 ea/\$20.00 family  
RD: Dick Henderson  
747-4450

May 11, 1985

Saturday

Macmet 5-Miler  
RT: 8:30 A.M.  
ST: 9:30 A.M.  
SP: Ben Morris Ballfield  
EF: \$6.00/\$7.00  
RD: Paul Coon (W) 348-5017  
(H) 949-1914

May 25, 1985

Saturday

Nitro 10K  
RT: 7:30 A.M.  
ST: 9:00 A.M.  
SP: Nitro Football Field  
EF: \$6.00/\$8.00  
RD: Jim Smith 755-3140  
Ron Asbury 755-7204

May 25, 1985

Saturday

Elby's Distance Race 20K  
RT: Must be registered by May 1  
ST: 9:00 A.M.  
SP: Wheeling Civic Center  
EF: \$6.00/\$8.00  
RD: Hugh Stobbs  
P.O. Box 1046  
Wheeling, WV 26003  
233-2100

May 11, 1985

Saturday

Sixth Annual Boone County 5-Miler  
RT: 8:30 A.M.  
ST: 9:30 A.M.  
SP: Scott High School  
EF: \$6.00/\$7.00  
RD: Dave Hill 369-3641

LOOKING AHEAD

May - Charleston Pops Run

June - Shawnee Hills 5K-10K?

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

Gary Smith  
250 F Street  
South Charleston, WV 25303  
744-1099 (after 6:00 p.m.  
or weekends)

2-10-85 VALENTINES.BK

PLACE	NAME	TIME	AGE	NAME	TIME	AGE
01	Frank Lewis	15:29.8	33DV	Carol Graham	23:41.6	28*
02	Jeff Jordon	17:02.3	26*	Leon Ginsberg	24:17.9	49
03	Billy Belcher	17:09.9	23*	Emil Martin	24:20.0	45
04	John Maher	17:16.2	30	Bob Platt	25:19.6	50
05	Tom Eckel	17:19.0	31	Bill Ramsey	25:25.5	37
06	Tom Murphy	17:24.5	25	Vernon Hess	25:28.1	52
07	Tony Russell	17:28.0	18	Ashley Schwartz	25:45.4	12
08	Mike Hunt	17:34.3	30	Sue Roslevege	25:54.2	27
09	Glenn Baldwin	17:34.3	26	Sharon Houle	25:54.8	25
10	Roy Hughes	17:49.6	37	Sarah Sears	25:57.8	26
11	Denny Asbury	17:53.2	36	Gary Osborne	26:06.1	41
12	Tom Gazziano	17:59.2	17	Sherrri Pennington	26:36.9	18*
13	Scott Myers	18:01.9	13	Gene Fuller	26:38.3	49
14	Gary Smith	18:07.8	31	Mike Pyryt	26:41.9	31
15	Jim Miller	18:23.2	32	Janet Graber	26:53.0	26
16	Gary Fayton	18:42.3	42*	Lois Burgess	27:40.5	55*
17	Terry Carmichael	18:50.5	46	Betty Stanton	27:49.6	36
18	Gary Craig	19:02.3	38	John Slack	28:40.5	42
19	John Barnette	19:08.9	38	Brian Adcock	29:15.6	23
20	Gerald Green	19:14.9	40	Roseann Branham	30:08.7	30
21	Joe Bird	19:17.2	28	Jerry Branham	30:09.3	35
22	Winston Gregory	19:20.5	37	JoEllen Dean	32:55.2	26
23	Mitch Kaplan	19:22.2	28	Diana Russell	26:42.0	38WHEEL- Chair
24	Mike Province	19:38.2	37			
25	Tim Holbrook	19:49.1	37			
26	Scott MacDiarmid	19:59.9	18			
27	Joe Aliff	20:14.1	27			
28	Patrick Board IV	20:20.3	11*			
29	Ralph Myers	20:21.4	41			
30	Tom Fearcy	20:22.2	35			
31	Jack Burgess	20:26.0	58			
32		20:30.9				
33	Jack Adkins	20:31.7	48			
34	Mark Accord	20:37.1	25			
35	Ted Philyaw	20:39.4	33			
36	Dennis Dean	20:40.1	28			
37	Tom Ditty	20:41.0	30			
38	Lionel North	20:45.3	51			
39	Tandra Hiens	21:27.4	22DV			
40	Carroll Young	21:28.4	48			
41	Keith Ratliff	21:34.4	23			
42	Pam Dockery	21:35.2	39*			
43	Jim Ryan	21:36.6	31			
44	Phil Radford	22:08.0	52			
45	Charles Daugherty	22:17.3	48			
46	Joe Burgess	22:26.7	44			
47	Betty Young	22:43.6	47*			
48	Danny Walker	23:07.8	37			
49	Bob Marshburn	23:23.7	41			
50	John Stanton	23:32.9	38			

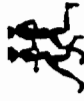
The candy given away at this race was donated by the CAMC cardiac rehabilitation center. The unique trophies were donated by Dick Conway. Thanks.

**CREATIONS GALORE, INC.**  
 1326 OHIO AVE.  
 DUNBAR, W. VA 25064  
 (304) 768-3923

**FAST SHIRT T-SHIRTS PRINTERS UP TO 6 COLORS**

DV - Overall winners, male, female  
 \* - Age group winners

# Kanawha Valley ROAD RUNNERS



## 1-20-85 FROST-BITE 5-MILER

PLACE	NAME	TIME	AGE
01	Frank Lewis	27:24.3	32OV
02	Jeff Spencer	29:12.0	22*
03	Mike Hunt	29:58.4	30*
04	Tom Eckel	30:28.3	31
05	Glen Baldwin	30:50.9	26
06	John Maher	30:58.2	30
07	Ray Dockery	31:08.4	42*
08	Ken Tallman	31:09.9	46
09	Billy Belcher	31:11.2	23
10	Gary Smith	31:53.0	31
11		32:22.9	
12	Terry Carmichael	33:19.6	46
13	Mike Curry	33:40.5	41*
14	Steve Allen	33:56.6	28
15	Gary Craig	34:07.2	38
16	George Castelle	34:25.6	36
17	Fred Potter	34:27.3	33
18	Mitch Kaplan	34:27.9	28
19	Steve Annands	34:33.3	36
20	Steve Taylor	34:39.4	27
21	Gerald Green	35:08.4	40
22	Bill O'Dell	35:13.2	33
23	Patrick Board IV	35:29.1	11*
24	Don Hamrick	35:48.0	32
25	Tod Kaufman	35:50.0	
26	Jesse Skiles	37:05.3	21
27	Carroll Young	37:32.5	48
28	Joe Burgess	37:52.6	44
29	Worley Stout	39:40.5	60
30	Betty Young	39:55.1	47OV
31	Al Pfister	40:20.1	48
32	Danny Walker	42:06.8	
33	Carol Graham	42:14.1	28*
34	John Stanton	45:00.0	38
35	Betty Stanton	46:30.0	36*
36	JoAnn Dawson	49:15.0	50*
37	Jerry Branham	51:30.0	34
38	Roseanne Branham	51:30.0	30

OV - Overall winners, male, female  
 \* - Age group winners

This race was run under very challenging conditions. The temperature at the time of the race was -7 degrees F. Running out Kanawha Avenue it wasn't too bad but coming back along the river with the wind in your face, at least you can say the race was aptly named. There was a feeling of comradeship, of joining in a conquest of nature and our own limitations that day that was a little more intense than is normally experienced in a race.

The Kanawha Valley Road Runners (KVRR) 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:

Development and sharing of training strategies for novice to experienced runners.

Bi-monthly mailings of a newsletter which will include upcoming events which receive the KVRR's endorsement. This mailing also will include race results plus dates, times, and meeting places for training runs and special events.

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

### KVRR MEMBERSHIP APPLICATION

(Check One) New Member Yes \_\_\_ No \_\_\_ Date \_\_\_  
 Type of Membership:

Regular (\$8) \_\_\_ Full Time Student (\$5) \_\_\_ 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 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

