



Kanawha Valley Road Runners Official Newsletter

Gary C. Smith, Editor

1984

May - June

THE PRESIDENT'S PAGE

By the time that this edition of the Runners Sole reaches you, your new board will have already met two or three times. I would like to acknowledge Pat Board, Carol Clark, Winston Gregory, Connie Perry and Bill Ripley as our newest board members and welcome them. A great thanks goes out to David Copeland, JoAnn Dawson, Paul Garrett and our alternate, Barbara Theierl, who were re-elected this year. Gary Smith will continue his position as the editor for the Runners Sole. Don Barnette, Annette Castelle and Jim Jones, who served on last year's board all deserve a round of applause with Gary for the fine work they have done.

The responsibilities delegated to board members at the last meeting are as follows:

President: Bill O'Dell
Vice-President: Carol Clark
Secretary: Connie Perry
Treasurer: JoAnn Dawson
Race Calendar and Membership: Paul Garrett
Publicity, Equipment and Race Calendar: Pat Board

The John Pianfetti award for 1983 was awarded to Annette Castelle at the banquet following the Carbide race. This award was voted upon by the membership to honor the individual deemed most inspirational to the running community in that year.

We are in the planning stages for a possible triathlon on July 4th. There will be a one mile swim in the Kanawha River, a 35-40 mile bike ride and a ten kilometer race. Bill Ripley will be disseminating information to us as the event develops.

We are proud to announce the second KVRRC combination speedwork and stretching clinic, followed by a "Fast/Slow" half mile relay at the South Charleston High School track. The event will be conducted by three well-known coaches and instructors: Toni Jackson, a sprinter and coach at George Washington, Keith Pritt, coach at Charleston High School and Patty Simpson of the Exercise Company. The event will start at 6:00 p.m. on June 20th, which is West Virginia Day. It will be run much like the speedwork clinics held last year, with the fast/slow relay concluding the activities. This is a good opportunity to learn the fundamentals of speedwork and stretching, as well as a chance to "meet and greet" runners of varying abilities. If you want to run faster, or just have a good time, join us at the speedwork clinic.

RUNNER'S SPOTLIGHT

By Carol Clark

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

- | | | |
|---------------------------|-------------------------------------|----------|
| Bill O'bell | President | 744-4918 |
| Carol Clark | Vice President | 342-0278 |
| Connie Perry | Secretary | 768-3177 |
| JoAnn Dawson | Treasurer | 342-3082 |
| Paul Garrett | Membership Chairman/Race Calendar | 925-3247 |
| Pat Board | Publicity, Equipment, Race Calendar | 744-0575 |
| David Copeland | Director | 744-1634 |
| Bill Ripley | Director | 343-0463 |
| Winston Gregory | Director | 757-6435 |
| | | |
| Barbara Theierl | Alternate | 925-9342 |
| Gary Smith | Newsletter | 744-1099 |

FROM THE EDITOR:

Our annual dinner was well attended. Speakers Mayor Mike Roark and Dr. Peggy Kiser were very informative and entertaining and the home running films by George and Annette Castelle ended the evening on a humorous note. Awards were presented to recognize some special achievements, for those not present and for those who won and want to see it in print here is a list of the awards. Except for the Almost Triathlon, these awards will be repeated for 1984.

Almost Triathlon

<u>Name</u>	<u>Coal River Canoe Marathon</u>	<u>Regatta 62 Mile Bike Ride</u>	<u>Charleston Distance Run</u>
Art Altman	6:57	5:02	2:01:38
Bud Thomas	6:28:01	5:35:15	2:23:32
Bob Murawski	7:29	7:15	2:18

Most Miles Run

- Men
 29-49 - Mitch Kaplan - 2,787
 30-49 - H. C. Bruner, Jr. - 1,877
- Women - Kathy Hastings - 2,004

Most Days Run

Tod Kaufman - hasn't missed a day since 4/12/81.

Most Races Run Without Winning a Trophy

- | | | | |
|---------------------|----------|--------------------|----------|
| Winston Gregory | 43 Races | - Danny Walker | 37 Races |
| <u>Runners Up:</u> | | <u>Runners Up:</u> | |
| - Danny Walker | 37 Races | - Mitch Kaplan | 26 Races |
| - H. C. Bruner, Jr. | 33 Races | - Tim Holbrook | 12 Races |
| - Mitch Kaplan | 26 Races | | |

His Own Category

Tim Holbrook ran 12 races in 1983 and according to his records his cumulative place was 946th out of a total of 1,892 finishers in the 12 races. By running on the average exactly in the middle of the pack he claims to be "mean" runner of the year.

Gary Smith

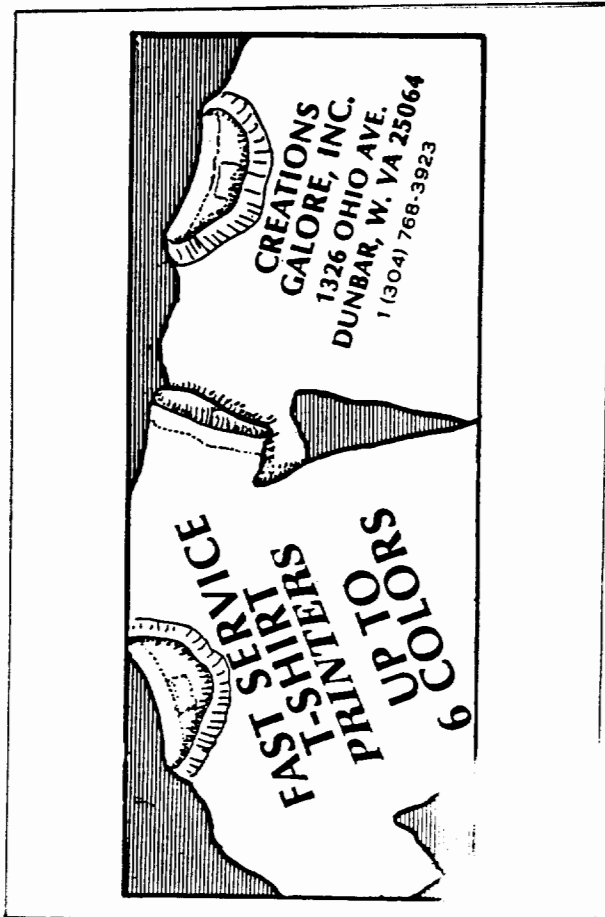
Don't let his name fool you; Danny Walker is a runner. Danny is one of those individuals who has taken to running with a fervor, and his enthusiasm is contagious. This was not always the case, however. He ran in high school and the army, but detested running. "In the army they run the hell out of you," he says "but now it would be fun." Why the change in attitude? Danny had smoked since he was sixteen, and in the fall of 1981, a year after he quit smoking, he started running. He was overweight and wanted to get his lungs and body back in shape. As with most other runners, the rest is familiar history.

Some friends, Rick Hitt and Mark Keffer, got Danny into racing. His first race was the Winecellar Classic in 1982 and he "loved it from the start." After that, he started running in all the local races he could find. Danny started thinking MARATHON in early 1983, and after the Distance Run he moved up to the 26.2 mile distance with a respectable 3:41 finish at the Bank One Marathon in Columbus. He also ran the 1983 Almost Heaven Marathon. Danny is looking toward the Distance Run and the Omaha Marathon this year.

Danny's love of racing is obvious. You may remember him from the film footage shown at the Road Runner's banquet; he made nearly every segment. He's the one with the striped shorts, curly hair, sweatband, large handkerchief and the dangling sweatshirt. Danny received the KVRW award for running the most races in 1983 without winning a trophy.

When not running, Danny, who is thirty-six years old, works as a telecommunications engineer for the Public Service Commission. That job of six years brought him here from Nebraska. He lives with his wife and four cats and squeezes in some gardening and work with stereo equipment when he's not out pounding the pavement.

At the end of our interview Danny commented to me "You're just like me; you're not happy unless you're overdoing it. You've got to get that fix." That's the sentiment of a "hooked" runner if I ever heard one and that's exactly what Danny Walker, is, a runner.



THE KNEE - PART I

By Peggy L. Kiser, D.C.

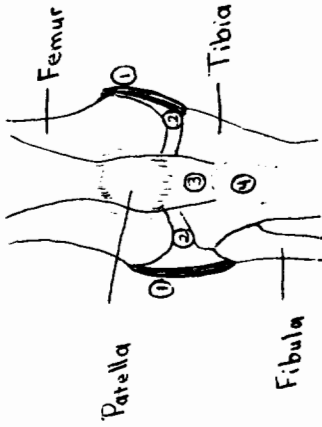
This is a two-part article about the knee. In Part I, structural problems of the knee that are associated with runners are discussed. A brief explanation of the knee's anatomy and physiology is given so the reader can gain a better understanding of the mechanics involved with a knee disorder. Chiropractic management of knee problems is presented. In Part II, emphasis is placed on the care of a knee injury following the first thirty-six hours of an injury and rehabilitative exercises. Hopefully, the runner will be able to follow a prudent course of care for a knee injury after reading this two-part article.

By its structure the knee is unstable, being totally dependent on ligamentous support and strong muscular function. Maximum stability is at full extension when the collateral ligaments are taut. The normal ranges of motion being; 130° flexion, 0° extension, and slight internal and external rotation. The meniscus is a fibro-cartilagenous structure. The medial meniscus is more frequently injured than the lateral meniscus. Functions of the meniscus include deepening the joint socket, acting as a cushion, and spreading lubrication. The infrapatellar bursa reduces friction and promotes ease of motion in the knee joint. The numbered areas on the diagram below are common sites of tenderness with various knee problems.

When the joint becomes subluxated (misaligned), the ligaments and tendons are put under strain. The most common misalignment involves the tibia going forward and medialward. When the knee is subluxated, muscles and tendons become tense, especially the lower hamstrings and upper gastrocnemius and soleus (thigh muscles). The menisci are put to a marked disadvantage with knee injury. Depending on the degree of severity of a knee injury, the menisci may be caught in a disadvantageous position, eroded, torn loose, dislocated or fractured. The length of time the knee is subluxated and allowed to remain uncorrected will determine the degree of erosion of the cartilage.

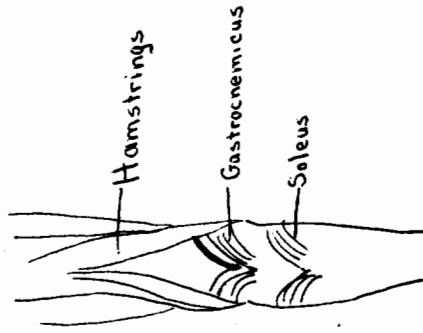
Diagnosing a knee problem entails a thorough history, physical examination, and x-rays. When there is a knee problem, the hip joint and feet are also examined. When the hips are fixated in a rotated position, the gait of an individual is altered. An abnormal gait puts stress on the knee and can cause problems in the hip, knee, and/or feet. Runners with structural disorders of the feet often suffer with knee problems. When the hips and/or feet are part of a knee problem, these joints must be corrected along with the knee to avoid repetition of the injury.

When a chiropractor adjusts a subluxated knee, the internal derangement of the knee is corrected by moving the involved bones. Chiropractic physiological therapies are often used to relax spasmed muscles and to increase circulation to the joint. Nutritional supplementation is often recommended to improve the integrity of the ligaments and muscles. Rehabilitation often includes orthopedic support devices and therapeutic exercises that strengthen the stability of the knee. A knee subluxation is checked and manipulated until the normal movement is restored (realignment) and the ligaments are healed - usually three to four weeks, depending on the severity of tissue damage.



Tender Sites of Anterior Knee

- ① Collateral Ligament Pain
- ② Meniscus
- ③ Infrapatellar Bursa
- ④ Tibial Tubercle (Osgeod-Schlatter's disease)



Posterior Muscles

KAUFMAN AND RALOFF
ATTORNEYS AT LAW
1208 VIRGINIA STREET, EAST
CHARLESTON, WEST VIRGINIA 25301

TOD J. KAUFMAN

TEL. 304/344-8437

SCHEDULE OF EVENTS
May - June 1984

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

April 28, 1984

Saturday
 Run For Fun 5K/10K
 RT: 8:00 A.M.
 ST: 9:00 A.M.
 SP: U.C. Eddie King Gym
 EF: \$6.00/\$7.00
 RD: University of Charleston
 Diane Lorden
 346-9471 ext. 288

April 28, 1984

Saturday
 Huntington Distance Classic (10M)
 RT: 7:00-8:30 A.M.
 ST: 9:00 A.M.
 SP: Heritage Village 11th St./
 2nd Ave.
 EF: \$8.00
 RD: Cleon Fowler 525-7581

May 5, 1984

Saturday
 Clean Air Classic 5K
 RT: _____
 ST: _____
 SP: _____
 EF: _____
 RD: _____

May 5, 1984

Saturday
 Boone County 10K
 RT: 8:00 A.M.
 ST: 9:30 A.M.
 SP: Scott High School
 EF: \$6.00/\$7.00
 RD: Dave Hill 949-4117
 T-shirt, Cap and Post Race
 Breakfast to All.
 \$2,000 in Prize Money
 One Mile Fun Run After Race

May 12, 1984

Saturday
 St. Albans Chemical People Run (5M/1M)
 RT: 8:00 A.M.
 ST: 9:00 A.M.
 SP: St. Albans Loop
 EF: \$4.00/\$5.00 - under 13,
 \$6.00/\$7.00 - over 12
 RD: Emily Strut (o) 722-3338

May 13, 1984

Sunday
 Charleston Pops Run (5K)
 RT: 12:30 P.M.
 ST: 2:00 P.M.
 SP: University of Charleston
 EF: \$6.00/\$7.00
 RD: 343-4709 after 6:00 P.M.
 18 Fun Categories
 Merchandise Awards

May 19, 1984

Saturday
 Freedom Run 5K
 RT: 8:00 A.M.
 ST: 9:00 A.M.
 SP: South Charleston
 EF: \$6:00
 RD: So. Charleston Recreation
 Board
 744-4731

May 19, 1984

Saturday
 Greater Marmet 5M
 RT: 8:30 A.M.
 ST: 9:30 A.M.
 SP: Ben Morris Ballfield
 EF: \$6:00/\$8:00
 RD: Paul Coon (o) 348-5017
 (h) 949-1914

May 26, 1984

Saturday
 1st United Methodist Challenge
 Run IV (5K)
 RT: _____
 ST: 9:00 A.M.
 SP: 14th and Myers Ave., Dunbar
 EF: \$6:00/\$7:00
 RD: Larry Moffatt 768-5885
 Visors to All Runners

May 26, 1984

Saturday
 Elby's Distance Race (20K)
 RT: Must Pre-register by May 11
 ST: 9:00 A.M.
 SP: Wheeling Civic Center
 EF: \$8:00
 RD: Hugh Stobbs
 Box 1046
 Wheeling, WV 26003

May 26, 1984

Saturday
 Bluefield Summit City Marathon (10K)
 RT: 6:00 A.M.
 ST: 7:30 A.M.
 SP: Bluefield Auditorium on
 Stadium Drive
 EF: \$10.00
 RD: Robert Harrison/Charlie
 Williamson
 327-7184

ST FRANCIS 5K, 10K

RT: 8:00 AM
 ST: The Hospital
 EF: \$7

June 2, 1984

Saturday
 Rehab Run (10K)
 RT: 7:30 A.M.
 ST: 9:00 A.M.
 SP: WV Rehab Center, Institute
 EF: \$6.00/\$8.00
 RD: Dan Greene/Ann Lacy
 768-8861

June 9, 1984

Saturday
 Shawnee Hills Industries Run
 (5K/10K)
 RT: 7:00 A.M.
 ST: 8:30 A.M.
 SP: Pierpont School, 22nd St.,
 Dunbar
 EF: \$6.00/\$8.00
 RD: Carol Clark
 342-0278/345-4800

June 16, 1984

Saturday
 Run For MS ()
 RT: _____
 ST: _____
 SP: _____
 EF: _____
 RD: Bob Bland
 Charleston National Bank

June 30, 1984

Saturday
 KV AAU Basketball 10K
 RT: _____
 ST: _____
 SP: Watt Powell Park
 EF: _____
 RD: Nemo Neirman

June 20, 1984

Wednesday
 Speed/Stretch Clinic
 RT: N/A
 ST: 6:00 A.M.
 SP: So. Charleston High School
 Track
 EF: Free
 RD: KVRRC
 See Details on President's
 Page

June 23, 1984

Saturday
 Maranatha Fellowship 5K
 RT: 7:30 A.M.
 ST: 9:00 A.M.
 SP: Maranatha Church, St. Albans
 EF: \$6.00/\$7.00
 RD: Don Hamrick
 755-5088/722-6271

LOOKING AHEAD

July 4, 1984 - Triathlon - call Bill Ripley 343-0463

July 21, 1984 - Great Teays 10K

July 22-27 - Potomac Highlands Running Camp
 Canaan Valley State Park

Race directors should immediately contact Paul Garrett
 the KVRRC regarding cancellation or re-scheduling of events. Please provide
 race information to:
 4206 Venable Avenue
 Charleston, WV 25304
 925-3247 (After 5 P.M.)

HANDBOOK AVAILABLE

The Road Runners Club of America has released its fourth edition
 HANDBOOK. This how-to book funded by a grant from NIKE and edited by
 Jim Ferstle, contains 158 pages of information and examples that ex-
 plain every aspect of conducting races and managing a running club.

The HANDBOOK lists, explains and provides examples for organiz-
 ing and conducting races from the simplest "fun run" to major marathons.
 Starting with how to organize a running club, the book details every
 aspect of club operation.

Copies of the RRCA HANDBOOK are \$15 plus \$1 postage and handling
 (\$3 if first class mailing requested). They may be ordered from:
 Road Runners Club of America, 8811 Edgehill Drive, Huntsville, AL
 35802.

CORRECTIONS

In the Nov-Dec '83 issue we ran a list of State Running Clubs for those who may want to do some out of town racing and want information on races in other parts of the state. Two clubs that were not listed are:

W. Va. Track Club Great Teays Running Club
712 South Chestnut Street 340 Green Acres Drive
Clarksburg, WV 26301 Hurrricane, WV 25526

In the Jan-Feb issue in our article on the History of the KVRB, we stated that Carl Hatfield finished 7th in the Boston Marathon in 1976 - He finished 7th in the New York City Marathon that year, not Boston.

Thanks, Carl for correcting me. We all have good reason to be proud of Carl and the W. Va. Track Club he founded. Some of these reasons are:

1972 - Carl finished 12th at Boston in 2:21:
1974 - Carl finished 10th at Boston in 2:17:36
1974 - W. Va. Track Club is Boston Marathon Team Champion
1975 - Carl finished 7th at New York in 2:17:26
1977 - Carl finished 20th at New York in 2:20:
1978 - W. Va. Track Club is National AAU 15K Team Champion
1978 - W. Va. Track Club is National AAU Marathon Team
Runner-Up

BOARD OF DIRECTORS MEETINGS

All members are invited to board of directors meetings. May and June meetings will be:

Monday, May 7 at JoAnn Dawson's, 731 Churchill Dr., Charleston
Monday, June 4 at Bill O'Dell's, 811 Montrose Dr., So. Charleston

CHALLENGE MET

Bill O'Dell met his own challenge, running 33 miles on March 2nd, his 33rd birthday. His time was 4 hours 15 minutes. If you run your age in miles on your birthday, let us know.



The Road Runners Club of America will hold its 27th Annual Convention in Michigan City, Indiana, May 18-20, 1984. The Convention is being hosted by the Dunes Running Club under the direction of convention coordinator and well-known runner/writer Hal Higdon.

The convention will include workshops, clinics, Expo, races, annual meeting and banquets. Runners interested in the races or other activities should contact the DRC, P.O. Box 42, Michigan City, IN 46360.



HOT WEATHER RUNNING

Hyperthermia (heat stroke, heat exhaustion, muscle cramps) can be deadly. A runner can collapse in less than five minutes after the onset of symptoms. The symptoms are:

- a. dizziness
- b. dry skin—no sweating
- c. redness
- d. nausea or cramps
- e. goose bumps on chest and arms
- f. incoherent speech and thoughts

When any of these symptoms occur, do the smart thing. Save your race for a cooler day.

Hyperthermia can affect any runner, in any kind of shape, during a race or hard workout. It's not only the unconditioned, unacclimated runner who will suffer.

Hyperthermia can occur on days when you might not expect it. The rapid rise in body temperature occurs when the body's natural cooling mechanism, evaporation, stops because the body has lost too much of its fluids through sweating. Research has shown that the rate of body fluid loss is not substantially changed from temperatures of 70° up. A temperature of 60° and high relative humidity can be just as dangerous as 90° and low humidity.

What Can Be Done To Minimize The Effects Of Heat On A Runner?

1. During the hot weather season, keep body contents of magnesium and potassium high. These minerals exist naturally in foods such as cantaloup, watermelon, tomatoes, carrots, and cucumbers.
2. Wear cool clothes. Loose fitting cotton, singlets and t-shirts are best. Light colors, especially white, are cooler than dark colors.
3. Remain cool before the race. You might as well start with a slightly depressed temperature.
4. Before the race, drink plenty of fluids. The American College of Sports Medicine suggests 13-17 fluid ounces 10 to 15 minutes before competition.
5. Drink plenty of fluids during the race and afterwards. Drink frequently during the race. Don't hesitate to splash water on your body. This aids evaporation and cooling of the body. Try to keep the water off your shoes. Soggy shoes can lead to blisters.
6. Most importantly, choose your hard races for times when you'll be most likely to run well. Avoid difficult efforts in races during hot and humid weather. Avoid races that start late in the morning or during the afternoon in the summer and hot weather.

This information is presented as a public service by Dannon Yogurt and the RRCA

The Road Runners Club of America was founded in 1958 and has grown to 430 clubs spread across the nation representing more than 100,000 members. The RRCA is the largest organization representing runners and its publication, FOOTNOTES, is the third largest running related publication in circulation.

When he ran his 2:35:06 marathon in New York City in October of 1982, State Senator Tod J. Kaufman (photo credit USA Today) had run 1:19:34 (18th place) Charles-ton Distance Run the month before. And he hasn't missed a single day of running since . . . as a matter of fact, it's been over three straight years since Kaufman missed a day on the roads . . .

RETURN A RUNNER TO THE STATE SENATE. Keep your government lean; Return Tod Kaufman to his State Senate seat. Please encourage all Democrats to vote for Tod on June 5th.

Among other issues, Tod has represented the public interest by supporting and/or sponsoring:

1. CLEAN INDOOR AIR ACT ("No smoking in certain public places!!!")
 2. STRONGER CLEAN AIR AND CLEAN WATER REGULATIONS
 3. CABIN CREEK FITNESS COURSE (par course)
 4. MONTGOMERY BICYCLE PATH (proposed)
 5. THE RIGHTS OF ALL CITIZENS TO RUN IN ROAD RACES!
- *****
 Pd. for by Friends of Tod J. Kaufman, G.P. Jacobs, P.A.
 344-9379

DIN FAMILY * PERRIER * KAPP



LAST CHANCE

If you have not renewed your membership for 1984 yet, use the membership application below now. This is the last issue of this newsletter that will be sent to those who have not renewed. You don't want to miss news of all the races with the busy summer season coming up.

Kanawha Valley ROAD RUNNERS

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

- Development and sharing of training strategies for novice to experienced runners.
 - Bi-monthly mailings of a newsletter which will include upcoming events which receive the KVRR's endorsement. This mailing also will include race results plus dates, times, and meeting places for training runs and special events.
 - Discount to club members from athletic stores.
- Running has brought to the Kanawha Valley a wide assortment of runners/joggers. Whatever you consider yourself, we believe there is a place for you in our club. Please join with us in promoting running. If you are interested, mail the application below to: P.O. Box 2282, Charleston, WV, 25328

KVRR MEMBERSHIP APPLICATION

(Check One) New Member Yes No Date _____

Type of Membership:
 Regular (\$8) _____ Full Time Student (\$5) _____ Family (\$12) _____
 Contributing _____ (Includes one of above memberships plus contribution to Club).

Last Name: _____ First Name: _____ Sex: M: F: Age: _____
 Home Address: _____ City: _____ State: _____
 Home Phone: () _____ Office Phone: () _____ Zip: _____
 Occupation: _____ Student's School: _____

Family Membership Names: _____ Date of Birth: _____ RENEWING MEMBERS
 1. _____ NOTE HERE IF CHANGE
 2. _____ IN ADDRESS
 3. _____
 4. _____

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