



Michael C. Pyryt, Editor

1988

March-April

The President's Page

When you read this issue of The Runners Sole, the 1987-1988, "Winter Series" will be history. Once again, the effort was successful as 300+ runners participated in all three races. Thank You for your support.

The KVRRC Annual Awards Banquet will be held on March 11, 1988 at 5:30 P.M. at Rose City Cafeteria in South Charleston. We will select the 1988-1989 Board of directors, present awards, and hear from Richie Robb, Mayor of South Charleston, Nemo Nearman, Race Director for the Charleston Distance Run, and Dr. Echols Hansbarger. I urge you to bring your family and friends. Come out and have dinner with us. The KVRRC is for everyone, fast and slow; old and young. This year we will give away a special door prize at the conclusion of the banquet.

The KVRRC and Gunnoe's Family Sausage are again sponsoring the Poca River 15K Road Race on March 12, 1988 at 10.00 AM. Race Registration will be near the bridge at the end of Doc Bailey Road in Cross Lanes. Race T-shirts will be long-sleeved featuring Don Barnett's patented logo. The race application is printed in this issue. You can also register at the Awards Banquet or on race day. Fred Waybright (768-9065) is the Race Director. This race is one of the oldest in the Charleston area. Help us, "Keep It Alive."

Call Don Barnett (744-0816) to purchase KVRRC T-Shirts and Jackets. Don will also be available at the Awards Banquet.

(Continued on Page 3)

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	744-0575
Carroll Young	Vice President	727-9844
Annette Castelle	Secretary	343-9371
Paul Garrett	Membership Chairman	925-3247
Bill O'Dell	Director	744-4918
Fred Waybright	Director	768-9065
Mike Pryt	Newsletter Director	776-5592
Gary Smith	Director	
Dave Ellis	Race Calendar Director	744-1099 344-4488
Dave Fields	Alternate	548-4761

FROM THE EDITOR:

Thanks to our many advertisers, this issue totals twenty-four pages. Use the race applications in this issue or copies of them when registering for races so race sponsors can see that it pays to advertise in the Runners Sole. I would also like to thank Gary Smith and Marianne Gettman for their contributions. My enjoyment in editing this newsletter is directly proportional to the numbers of articles contributed. I look forward to receiving your contribution.

Once again, I will be having a party at my apartment (5400 Big Tyler Road -- Building 1, Apartment 203) in the Village Hill Apartment Complex in Cross Lanes directly after my finish in the Poca River Run. I cordially invite all Poca River Runners and friends to share some fellowship, food, and appropriate libations. Ibuprofen will be available as needed. Plans call for a video of the race to be shown.

I call your attention to the Governor's Cup Series. It provides an opportunity to race throughout Wild Wonderful West Virginia and possibly win some prizes. Last year, I won my age group by participating in three races--The Bear Hole at Twin Falls State Park, The Aracoma Story at Chief Logan State Park, and The Milk and Honey Run at Canaan Valley. The first race in the Governor's Cup series this year is Sunday, April 24, at Lost River State Park in Hardy County.

The Sy Mah Marathon will be held on March 27, 1988 in Toledo, Ohio. As of December 31, 1987, Sy has completed 488 marathons. He will soon complete #500. Contact Jerry Herndon (256-3348) about running The Sy Mah Marathon.

I'm currently suffering from race deprivation. Without being able to race to train, I'm less likely to train to race. I wish more race directors would take the risk and schedule more races in January and February. I look forward to the variety of races in the upcoming months and expect to beat the ambulance when given the opportunity. You can find me at the back of the pack doing sumo wrestler and race walker impersonations. See You at the Races!!!

Mike Pryt

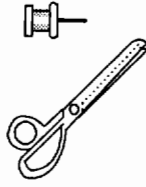
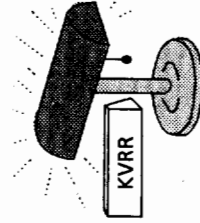
President's Page (Continued)

On May 15, 1988, the KVRRC will team up with John's Cyclery of St. Albans for The Kanawha-Teays Biathlon. This 9:00 A.M. event will start/transition/finish at Hurricane High School and consists of a 10K (6.2 miles) run and a 40K (25 miles) bike ride. If you just want to compete in one event, you can team up with a runner/biker. Bill Shultz (768-8472) is the Race Director. He is maintaining a list of runners and bikers who would like to be teamed up. Look for Bill's Comments on the biathlon in this issue along with the race application insert. If you need a bike or need to get your old bike repaired, talk to Rich or Mike at John's Cyclery.

Keep your eye on Gary Smith's Race Calendar. Coonskin, COGS, and Carbine await. We will be there when the gun goes off. I challenge you to get in shape, and participate

Patrick and I will see you at the races.

Pat Board III



RUNNING QUILTS BY DAWN

For those of you runners who have t-shirts hanging out of all your drawers, closets, and under the bed, there now is a practical yet attractive way to put all those excess shirts to use.

Dawn Gallo of Charleston makes quilts out of running shirts for many of the local runners. They can be used on the couch, bed, or used as a wall hanging.

The front of the quilt will consist of the fronts of the shirts, and the back of quilt will show the backs. The sizes are as follows:

- 24 Shirts- 60" x 85" - Twin- \$65.
- 30 Shirts- 74" x 85" - Full- \$75.

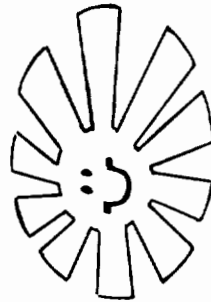
These make great gifts for any runner in the family. The turn around time is one week. If you would like to place your order or have any questions please call JoAnne Pitzer- (Day)-345-0110, (Evening)-925-5722.

Frostbite 5-Miler: January 17, 1988 Official Results

PLACE	NAME	AGE/SEX	TIME
1	Mickey Grass	27M	26:50
2	Tony Ross	18M	26:51
3	Jamie Comer	16M	26:58
4	Carl Hatfield	40M	27:31
5	Greg McKinney	27M	27:45
6	Tim Caudill	23M	27:55
7	Bill Shultz	33M	28:13
8	Glen Baldwin	29M	28:14
9	Scott Delepine	29M	28:39
10	Joe Pat Young III	14M	28:46
11	Gary Prater	42M	29:13
12	David Daniels	33M	29:25
13	Gary Smith	34M	29:28
14	Steve Fox	38M	29:34
15	John Fleming	17M	29:56
16	James Shock	17M	29:56
17	Harold Edwards	34M	30:19
18	Roger Arthur	40M	30:20
19	Joe Young	37M	30:33
20	Michael Blake	31M	30:33
21	Mike Mayes	42M	30:33
22	Joseph Turner	42M	30:49
23	Mike Sullivan	40M	31:26
24	Rick Lutz	37M	31:37
25	John Reifsteck	37M	31:44
26	Debbie Young	34F	31:55
27	Gerald Green	43M	32:12
28	John Sheets	43M	32:47
29	Debbie Crites	31F	32:57
30	Jim Hamrick	53M	33:06
31	Gabriel Szego	47M	33:20
32	Jack Adkins	51M	33:43
33	Morris Adkins	60M	33:47
34	Lionel North	54M	33:50
35	Dennis Hamrick	29M	33:55
36	Todd Owens	25M	34:06
37	George Castelle	39M	34:08
38	Amy Gamber	20F	34:13
39	Ray Counts	36M	35:17
40	Ronnie Hull	31M	35:34
41	Lowell Haga	44M	35:37
42	John Timberlake	39M	35:49
43	Otto Drescher	55M	35:50
44	Fred Buchanan	47M	35:54
45	Bob Glancy	37M	35:57
46	Bill Willis	33M	35:58
47	Ron Holcolm	37M	36:04
48	Diana Morris	38F	36:06
49	Mary McGucken	30F	36:15
50	Carroll Young	51M	36:22
51	Joe Neckoranec	34M	36:29
52	Pam Berman	35F	36:42

53	Sharon Jones		
54	Ken Brown		
55	Ross James		
56	Chad Brown		
57	Joe Burgess		
58	Emil Martin		
59	Tom Neal		
60	Nancy Elam		
61	Harry Brunner		
62	Bill Platt		
63	Galabad Phillips		
64	Jim Pritt		
65	Bill Taylor		
66	Charlotte Gerkin		
67	Gail Long		
68	Betty Young		
69	Robert Allender		
70	Bob Marshburn		
71	Dorsey Spears		
72	Ellen Szego		
73	Dave Cummins		
74	Phil Radford		
75	Ven Acharya		
76	Travis Brown		
77	Sara Greene		
78	Aaron Glancy		
79	Burman Caton		
80	James Woodrum		
81	John Stanton		
82	Frank Young		
83	G.P. Wright		
84	Ann Neckoranec		
85	Jean Arthur		
86	Mike Pyryt		

Editor's Note: Any Runners who are not listed in the results failed to turn in their sticks.



Tan'n Body

506 Chestnut St., So. Chas.,

WHERE YOU CAN NOW PURCHASE K.V.R.R.C
TEE SHIRTS (\$4.50) AND JACKETS (\$20.00)

RACE MANAGEMENT CHECKLIST
(For the first-time race director planning a new race)

Step	Action	Check when Done	Person Resp.
1.	Talk with experienced race directors, the KVRRC is a good place to start.		
2.	Decide race distance and approximately when race will be held.		
3.	Choose race course, if this will not be an existing course get help in accurately measuring course. The KVRRC has a calibrated wheel that can be used to accurately measure race courses.		
4.	Consider TAC course certification. This is an inexpensive but time-consuming task. Serious racers recognize the importance of certification and the level of professionalism it displays.		
5.	Choose an exact date for the race. Talk with the KVRRC member in charge of the race calendar to try to avoid conflicts with other races which could reduce participation in your race		
6.	Give the following information to the KVRRC for publication in the race calendar: Registration time _____ Starting time _____ Finish place (if other than start) _____ Entry fee (pre-registered) _____ Entry fee (race day) _____ Race director, name & phone # _____		
7.	If race is to be in the City of Charleston a "harmless" agreement must be completed and permission granted for the race. Contact Cpl. Matt Gravely of the Charleston Police Dept. for forms and information.		
8.	Decide what type of awards will be presented and what the age group categories will be. Smaller age groups give more people a chance at age group awards and may increase participation. The same holds true for offering more awards within each age group.		
9.	Advertise your race. Run an ad in the Runner's Sole; call the Charleston Newspapers sports department; call local radio stations; print race flyers and distribute them at other races.		
10.	Order awards (trophies, ribbons, plaques, etc.).		
11.	Order T-shirts, caps, singlets if such items are given to race participants.		

Step	Action	Check when Done	Person Resp.
12.	Obtain/arrange for equipment and supplies: Timing clock Display clock, if possible Finish sticks Cups for water stops Mile markers Directional markers Stopwatches for splits Flags for course workers Starting gun Registration sheets Lime or white tape to mark start/finish		
13.	Arrange for volunteers: Registration Traffic Control Start/Finish line Water stops Splits		
14.	Be sure the following facilities are available: Restrooms Tables for registration Shelter from weather for registration and post-race awards presentation		
15.	Call your volunteers the day before to make sure they show on time.		
16.	Plan how you will compute award winners with speed and accuracy in mind. If people have to wait too long to find out who the winners are they will just skip the presentations and you will have a lot of unclaimed awards		

This checklist is not all-inclusive but is designed to give the novice race director a starting place in planning and organizing their race. I have tried to cover the most important requirements. For those who have covered the basics and want to do even more here are a few other considerations:
Anything that makes the race more attractive to the runner improves the race such as providing post race food and beverages; providing random merchandise drawings after the race; making the awards unique, such as the glass trophies that some of the better state races offer or the awards fashioned from coal that have been used in the Charleston Distance Run in the past. Taking the environment into consideration is important. Providing water sprays during very hot weather or hot tea and hot chocolate for winter races are examples. Making sure no large aggressive dogs are running loose along the race course, especially on rural courses can be important.
Plan also to take care of your volunteers, they normally get a T-shirt for helping out and those who provide significant time and help should be recognized at the awards ceremony or with a written thank you soon after the race.

Gary Smith

Valentine's 5K: February 14, 1988 Official Results

Place	Name	Age/Sex	Time
1	Mickey Grass	27M	16:12
2	Steve Kennedy	27M	16:19
3	Glen Baldwin	29M	16:23
4	William Shires	23M	16:27
5	James Via	20M	16:46
6	Scott Delepine	29M	16:51
7	Bill Shultz	33M	16:53
8	Rich Guimond	30M	16:59
9	Dave Daniels	33M	17:09
10	Gary Prater	42M	17:21
11	Bob Vernon	42M	17:25
12	Gary Smith	34M	17:34
13	David Lambert	31M	17:38
14	James Shock	17M	17:43
15	Steve Stewart	32M	17:54
16	Michael Blake	31M	17:58
17	Mike Mayes	42M	18:08
18	Roger Arthur	41M	18:09
19	Bob Boersma	38M	18:12
20	Rick Brown	43M	18:20
21	Joe Pat Young	14M	18:41
22	Joe Young	37M	18:43
23	Randy Snyder	26M	18:44
24	Tim Moore	24M	18:55
25	Jerry Bostic	26M	18:55
26	John Sheets	43M	19:12
27	Jim Hamrick	55M	19:21
28	Mark Keener	29M	19:34
29	Debbie Young	34F	19:35
30	Bob Cummings	46M	19:53
31	Jack Adkins	51M	19:55
32	Debbie Crites	31F	19:56
33	Harry Brunner	32M	20:20
34	Tim Holbrook	40M	20:25
35	Lowell Hagg	45M	20:26
36	Mike Covelli	23M	20:34
37	Phil Jones	42M	20:37
38	Lionel North	54M	20:38
39	Morris Adkins	60M	21:04
40	Perry Elkins	21M	21:05
41	John Timberlake	40M	21:17
42	Ray Counts	36M	21:21
43	Rich Comer	37M	21:21
44	Roger Shepherd	42M	21:32
45	NO STICK		21:36
46	Pam Berman	35F	21:38
47	Ven Acharya	39M	21:40
48	Bob Glancy	47M	21:41
49	Rich Harper	31M	21:43
50	Tom Neal	36M	21:44
51	Robert Cole	53M	21:52
52	Mary McGucken	30F	21:54
53	Bill Willis	33M	21:56
54	Carroll Young	51M	22:01
55	Dwayne Harless	30M	22:02
56	Chad Brown	13M	22:05
57	Ken Brown	35M	22:10
58	Mike Hunt	33M	22:19
59	Bill O'Dell	36M	22:22
60	Sharon Jones	33F	22:23
61	Diana Morris	38F	22:24
62	Bob Brown	45M	22:25
63	Joe Burgess	47M	22:31
64	Frances Snuffer	33F	22:45
65	Ray Boyd	53M	22:55
66	Galahad Phillips	10M	22:55
67	David Andrenyak	31M	22:58
68	Bill Platt	34M	23:00
69	Steve Horn	33M	23:09
70	Mike Pauley	36M	23:24
71	Gail Long	33F	23:28
72	Phil Radford	55M	23:33
73	Travis Brown	10M	23:37
74	Steve Bock	42M	23:44
75	Emil Martin	48M	23:51
76	NO STICK		23:51
77	Jane Fleming	41F	23:52
78	Ken Mann	44M	23:53
79	Bob Marshburn	44M	23:57
80	Ruth Heidenreich	52F	24:06
81	Robert Allender	32M	24:09
82	Joe Anston	44M	24:14
83	Greg Hall	30M	24:25
84	Betty Young	50F	24:31
85	Govind Acharya	14M	24:32
86	Matthew Timberlake	10M	24:39
87	Bill Ramsey	40M	24:49
88	David Ciummons	45M	25:08
89	William Lawry	46M	25:25
90	Kristin O'Sullivan	19F	25:31
91	NO STICK		25:37
92	Burman Caton	70M	27:45
93	Melinda Skaggs	38F	25:53
94	Jean Arthur	38F	26:37
95	Len Franklin	23M	27:12
96	Courtney Hastings	11F	27:20
97	John Stanton	44M	27:34
98	Mike Pyryt	34M	28:34
99	Kathy Davis	34F	28:39
100	Dave Shamblyn	28M	28:39
101	Ward Maxson	52M	29:26
102	Bill Ellis	44M	29:29
103	Vernon Hess	55M	29:36
104	Kathy Hastings	38F	30:06
105	Rosemary Platt	33F	30:10
106	Barbie Crotty	23F	30:11
107	Pat Maxson	44F	31:23
108	Jamey Jabbapour	22F	31:29
109	Barbara Clark	49F	32:39
110	Susan Entsminger	32F	33:09
111	Diane Ellis	41F	33:24
112	Eric Comstock	07M	34:42
113	Paul Wright	41M	34:46
114	Nedra Porter	35F	35:46
115	Jerry Herndon	49M	36:53

SCHEDULE OF EVENTS

Spring

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

March 11, 1988

Friday
 Annual KVRRC Awards Banquet
 RT: NOON
 ST: 5:30 PM
 SP: Rose City Cafeteria
 EF: Dutch Treat
 RD: KVRRC

March 12, 1988

Saturday
 Poca River 15K Run
 RT: 9:00 AM
 ST: 10:00 AM
 SP: Doc Bailey/Poca River
 EF: Members \$6.00/\$7.00
 Non-Members \$7.00/\$8.00
 RD: Fred Waybright (768-9065)
 SEE AD THIS ISSUE

March 13, 1988

Sunday
 Grafton 5-Miler
 RT: NOON
 ST: 2:00 PM
 SP: Bridge St., Grafton
 EF: \$6.00/\$7.00
 RD: Grafton/Taylor County Parks Comm.

March 20, 1988

Sunday
 Putnam Spring Run
 (5-Mile and 1-Mile)
 RT: 1:00 PM
 ST: 2:00 PM
 SP: Putnam County Library, Winfield
 EF: \$2.00/\$3.00
 RD: Ken Mann (727-5514)
 (343-5586)

March 26, 1988

Saturday
 Coonskin Classic
 (10K and 2-Mile)
 RT: 8:30 AM
 ST: 10:00 AM
 SP: Coonskin Park
 EF: \$7.00/\$9.00 for 10K
 \$4.00/\$6.00 for 2-Mile
 RD: Molly Nealer (341-8000)
 SEE AD THIS ISSUE

March 27, 1988

Sunday
 Run for Children (5K/10K)
 RT: NOON
 ST: 2:00 PM
 SP: West Virginia Tech Field House,
 Montgomery, WV
 EF: \$6.00
 RD: Bob Scholl (442-8345)
 (776-8190)

April 9, 1988

Saturday
 Citizens Bank 10K Run
 RT: 9:00 AM
 ST: 10:00 AM
 SP: Citizens Bank,
 Pikeville, KY
 EF: \$6.00/\$8.00
 RD: Ron Damron & Judy Vance
 (606/437-2600)
 SEE AD THIS ISSUE

April 16, 1988

Carbide Fitness Run (10K/2M)
 RT: NOON
 ST: 9:00 AM
 SP: Carbide Tech Center
 EF: \$7.00/\$8.00
 RD: Dick Henderson (747-4450)

April 24, 1988

Sunday
 Lost River State Park 10K
 RT: NOON
 ST: 1:00 PM
 SP: Lost River State Park,
 Baker, WV
 EF: \$6.00/\$8.00
 RD: Dennis Vane (538-6034)
 First of Governor's Cup
 SEE AD THIS ISSUE

April 30, 1988

Saturday
 Run For Ronald McDonald
 RT: NOON
 ST: 1:00 PM
 SP: University of Charleston
 EF: \$8.00/\$10.00
 RD: SEE AD THIS ISSUE

May 6, 1988

Friday
 The Charleston Shuffle
 (5K Run and 1.5 Mile Walk)
 RT: NOON
 ST: 9:00 AM
 SP: \$8.00/\$10.00
 RD: SEE AD THIS ISSUE

May 14, 1988

Sunday
 Spring Heel Run (5K)
 (and 1 Mile Walk/Run)
 RT: 7:00 AM
 ST: 8:00 AM
 SP: South Charleston HS
 EF: Children under 12 \$6.00/\$8.00
 Others \$7.00/\$8.00
 RD: Herman Nicely (768-5301)
 SEE AD THIS ISSUE

April 23, 1988

COGS Classic (10K)
 RT: 8:00 AM
 ST: 9:00 AM
 SP: Kanawha City Rec Center
 EF: \$7.00/\$8.00
 RD: Ray Dockery (768-9711)

April 30, 1988

Saturday
 Huntington Distance Classic (10M)
 RT: 7:00 AM
 ST: 9:00 AM
 SP: Heritage Village
 EF: \$10.00 before March 15
 \$15.00 before April 15
 \$20.00 Race Day
 RD: SEE AD THIS ISSUE

May 1, 1988

Sunday
 First Annual May Day 10K
 and 2-Mile Fun Run
 RT: 1:00 PM
 ST: 2:00 PM
 SP: Kanawha City Rec Center
 EF: \$8.00/\$10.00
 RD: Mia Moran (925-2604)
 SEE AD THIS ISSUE

May 8, 1988

Sunday
 Ninth Annual CAMC Women's Run
 RT: 8:00 AM
 ST: 9:00 AM
 SP: Kanawha State Forest
 EF: \$5.00/\$6.00
 RD: call Gary or Karen (348-6700)
 SEE AD THIS ISSUE

May 14, 1988

Saturday
 Babcock State Park 10K
 RT: 9:00 AM
 ST: 10:00 AM
 SP: Babcock State Park, Cliff Top
 EF: \$7.00/\$9.00
 RD: Ed Boyd (438-5662)
 Second Governor's Cup Race
 SEE AD THIS ISSUE



Tentative schedule of area road runs:
 March 27 - Run for Children, 5k and 10K, 2 p.m., West Virginia Tech Fieldhouse, Montgomery, Proceeds go to W.V. Society for Autistic Children, wheelchair, Bob Schell, 440-3046
 April 9 - Richwood, 9:30 a.m., Richwood, the 50th annual Richwood Feast of the Ransom (5k/10k). Write: Maxine Corbett, Richwood Chamber of Commerce, 50 Oakford Ave., Richwood, WV 26261. Telephone, 846-0790.
 April 9 - Citizens Bank Run, 10K, 10 a.m., Citizens Bank Parking Lot Second and Street, Pikeville, Ky. Write: Citizens Bank of Pikeville, P.O. Box 82, Pikeville, KY, 41501. Race director: Ron Demron, (606) 437-2600.
 April 16 - Carbide Fitness Run, 10K, 2 mile jog-walk, 90-minute aerobathon, Carbide Tech Center, South Charleston. Write: Carbide Fitness Office, Box 8341, South Charleston, WV 25303. Race director: Dick Henderson, 747-4450.
 April 22 - COGS Classic, 10K, 9 a.m., Kanawha City Recreation Center. Race director: Ray Doctery, 748-9711.
 April 24 - Lost River State Park, 10K, 1 p.m., Baker, WV. First of Governor's Cup 10K series. Race director: Dennis Vane, 538-0443.
 April 30 - Cabell Huntington Hospital Distance Classic, 10 miles, 9 a.m., Harris Riverfront Park, Huntington. Pasta party and sports medicine clinic, 4 p.m., April 29. Write: Cabell Huntington Hospital Distance Classic, 935 10th St., Huntington, WV 25701. Information: Sandy DeJarnett, 535-8127.
 April 30 - Run for Ronald McDonald, University of Charleston.
 May 1 - May Day 10K, 2 p.m., Kanawha City Recreation Center. Race director: Mia Moran, 925-2604. Write: Charlene CAMC WVU Ion Area Business and Professional Women, 2089A Oakridge Dr., Charleston, WV 25311.
 Sharon Jones (304-330-0000)
 Lead Crystal Awards
 WVU Football Tickets
 SEE AD THIS ISSUE

May 15, 1988
 Sunday
 Kanawha Teays Biathlon
 (10K Run/40K Bike)
 RT: 8:00 AM
 ST: 9:00 PM
 SP: Hurricane HS
 EF: Individual \$15.00/\$20.00
 Teams \$25.00/\$30.00
 RD: Bill Shultz (768-8472)

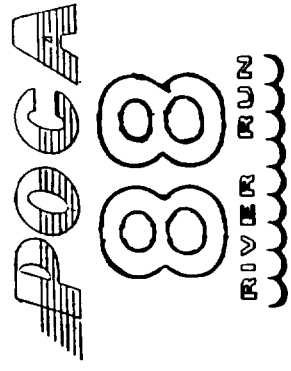
May 28, 1988
 Saturday
 Elby's 20K
 RT: 7:00 AM
 ST: 9:00 AM
 SP: Civic Center, Wheeling
 EF: \$10.00
 RD: Hugh Stobbs (233-2300)

June 4, 1988
 Saturday
 Baskin-Robbins Banana Split 5K
 RT: 8:00 AM
 ST: 9:00 AM
 SP: Baskin-Robbins, Kanawha City
 EF: \$8.00/\$10.00
 RD: "Woody" Woodrum (925-3013)
 Shirt, Cup, Banana Split to all

June 11, 1988
 Saturday
 Parkersburg Road Race 10K
 RT: 7:00 AM
 ST: 9:00 AM
 SP: Parkersburg HS
 EF: Blue Cross/ Blue Shield

June 18, 1988
 Saturday
 Mountaineer Sprint
 RT: 7:00 AM
 ST: 8:00 AM
 SP: CAMC WVU
 EF: \$7.00/\$8.00
 RD: Sharon Jones (304-330-0000)
 Lead Crystal Awards
 WVU Football Tickets
 SEE AD THIS ISSUE

July Independence Day Run
 July Great Teays 10K
 Looking Ahead
 Race Directors should immediately contact the KVRRC regarding cancellation or rescheduling of events. Please provide race information to:
 Gary Smith
 250 F. Street
 South Charleston, West Virginia, 25303
 (744-1099 after 6PM)



15KM DISTANCE RUN - 9.3 MILE ROAD RACE
 SATURDAY 10:00AM - MARCH 12, 1988
 DOC BAILEY ROAD, POCA RIVER
 ENTRY FEE: KVRRC MEMBERS - \$6.00 (\$7.00 DAY OF RACE)
 NON MEMBERS - \$7.00 (\$8.00 DAY OF RACE)
 MAKE CHECKS PAYABLE TO: KANAWHA VALLEY ROAD RUNNERS
 31 MACCORKLE AVE.; SO., CHARLESTON, WV 25303

AWARD CATEGORIES
 (INCLUDES MALE AND FEMALE)

AGE GROUPS	# OF AWARDS
14 & UNDER	ONE
15 - 19	TWO
20 - 29	THREE
30 - 39	THREE
40 - 49	THREE
50 - 59	TWO
60 & OVER	ONE

ENTRY FORM
 NAME: _____ AGE ON DAY OF RACE: _____
 MALE: _____ FEMALE: _____ TELEPHONE: _____ T-SHIRT SIZE: S M L XL
 CITY: _____ STATE: _____ ZIP: _____

MUST BE SIGNED OR ENTRY WILL NOT BE ACCEPTED
 WAIVER

In consideration of the acceptance in the 1988 Pocahontas 15KM Road Race, for myself, my heirs, executors, and administrators, I hereby release any and all rights and claims for damages I may have against the Kanawha Valley Road Runners, the sponsors, or the county or state in which the race is contested. I attest and verify to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete and no physician or other qualified individual has advised me against competing in the 15 KM race.

SIGNATURE: _____
 (Parent or guardian if under 18 years of age)

WEST VIRGINIA INSTITUTE OF TECHNOLOGY - ROTC
AND
KANAWHA COUNTY PARKS AND RECREATION COMMISSION
PRESENTS THE
COONSKIN CLASSIC 10-K AND
THE 2 MILE RUN
10:00 A.M., SATURDAY, MARCH 26, 1988
OFFICIAL ENTRY FORM

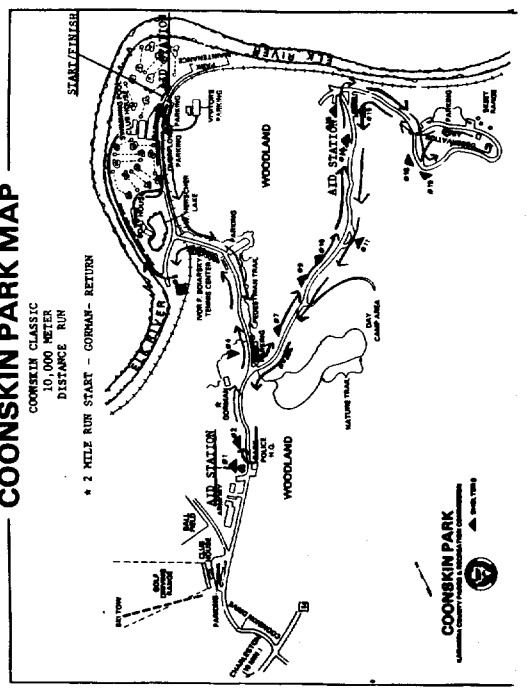
Name _____ Male _____ Female _____
 Address _____ (Street) _____ (City) _____ (State) _____ (Zip)
 Phone _____ Age _____ (As of 3/26/88) T-Shirt Size _____ (S-W-L-XL)
 Check One _____ 10-K _____ 2 Mile Run _____
 * * * * *

In return for permission by the Commission to participate in the Coonskin Classic 10-K and 2 Mile Run, I release the Commission, its members, employees, WVIT-ROTC, 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 Run, or the 2 Mile Run.

Signature _____ Parent's Signature (if under 18) _____
 ENTRY FEE: 10-K Run \$7.00 (Postmarked no later than midnight March 23)
 LATE REGISTRATION: \$9.00
 2 Mile Run \$4.00 - (Postmarked no later than midnight March 23)
 LATE REGISTRATION: \$6.00

Mail to: Kanawha County Parks and Recreation Commission
 Coonskin Drive
 Charleston, WV 25311
 Please make check payable to: Kanawha County Parks & Recreation Commission (KCPRC)

COONSKIN PARK MAP



THE CITIZENS BANK
Banking Made Easy
10K RUN
 Saturday, April 9, 1988



Pikeville, Kentucky **10 K RUN DINNER**
 TIME: 10:00 a.m.
 ENTRY FEE: \$6.00 Advance Registration
 \$8.00 Day of Race
 COURSE: Start & Finish at The Citizens Bank Parking Lot, on Second Str.
 DIVISIONS:

Mens	Womens
13 & under	14 - 17
18 - 24	16 - under
30 - 34	17 - 29
40 - 44	30 - 39
50 - 54	40 - 49
55 - 59	50 - over

AWARDS:
 Mens Division
 1st Place - \$100 Plus Trophy
 2nd Place - \$75 Plus Trophy
 3rd Place - \$25 Plus Trophy
 4th Place - \$25 Plus Trophy
 5th Place - \$25 Plus Trophy
 1st Place Master Trophy (40 & over)
 Mens & Womens Division Awards to top three finishers in each category

Course Record:
 Men - 31:35
 Women - 38:44
 If Broken, \$50.00 Bonus

*One Trophy per participant per race.
 REGISTRATION FORM
 Classification (Circle One)
 SEX: MALE FEMALE
 *One Trophy per participant per race.
 If Attending Dinner - Please Check One
 1 Night and Banquet \$33.00
 2 Nights and Banquet \$60.00
 Banquet Only \$5.00

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 AGE _____
 Phone _____

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 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 INFORMATION CONTACT THE MARKETING DEPARTMENT AT: THE CITIZENS BANK (606)437-2600
 RETURN ENTRY TO: Ron Damron or Judy Vance
 The Citizens Bank of Pikeville (Marketing Dept.)
 P.O. Box 852
 Pikeville, Kentucky 41501

When: Friday, April 8, 1988 - 7:30 P.M.
 Where: "Pikeville Best Western Motel"
 Showboat Restaurant
 Speaker: Tommy Smith
 Somerset, Kentucky
 NAIA All American in track and cross country.
 Topic: "The Phases of Training"
 We have a block of rooms reserved at Pikeville Best Western Motel at special rates. Just check proper box and we will make the reservations for you and reserve your spot at our 10K Dinner.
 1 Night (April 8) and Banquet \$33.00
 2 Nights (April 8 & 9) and Banquet \$60.00
 Banquet Only (Each) \$5.00

Please include payment with reservations.
 (Make check payable to The Citizens Bank.)
 We will send confirmation to you.



Charles R. Gardner, Mayor

FIRST ANNUAL MAY DAY 10K AND 2 MILE FUN RUN*
 Sunday, May 1, 1988, 2:00 P.M.

COURSE LOCATION: For both races, Kanawha City, flat. The 10K race follows the COGS race course. Start at the Kanawha City Community Center (Near Watt Powell Park).

REGISTRATION: 1:00 to 2:00 P.M. at the Kanawha City Community Center
ENTRY FEE: \$8.00 prior to the race, if you bring a kitchen item (linens or utensil) or a child's toy or book* at the time you pick up your package on race day.
 \$10.00 on race day. T-shirts to the first 200 entrants!

AWARDS: \$50.00 Charleston Department Store gift certificates to the top male and female finishers; First, Second, and Third prizes in all age categories.

AGE CATEGORIES: Male and Female: Up to 18; 18 to 27; 27 to 35; 35 to 43; 43 to 50; 50 and over; and handicapped.

AWARDS CEREMONY AND PRIZE DRAWING FOLLOWING THE RACE
 AT THE KANAWHA CITY COMMUNITY CENTER.

PRE-REGISTRATION: Mail to -- Charleston Area Business and Professional Women
 2089A Oabridge Drive
 Charleston, West Virginia 25311

Make checks payable to -- Charleston Area BFW
 For more information -- Contact Mia Moran at 925-2604

RACE SPONSORED, IN PART, BY:

- Charleston Area Business and Professional Women
- Charleston Department Store
- Dr. Eddie Davis, Podiatrist/Pod Specialist and Sports Medicine
- Budget Tapes and Records
- Property Protection Company

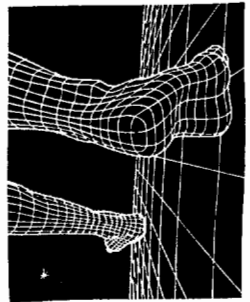
* To benefit the Y.W.C.A.'s Resolve Family Abuse Program

OFFICIAL ENTRY FORM

Name _____ Age _____ M _____ F _____
 Address _____ City _____ State _____ Zip _____
 T-SHIRT SIZE: S M L XL

WAIVER: In consideration of acceptance of this entry, I attest that I am physically fit to run this distance, that I have sufficiently trained for this event, and I hereby waive and release the Charleston Area Business and Professional Women, the City of Charleston, and all sponsors, volunteers, and other participants from all claims of liabilities of any kind arising from my participation in this event.

Signature: _____ Date _____
 (Parent or Guardian if under 18)



**CHARLESTON
 DEPT. STORE**

The Charleston SHUFFLE



CAMC
 Corporate Health Services



Charleston Shuffle Pre-Registration Form

Yes, I want to shuffle! Please register me for **FRIDAY, MAY 6TH**
 (check one) Oakleafy Shuffle (1 1/2 mile) 5K Run (3.1 Miles) Category _____

Name: _____ Male _____ Female _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Age (on day of race): _____

My T-shirt size is: Small Medium Large X-Large

Enclosed is my check or money order payable to: _____

CAMC Corporate Health Services - Charleston Shuffle

511 Brooks Street

Charleston, WV 25301

MAIL TO: _____

After April 29, registration fee is \$10.00.

Important - Read before Mailing Entry: In consideration of the acceptance of my entry, I for myself, my

executors, administrators and assigns, do hereby release and discharge all sponsors in event of injury,

illness, or any other catastrophe arising or growing out of my part in this race.

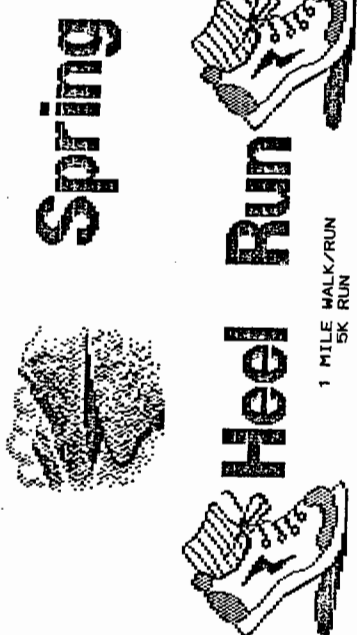
I attest and verify that I have full knowledge of the risk involved

in this event, and I am physically fit and sufficiently trained to

participate in this event.

Notes: If applicant is under 18, a legal guardian's signature is required.

signature _____ date _____



Spring



1 MILE WALK/RUN
5K RUN

8:00 AM Saturday, May 14, 1988
South Charleston High School
Registration - 7:00 AM to 7:45 AM

NEUROMUSCULAR MASSAGE THERAPY

...A specific approach to the problem of pain...

Marianne Gettman

Traced as far back as 3,000 BC, Therapeutic massage is now experiencing a renaissance. It has moved into the health-conscious mainstream of America. Professional athletes and dancers have believed in its revitalizing effects for years. According to Mary Decker, who endorses deep muscle massage therapy and receives it regularly, "Without massage, I wouldn't be running nearly as well as I am these days". The magic of massage is that it flushes lactic acid or other toxins from the muscles without making them do extra work, as in voluntary muscle contraction, i.e. running. People today are experiencing more stress and many are discovering that massage, like exercise, is a natural stress reducer.

Neuromuscular massage therapy is a form of deep muscle massage and pressure therapy. Its origins is the Oriental healing arts of Acupuncture and Shiatsu. Neuromuscular massage therapy allows for the reversal of the stress-tension-pain cycle. The pressure interrupts the painful nerve impulses firing to the spinal cord and reduces the intensity of nervous activity in the soft tissue. It acts as a mechanical cleanser and speeds up the removal of toxic wastes. It flushes the muscles by stimulating blood circulation and oxygen flow. Massage thus helps to overcome harmful "fatigue" toxins resulting from strenuous exercise or injury. By stimulating certain pressure points, irritation and tension in the injured muscle can be reduced. It also helps lessen inflammation and swelling in the joints and disperses the swelling following an injury to ligaments and tendons. The benefits are a reduction in pain and an increase in mobility.

Therapeutic Massage gives you the benefit of increased circulation, plus the emotional benefit of relaxation and tension release in the body and mind. The results can be rejuvenating to the whole person as it enables one to experience an increased sense of aliveness and well-being.

Editor's Note: "The Massage Company", under the direction of Marianne Gettman and Pamela Dodson, Certified Neuromuscular Massage Therapists, offers a unique blend and effective form of massage therapy. It is an integrated massage process which blends relaxation techniques with the emphasis on Neuromuscular Therapy. For information or appointment, call 346-3762 or 346-1320.

Name _____ last _____ first _____ middle initial _____

Address _____ street _____ city _____ state _____ zip _____

Age on May 14, 1988 _____ T-Shirt size _____

Entry fee must accompany each application

Registration fee- Children(12 & under)...\$6.00
Adults.....\$7.00
Race day.....\$8.00

Make checks payable to: Spring Hill Elementary School
Mail to: Spring Hill Elementary School
ATTN: Herman Nicely
517 Chestnut Street
South Charleston, West Virginia 25309

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

Signature _____ Parent's signature if under 18 _____

5K RUN _____ -select one category-
MALE FEMALE 1 MILE WALK/RUN MALE FEMALE
(A) 13-19 _____ (J) 12 & under _____
(B) 20-24 _____
(C) 25-29 _____
(D) 30-34 _____
(E) 35-39 _____
(F) 40-44 _____
(G) 45-49 _____
(H) 50-54 _____
(I) 55 & over _____

WHEELCHAIR
(K) Walk or 5K Run _____

Advance registration should be returned by April 1, 1988

Mountaineer Spirit!
Rock It!

West Virginia University
Alumni Association
MOUNTAINEER SPIRIT RUN
Kanawha Valley Chapter



Date: June 18, 1988, Saturday Open: To everyone
Starting Time: 8:00 AM Registration Time/Place: 7:00 am at CAMC WVU Medical Bldg.
Pre Registration Fee: \$7.00 before June 13, 1988, \$9.00 after
TAC Certified: 5 mile course (M) Where: Kanawha City, starts near Charleston Area Medical Center, WVU Medical Building

Awards Manufactured of lead crystal by Windsor Crystal. Runners are eligible for only one award.
Awards for overall winners and 1st, 2nd, & 3rd runnersup, and three deep in each age group, wheelchair division, male and female.

14 & under	25 - 29	40 - 44	55 - 59
15 - 18	30 - 34	45 - 49	60 & Over
19 - 24	35 - 39	50 - 54	

Drawings All runners will be eligible for drawings consisting of pairs of WVU Mountaineer Football tickets, season pass for two and gift certificates.

Special Drawing Only for pre-registered runners.

Official Entry Form

Name _____ Sex _____ Age _____ (as of 6-18-88)
Address (Street) _____ (City) _____ (State) _____ (Zip) _____
Phone _____ T-Shirt Size _____ (S-M-L-XL) Wheelchair Division (✓ if you are in this category)

In return for permission by the WVU Alumni Association to participate in the Mountaineer Spirit Run - 5 Mile Run, I release the Association, its members, 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 event.

Signature _____ (parents signature required if contestant is under 18 years old)

Mail entry form and fee to: Mountaineer Spirit Run
1915 Huber Road
Charleston, WV 25314

For information, call: Sharon Jones, Race Director 345-8005
Make Checks Payable to: Kanawha Valley WVU Alumni Association



2nd Annual West Virginia State Parks
Governor's Cup 10K Run Series

- ① April 24 10K Mountain Run
Lost River State Park
- ② May 14 Babcock 10K Run
Babcock State Park
- ③ June 4 Ridgerunner Marathon and 10K Race
North Bend State Park
- ④ July 23 5th Annual Bear Hole Road Race
Twin Falls Resort State Park
- ⑤ August 13 6th Annual Aracoma Story 10K Run
Chief Logan State Park
- ⑥ September 18 8th Annual Milk & Honey 10K Distance Run
Canaan Valley Resort State Park
- ⑦ October 1 Southern West Virginia Fall Fest Run
Camp Creek State Park
- ⑧ October 16 11th Annual Pumpkin Run
Pipestem Resort State Park
- ⑨ November 5 Kanawha State Forest Governor's Cup Run
Kanawha State Forest

Accumulate points for placing in each race as an overall winner or in the following male and female age divisions:

14 and under	14 - 19
20 - 24	25 - 29
30 - 34	35 - 39
40 - 44	45 - 49
50 - 54	55 - 59
60 and over	

*Individual race age divisions may vary

Overall awards will be presented after the final run of the series.

For information call locally (304) 348-2764 or toll free 1-800-CALL WVA.

Kanawha-Teays Biathalon

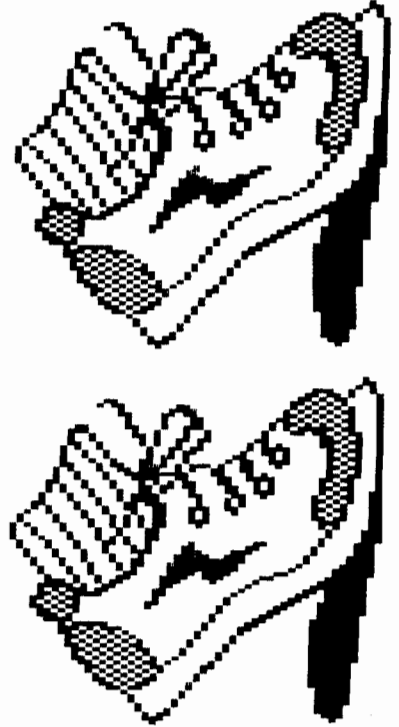
Bill Shultz

Things are progressing nicely enroute to our May 15, 1988 First Annual Kanawha-Teays Biathalon. Judging by the number of out-of-town entries received at presstime, I would recommend getting your application filled-out and mailed-in As Soon As Possible.

The course will start at the Hurricane High School parking lot and consist of a 10K run following the "Great Teays" course which will end back at the school. The transition area will be set up in the parking lot with bike racks for individuals and a relay exchange area for teams. The bike course will exit the parking lot and proceed towards Hurricane, where it will cross I-64 and enter "Hurricane Creek Road". The course will proceed the length of Hurricane Creek Road. The course will proceed Route 35 in Fraziers Bottom. The Route will then proceed back along Hurricane Creek Road until a left hand turn (across traffic) onto "Cow Creek Road". The course will then go the entire length of Cow Creek Road under I-64 and then take a right hand turn onto Route 34 and proceed back to the Finish line at the High School.

We plan on having several organization weekend rides on the bike course between now and racetime. If you would like to participate, contact me at work (744-3413) or home (768-8472) or contact Rich Harper at John's Cyclery in St. Albans (727-2180). The race headquarters for this event is John's Cyclery. Rich and his crew are highly qualified to assist you with your biking needs, from a new bike to repairs, parts, and accessories for your existing bike. Stop by and these guys will be glad to answer all questions regarding this race and other cycling events.

If you are not a cyclist and would like to participate as a member of a team, but cannot find a biker to team-up with, contact me or Rich and we will try to match you up with a biker who is not a runner. Hope to see you on May 15th !!!



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

Running has brought to the Kanawha Valley a wide assortment of runners/joggers. Whatever you consider yourself, we believe there is a place for you in our club. Please join with us in promoting running. If you're interested, mail the application below to: P.O. Box 2282, Charleston, WV 25326.

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. _____
2. _____
3. _____
4. _____

NOTE HERE IF CHANGE IN ADDRESS

MAKE CHECK PAYABLE TO: THE KANAWHA VALLEY ROAD RUNNERS CLUB
MAIL TO: P. O. Box 2282
Charleston, West Virginia 25326



Race director's notebook

By Jim Young



The start/finish area of your dreams

Often we are not able to select the ideal start/finish area for a race. Sponsor preference, city restrictions, and traffic are some of the factors that limit our choices. But suppose we were able to go anywhere in the city and choose the ideal area. What would we look for?

1. We want to conduct our registration indoors. We always want to assume that race day will be cold, windy, and wet. If we plan for those conditions, we can't fail whatever the weather is. Tents are a poor substitute. Even if there is no rain, a small breeze can cause papers to blow away. And if it does rain, we would find that the runners will congregate under our registration tent, giving us precious little room to work.

2. We want plenty of parking.
3. We want an area that is easy to locate, especially for out-of-town runners who are unfamiliar with our town.

4. We want indoor toilets. Not having to rent portable toilets will save us money and time. How many of us have wasted time waiting for the toilets to be delivered so we could show them where we wanted them placed and the truck was not on time?

5. We want a wide street for the start and at least a half-mile before any turns. The wider the better. I have never heard a runner complain that the start was too wide.

6. We want to be able to set up the finish

chutes well in advance of the race. As a runner, I like to be able to view the finish before I begin racing, to see where the digital clock will be placed and in which chute I will be finishing. As a race director, I want to put the chutes up early - not after the start of the race. Although we want the start and finish lines in the same area, we do not want the runners to have to run through the finish line area at the start of the race.

7. We want the registration area behind the start. If a late registrant is heading for the starting line, we want him or her coming in from behind the start.

8. We would like a straightaway finish with the last turn before the finish at least four city blocks away. In a large race, we may want to separate the runners as they finish into male/female groups or open/masters groups. The further away we can do that the better. Ideally, we want to do it before they start their last kick. After the runners go into oxygen debt, they tend to forget their sex and age.

9. We want a finish that is slightly downhill. When the runners hit the finish line, we want them to keep moving through the chutes. A downhill finish will provide them with that momentum. The worst finish I have ever done was one that finished uphill on a sandy course. When the runners hit that finish line, they stopped! We practically had to pull them through the chute.

10. We want a finish line where the runners naturally flow away from the end of the chutes. We do not want them to take a U-turn and walk back the way they finished. This tends to clog up the ends of the chutes. Rather, we want them to continue walking in a straight line away from the chutes to the refreshment area.

By the way, in the 10-plus years that I have been working with road races, triathlons, and triathlons, I do not recall that any of the events met every one of these criteria. But we can dream, can't we?