



Michael C. Pyryt, Editor

1989

MARCH-APRIL

The President's Page

On behalf of the Board of Directors, I would like to thank the runners who participated in the 1988/1989 Winter Series and the volunteers who worked the races. We had approximately 300 total runners, for all three races. The Winter Series was a success once again.

The Annual Awards Banquet of the Kanawha Valley Road Runners Club will be held on Thursday, March 9th at 5:30 PM at Rose City Cafeteria in South Charleston. We will select the KVRRC Board of Directors for 1989/1990, present awards (including the 1988/1989 Winter Series Winners), and listen to interesting speakers. Danny Wells, Co-Race Director of the Chaleston Distance Run will update us on plans for the 15-Miler in 1989. Our main speaker will be Dr. Steve Zekan, who will discuss "Nutrition For the Runner". Bring your family and a friend. The KVRRC is for everybody.

I want to remind you that the oldest race on the roads, the Poca River 15K, sponsored by the KVRRC and Gunnoe's Farm Sausage will be held on Saturday, March 11, 1989 at 10:00 AM. The race will start near the new bridge at the end of Doc Bailey Road in Cross Lanes. See the RACE APPLICATION in this issue.

The 2nd Annual Kanawha-Teays Biathlon will be run on May 7, 1989. Once again, the KVRRC and John's Cyclery of St. Albans have teamed for this event. The biathlon consists of a 10K Run and 40K Bike with a Start/Finish at Hurricane High School. See the RACE APPLICATION for details about the individual and team competitions. The team competition allows bikers and runners to find partners and participate. THE FIELD IS LIMITED TO 250 ENTRIES. (NO EXCEPTIONS!!) ENTER EARLY AND JOIN US ON MAY 7!!! Patrick and I will see you at the races.

Pat Board III

'POCA RIVER 15K'

"The Oldest Race on the Roads in the Kanawha Valley"

"Sponsored By"

The Kanawha Valley Road Runners Club

and
Gunnoe Farms - Sausage & Salad



March 11, 1989
Saturday, 10:00 A.M.

Start/Finish - out Doc Bailey Road
near the New Bridge at Pocahontas

KVRRRC MEMBERS \$6.00 (\$7.00 RACE DAY)

NON MEMBERS \$7.00 (\$8.00 RACE DAY)

Make checks payable to:
Kanawha Valley Road Runners Club
19 Riverside Drive
South Charleston, WV 25303



KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	744-6502
Paul Garrett	Vice President	925-3247
Annette Castelle	Membership Chairman	343-9371
Dave Ellis	Secretary	344-4488
Dennis Hamrick	Director	344-8342
Bill O'Dell	Director	744-4918
Mike Pyryt	Director/Newsletter	776-5592
Bill Shultz	Director	768-8472
Fred Waybright	Director	768-9065
Gary Smith	Alternate	757-0817
Dave Fields	Race Calendar	548-4761
	Alternate	

FROM THE EDITOR:

I hope that you are having a productive 1989!!! POCA is a week away and it promises to be a challenge. The old wooden bridge is gone but the mile markers remain. The Pocahontas Run is one of the oldest in the Kanawha Valley. It's also one of the toughest. I say that not to scare you but to inspire you to take the Pocahontas Challenge. It's 9.3 miles of rolling rural roads. Remember to always turn to your right when you come to a fork in the road. The hills are not very steep. The hills are much tougher at Coonskin, Carbine, Thomas Memorial, Wheeling, and the Charleston Distance Run. What makes Pocahontas a challenge is the frequency of stride change. It's a great cure for Boulevard Boredom. The Pocahontas Course never quits. The toughest hill is about 8.3 miles out. The 15K distance is also unique. I wish that there were more moderate distance runs. The rule for surviving the distance is to respect the distance. Try not to set a world record in the first mile. I recommend running 15 seconds slower per mile than your typical 10K average. If you are having a great day, you might begin to accelerate after hitting the 10K mark.

I'd like to offer some other practical suggestions. Begin carbo-loading at the KVRRRC Banquet at Rose City on Thursday, March 9, 1989. Drink plenty of fluids all week long to prevent dehydration. Be sure to wake up early enough to ensure gastric/bladder emptying before coming to the race. Come early and carpool.

Once again, I will be having an After Pocahontas Iubuprofen Party. Come share some fellowship with other runners. The party starts as soon as I cross the Finish Line. I have a new address: 5110 Rainbow Drive in Cross Lanes. After the race make a left on Kelly Drive. Enjoy the roller-coaster ride to Rainbow Forest. Turn left on Russett Drive and look for the race video. See you at the races!!!

Mike Pyryt

Award Categories

Male and Female

Overall (1)	Masters (1)
14 and under (1)	40 - 44 (3)
15 - 19 (2)	45 - 49 (3)
20 - 29 (3)	50 - 59 (2)
30 - 34 (3)	60 and over (1)
35 - 39 (3)	

Info: Pat Board III 744-6502

KVRRRC Member Yes ___ No ___

Name: _____

Age on Day of Race: _____

Male: ___ Female: ___ Telephone: _____

T-Shirt Size: S M L XL

City: _____ State: _____ Zip: _____

WAIVER

MUST BE SIGNED OR ENTRY WILL NOT BE ACCEPTED

In consideration of the acceptance in the 1988 Pocahontas 15K 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 15K race.

SIGNATURE

(Parent or guardian if under 18 years of age)

FROSTBITE 5-MILER RESULTS (CONTINUED)

PLACE	NAME	AGE/SEX	TIME
53	Kevin Austin	48M	37:05
54	George Castelle	40M	36:34
55	Ven Acharya	40M	36:30
56	Noel Bowling	46M	36:39
57	Jeff Stratton	32M	36:41
58	Diana Morris	39F	36:53
59	Ross James	65M	36:49
60	Frank Young	50M	37:05
61	Bucky Starr	48M	37:05
62	Connie Young	34F	37:32
63	Jim Young	34M	37:33
64	Jane Fleming	42F	37:38
65	Robert Brown	46M	37:58
66	Gregg Blank	32M	38:15
67	Tom Neal	37M	38:17
68	Mike Lewis	30M	38:20
69	Ellen Szego	42F	39:03
70	Phil Radford	56M	39:17
71	Joe Burgess	48M	39:17
72	Bill Ramsey	41M	39:55
73			
74			
75	Yvonne Nola	20F	40:28
76	Lee Cornelison	43M	41:13
77	Benji Cogar	15M	41:15
78			
79	Jerry Keller	43M	41:31
80	Ruth Heidenreich	52F	41:31
81	Jeff Lucas	31M	42:16
82	A.P. Wright	42M	43:02
83	Karen Wilson	34F	43:02
84	Hansel Robertson	57M	43:46
85	Jean Arthur	39F	44:34
86	Ray Demaster	35M	44:36
87	Burman Caton	71M	44:47
88	Larry Frum	44M	45:18
89	Mike Poryt	35M	46:42
90	Rosemary Platt	34F	47:10

RESULTS: FROSTBITE 5-MILER, JANUARY 15, 1989

PLACE	NAME	AGE/SEX	TIME
1	Bobby Dent	22M	24:16
2	Chris Jagers	27M	25:57
3	Don Wilson	35M	26:34
4	Chris Parsons	28M	27:21
5	Glenn Baldwin	30M	27:26
6	Pat McGinnis	35M	27:57
7	Bill Shultz	34M	28:24
8	Tim Coffman	34M	
9	James Shock	18M	27:27
10	Gwain Nola	38M	29:01
11	Joe Pat Young	15M	21:29
12	Gary Brown	40M	29:30
13	David Daniels	34M	30:02
14	Mike Blake	32M	30:07
15	Gaylor Shoemaker	37M	30:37
16	Scott Swann	17M	30:47
17	Roger Arthur	41M	31:07
18	Jack Sanders	40M	31:03
19	James Pauley	16M	31:05
20	Pat Board IV	15M	31:05
21			
22			
23	Mark Keener	30M	31:22
24	Mike Hunt	24M	31:38
25	Terry Carmichael	50M	31:30
26	W.K. Munsey	33M	31:32
27	Jerry Bostic	27M	31:38
28	Joe Dress	40M	31:52
29	Don Mega	47M	31:52
30	Guy Skeens	42M	
31	Debbie Carmichael	31F	32:02
32	Scott Menefee	16M	
33	Jeremy Stevenson	17M	32:30
34	Chris Bowman	17M	32:45
35	Gabriel Szego	48M	32:46
36	Rick Comer	38M	32:58
37	Mark Burcham	37M	33:30
38	Rusty Parsons	30M	33:30
39	Winston Gregory	41M	33:30
40	Bob Cummings	46M	33:53
41	Joe Neckoranec	35M	34:06
42	Matt Oliver	15M	34:35
43	Gallahad Phillips	11M	34:39
44	Jack Adkins	32M	34:59
45	Bill Platt		35:00
46	Joe Fowler		35:08
47	Duane Cole	47M	35:08
48	Sharon Jones	48F	35:18
49	Sonny Phillips	49M	35:19
50	Linda Detrick	27F	35:22
51	Craig White	28M	35:51
52	Billy Taylor	34M	36:04

Editor's Note: Please Remember to turn in your stick! Also Please make sure that your name in spelled correctly when it is entered on the entry sheet. I want to publish the most accurate information possible.



VALENTINE 5K RESULTS (Continued)

52	Chuck Young	33M	22:12
53	Robert Cole	54M	22:17
54	Ven Acharya	40M	22:23
55			22:25
56	Bob Brown	43M	22:38
57	Dwayne Harless	31M	22:31
58	Ross James	65M	22:33
59	Melinda Skaggs	39F	22:38
60	Jane Fleming	42F	22:55
61	Bill Ramsey	41M	23:06
62	Kelly McGraw	16F	23:10
63	Phil Radford	56M	23:11
64	Mike Shamblin	14M	23:13
65	Matthew Timberlake	11M	23:14
66	Ellen Szego	42F	23:22
67	Bill Allen	33M	24:26
68	Hansel Robertson	57M	24:34
69	Marlene Moore	31F	24:41
70	Ken Mann	45M	24:59
71	Ruth Heidenreich	52F	25:17
72	Steve Bock	43M	25:22
73	Karen Wilson		25:26
74	Jean Arthur	39F	25:37
75	Peggy Mosley	50F	25:40
76	Patty Isaac	36F	25:46
77	Gregg Wright	42M	26:00
78	Justine McCarthy		26:13
79	Burman Caton	71M	26:14
80	Rosemary Platt	34F	27:14
81	Danny Walker	41M	27:23
82	Mary McGucken	31F	28:22
83	Vickie Hunt	32F	28:58
84	Mike Pyryt	35M	29:42
85	Pete Barnson	36M	29:44
86	Nathan Skeens	10M	31:08
87	Paul Timberlake	8M	31:40
88	Tim Holbrook	41M	31:46
89	Sam Bowling	51M	31:47
90	Laurie Timberlake	40F	32:25
91	Barbara Clark	50F	32:38
92	Jessica Copley	7F	34:32
93	Richard Copley	48M	34:33
94	Jerry Herndon	50M	34:36

SEE YOU AT.....

'POCA RIVER 15K'

"The Oldest Race on the Roads in the Kanawha Valley"

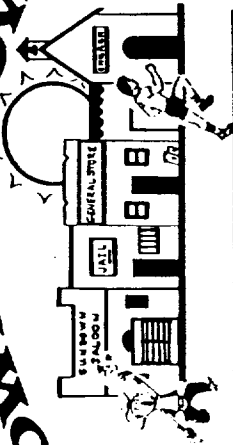
"Sponsored By"

The Kanawha Valley Road Runners Club
and
Gunnoe Farms - Sausage & Saled

RESULTS: VALENTINE 5K, FEBRUARY, 12, 1989

PLACE	NAME	AGE/SEX	TIME
1	Bubby Dent	22M	15:14
2	Chris Jagers	28M	15:45
3	Don Wilson	35M	15:50
4	Chris Parsons	28M	15:53
5	Jim Ruble	26M	16:09
6	Glenn Baldwin	30M	16:25
7	Pat McGinnis	35M	16:41
8	David Daniels	34M	16:52
9	Jimmy Shock	18M	16:53
10	Steve Fox	39M	17:08
11	Bill Shultz	35M	17:27
12	Scott Swann	17M	17:31
13	Mike Blake	32M	17:45
14	Gary Brown	40M	18:00
15	Mike Hunt	34M	18:07
16			18:17
17	Jerry Bostic	27M	18:48
18	Guy Skeens	42M	19:07
19	Matt Oliver	15M	19:17
20	Debbie Carmichael	32F	19:30
21	Terry Carmichael	50M	19:31
22	Chris Morris	17M	19:33
23	Jerry Jenkins	32M	19:39
24	Dennis Hamrick	30M	19:39
25			19:46
26	Bob Cummings	47M	19:48
27	Tom Pearcy	39M	19:52
28	Joe Hooten	31M	20:11
29	Winston Gregory	41M	20:14
30	Gabriel Szego	48M	20:15
31			20:17
32	Gallahad Phillips	11M	20:18
33	Joe Nekoranec	35M	20:23
34	Jim Stuppio	49M	20:28
35	Jack Adkins	52M	20:32
36	John Hutchison	31M	20:39
37	Kevin Austin	31M	20:41
38	Anthony Holcomb	17M	21:10
39			21:17
40	Connie Young	40F	21:22
41	Linda Detrick	28F	21:23
42	George Castelle	40M	21:24
43	John Timberlake	41M	21:35
44	Dale Shamblin	29M	21:40
45	Roger Hager	34M	21:46
46	Mike Lewis	30M	21:45
47			21:46
48	Noel Cook	29M	21:48
49	Gregg Isaacs	30M	21:49
50	Paul Dean III		21:54
51	Richard Starr		21:59

SPRING HEEL SHOWDOWN



**5-K ROAD RACE
MAY 5, 1989**

OVER \$1,500. IN PRIZES !!!

REGISTRATION: 6:00 pm - South Charleston High School

ENTRY FEE: \$6.00 Advance/\$8.00 Race Day

START: 7:00 pm Eagle Way - South Charleston High School

COURSE: Flat and fast on paved streets

FINISH: Bottom of Eagle Way

AGE DIVISIONS:	MALE & FEMALE	9 and under	10 - 14	15 - 19	20 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 and over

SPECIAL CATEGORY: South Charleston High School Male
South Charleston High School Female

FREE T - SHIRTS

AWARDS for each age group & category !

ATTRACTIONS:

REFRESHMENTS.....RANDOM DRAWINGS (Gift Certificates, etc.).....VIDEO REPLAY OF RACE!

ENTRY FORM

NAME: _____ AGE (as of May 5, 1989): _____ SEX: M F
ADDRESS: _____ city _____ state _____ zip code _____
T-Shirt Size: Small Medium Large Extra Large

In consideration of the acceptance of this entry I waive all rights and claims for damage that I or my heirs may have against the South Charleston High School Boosters Club or their representatives and assignees. I attest that I am physically fit and have trained for this event.

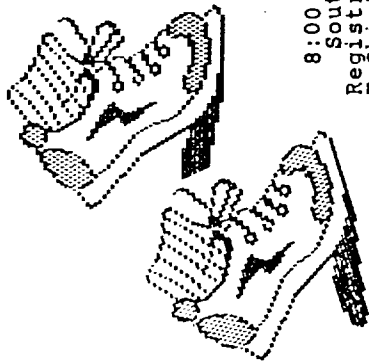
MAKE CHECKS PAYABLE TO:
South Charleston High School Athletic
Booster's Club

Signature _____

MAIL TO:
John E. Barnette
2000 Beachwood Dr.
South Charleston, WV 25309

Parent's Signature (if under age 18) _____

Spring Heel



5K Run

& 1 Mile Walk/Run



8:00 AM Saturday, May 6, 1989
South Charleston High School
Registration - 7:00 AM to 7:45 AM
T-Shirts to the first 200 entries

Name _____ last _____ first _____ middle initial _____

Address _____ street _____ city _____ state _____ zip _____

Age on May 6, 1989 _____ 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 Junior High School
Mail to: Spring Hill Junior High School
ATTN: Herman Nicely
5100 Ohio 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 Junior High 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 _____

-select one category-

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

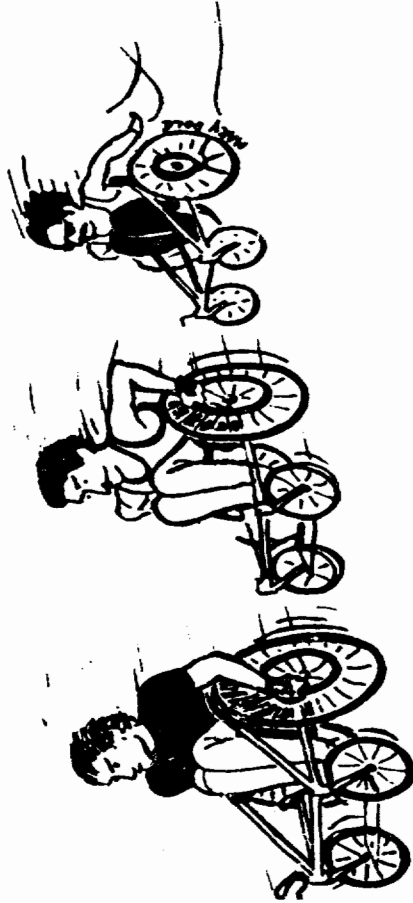
ADVANCE REGISTRATION SHOULD BE
RETURNED BY APRIL 15, 1989

CHARIOTS OF COURAGE

by D.R. Schneggenburger
Tonawanda, NY

We rarely see them training,
Like us they do their thing.
They practice just the same except
For one important thing.
We see them at the marathons,
We pay them little heed,
Their starting gun precedes us,
They're usually in the lead.
Along the course we meet them:
Struggling up a hill,
An inspiration briefly,
We pass them by until.....
The down side gives the bonus
Of wheel speed: they've earned,
They pass leg runners swiftly
With skills and strengths they've learned.
Weather will affect them
And mechanics play their role,
Courageous motivation
Help them achieve their goal.
Their times we seldom think about
To them are special feats.
A salute to them as fellow
True endurance athletes!

DRS



Editor's Note: Thanks to Frank Young for sharing this poem, which appeared in the Summer 1987 issue of the International Wheelchair Roadraces Club, Inc. Newsletter. Thanks to Editor Joe Dowling for permission to reprint it.

RUNNERS AIN'T THAT DIFFERENT

Observers say we are harebrained, lamebrained, scatter-brained
Admittedly some are shorthaired, others longhaired
Some are prepared, others unprepared
Some go to fund raisings, others like hell-raising
Some go upstairs, some go downstairs
Likes include beefcake, cheesecake, shortcake and rattlesnake
Present are bakers, heartbreakers, jaw breakers and bellyachers

We also have masters, scoutmasters and pastors
We can talk, fast-talk and outtalk
Many have drank, dealt with a bank, or walked a plank
We have worked in barnyards, graveyards and shipyards
We grow eyelashes, mustaches and scratch rashes
We consist of bureaucrats, diplomats and polecats
We have been rotated, frustrated, deflated and aggravated
We sit in bleachers as teachers and preachers
We have been misled, outsped and fed shortbread
We eat meat and ride in the backseat

We neck, bisect, correct, select and reject
We are cellar dwellers, sellers and story tellers
We have common sense, smell frankincense and give confidence
We wear blackshirts, brownshirts, nightshirts and miniskirts
We are debtors, wetters, bonesetters and regretters
We have addictions, afflictions and predictions
We are blear-eyed, cross-eyed, and moon-eyed
We save old wives, old knives, and wild lives

We can be limpwristed, tightfisted and run unassisted
We watch clocks, toss rocks, and wear socks
We own hogs, logs, bird dogs and bullfrogs
We bowl, uphold, get cold and see centerfolds
We are hoppers, eavesdroppers and window shoppers
We intake fructose, sucrose and maltose
We welcome new and late comers in the summer
We run to have fun and can't be outdone

Frank Young

SPONSORED BY "JOHN'S CYCLES" ST. ALBANS, WV

DATE: May 7, 1989 **TIME:** 9:00 a.m. - START
DISTANCE: 10k Run - 40k Bike
LOCATION: Hurricane High School, Rt. 34, Hurricane, WV
RACE DIRECTOR: Pat Board III (304) 744-6502
RACE ADMITTANCE: Kanawha Valley Road Runners
PRE-REGISTRATION: Open to first 250 registrations (150 individual, 50 teams)
 Registration will be cut-off once the 250 limit is reached.
ENTRY FEES: ARE NON-REFUNDABLE - NO EXCEPTIONS
 Individual - \$15.00 Teams - \$25.00
 After April 30, 1989 - Individual - \$20.00 Teams - \$30.00
CHECKS PAYABLE TO: CROCKS PAVARUK TO: Kanawha Valley Road Runners
 Season Printed Long Sleeve T-Shirts to all entrants
 Overall - First (3) male and female

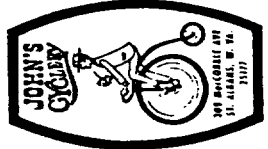
AGE GROUPS - MALE: 14 AND UNDER (2) 25 TO 39 (3)
 15 TO 19 (2) 40 TO 44 (3)
 20 TO 24 (2) 45 TO 49 (2)
 25 TO 29 (3) 50 TO 54 (2)
 30 TO 34 (3) 60 & OVER (2)
FEMALE: 18 UNDER (2) 40 TO 49 (3)
 20 TO 24 (3) 50 AND OVER (2)
TEAMS: MALE (3) FEMALE (3) MIXED (2)
 Teams will consist of 1 runner and 1 bike

AID STATIONS: Water will be available before and after the event and at regular intervals during the run stage. A water bottle is suggested for the bike stage.
AWARDS CEREMONY: Refreshments and fruits will be available at the finish and awards will be given out immediately after all participants have completed the race.
RACE INFORMATION: Pat Board III (304) 744-6502 Bill Shultz (304) 768-4472
 Dennis Hanwick (304) 344-8342 Paul Garrett (304) 925-3247
ENTRY FEE:

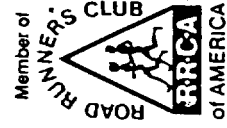
Name _____ Age on Race Day _____
 Address _____
 City _____ State _____ Zip _____
 Telephone: Work _____ Home _____ Sex: Male _____ Female _____
 Category: Age Group _____ T-Shirt Size _____
 Friend who will help volunteer. Name _____ T-Shirt Size _____

OPEN TO FIRST 150 INDIVIDUALS AND 50 TEAMS
ENTRY FEES: \$15.00 INDIVIDUAL \$25.00 TEAM
 After April 30, 1989: \$20.00 INDIVIDUAL \$30.00 TEAM
MAKE CHECKS PAYABLE TO: Kanawha Valley Road Runners
 115 Honeyuckle Lane
 Dunbar, WV 25064

WAVES SIGNMENT
 In consideration of the acceptance by the sponsors of my entry in the Kanawha-Teays Biathlon, for myself, my heirs, executors and administrators, I hereby release and forever discharge the County of Putnam, the State of West Virginia, John's Cycles, and the Kanawha Valley Road Runners, along with all sponsors and producers of this event, their agents, representatives, successors, and assigns, from all liabilities, actions, claims, demands, damages, costs and expenses, which I may now or in the future have against any of them arising out of my participation in the above mentioned biathlon, on route to or from the event, and including but not limited to all injuries that may be suffered by me, I attest and verify that to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in the distance of this biathlon and that no physician or other qualified individual has advised me against competing in any portion of this biathlon.
 I agree to abide by the rules and regulations of this event, including, but not limited to, providing a bicycle in proper mechanical condition, wearing an ANSI or Snell hard shell protective helmet during the bike competition of this event.
READ CAREFULLY BEFORE SIGNING
 SIGNATURE (IF TEAM, BOTH MUST SIGN) _____ Date _____
 _____ Date _____
 _____ (Parent/Guardian signature if under 18) _____ Date _____
 _____ (Medical Problem) _____ (Emergency contact) _____ (Phone) _____



Race Info:
 Pat Board III
 (304) 744-6502



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. 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
 2. _____ IN ADDRESS
 3. _____
 4. _____

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