



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor 1986 March - April

THE PRESIDENTS PAGE

As you know the KVRRC annual awards and business banquet will be Friday, March 7, 1986 at 5:30 P.M. at Rose City Cafeteria in South Charleston. We will elect the KVRRC Board of Directors for 86-87, present awards (including 85-86 "Winter Series winners") and hear from some interesting speakers. Our main speaker will be Arnold B. Lovell, Pastor of the First Presbyterian Church of South Charleston. Arnold will speak on "Running, Racing and Religion". Also we will again hear from Mike Roarke, Mayor of the City of Charleston and we will get an update on the 1986 Charleston Distance Run from race director Sherman "Nemo" Nearman. George Castelle will show some movies of the December 8, 1985 Almost Heaven Marathon. Bring your family and friends, come out and have dinner and some fun together.

Also I want to remind you about the Poca River 15K Road Race sponsored by KVRRC. It will be the day after the awards banquet, Saturday March 8. Race registration will be from 8:00 A.M. to 9:00 A.M.. No pre-race registration. Runners will be required to sign a race waiver. We have a 9:15 P.M. race starting time. T-shirts will be available to the first 100 registered runners. Don Barnett, 744-0816, is the race director. Give Don a call if you would like to help or have any questions.

The U.S. (Tac) 20K Championship Road Race better known as Elby's 20K in Wheeling, WV is scheduled for May 24th this year. Race applications are now out if you need one give me a call.

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	744-0575
Carroll Young	727-9844
JoAnn Dawson	342-3082
Paul Garrett	925-3247
Kathy Hastings	348-0170
Gail Proffitt	925-5252
Bill O'Dell	744-4918
David Copeland	744-1634
Don Barnett	744-0816

Mike Province	Alternate
Dick Conway	Alternate
Gary Smith	Newsletter
	Race Calendar

744-1099

LETTERS TO THE EDITOR:

FISHER BREAKS NATIONAL RECORD

By Steve Fox

Jim Fisher, 39, a blind runner from Pinch ran a 2:59 at the Marine Corps Marathon, November 3, 1985. The marathon, which had 12,000 runners, was the National Masters Championship and also the National Blind Championship. There were 6 blind runners who were registered and Jim's 2:59 was good for 2nd place. Jim and the winner (2:48) both broke the blind national record. (Harry Cordellos was 4th in the blind division).

MY NEW WINTER TRAINING PROGRAM

By Frank Branner

This winter would be different. In the past no amount of resolve kept my running mileage from plummeting during the cold months. But now I had solved the problem. I bought a Nordic Track Cross-country ski exerciser. You've surely seen them advertised in running magazines. It came in mid October, and I started using it on alternate days - running six miles on one day and using the Nordic Track for an hour on the next.

I immediately fell in love with it. I learned how to work it in about ten minutes and really appreciated its smooth, non-jamming motion. The skiing motion requires more pulling during mid-stride, and awareness of this seemed to help my running.

It got colder in November, and it was much easier to stay in and use the Nordic Track. Soon I was skiing four or five times a week and running only once.

Then, one night in early December I had an extremely severe cramp in my right calf. For several days after this my ankle was sore, but the pain stopped and I continued my running/skiing routine. Three weeks later I noticed that I could not lift my big toe when putting my shoes on. A visit to Al Pfister convinced him and me that I had ruptured the tendon that lifts my toe and that it should be repaired.

The repair job was not simple. It took Dr. Bangani two hours to find the break, borrow a tendon from my heel, splice it into the break, and sew it all up. Then four weeks in a cast with crutches. Now its been seven weeks since I've run and I have at least six more to wait. I've gained 15 pounds!

My best explanation is that I overdid the Nordic Track - overusing new unused muscles that finally rebelled, leading to the cramp and rupture.

This sad story is not a subtle for-sale ad for the Nordic Track. I still swear by it, recommend it to others and expect to use it again. But next time I will start much more slowly and only increase my time gradually.

I was right about one thing. This winter has been different.

THE WINTER SERIES

By Carroll Young

Again this winter, the Kanawha Valley Road Runners conducted a series of three races, one each in December, January, and February. These are intended to be low-key club races giving members the opportunity to race during the so-called off season of road racing.

Registration and awards for each race was held in the WVU Medical Building lobby at CAMC. Each race begins and finishes at the same spot on Virginia Avenue 50 yards west of 31st Street. The certified out & back courses go east on Virginia Avenue, north on 37th, then east on Kanawha Avenue to turnaround locations for distances of 10K, 5 miles and 5K.

The first race, called the Kanawha City 10K, was held on December 15. Gary Smith was race director. Sixty-five runners finished.

The second of the series, the Frostbite Five-Miler, held January 19, did not live up to its name this year. Last years race was held on a Sunday afternoon with the temperature at -7 degrees and streets iced over. This year, the rain stopped at race time. Paul Garrett was race director and 96 runners finished.

The third race, the Valentine 5K, was held on February 9. 110 runners finished under overcast skies with the temperature around 40 degrees. Johann Dawson was race director for this one. In keeping with the Valentine theme, candy was given to runners as gifts.

The awards for each race, given after the race, were ribbons for overall man and woman, plus ribbons for first, second, and third places in seven age groups men and women. Results are published in the Runners Sole.

At the Annual KVRRC Banquet, to be held on March 7, 1986, beginning at 5:30 P.M. at Rose City Cafeteria in South Charleston, there will be awards for the combined times of these three races in the same categories as awarded at each race. Plan to attend, then make plans to run in next year's Winter Series.

MARATHON '85

by John Maher

The Almost Heaven Marathon and I don't go way back, but so far its the only marathon I've attempted. Starting in 1984 I chose it as the race from which to qualify for Boston based on its superb organization, human scale, convenient locale and cool weather.

December 8th was cloudy and raw this year, and it looked to me like a week of nervous weather watching had paid off with a near ideal race time temperature in the lower forties. Alright, maybe a little on the low side, but the rest of the hyperthermia crew and myself were grateful. It was on the verge of being cold enough to don more than shorts and a singlet, so much of the pre-race discussion centered on whether or not to sacrifice looks and speed for comfort. Since the previous evening's weather report predicted the temperature would rise into the fifties, the trusting among us went with the addition of only a hat and gloves.

Pat gave us the pre-race banter, and fired the gun right on time. We set out on the Kanawha City section of the race, talking and joking, realizing just how chilly it was. I personally enjoy this part of the race, because the scenic and tree sheltered streets offer an opportunity to get into the swing of the race before having to tackle the long stretches along the river.

Having a watch which gave splits this year helped me get into pace and get my rhythm going, so I was feeling strong and comfortable as the course wound out into MacCorkle Avenue. I now concentrated on running the race in four segments punctuated by the Patrick Street Bridge. The first was great, as I took over third place and scooted up the Boulevard. A welcome t-shirt was provided at mile 13 as it became clear that the anticipated warming was not going to take place. The aid station at mile 14/20 was particularly heartening both because of the level of support and the significance of this point on the course--all I had to do was get back here and the race was just a 10K from there on it, right?

A nice thought, but not today. A marathon is a strange affair, for you still try to put some speed into it and somewhere in the mile 19-20 range, if its not your day, it's payback time. When the going gets tough, even the tough start slowing. I felt a little weariness at mile 17, but picked up the pace and was alright again until mile 19, whereupon the message of the splits became undeniable. What felt like harder and harder effort was producing longer and longer mile splits. Chip Brand, who had looked comfortably far behind me and encouragingly weary at the 17 mile turnaround, steamed past just beyond the 20 mile aid station. I made it to the Patrick Street Bridge with him still comfortably within range, but when we had finished with the hill on the bridge, it was clear that he was picking it up in the stretch, and I would be lucky to avoid rigor mortis. This prompted a brief philosophical discussion with myself about why I was doing this ("to qualify for Boston", I asserted. "Makes sense", I replied. "to put

yourself through this now, so you can do it again in April"). Enough of that, I thought. It wasn't that I was losing the discussion, but the voice of doubt was starting to make sense. I had prepared a little for this and tried reciting various inspirational messages to myself. I remembered the motto of the Wendy's race I'd been to in November (Where does the power come from to see the race to its end... from within) and dug a little deeper.

With three more miles to go, the news my watch was bringing me was getting even worse so I stopped looking and concentrated on finishing. Here I longed for a brass band or two, or a cheering throng to restore my flagging desire. As the hospital come into view upriver, I latched onto something even better, the promise of the post race meal. Soup, Chili, Stew. Two of my running buddies ran with me in from the South Side Bridge, helping me shake off cramps and a bad case of self pity, and the crisis was over. When we got to the twenty-six mile mark, I was absolutely sure I'd finish and in a blazing final .2 mile of 100 seconds, it was over.

I walked gingerly from the finish line to the hot showers on the 4th floor of the medical building, and soaked for about 20 minutes. I felt pretty good. My goal of a 2:40 marathon had eluded me, but I had qualified to run in Boston. As we sat around at the awards banquet, enjoying all that delicious home-cooked food, and discussing what we'd do differently next time. I thought we must all be a little daff. The race was barely over and we were eager to try it again. Over seconds of chili, I figured it this way: You may have to be a little twisted to run the marathon, but it makes good sense to run Almost Heaven.

The Presidents Page (continued)

Again I want to remind you that there is a cutoff date in April to enter the September 27th Virginia 10-Miler Road Race. This is a class event and yes I have race applications for this one.

On behalf of the 85-86 KVRRC Board of Directors I want to thank the runners who ran the "Winter-Series" races which in turn made the effort a success. If you have any comments concerning the "Winter Series" contact Carroll Young, 727-9844.

On December 14, 1985 KVRRC member Dave Fields "did it again". Dave completed the Kentucky State 50-Mile Road Race in 6 hours, 34 minutes which was good enough for a 3rd place finish overall. How about that! Congratulations Dave.

KVRRC member Frank Lewis had what I thought was a fantastic year in 1985. In my opinion he is the "Hotter than a Firecracker" so far this year. Frank who runs most of the big races in the East every year has been running 100 plus mile weeks in training and in February he won the KVRRC sponsored Valentine 5K in Charleston with a time of 15:13 without even being pushed. On April the 6th Frank has been seeded 42nd for the Cherry Blossom 10-Miler in Washington, D.C.. We all wish you good luck in 86 Frank. You represent the KVRRC well. Hopefully Frank will inspire all of us to work harder and reach our goals.

Patrick and I will see you at the races.



POCA RIVER RUN

15 KM ROAD RACE
ON SATURDAY MARCH 8, 1986 AT 9:15 AM



WHERE:

COURSE:

ROLLING COURSE THAT LOOPS DOWN ONE SIDE OF THE RIVER AND BACK THE OTHER

ENTRY FEE:

\$4.00 FOR 1986 KVRRC MEMBERS
\$5.00 FOR NON-MEMBERS

REGISTRATION:

REGISTRATION THAT MORNING BETWEEN 8:00 AND 9:00 A.M., SO COME EARLY

AWARDS:

TROPHIES TO OVERALL AND FIRST PLACE IN EACH AGE GROUP. RIBBONS TO SECOND, THIRD AND FOURTH PLACE WINNERS IN EACH AGE GROUP (UNIFORM FOR BOTH MEN AND WOMEN)



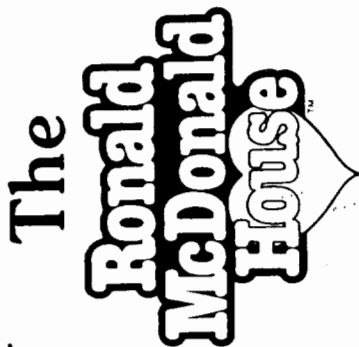
14 AND UNDER	33-41	60 AND OVER
15-23	42-50	WHEELCHAIR
24-32	51-59	

A TEE SHIRT TO THE FIRST 100 TO ENTER

RACE DIRECTOR: DON BARNETT

744-0816 (HOME)

Run for...



9:30 a.m.
SATURDAY, MARCH 15

University of Charleston
King Gymnasium

10k run
5k fun run

Sponsored By:

CHARLESTON CATHOLIC KEY CLUB

Endorsed By:

RONALD McDONALD HOUSE
KIWANIS MENS CLUB

Major Sponsors:

McDonalds V100
Chapman Printing Co. Turnpike Ford

ENTRY FEE \$7.00/\$8.00



PLEASE NOTE THAT THE ENTIRE HILL SECTION OF THE COURSE HAS BEEN PAVED...

KANAWHA COUNTY PARKS
AND RECREATION COMMISSION



PRESENT THE
6th ANNUAL "LIFE. BE IN IT"
COONSKIN CLASSIC 10-K DISTANCE RUN
10:00 A.M., SATURDAY, MARCH 22, 1986
OFFICIAL ENTRY FORM

Name _____ Male _____ Female _____
Address _____ (Street) _____ (City) _____ (State) _____ (Zip) _____
Phone _____ Age _____ (as of March 22, 1986) _____ T-Shirt Size _____ (S-M-L-XL)

Check if you plan to compete in the below special division.

____ Husband/Wife Team Competition - Partner's Name _____

Runners are eligible for only one award (excluding youngest and oldest finisher).

In return for permission by the Commission to participate in the Coonskin Classic 10-K Distance Run, I release the Commission, its members, employees, volunteers, co-sponsors and other participants from any claim for injury or loss that occurs to me or my child/ward or anyone on his or her behalf. I therefore, attest and verify that I am physically fit and have sufficiently trained for this 10,000 meter distance run.

Signature _____ Parent's signature (if under 18) _____
ENTRY FEE: \$7.00 (Post marked no later than midnight March 19) LATE REGISTRATION: \$8.00

MAIL TO: Kanawha County Parks and Recreation Commission
Coonskin Drive
Charleston, WV 25311

Please make check payable to: Kanawha County Parks and Recreation Commission
CN004
VOLUNTEERS: Anyone wishing to volunteer in helping with the race or wishing additional information may call 345-8000.

AMERICA'S RACE WANTS YOU!

"NATIONALLY TELEVISED"

ENTER THE
 1-Mile Mayor's Rockport Fitness Walk
Or...
 \$1,000,000 10K Run

**AMATEUR CONTESTANTS ONLY
NO PROFESSIONAL ATHLETES!**

The dream of the amateur athlete is to compete in the Olympic Games. Olympic Decathlon Champion Bob Mathias says, "America also has sixty million 'side-street athletes,' people who run, jog and walk through neighborhood and city streets every weekend. These people are running! Without them, the sport could not survive... and they too have dreams!"

To meet the wants and needs of these "side-street athletes," SUPER RUN — AMERICA'S RACE was created and publicly introduced in 1984. Competition was open only to "recreational runners" and they had to be U.S. citizens. Professional and world-class athletes were not eligible to compete. A qualifying race was staged in all 50 states on the same date and at the same time. The fastest man and woman contestant from each location advanced to the SUPER RUN — National Championship.

\$1,000,000 GRAND PRIZE

On October 27th, 107 finalist contestants ran through the streets of Las Vegas. The first place man and woman claimed the largest cash awards prize in the history of the race, including an equal split of the \$1 million dollar cash grand prize.

All participants receive a colorful commemorative certification, running bib, souvenir lapel pin, discount coupons for SUPER RUN — AMERICA'S RACE clothing, and free after-race refreshments. Sponsor-provided merchandise prizes will also be given away by name drawings during local post-race awards presentations.

OFFICIAL APPLICATION FORM

I WOULD LIKE TO APPLY FOR ENTRY IN THE SUPER RUN II — AMERICA'S RACE. PLEASE ENTER ME IN THE EVENT INDICATED BELOW.
(Mark an "X" in the proper box.)

1-Mile Mayor's Rockport Fitness Walk
OR
 \$1,000,000 10K Run

Complete BOTH sides of this entry application.
Use black or blue ballpoint pen.
Print carefully
Do not write or type!
Print your name and address on the contestant confirmation notice below.

CUT ON DOTTED LINE.

LAST NAME _____
FIRST NAME _____ MIDDLE INITIAL _____
LEGAL ADDRESS _____
CITY _____ STATE _____ ZIP _____
COUNTY _____ AREA CODE & PHONE _____ SEX _____
SOCIAL SEC. # _____ BIRTH DATE _____

SELECTING THE PROPER CATEGORY

"MAYOR'S (1-mile) ROCKPORT FITNESS WALK"

This is a non-competitive event to promote community involvement, fun and physical fitness awareness. Event is open to anyone regardless of age, citizenship, residency or professional athletic status. Wear a costume. Enter a business team. Get crazy. Have fun. Here, participation is victory!

\$1,000,000 10K RUN DIVISION

The first place man and woman winners in the \$1,000,000 10K "RUN" division become representatives of their host cities and state. As such, both receive expense-paid invitations to compete in the SUPER RUN II — AMERICA'S RACE National Championship at Lake Tahoe. Here, contestants compete for thousands of dollars in merchandise awards and a \$1 MILLION DOLLAR grand prize. (Paid at \$10,000 per year x 50 years — or life)

to compete in this division, you must meet all of the following requirements:

- (1) You must be a United States citizen;
- (2) You must be a legal resident of the state in which you intend to compete;
- (3) *Note: Legal residency determined by last IRS tax filing declaration. College students who are enrolled and attending or presently assigned.
- (3) You cannot have won or been paid money to compete in or appear at any athletic event. This includes expense money payment or expense reimbursement;
- (4) You cannot have competed in Olympic Games or Trials; You cannot have won an NCAA, AAU or TAC running championship;
- (5) You cannot have completed in college or university running sports in the past three years;
- (6) You cannot have won a previous SUPER RUN — AMERICA'S RACE in which you were invited to, or actually competed in, a SUPER RUN — AMERICA'S RACE State or National Championship, nor disqualified from any SUPER RUN — AMERICA'S RACE event.

THE CITIZENS BANK

Banking Made Easy

4th ANNUAL

10 K RUN AND 1 MILE FUN RUN

Saturday, April 19, 1986

Pikeville, Kentucky

OFFICIAL APPLICATION FORM

(Continued from other side)

1 MILE FUN RUN "RUN" DIVISION: To compete in this division, you must be a United States citizen and a legal resident of the state in which you intend to compete. (Note: Legal residency determined by last IRS tax home declaration. College students and military personnel may compete where enrolled and attending, or presently assigned.) Additional eligibility requirements are: (1) Never won or been paid money to compete in or appear at any athletic event (includes expense money, payment/reimbursement); (2) Never competed in Olympic Games or Trials competition; (3) Never won an NCAA, AAU or TAC running championship; (4) No college or university running sports competition in the past three years; (5) Previous SUPER RUN — AMERICA'S RACE state winners, disqualified applicants, and/or National Championship winners are also ineligible.

The "MAYOR'S ROCKTORT FITNESS WALK" is a non-competitive, recreational event that has no eligibility restrictions. Acceptance depends upon a properly submitted application and payment of the \$5 application fee.

LEGAL RELEASE: READ CAREFULLY BEFORE SIGNING: I understand that SUPER RUN II — AMERICA'S RACE is an invitational event and I may participate only if I meet eligibility requirements and agree to comply with all application procedures, event rules and regulations. By submitting this application, I state that I am aware of and agree to the following: Running or walking requires physical exertion that may be hazardous to my health; there is no known physical or mental condition that would endanger me if I participate; I accept full responsibility for any harm or injury I may sustain or to others; I agree to hold harmless and indemnify event sponsors, prize contributors, officials, organization, age and event employees, and other participants for any and all injuries and/or damages.

In consideration for my acceptance, I irrevocably and exclusively grant to Network Enterprises, Inc., including any agents or assigns thereof, the unrestricted right to use my name, photograph, likeness, video images, statements and comments for publication, electronic broadcast, licensed products and services, advertising, publicity and promotion(s). I realize that publication and forfeiture of my application fee shall result if my application is incomplete, false, misleading or improperly submitted, or I do not meet all necessary application requirements of the division I have requested to enter. I also know that disqualification shall cause me to forfeit any right or claim to any award(s) or benefit(s).

***SPECIAL WARNING TO 10K APPLICANTS:** Submitting an application with false information is against the law in which civil and/or criminal prosecution may result.

APPLICANT SIGNATURE _____ DATE _____
 PARENT/GUARDIAN SIGNATURE REQUIRED IF APPLICANT UNDER 18 YEARS _____ DATE _____

DON'T FORGET TO INCLUDE YOUR \$5 APPLICATION FEE.

ENTRY CONDITIONED UPON EACH APPLICANT AGREEING THAT:

- Local 10K winner applications and post-event affidavits will be thoroughly investigated. Providing false or misleading information on the entry application and/or post-event affidavit is a crime and may result in civil and/or criminal prosecution!
- A condition of acceptance is that local 10K winners must compete and participate in all National Championship activities.
- Observe and obey all laws and event rules; respect the rights and entitlement of other contestants. It is your responsibility to carefully read and listen to all instructions.
- Local tie-finishes will be broken by coin-toss.
- \$1,000,000 10K contestants must run race course on foot and without the use of any mechanical device(s).
- If not indicated on entry application or confirmation notice, it is each entrant's responsibility to obtain race site and start time information from local race coordinator.
- Once an entry application is accepted, application fee is non-refundable, non-transferable, nor are event category changes permitted.

'Super Run' —
 America's RaceSM
 Sponsorship Team

Mayor's Fitness Walk —
 The Rockport Company

National Championship —
 Lake Tahoe Marketing Council

AirCal Wilson Electronics
 Micropro International Eastman Kodak
 Federal Express Harley Davidson
 American Airlines Zenith Data Systems
 Texas Select Timex Corporation

The Charleston qualifying race is Saturday, April 26. The 1 mile walk starts at 8:30 A.M. and the 10K starts at 9:30 A.M. Both races start at the Kanawha City Community Center and are sponsored by the Charleston Parks and Recreation Department. Prizes will be awarded to the winners in each age category.

1 MILE FUN RUN

TIME: 9:00 a.m.
 ENTRY FEE: \$3.00 Advance Registration
 \$5.00 Day of Race

COURSE: Start & Finish at The Citizens Bank Parking Lot, on Second Street

DIVISIONS: 13 & Under
 14-25
 26 & Over

AWARDS: Winner 1st Prize Men & Women's Division.
 *Trophies to the top 2 finishers in each division.

10 K RUN

TIME: 10:00 a.m.
 ENTRY FEE: \$5.00 Advance Registration
 \$6.00 Day of Race

COURSE: Start & Finish at the Citizens Bank Parking Lot, on Second Street

DIVISIONS: 13 & Under
 14-24
 25-29
 30-34
 35-39
 40-44
 45-49
 50-59
 60 & Over

AWARDS: Top 3 finishers in Men & Women's classifications.
 1st place - Masters Trophy (40 & Older)
 *Trophies given in each division & classification.
 Certificate awarded to all finishers.

Team Events for 10 K
 Plaques given for top 2 Mens teams, top 2 Women's teams and top 2 mixed teams. (any 2-3 combination)
 *No person can run for more than 1 team.

*One Trophy per participant per race.

1 MILE FUN RUN

10K RUN

Classification (Circle One)

SEX: MALE FEMALE

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ Age _____

In consideration of the acceptance of my entry, I, for myself, my executors, administrators, and assignors, do hereby release and discharge all sponsors in event of injury, illness, or any other catastrophe 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 (606-437-9651)

RETURN ENTRY TO: The Citizens Bank of Pikeville
 c/o Marketing Department
 P.O. Box 852
 Pikeville, Kentucky 41501



1-19-86 FROSTBITE 5-MILER

PLACE	TIME	NAME	AGE	HOMETOWN	PLACE	TIME	NAME	AGE	HOMETOWN
01	26:53	Dan Stowers	20M	Oak Hill	51	34:47	Linda McCall	39F	Charleston
02	27:24	Tony Russell	19M	Winfield	52	34:48	Lionel North	52M	St Albans
03	27:32	Mike McCutcheon	29M	Cross Lanes	53	34:50	Carroll Young	49M	St Albans
04	27:45	John M. Maher	31M	Charleston	54	34:53	Dennis Tulloh		Charleston
05	28:07	Tom Murphy	26M	Charleston	55	35:26	Steve Jubelier	39M	South Charleston
06	28:16	Carl Hatfield	38M	Charleston	56	35:45	Tom Dawson	51M	Princeton
07	28:28	Jermy Eggleston	15M	Charleston	57	35:49	Mark Gladney	37M	South Charleston
08	28:42	Andy Jarrell	18M	Morehead	58	36:01	Joe Burgess	45M	Charleston
09	28:43	Tom Echol	33M	Sutton	59	36:21	Jack Crist	49M	
10	29:11	Lee Lawson	41M	Elkview	61	36:23	Robert Dennie	59M	St Albans
11	29:17	Ron Plantz	38M	Huntington	62	36:32	Bob Hurley	32M	Dunbar
12	29:23	Steve Fox	36M	Charleston	63	36:33	Betty Young	48F	St Albans
13	29:34	Jim Miller	33M	Elkview	64	36:41	Gabriel Szego	45M	Charleston
14	29:58	Ray Dockery	43M	Hurricane	65	36:52	Sonny Coleman	43M	South Charleston
15	30:02	Mike Hunt	31M	Charleston	66	37:12	Otto Drescher	56M	St Albans
16	30:03	Robert Schwartz	26M	Hernshaw	67	37:31	Keith Townsend	42	
17	30:04	Paul Pennington	15M	Institute	68	37:58	Phil Radford	53M	Scott Depot
18	30:05	Gary Smith	32M	Princeton	69	37:59	Steve Boch	40M	Charleston
19	30:07	Ron Asbury	33M	South Charleston	70	38:01	Robert Brown	44M	Charleston
20	30:35	Mike Murphy	40M	Nitro	71	38:11	Harvey Sile	38M	
21	30:38	Cris Shockey	18M	Parkersburg	72	38:38	Mike Pyryt	32M	Charleston
22	30:56	Philip Yin	16M	Nitro	73	39:00	Carol Graham	29F	South Charleston
23	30:58	Terry Carmichael	47M	South Charleston	74	39:32	Jr. Dusty	50M	
24	31:21				75	39:41	Arthur Johnson	55M	St Albans
25	31:30	Gary Peyton	43M	Charleston	76	39:42	Bill Meadows	34M	Scott Depot
26	31:36	Winston Gregory	38M	Hurricane	77	39:57	Worley Stout	62M	
27	31:45	Troy Bartley	34M	Vinton, Ohio	78	40:04	Renee Green	28F	Charleston
28	31:49	Bill O'Dell	34M	South Charleston	79	40:26	Vernon Hess	53M	Charleston
29	31:56	Patrick Board IV	12M	South Charleston	80	40:34	Jay Meade	18M	Elkins
30	32:10	Bill Nottingham	36M	Charleston	81	40:38	Mike Roarke	40M	Charleston
31	32:12	Mike Province	38M	South Charleston	82	40:42	Scott Rhodes	18M	Charleston
32	32:24	Gerald Green	41M	South Charleston	83	40:50	Al Lewis	33M	Charleston
33	32:39	Todd Owens	23M	Hurricane	84	41:52	Sara Cooney	32F	Charleston
34	32:47	Jim Rogers	47M	Culloden	85	42:07	Bob Plott	51M	Charleston
35	32:51	Tony Green	29M	South Charleston	86	43:01	Dannie Walker	38M	
36	32:59				87	43:07	Charles A Baker	37M	Gallipolis, Ohio
37	33:01	Keith Ratliff	24M	Charleston	88	43:27	Ellen Szego	39F	Charleston
38	33:02	Tom Pearcy	36M	Charleston	89	45:07	Larry Ballard	43M	Charleston
39	33:02	Charles Boch	28M	Nitro	90	45:25	Judy Lewis	49F	Charleston
40	33:05	Fred Buchanan	35M	Man	91	45:25	Jean Arthur	36F	Red House
41	33:12	Jessie Skiles	21M	Glenville	92	47:00	Cindy Winters	31F	Winfield
42	33:16	Jan Thill	29F	Charleston	93	47:26	Elaine Meadows	33F	Scott Depot
43	33:29	Kerry Winters	30M	Winfield	94	48:26	Betty Staunton	37F	Winfield
44	33:30	George Castelle	37M	Charleston	95	49:08	Eugene Fuller	50M	
45	33:31	Joe Allen	38M	Marmet					
46	33:35	Jim Lewis	50M	Charleston					
47	33:55	Gary Cottrell	35M	Charleston					
48	34:02	Jack Adkins	49M	Hurricane					
49	34:37	Dewayne Cole	27M	St Albans					
50	34:43	Roger Arthur	39M	Red House					

2-9-86 VALENTINE 5K

PLACE	TIME	NAME	AGE/SEX	PLACE	TIME	NAME	AGE/SEX
01	15:13	Frank Lewis	34M	51	19:57	Fred Buchanan	35M
02	15:44	Cliff Taylor	28M	52	20:02	Tim Holbrook	38M
03	15:45	Tim Coffman	31M	53	20:16	Dennis Tullot	35M
04	15:46	Tony Russell	19M	54	20:20	Roger Authur	38M
05	16:01	John Maher	31M	55	20:21	Jack Adkins	49M
06	16:07	Michael McCutcheon	29M	56	20:23	Linda McCall	39F
07	16:25	Carl Hatfield	38M	57	20:32	Steven Jubelirer	38M
08	16:41	Tom Eckel	33M	58	20:42	Lionel North	52M
09	16:55	Mike Taylor	29M	59	20:50	Carroll Young	49M
10	17:06	Ron Plantz	33M	60	20:52	Thurmon Sargent	49M
11	17:09		38M	61	20:56	Joe Burgess	45M
12	17:10			62	20:58	Mona Jeffery	F
13	17:13	Robert Swartz	27M	63	21:15	Richard Conway	54M
14	17:17	Ray Dockery	43M	64	21:24	Tom Dawson	51M
15	17:17	Lee Lawson	42M	65	21:24	Sonny Coleman	43M
16	17:29	James Miller	33M	66	21:31	Otto Drescher	56M
17	17:33			67	21:34	Vince Cicarello	33M
18	17:37	Brian Gaston	29M	68	21:37	Jack Crist	49M
19	17:38	Gary Smith	23M	69	21:42	Bob Brown	43M
20	17:46	Rick Roberts	31M	70	21:46	James Shock	15M
21	17:48	Paul Pennington	15M	71	21:47	Betty Young	48F
22	18:11	Mike Sullivan	38M	72	21:56	Dan Sockman	28M
23	18:12	Jack Sanders	37M	73	21:57	Chuck Daughterly	49M
24	18:13	Rick Brown	41M	74	22:01	Dill Meadows	34M
25	18:13	Bill Jones	46M	75	22:08	Jane Sanders	34F
26	18:16	Winston Gregory	38M	76	22:21	Robert Dennie	59M
27	18:19	Philip Yin	16M	77	22:32	Don Harless	48M
28	18:21	Mike Province	38M	78	22:41	Risa Mellert	24F
29	18:23	Troy Bartley	34M	79	22:42		
30	18:24	Bill Nottingham	36M	80	22:43	Steve Boch	40M
31	18:25	Joseph Turner	40M	81	22:47	Charles Baker	35M
32	18:26	Terry Carmichael	47M	82	22:54	Dewey Jarrell	38M
33	18:28	Joe Bird	29M	83	22:59	Chris Franklin	29F
34	18:36	Steve Robinson	42M	84	23:10	Carol Graham	29F
35	18:44	Gerald Green	41M	85	23:15	Mike Gillian	37M
36	18:53	David Daniels	31M	86	23:19	Mike Pyryt	32M
37	18:57	Ted Philyaw	34M	87	23:28	Ken Mann	42M
38	19:00	Charles Boch	28M	88	23:34	Diana Morris	36F
39	19:01	Don Jeffrey	M	89	23:44	Ruth Heidenreich	50F
40	19:04	Mike Hunt	31M	90	23:58	Sarah Sears	27F
41	19:05	Harry Bruner Jr.	31M	91	24:00	Mike Shock	42M
42	19:05	Patrick Board IV	37M	92	24:08	Bob Plott	51M
43	19:10	Bob Mullins	12M	93	24:11	Vernon Hess	53M
44	19:19	Jan Thill	36M	94	25:02	Robert Strope	29M
45	19:23	Tony Green	30F	95	25:22	Bill Ramsey	38M
46	19:33	George Castelle	29M	96	25:41	Larry Ballard	43M
47	19:42	Kerry Winters	37M	97	26:12	Greg Gillian	9M
48	19:47	Dwayne Harless	28M	98	26:26	Elaine Meadows	33F
49	19:47	Gary Cottrell	35M	99	26:27	Cindy Winters	31F
50	19:48	Rick Lutz	35M	100	27:19	Jean Arthur	36F
				101	27:37	Delores Taylor	26F
				102			
				103	27:50	Mary Feinberg	37F
				104	27:50	Lee Feinberg	38M
				105	28:08	Renee Green	28F
				106	28:09		
				107	29:08	David Mullins	10M
				108	29:15	Betty Stanton	37F
				109	29:37	Eugene Fuller	50M
				110	33:31	Terry Mansheim	45F

Kanawha Valley ROAD RUNNERS

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 81-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 special 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. Whether 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 Name: _____ Date of Birth: _____ RENEWING MEMBERS
 1. _____ NOTE HERE IF CHANGE
 2. _____ IN ADDRESS
 3. _____
 4. _____

THE KANAWHA VALLEY ROAD RUNNERS CLUB
 P. O. Box 2282
 Charleston, West Virginia 25328

MAKE CHECK PAYABLE TO:
 MAIL TO:



5K AWARDS
 Best overall male & female
 1st TMH male & female
 14 & under (1st & 2nd male & female)
 15 - 19 (1st, 2nd & 3rd male & female)
 20 - 24 (1st, 2nd & 3rd male & female)
 25 - 29 (1st, 2nd & 3rd male & female)
 30 - 34 (1st, 2nd & 3rd male & female)
 35 - 39 (1st, 2nd & 3rd male & female)
 40 - 44 (1st, 2nd & 3rd male & female)
 45 - 49 (1st, 2nd & 3rd male & female)
 50 - 60 (1st & 2nd male & female)
 60 & over (Best male & female)

10K AWARDS
 Best overall male and female
 2nd, 3rd, & 4th place
 1st TMH male & female
 14 & under (Best male & female)
 15 - 19 (1st, 2nd & 3rd male & female)
 20 - 24 (1st, 2nd & 3rd male & female)
 25 - 29 (1st, 2nd & 3rd male & female)
 30 - 34 (1st, 2nd & 3rd male & female)
 35 - 39 (1st, 2nd & 3rd male & female)
 40 - 44 (1st, 2nd & 3rd male & female)
 45 - 49 (1st, 2nd & 3rd male & female)
 50 - 60 (Best male & female)
 60 & over (Best male & female)

REGISTRATION: Pre-registration is \$7 if received by June 13. Please make checks payable to Thomas Memorial Hospital's Run for Lifeline. Mail them to Nancy Nelson, Community Relations Department, Thomas Memorial Hospital, 4605 MacCortie Ave. S.W., South Charleston, WV 25309. Race day registration will be from 7:30 a.m. - 8:30 a.m. in the main hallway of the high school and will cost \$5.

AWARDS/RANDOM DRAWINGS: All runners will receive T-shirts and wristband key holders. Winners will be presented with trophies in the gymnasium of South Charleston High School after the race. Drawings for grand prizes and a wide variety of other merchandise will also be held.

SPLITS/WATER STATIONS: For the 10K race there will be splits at the 1 mile, 3 mile and 5 mile marks. There will be two water stations along the course.

COURSES: The entire course is on paved roads through the Spring Hill area of South Charleston. (See map on back.)

FACILITIES: Dressing, shower and rest room facilities will be available in the gymnasium of South Charleston High School. Parking is provided on the lots adjoining the school.

SPONSORS: Thomas Memorial Hospital and other organizations.

START/TIMING: Both races will begin at 9 a.m. in the parking lot at South Charleston High School and will end at the foot of Eagle Way off of Chestnut Street.

DATE: Saturday, June 14, 1986

THOMAS MEMORIAL HOSPITAL'S 5K & 10K RUN FOR LIFELINE

ENTRY FORM

Name _____ Last _____ First _____
 Address _____ Street/Box Number _____
 City _____ State _____ Zip Code _____
 Phone _____ Age on June 14 _____ Male _____ Female _____
 T-Shirt Size _____ M _____ L _____ XL _____
 Are you a TMH employee? _____
RELEASE OF RESPONSIBILITY
 In consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby, 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 _____
 The entry fee is \$7 if received by June 13 and is \$8 the day of the race. Please make checks payable to Thomas Memorial Hospital's Run for Lifeline and to Nancy Nelson, Community Relations Department, Thomas Memorial Hospital, 4605 MacCortie Ave. S.W., South Charleston, WV 25309.

9 a.m.
 Saturday, June 14, 1986

ADDITIONAL INFORMATION: Phone Nancy Nelson at 768-3961, ext. 372 from 8 a.m. - 4:30 p.m. or call Dennis Dean at 965-7319 after 4:30 p.m. for more information.

Special appreciation is extended to the businesses who generously donated door prizes and refreshments to this event.

***Any profit generated by this event will be donated to the Lifeline Personal Emergency Response program at Thomas Memorial Hospital. Lifeline is a special telephone run that puts homebound elderly, ill and handicapped subscribers in contact with the hospital in case of an emergency. For more information, contact Joan Kell, Lifeline Coordinator at 768-3961, ext. 365.**

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