

THE RUNNERS SOLE



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor

1985

May - June

THE PRESIDENT'S PAGE

As you receive this edition of the Runners Sole, the 1985 KVRRC Board of Directors have already met once and are actively working for you. As President I pledge to you that the new incoming Board of Directors will continue its ongoing effort to improve the quality and character of road racing in the Kanawha Valley.

I want to acknowledge and welcome our newly elected board members, Carroll Young, Kathy Hastings, Gayle Proffitt, and Bob Fretwell. Along with the new alternates Bill Ripley and David Copeland, Gary Smith will continue as Editor of the Runners Sole and advisor to the Board of Directors and let me tell you Gary does a tremendous job for all of us. Also I am going to appoint as legal advisors to the Board of Directors George Castelle and Tod J. Kaufman.

On behalf of outgoing KVRRC President Bill O'Dell and the club members I want to thank Connie Perry, David Copeland, Bill Ripley and Winston Gregory who served on last years Board of Directors.

I can assure you that this years KVRRC Board of Directors will be as strong as you the members want us to be, so call us anytime or talk to us at the races.

I am hoping in advance that 1985 will be your best year of running, with no injuries and plenty of personal records(PRs).

Patrick and I will see you at the races.

Pat Board III

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President	744-0575
Carroll Young	Vice President	727-9844
Carol Clark	Secretary	727-6786
JoAnn Dawson	Treasurer	342-3082
Paul Garrett	Membership Chairman	925-3247
Kathy Hastings	Director	348-0170
Gail Proffitt	Director	348-5122
Bob Fretwell	Publicity	744-4918
Bill O'Dell	Director	

David Copeland	Alternate	744-1634
Bill Ripley	Alternate	343-0463
Gary Smith	Newsletter, Race Calendar	744-1099

FROM THE EDITOR:

Running has been good to me. It has given what I needed when I needed it. Let me elaborate a little. A few years ago I moved out of state to an area where I knew no one. At first I shared a one bedroom apartment with two other people, a doberman, a cat and a pet rat. I slept on a couch at night that the dog slept on during the day. My "home" didn't provide any private time, so my running provided it for me. I ran at night in the streets. There were many people out but we were strangers and I could ignore them. When I missed my son so much that I could cry I went down to the high school track and, alone, under a starry sky I ran and let the tears stream down my face.

When the dog chewed a hole in the couch I was furious but I was a Guest and to keep peace I left immediately and ran far and fast and full of rage. I ran until the rage flowed out of me. I also ran in celebration. Just as I had run to celebrate my new job; to celebrate Mary saying yes when I asked her for a date; to celebrate the sailboats, many and far out in the inlet, the first time I saw them.

At other times running has helped me to express other needs. After I moved to more spacious living quarters privacy wasn't as important as my need to express my energy. My job was interesting but my social life was nearly zero. I tried everything I could think of. I went rollerskating, iceskating, even old reliable-going to the laundromat (it's hard to draw their attention from the dryers). I went to the library, to church (the services were in Polish!), to the mall, to the beach, to softball games. I knew I had something valuable to offer but no one else seemed to know and I still had this pent-up me waiting to get out. I ran now to express power - to be able to run at full speed for several miles even in what hills were available gave me an appreciation of what I could do - if no one else cared, I did, and if the audience was very private and very small, it was better than no audience. When I ran in the heat or wind or snow I challenged nature to stop me. And it couldn't! While running I would come along side bicyclists and challenge them, lightly but in all earnest to a race and I could beat them all at 50 yards and stay close for 150 to 200 yards.

On occasions when I needed privacy, when I needed to vent rage and frustration, when I needed to celebrate a private joy or when I needed to reaffirm my self-worth I have used my running as a means to satisfy these needs. I hope running has been as helpful to you as it has, at times, been for me.

Gary Smith

SHIN SPLINTS

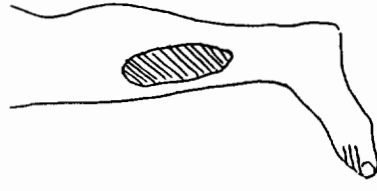
By Peggy L. Kiser
Chiropractic Physician

The term "shin splints" is often used to describe any pain felt in the lower leg while exercising. What "shin splints" medically refer to is pain along the front part of the lower two-thirds of the leg (see diagram). The pain is usually throbbing, deep-seated, relieved with rest, but increased at night. The intensity and frequency of the pain increases gradually. At first, soreness begins after running, but if training continues the pain will eventually be present during and after the run.

Runners who are poorly conditioned and/or train beyond their physical capabilities are the most common victims of shin splints. There are other factors that can contribute to shin splints besides over-exercising such as training on hard surfaces. An excessive overstride during running is a typical cause of this condition as well as running "duck-footed." Shin splints are a common complaint with athletes during early season practice sessions or when the running surface is changed.

Immediate treatment of shin splints consists of rest, application of ice, and wrapping or taping the leg for comfort in daily activities. The muscles involved have a limited blood supply. These muscles warm slowly and cool rapidly because they are squeezed tightly between bone and skin. After the initial stage (the first 36-48 hours), alternating hot and cold soaks and massage often help increase the circulation and rehabilitate the soft tissue damage. When the symptoms have subsided, the runner may return to running on a soft, level surface, providing he/she wears proper shoes and if necessary, uses orthotic devices to prevent hyperpronation (running "duck-footed").

Under no circumstances, should a runner try to "run out" shin splints. This will lead to development of scar tissue or new bone formation. Other conditions that are similar to shin splints include thrombophlebitis, osteomyelitis, cellulitis, tumors and intermittent claudication. These conditions are rarely seen in runners but should be considered.



Area of Pain

MARATHON TRAINING

By Mark F. Sohn

Following my first marathon - run in Louisville, Kentucky last November - I took two days off and ran a short training run, 16 miles. I felt great - I think I trained well for the marathon. My time for the Derby City Metro Parks Marathon was 3:40:40 and boy was I pleased. I ran the 16 mile run in just 8 minutes and 23 seconds per mile, cutting my per mile marathon time by about seven seconds.

Just fourteen months earlier I felt a need to run some - and started running because I was gaining weight, out of shape, and constantly with a cold.

With the encouragement of my dear and supportive wife, I ran two-thirds of a mile. It was all I could do. Then I ran a mile, then three miles. I remember my six-year-old daughter rode her bike along beside me. She stopped frequently to rest. We walked and ran. We stopped to tie her shoe; we stopped to tie my shoe.

I continued to run about twice a week. By December I had run a 14-miler. It was then that I decided I wanted to run a marathon. Twenty-six miles sounded amazing. Only a few weeks earlier, I didn't know what a marathon was. I saw part of the New York City Marathon on T.V. I have roots in New York so that was it; I'd run in New York's race. What a decision! I ran throughout the winter, twice a week. Some runs were long, eight to 14 miles, some were short, four to five miles. But always about twice a week. I was training for a marathon.

In March I geared up for a 10K and ran in the Citizen's Bank, Hillbilly Days race in April. With a time of 49 minutes it was a great accomplishment. I wasn't in the winners circle but I had established a personal record and my friends and family were supportive and a little amazed.

In the 26 weeks before the Derby City I ran 47 times, or 1.8 times per week. There were 17 runs 20 miles or longer; five were training marathons of 26 miles. The times for those marathons runs were 4:23 on July 15, 4:36 on July 29, 4:30 on September 3, 4:38 on September 30 and 4:41 on October 28. Was I happy with 3:40 on the big day!

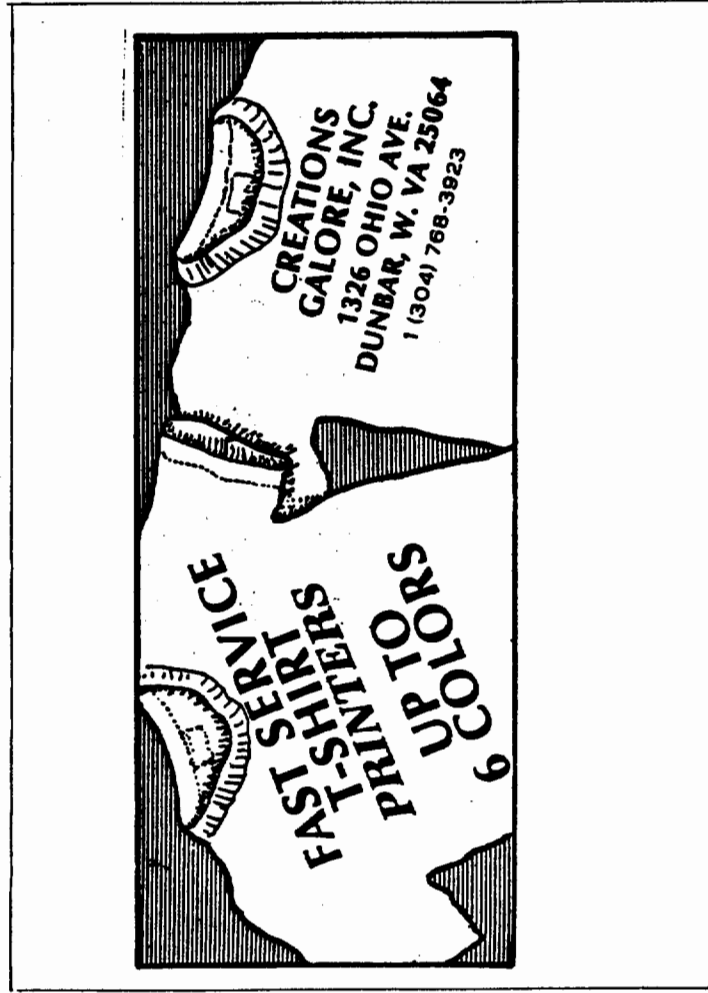
TRAINING DATA for 26 Weeks

Total miles run:	808
Miles per week:	31
Runs over 20 miles	17
Training marathons	5
Training runs	47
Runs per week	1.8

Sunday after the run I went to Oxmoore Mall and walked with my family for an hour and a half. I have had no sore muscles. Today when I ran I felt great. This has been a great year; no colds, great eating, a trim waistline, and energy. I have energy for teaching, energy for gardening, energy for walking and climbing steps. I feel better than ever. I run twice a week.

This is not a common way to train for a marathon. It is based on the idea that in training you should do what you are training to do. What do you think? I would like your reaction to this approach: When training for a marathon, run marathons: some 30-mile runs would not hurt!

Mark F. Sohn
508 Sixth Street
Pikeville, KY
41501



SCHEDULE OF EVENTS
MAY - JUNE 1985

May 18, 1985
Saturday
Huntington Distance Classic (10M)
RT: 7:00 A.M.
ST: 9:00 A.M.
SP: Heritage Village
11th St/Second Ave
EF: \$4.00/\$5.00
RD: Cabell Hunt Hosp.
Linda Bays 525-3356

May 18, 1985
Saturday
Armed Forces Day 5K/10K
RT: 8:00 A.M.
ST: 9:00 A.M.
SP: South Charleston Mound
EF: \$6.00/\$7.00
RD: S.Charleston H.S. Boosters
Charles Gannon 744-1203

May 25, 1985
Saturday
Nitro 10K
RT: 7:30 A.M.
ST: 9:00 A.M.
SP: Nitro Football Field
EF: \$6.00/\$8.00
RD: Jim Smith 755-3140
Ron Asbury 755-7204

May 25, 1985
Saturday
Elby's Distance Race (20K)
RT: Must be registered by May 10
ST: 9:00 A.M.
SP: Wheeling Civic Center
EF: \$10.00
RD: Hugh Stobbs 233-2100
P.O. Box 1046
Wheeling, WV 26003

May 26, 1985
Sunday
Strawberry Run 10K/2-Miler
RT: 8:00 A.M.
ST: 9:30 A.M.
SP: First Comm. Bank Buckhannon
EF: \$5.00/\$7.00
RD: 1st Comm Bank/Upshur Moving Co.

June 1, 1985
Saturday
Operation Fitness 5K
RT: 8:00 A.M.
ST: 9:00 A.M.
SP: Kanawha City KVRRC Course
EF: \$7.00/\$8.00
RD: Judy Schindler 583-2728

June 1, 1985
All Month
America's Love Run
RT: Before June 1
ST: Anytime
SP: Anyplace
EF: \$5.00
RD: Muscular Dystrophy Assoc.

June 2, 1985
Sunday
Symphony 5K Fun Run
RT: 11:30 A.M.
ST: 1:00 P.M.
SP: University of Charleston
EF: \$6.00/\$7.00
RD: Barrie Kaufman 343-3622
348-9007

June 8, 1985
Saturday
Shawnee Hills 10K/5K
RT: 7:00 A.M.
ST: 8:30 A.M.
SP: Pierpont School, 22nd St
Dunbar, WV
EF: \$6.00/\$8.00
RD: Shawnee Hills 345-4800

June 15, 1985
Saturday
Charleston Town Center 10K For MS
RT: 7:00 A.M.
ST: 9:00 A.M.
SP: Nemo Nearman
EF: Nemo Nearman
RD: Nemo Nearman

May 4, 1985
Saturday
St Frances 5K/10K
RT: Registration Time
ST: Starting Time
SP: Starting Point
EF: Entry Fee
RD: Race Director

May 4, 1985
Saturday
WVSOM 10K Classic
RT: 7:00 A.M.
ST: 10:00 A.M.
SP: WV School of Osteopathic
Medicine 400 N. Lee Street
Lewisburg, WV
EF: \$6.00/\$8.00
RD: Sharon Howard
645-6370 ext 231

May 6, 1985
Monday
KVRRC Board Meeting
RT: 7:30 P.M.
ST: JoAnn Dawson's
731 Churchill Drive
Charleston, WV

May 11, 1985
Saturday
Greenbrier Cty Sp Olympics 10K
RT: 8:30 A.M.
ST: 9:00 A.M.
SP: Ben Morris Ballfield
EF: \$7.00/\$8.00
RD: Charles Fuller 294-5094

May 11, 1985
Saturday
Warmer 5-Miler
RT: 8:30 A.M.
ST: 9:00 A.M.
SP: Ben Morris Ballfield
EF: \$7.00/\$8.00
RD: Paul Coon 348-5017
949-1914

May 18, 1985
Saturday
Run For Lifeline 10K
RT: 7:30 A.M.
ST: 9:00 A.M.
SP: So. Chas. High School
EF: \$8.00
RD: Xi Psi / Thomas Mem. Hosp.

May 12, 1985
Sunday
Sixth Annual Women's Race 5K
RT: 8:00 A.M.
ST: 9:00 A.M.
SP: Kanawha State Forest
EF: \$3.00/\$4.00
RD: CPMC 348-6700 348-6224



June 29, 1985
 Saturday
St Albans Town Fair 10K
 RT: 7:00 A.M.
 ST: 8:00 A.M.
 Sp: St Albans Loop
 EF: \$5.00/\$6.00
 RD: Sharon Rectenwald 727-6682

June 22, 1985
 Saturday
Maranatha 5K
 RT: 8:00 A.M.
 ST: 9:00 A.M.
 Sp: Church - 2910 Kan Terrace
 EF: \$6.00/\$7.00
 RD: Don Hamrick 722-6271
 755-5088

July 27, 1985
 Saturday
Kanawha Mall MDA 5K
 RT: 7:30 A.M.
 ST: 8:00 A.M.
 Sp: Kanawha Mall
 EF: \$6.00/\$7.00
 RD: Linda Coulter 925-4921
 Kim Bohmert 344-9807
 Random Drawing
 Merchandise - Mall Merch.

July 20, 1985
 Saturday
Great Teays 10K
 RT: 7:30 A.M.
 ST: 8:30 A.M.
 Sp: Hurricane High School
 EF:
 RD: Great Teays Running Club 747-2098 (W)
 Dave Hatten 776-6217 (H)

LOOKING AHEAD
 August 3 - OakHill/Fayetteville 20K
 August - Boone County 5-Miler
 August 31 - Charleston Distance Run
 September 28 - Virginia 10-Miler

Race directors should immediately contact the KVRRC regarding cancellation or re-scheduling of events. Please provide race information to
 Gary Smith
 250 F Street
 S. Charleston, WV 25303
 744-1099 (after 6 P.M. or weekends)

DATE: Sunday, May 12, 1985
 TIME: 8:00 a.m. - Registration
 9:00 a.m. - Race
 PLACE: Kanawha State Forest
 (Follow signs)
 COURSE: Flat
 DISTANCE: 5 Kilometers (3.1 miles)
 1 mile walk
 ENTRY FEE: Covers cost of T-shirt and refreshments
 \$3.00 - if pre-registered \$4.00 - day of the race
 AGE GROUP: 14 and under 30-34
 15-19 35-39
 20-24 40-49
 25-29 50 and over
 AWARDS: T-shirt for all runners
 Trophys for overall 1st - 2nd - 3rd Place Winners
 Medals for winners of each age group

NAME _____ AGE _____ TELEPHONE _____
 ADDRESS _____
 T-SHIRT SIZE: _____ S _____ M _____ L
 _____ 5K RUN OR _____ 1 MILE WALK

I hereby waive and release any and all claims for damages against the sponsors and officials of the 16th Annual Womens Race and One Mile Walk of any injuries suffered in this event. I attest that I am physically fit and have trained for this event.

Signature (Parent if under 18) _____
 Make checks payable to: Charleston Area Medical Center
 Mail entries to: Community Affairs Department
 CAMC
 P.O. Box 1547
 Charleston, WV 25326

ALL PRE-REGISTRATIONS MUST BE RECEIVED BY MONDAY, MAY 6, 1985.
 FOR ADDITIONAL INFORMATION CALL 348-6700 OR 348-6224.

1985 RRCANATIONAL CONVENTION
 ATLANTA, GEORGIA MAY 2nd - 5th
 SPONSORED BY: **Stroh's Beer** **Holiday Inn**
50
TREASURY
DRUG
 HOSTED BY: **CELANESE**
ROAD RUNNERS

3-9-85 POCA RIVER 15K

PLACE	NAME	TIME	AGE
01	Frank Lewis	0:48:39	33M
02	Jerry Jordan	0:51:03	28M
03	Jeff Jordan	0:54:07	26M
04	Steve Keenan	0:55:01	23M
05	John Maher	0:55:34	30M
06	Mike Mayes	0:55:43	39M
07	Ron Norman	0:55:53	38M
08	Ken Tallman	0:55:55	46M
09	Scotty Myers	0:56:20	16M
10	Denny Asbury	0:56:30	10M
11	Dave Myers	0:56:38	37M
12	Ray Dockery	0:56:42	42M
13	Dave Fields	0:57:22	43M
14	Glenn Baldwin	0:58:13	26M
15	Tony Ross	0:59:46	16M
16	David Hatten	1:00:16	33M
17	John Barnette	1:00:54	38M
18	Fred Waybright	1:01:26	37M
19	Steve Taylor	1:01:32	28M
20	Gary Craig	1:01:41	38M
21	Gerald Green	1:01:44	40M
22	Winston Gregory	1:02:22	37M
23	Scott MacDiammid	1:02:24	18M
24	Mike Province	1:02:35	37M
25	Philip Yin	1:03:14	15M
26	Pete Brown	1:03:44	27M
27	Pat Shinn	1:03:47	30M
28	Ralph Myers	1:04:00	41M
29	John Greenwald	1:04:19	43M
30	Patrick Board IV	1:04:27	11M
31	Bill O'Dell	1:04:28	34M
32	Tom Peary	1:04:40	35M
33	Ric McDowell	1:04:51	33M
34	Gary Lambert	1:04:58	39M
35	Dennis Tulloh	1:05:01	34M
36	Jim Rogers	1:05:05	36M
37	Dennis Dean	1:05:24	28M
38	Mitch Kaplan	1:05:53	28M
39	Jack Adkins	1:06:03	39M
40	Bob Fretwell	1:06:13	40M
41		1:06:37	
42	Steve Zekan	1:06:42	35
43	Tom White	1:06:43	44M
44	Terry Good	1:07:04	29M
45	A J Ball	1:07:09	38M
46	Steve Jubelier	1:07:24	37M
47	Ted Philyan	1:07:38	34M
48	Tom Sharp	1:07:45	31M
49	Bill Nottingham	1:07:52	35M
50	Lionel North	1:07:55	36M
51	Pete Springer	1:07:57	22M
52	Eddie Long	1:08:28	31M
53	Rob McCracken	1:08:40	30M
54	John Mandeville	1:08:41	49M
55	Chap Richardson		
56	R. Truby		
57	Renee Green		
58	Tony Green		
59	Kerry Winters		
60	Bruce Green		
61	Chauncy Cunningham		
62	Joe Burgess		
63	Gary Cottrell		
64	Gail Profit		
65	Tom McQuain		
66	Jim Boblett		
67	Ronald Ball		
68	Art Johnson		
69	Keith Townsend		
70			
71			
72	Ron Raether		
73	Art Altman		
74	Betty Young		
75	Mike Hunt		
76	Tom Tinder		
77	Carol Clark		
78	Mike Gillian		
79	Robert Brown		
80	Don Harless		
81	John Hermansdorfer		
82	Jerry Branham		
83	Sam Snyder		
84	N. Shumate		
85	June Hicks		
86	Robert Denny		
87	Leon Girsberg		
88	Barry Warhottig		
89	Gardner Stultz		
90	Joe Bird		
91	Dannie Walker		
92	Bob Marshburn		
93	Vernon Hess		
94	Chris Hoffmann		
95	Mike Hoffman		
96	J.R. Cohen		
97	Barrie Kaufman		
98	Carol Graham		
99	Jill Gilbert		
100	Elizabeth Taylor		
101	Jerry Hicks		
102	Steve Clark		
103	Ken Brown		
104			
105	Ruth Heidenreich		
106			
107	Chuck Pitzer		
108	Bud Thomas		
109	Kathy Hastings		
110	Bill Ramsey		
111	Larry Ballard		
112	JoAnn Burka		
113	Mike Pyyrt		
114	Gene Fuller		

THOMAS MEMORIAL HOSPITAL'S



5K & 10K RUN FOR LIFELINE

Saturday, May 18, 1985

9 a.m.

South Charleston High School
South Charleston, West Virginia

Sponsored by Thomas Memorial Hospital, Xi Psi Chapter,
Beta Sigma Phi and Rite Aid Home Health Care

ENTRY FORM

Name _____
Last First
Address _____
Street Box Number
City _____ State _____ Zip Code _____
Phone _____ Age on May 18 _____
Male _____ Female _____
T-Shirt Size
S _____ M _____ L _____ XL _____ Children's L _____
CIRCLE RUN YOU ARE ENTERING
5K 10K 5K Physically Challenged
Are you a TMH employee? _____

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 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 _____

(Print if under age 18)

The entry fee is \$7 if received by May 17, and is \$8 the day of the race. Please make checks payable to Thomas Memorial Hospital's Run for Lifeline and mail them to Nancy Nelson, Community Relations Department, Thomas Memorial Hospital, 4605 MacCorkle Ave., S.W. South Charleston, WV 25309.

INFORMATION

DATE: Saturday, May 18

START/FINISH: Both races will begin at 9 a.m. at the foot of Eagle Way near South Charleston High School. The 10K race will end on Chestnut Street, right past the starting point. The 5K race will finish at the high school.

SPONSORS: Thomas Memorial Hospital, Xi Psi Chapter, Beta Sigma Phi Society and Rite Aid Home Health Care.

COURSE: 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.

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

REGISTRATION: Pre-registration is \$7 if received by May 17. Please make checks payable to Thomas Memorial Hospital's Run for Lifeline. Mail them to Nancy Nelson, Community Relations Department, Thomas Memorial Hospital, 4605 MacCorkle 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 \$8.

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

10K AWARDS

Best overall male & female
2nd, 3rd, & 4th place
1st TMH male & female

14 & under	(Best male & female)
15-18	(1st & 2nd male & female)
20-24	(1st & 2nd male & female)
25-29	(1st & 2nd male & female)
30-34	(1st & 2nd male & female)
35-39	(1st & 2nd male & female)
40-44	(1st & 2nd male & female)
45-49	(1st & 2nd male & female)
50-54	(Best male & female)
55-59	(Best male & female)
60 & over	(Best male & female)

5K AWARDS

Best overall male & female
Best physically challenged male & female
1st TMH male & female

14 & under	(1st & 2nd male & female)
15-19	(1st & 2nd male & female)
20-24	(1st & 2nd male & female)
25-29	(1st & 2nd male & female)
30-34	(1st & 2nd male & female)
35-39	(1st & 2nd male & female)
40-44	(1st & 2nd male & female)
45-49	(1st & 2nd male & female)
50-60	(1st & 2nd male & female)
60 & over	(Best male & female)

ADDITIONAL INFORMATION: Phone 768-3961, ext. 372 for further 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 unit 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. 385.

"THE ELEVENTH ANNUAL FREEDOM FESTIVAL 5K - 10K RUNS"

DATE: MAY 18, 1985
TIME: 9:00 A.M.
ENTRY FEE: \$6.00 BEFORE MAY 11, 1985
\$7.00 RACE DAY (REGISTRATION BEGINS AT 8:00 A.M.)

PLACE: STARTS AT 7th & 'D' STREET (AT THE MOUND)

10K COURSE: STARTS AT THE MOUND AND GOES THROUGH THE HILLS OF SOUTH CHARLESTON AND FINISHES AT THE MOUND (MAP MAY BE OBTAINED ONE (1) WEEK PRIOR TO THE RACE AT THE SOUTH CHARLESTON CHAMBER OF COMMERCE LOCATED ON 'D' STREET ACROSS FROM REVOCO.)

5K COURSE: STARTS AT THE MOUND AND GOES TO SECOND AVENUE-LEFT ON SECOND-RIGHT ON THE CENTRAL BRIDGE-RIGHT ON KANAWHA TURPIKE TO THE TOP OF TECH CENTER HILL-TO A TURN AROUND POINT AND RETURN TO THE MOUND. (Both 5 & 10 K Courses are accurately measured)

T-SHIRT: THE 11th ANNUAL COMMEMORATIVE SHIRTS WILL BE GIVEN TO ALL PARTICIPANTS.

INFORMATION: CALL 744-1203 SOCC CALL 744-4731

SPONSORS: JOE HOLLAND CHEVROLET, THE SOUTH CHARLESTON COMMUNITY CENTER, CHEMICAL BANK & TRUST COMPANY

RESULTS: RESULTS AND AWARDS WILL BE READY UPON COMPLETION OF BOTH RACES.

AID STATIONS: THERE WILL BE WATER STATIONS THROUGHOUT BOTH COURSES.

AGE CATEGORIES:	MALE	FEMALE
18 and UNDER	17 and UNDER	
19 - 24	18 - 27	
25 - 29	28 - 37	
30 - 39	38 - 47	
40 - 49	48 and OVER	
50 - 59		
60 and OVER		


AWARDS: TROPHIES TO THE FIRST MALE AND FEMALE OVERALL (10K & 5K) AND WINNER IN EACH AGE CATEGORY. SECOND PLACE IN ALL CATEGORIES WILL BE AWARDED MEDALS. NO DUPLICATE AWARDS.

I UNDERSTAND THAT I WAIVE ALL RIGHTS AND CLAIMS FOR ANY DAMAGE OR INJURIES THAT I, MY HEIRS OR MY ASSIGNS MAY HAVE AGAINST THE FREEDOM FESTIVAL RUN COMMITTEE, THE SOUTH CHARLESTON CHAMBER OF COMMERCE, THE CITY OF SOUTH CHARLESTON OR THEIR REPRESENTATIVES, ASSIGNS OR AGENTS. I HEREBY ATTEST THAT I AM PHYSICALLY FIT AND NOT SUFFERING FROM ANY INJURIES OR OTHER CONDITION WHICH MIGHT BE AGGRAVATED BY PARTICIPATING IN THIS RUN. I HAVE READ THE ENTRY INFORMATION PROVIDED AND CERTIFY MY COMPLIANCE BY MY SIGNATURE. I ALSO UNDERSTAND ENTRY FEES I PAY ARE NON-REFUNDABLE.

ATHLETE (Signature) _____ PARENT OR GUARDIAN (For Runner's Under 18)

NAME _____ SHIRT SIZE: S M L SEX _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
5K 10K (Please check one) (Make checks payable to S.C. Boosters Club)

SEND TO: CHARLES GANNON
2764 Daniels Avenue
South Charleston, W. V. 25303
(304) 744-1203





Information

RACE ENTRY FEE: \$6 for pre-registration fee (non-refundable), \$8 for registration the day of the race. (Checks payable to WV SOM 10,000 Meter Race.)

AGE CATEGORIES: Men 13 and under, 14-17, 18-23, 24-29, 30-39, 40-49, 50-59, and 60 and over. Women same as men.

PRIZES: T-shirts to all finishers. Trophies for 1st, 2nd and 3rd overall for women's and men's divisions. Medallions to three best times in each category. Special prizes for fastest female and male from Lewisburg, WV.

AMENITIES: *Due to SSAC Regulations, junior high and high school track team members cannot officially participate.
*No showers available.

WHEN: Saturday, May 4, 1985 at 10:00 a.m.
WHERE: Lewisburg, WV. Runners should be at the medical school between 7:30-9:00 a.m. for check-in and bus ride to starting line. Cooperation in arriving early during the check-in period will be appreciated.

SPONSOR: West Virginia School of Osteopathic Medicine Undergraduate Academy of Sports Medicine.

REGISTRATION: Pre-registration forms must be postmarked by April 26, 1985. Late registration will be allowed the day of the race.

Entry Form

PLEASE PRINT OR TYPE

Name _____ Sex _____
 Address _____
 City _____ State _____ Zip _____

Please check your age category as of May 4, 1985.
 13 and under 14-17 18-23 24-29 30-39 40-49 50-59 60 & over
 I am currently participating in school activities and do not want to accept a trophy.
 T-Shirt Size S M L XL
 Resident of Lewisburg, WV? Yes No

I, the undersigned, hereby enter the above described race. In consideration of the acceptance of my entry, I certify that I am physically fit to participate, and I agree to be bound by all rules of the race and decisions of the official judges. I do hereby forever release and discharge the sponsors of the race, the West Virginia School of Osteopathic Medicine Foundation, Inc., the State of West Virginia and all officers, agents, employees, and directors of said organizations from any and all claims, causes of action, or suits in which I, or my heirs or assigns, shall or may have arising from as a result of my participation in the said race to be held May 4, 1985. I do further consent to the use of my name and/or photograph in connection with publicity about the race.

Date _____ Amt. enclosed (\$6/person) _____
 Signature of Runner _____
 Signature of parent or guardian of runner if under 18 _____
 MAIL ENTRY FORM & FEE TO: WV SOM 10,000 METER CLASSIC, 400 N. Lee Street, Lewisburg, WV 24901
 (Registration forms must be postmarked by 4/26/85.)



EVENT: WVAHPERD "OPERATION FITNESS" 85 FUN RUN/WALK
DATE: June 1, 1985
 (rain date-June 2, 1985)
TIME: 9:00 AM (same day entry 7:30 AM until 8:45 AM)
PLACE: Kanawha City- WV Medical Building
 Kanawha City, W.V.
COURSE: Flat 5K (3.1 mile)
 Starts and finishes at
 Kanawha City WV Medical Building
ENTRY FEE: \$7.00 Donation if Preregistered
 \$8.00 Donation race day
AWARDS: Trophy to top three finishers overall in male and female divisions
 T-shirts to all participants
PARKING: Available at Medical Building
FACILITIES: Restrooms and showers available
COURSE AID: 1&2 mile split times. Refreshments available after race
PROCEEDS: All proceeds to West Virginia Association of Health, Physical Education, Recreation, and Dance to promote health and fitness throughout school curriculums in WV.

LAST NAME _____ FIRST NAME _____ MI _____
 NUMBER & STREET _____ STATE _____ ZIP _____
 CITY _____ AGE _____ SHIRT SIZE (CIRCLE) _____
 PHONE NUMBER _____ S N L XL

In consideration of the acceptance of my entry, I for myself my heirs, successors, executors, etc. of hereby release and discharge the WVAHPERD CERATION FITNESS 85 5K FUN RUN/WALK and all other sponsors, organizers included and assigns to each from any and all actions, courses of action, claims and demands of whatever nature, arising out of or in any way connected with my participation in the 5K RUN. I acknowledge and confirm that I am physically fit and sufficiently trained to participate in a 5K run. I further certify that I have read the foregoing and have a full understanding of its contents.

Signature _____
 Date _____ Mail entry to: WVAHPERD "OPERATION FITNESS"
 '85 FUN RUN/WALK"
 P.O. BOX 453
 Man, WV 25635
 * NO REFUNDS!
 Make checks to: WVAHPERD 5K RUN COMMITTEE

AMERICA'S LOVE RUNSM

To benefit the Muscular Dystrophy Association

A 30-DAY RUNNING PROGRAM - JUNE 1-30

BEFORE THE "LOVE RUN": Ask everyone you know to sponsor you for at least 5¢ each mile you expect to run during the month. Try to obtain a minimum of \$1.00 per mile in total pledges. Ask sponsors to print their names, addresses, and the amounts they pledge on your Sponsorship Form.

DURING THE "LOVE RUN": Each time you run during "Love Run" month, record your mileage in the appropriate square on the Official Runner's Log Calendar. At the end of the month, total the miles you ran, and record the figures in the space provided on your log.

AFTER THE "LOVE RUN": Determine each sponsor's total pledges by multiplying the number of miles you ran by the sponsor's pledge per mile.

Show your Log Book to each sponsor, and collect his or her contribution. Checks should be made payable to MDA. (All cash should be converted to a check or money order.)

When you have collected all of your pledges, forward your money to your local MDA office.

1985 LOVE RUN PRIZE LIST: Prizes you may earn based on pledge money returned.

GRAND PRIZE: The top fundraiser in West Virginia, Ohio and Indiana will win a trip to 1986 GASPARILLA DISTANCE CLASSIC, Tampa Florida. Trip includes airfare and lodging, subject to travel restrictions and limitations.

\$50 pledge money returned Brooks Sport Duffle Bag—value \$14.00	\$200 pledge money returned Brooks Graphix Running Shoes—value \$48.00
\$75 pledge money returned Men's Brooks Multi-Stripe Running Shorts—value \$15.00 Women's Brooks Multi-Stripe Running Shorts—value \$15.00	\$300 pledge money returned Men's Brooks Tasselie Jacket and Pant—value \$71.00 Women's Brooks Chessmate Jacket and Pant—value \$73.00
\$100 pledge money returned Men's Brooks Nylon Running Shorts and Singlet—value \$24.00 Women's Brooks Nylon Running Shorts and Singlet—value \$24.00	\$500 pledge money returned Men's Brooks Primed Running Shorts, Nylon Singlet, Graphix Running Shoes and Small Brooks Tube Bag—value \$95.95 Women's Brooks Primed Running Shorts, Cotton Crop Top, Graphix Running Shoes and Small Brooks Tube Bag—value \$90.95
\$125 pledge money returned Men's Brooks Fashion Fleece Top—value \$32.00 Women's Brooks Fashion Fleece Top—value \$25.00	\$750 pledge money returned Brooks Gamex TM Running Suit—value \$100.00
\$150 pledge money returned Men's Brooks Tasselie Vest—value \$34.00 Women's Brooks Ombre Vest—value \$30.00	\$1,000 pledge money returned Brooks Unisex Gore-Tex Running Suit—value \$208.00

America's Love RunSM

MAIL THIS REGISTRATION FORM with your \$5.00 entry fee to:

MDA LOVE RUN
1409 Greenbrier St.
Charleston, WV 25311

NAME _____ PHONE _____

ADDRESS _____ STATE _____ ZIP _____

CITY _____

T-SHIRT SIZE (circle one) S M L XL

I heard about AMERICA'S LOVE RUN from:

Newspaper Ad TV Radio Running Store Other

Running Club

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 700 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

KVRRC MEMBERSHIP APPLICATION

(Check One) New Member Yes No Date _____

Type of Membership:

Regular (\$8) _____ Full Time Student (\$5) _____ Family (\$12) _____

Contributing _____ (Includes one of above memberships plus contribution to Club).

Last Name: _____ First Name: _____ Sex: M: _____ F: _____ Age: _____

Home Address: _____ City: _____ State: _____

Home Phone: () _____ Office Phone: () _____ Zip: _____

Occupation: _____ Student's School: _____

Family Membership Names: _____ Date of Birth: _____ RENEWING MEMBERS

1. _____ NOTE HERE IF CHANGE IN ADDRESS

2. _____

3. _____

4. _____

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

MAIL TO:

