



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor

1986

May - June

THE PRESIDENTS PAGE

As you receive this edition of the Runners Sole, the 1986 KVRRC Board of Directors have already met once and we are actively working for you. As President I pledge to you that we will continue our effort to improve the quality and character of road racing in the Kanawha Valley.

I would like to acknowledge our new board members JoAnn Urofsky, Mike Province and Carol Graham. I am extending a big "Thank you" to JoAnn Dawson, Kathy Hastings, Gail Proffitt and alternate Dick Conway for their contribution to the KVRRC.

The John Pianfetti award for 1985 was awarded to KVRRC board member Paul Garrett at the banquet following the Carbide race. By the way Paul ran 38:40. Good enough for 17th place overall in the race out of 317 finishers.

Can you believe that the Coonskin 10K, COGS 10K and Carbide Fitness Run have already been completed and Summer 1986 is on us with hot weather? Also some fantastic times have been run this spring. This tells me you are working hard in the middle of the week.

Don Barnett is attempting to put together the idea of KVRRC running shorts, singlets and shirts. We will make you aware of the details as soon as we finalize things like price, color and most of all how to do it.

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	744-0575
Carroll Young	727-9844
JoAnn Urofsky	345-
Paul Garrett	925-3247
Bill O'Dell	744-4918
Don Barnett	744-0816
David Copeland	744-1634
Mike Province	744-6466
Carol Graham	744-5148

Dave Fields	Alternate	744-1099
Mike Pylv	Alternate	
Gary Smith	Newsletter	Race Calendar

FROM THE EDITOR:

Is there life without running? After 12 years of running three to seven days a week my running dropped off to only one or two days a week this winter and early spring. Now because of the first serious, persistent injury of my running career I have gone over two weeks without running. What is really bothering me about it is that it doesn't bother me. Shouldn't I feel a fierce inner craving to run? Shouldn't I feel guilty for not running? Now I wonder, should I enjoy the respite from my prior routine and wait until, naturally, the desire to run returns? Or will inactivity bring not a rested, refreshed body but rather become a habit, breeding more inactivity until I become that most dreaded of vegetables - the couch potato? Tune in next issue by which time I will have returned to old form or I will have given all my old shoes to Goodwill and gone to buy a VCR.

Membership dues are due. All members who have not paid their 1986 dues please do so soon. This is the last issue we will send to 1985 members who have not renewed.

Jan Thill wrote an excellent article this issue, it is always good to hear from new voices, especially when they write so well.

There are an abundance of races to choose from in the coming months, if racing is a big part of your running program I hope you will find this issue and the many race applications that are a part of it to be helpful.

Gary Smith

AN EXERCISE FOR THE ENTIRE SPINE

by Dr. Peggy L. Kiser
Chiropractor

This is the second in a series of articles describing exercises to improve the runner's strength and flexibility. This exercise will help reduce pressure on the entire spine as well as allow the athlete to balance his/her own body. It should be one of the first exercises performed before and after running.

To perform this exercise, lie on your back with the right arm extended straight above your head and your left arm extended on the floor perpendicular to your right arm. The right leg should be straight on the floor. (See diagram). Keeping your shoulders flat on the floor and tucking your public bone to your navel, cross your left leg to your right side and stretch all four limbs for five seconds. Reverse the position to stretch the opposite side. Repeat five times. Tucking the public bone during the stretch phase is what stretches the lower back and is the key to getting the maximum benefit out of this exercise. This exercise provides for a fully coordinated body stretch.



WINTER SERIES COMBINED TIMES

AGE	NAME	KC 10K	FROSTBITE 5	VAL 5K	TOTAL
M 14 & Under	Patrick Board	10:36	31:56	19:05	92:37
M 15-23	Tony Russell	34:27	27:24	15:46	77:37
M 24-32	Mike McCutcheon	34:49	27:32	16:07	78:28
M 24-41	Tom Eckel	36:29	28:43	16:41	81:53
M 33-50	Lee Lawson	36:19	29:11	17:17	82:47
M 42-50	Ray Dockery	38:54	29:58	17:13	86:05
M 51-59	Lionel North	45:53	34:48	20:42	101:23
F 24-32	Carol Graham	49:58	39:00	23:10	112:08
F 33-41	Linda McCall	43:49	34:47	20:23	98:59
F 42-50	Betty Young	47:45	36:33	21:47	106:105

3-8-86 POCA RIVER 15K

PLACE	TIME	NAME	AGE/SEX	PLACE	TIME	NAME	AGE/SEX
01	49:11	Frank Lewis	34-M	51	1:11:29	Gale Proffit	29-F
02	51:20	Joe Barker	30-M	52	1:12:00	Charles Brown	35-M
03	52:40	David Kroupa	27-M	53	1:12:23	Steve Stewart	30-M
04	53:06	Tim Coffman	31-M	54	1:12:31	Richard Conway	54-M
05	54:09	John Maher	31-M	55	1:12:42	Otto Drescher	55-M
06	54:20	Don Thornbury	39-M	56	1:12:46	Betty Young	48-F
07	55:11	Mike McCutcheon	29-M	57	1:13:00	Bruce Green	39-M
08	55:56	Milton Grass	25-M	58	1:13:13	Robert Anderson	37-M
09	55:57	Pat McGinnis	32-M	59	1:13:31	Tom McQuain	35-M
10	56:10	Brian Sloan	29-M	60	1:13:35	Rita	25-F
11	56:14	Ron Plantz	38-M	61	1:13:38	Charles Daugherty	49-M
12	56:28	Ray Dockery	43-M	62	1:13:39	Bob Fretwell	52-M
13	56:54	Fred Waybright	30-M	63	1:14:26	Joe Coen	52-M
14	57:05	W.K.M.	30-M	64	1:15:16	David Ferretti	29-M
15	56:47	James Miller	34-M	65	1:15:45	Tom Coyle	28-M
16	58:05	Ron Asbury	33-M	66	1:15:46	Tom Poole	54-M
17	58:18	Ken Tallman	47-M	67	1:15:52	Vernon Redman	41-M
18	58:34	Glenn Baldwin	27-M	68	1:17:26	Berry Warhottig	39-M
19	58:46	Mike Sullivan	38-M	69	1:18:37	Sarah Sears	27-F
20	1:00:14	Winston Gregory	38-M	70	1:20:35	Steve Bock	40-M
21	1:00:42	Paul Garrett	34-M	71	1:21:26	JoAnn Urofsky	26-F
22	1:00:47	Chuck Mallory	30-M	72	1:24:25	Mike Pyryt	32-M
23	1:00:47	John Porter	35-M	73	1:24:31	Mike Shock	42-M
24	1:01:21	Mike Province	38-M	74	1:24:46	Bill Ramsey	38-M
25	1:02:08	Vic Ware	50-M	75	1:26:15	Denver Smith	37-M
26	1:02:20	Gerald Green	41-M	76	1:31:39	Kathy Hastings	36-F
27	1:02:30	Mark Truelove	27-M	77	1:32:36	JoAnn Dawson	51-F
28	1:03:11	Pat Board, IV	12-M	78	1:34:26	Cindy Winters	31-F
29	1:03:18	Roger Arthur	39-M	79	1:36:40	Elaine Meadows	34-F
30	1:03:34	Bob Mullins	36-M	80	1:36:41	Jean Arthur	36-F
31	1:03:51	Todd Owens	23-M	81	1:38:15	Eugene Fuller	50-M
32	1:03:54	Harry Brunner	37-M	82	1:39:12		
33	1:04:08	Tom Ditty	31-M				
34	1:04:15	Ted Philyaw	35-M				
35	1:04:29	Kerry Winters	31-M				
36	1:04:30	Walt Auvil	29-M				
37	1:06:11	Jan Thill	30-F				
38	1:06:16	George Castelle	38-M				
39	1:06:36	Bob Dennie	59-M				
40	1:07:03	Gary Craig	39-M				
41	1:07:33	Dennis Tullon	35-M				
42	1:08:06						
43	1:08:07	Tom White	45-M				
44	1:08:38	Carroll Young	50-M				
45	1:09:21	Dewayne Harless	28-M				
46	1:09:50		29-M				
47	1:10:02	James Rogers	47-M				
48	1:10:05	Ron Raether	46-M				
49	1:10:44	David Daniel	31-M				
50	1:10:49	Bruce	27-M				

PRESIDENTS PAGE (Continued)

Yes we have been talking about a club picnic, pool party, or both but we are still talking because we want to be sure that they would be well attended. Let's look into the future. If you know an individual or a business that would like to sponsor the 1987 Poca River Run have them give Don Barnett a call.

The West Virginia 20K Championship, better known as the Oak Hill to Fayetteville 20K Road Race will be on August 2, 1986 at 8:00 A.M.. This will be the 10th annual race and Cindy Mahan and Doug Maddy are going to put on another good event this year. In the planning stage is a dinner, clinic/panel for runners at the Holiday Inn Motel at Oak Hill. Doug has an early commitment from Beth Delinger of Blacksburg, Virginia for this race. Also, I spoke to Bill Haviland of Athens, Ohio (three time winner of the Charleston Distance Run) and Mark Finucane of Johnson City, Tennessee (The 1986 winner of the COGS Classic 10K, run on April 12th in Kanawha City) and both of them are interested in the Oak Hill/Fayetteville race. Hang tough!

-Patrick and I will see you at the races.

Pat Board III

NITRO'S MEMORIAL TO KIRK

1st ANNUAL DISTANCE / FUN RUN

9:00 a.m. SATURDAY, MAY 24, 1986
UNDERWOOD FIELD, NITRO, WV

NAME _____ last _____ first _____ middle initial _____

ADDRESS _____ street _____ city _____ state _____ zip _____

Age on May 24, 1986 _____ Sex: _____ T-Shirt Size _____

In consideration of the acceptance of this entry, I hereby attest that I am physically fit and sufficiently trained for the:

Indicate: 4 Kilometer Run 10 Kilometer Run

Entry Fee Must Accompany Each Application;
Pre-Registration Fee - \$5.00 Race Day Entry Fee - \$7.00

Mail to: Nitro High School, 21 Street, Nitro, WV, 25143 Attention: Mrs. King

I, hereby, for myself, my heirs, executors and administrators waive any and all claims against the City of Nitro, or any agent thereof, for injuries which I may incur during the duration of this event.

Signature

Parent's Signature, If under 18: _____

DIVISIONS:	Male	Female
19 and under	_____	_____
20 thru 29	_____	_____
30 thru 39	_____	_____
40 thru 49	_____	_____
50 thru 59	_____	_____
60 and over	_____	_____

*** ENTRY FORM ***

3RD ANNUAL GREATER MARMET "5-MILER"

FOR CYSTIC FIBROSIS

DATE: May 31, 1986

TIME: 9:00 a.m. (same day entries must be registered by 8:40 a.m.)

PLACE: Beginning and ending at Ren Morris Field, MacCorkie Avenue, Marmet, WV.

COURSE: Flat with one incline (.8 Mile)

ENTRY FEE: \$6 pre-registration (must be postmarked by May 24, 1986) \$8 same day.

1st 125 applicants will receive T-shirts. (More will be ordered if sufficient response.)

FOR INFORMATION: Contact Carolyn Broggi 949-1032 after 5:30 PM or Joyce Sullivan at the City of Marmet 949-2241. Applications available at all Sporting Good Stores.

SPONSORS: Hardees & Red Jones

FACILITIES: Restrooms available; Showers available at Marmet Jr. High after race.

(Tear off and mail bottom half)

NAME _____ AGE LAST BIRTHDAY _____

STREET _____ T-SHIRT SIZE: S M L XL _____

CITY _____ STATE _____ ZIP _____ SEX: M F _____

(Make checks payable to Marmet "5-Miler")
***NO REFUNDS**

WAIVER: (Must be signed by athlete and by parents or guardian, if minor) In consideration of the acceptance of my entry in the 1986 3rd Annual Greater Marmet "5-Miler", I, the undersigned, intending to be legally bound hereby, waive and release damages, demands and any other actions whatsoever, which I may have against the City of Marmet, All Sponsors and Race Committee, the volunteer medical support, all participating supporters and those entities, representatives, successors, and assigns, arising out of my participation in this event, including any and all injuries and illnesses suffered by me as a result of my participation in this event.

I verify that I have full knowledge of the rigors of this race and the risks involved in participation, and that I am physically fit and have sufficiently trained for completion of this event.

ATHLETE _____ (Signature) PARENT OR GUARDIAN _____ (For Runners under 18)

***ONLY COMPLETED ENTRY FORMS ACCEPTED**

SEND TO: Greater Marmet "5-Miler"
c/o Mrs. Carolyn Broggi
200 98th St.
Marmet, WV 25315

MARMET RESIDENT ()
please check

RESULTS: Will be available after being compiled to those who will enclose a stamped, self-addressed envelope with their application.

AID STATIONS: At 1 mile, 3 mile and at end of race. Mile splits at these stations.

SPECIAL AWARDS: 1st three Male Overall and 1st two Female Overall 1st & 2nd and 1st Female from Marmet.

LIMIT: 300 applicants for the race!

AGE DIVISIONS:

Male	Awards	Female	Awards
13 & under	2	17 & Under	1
14-19	2	18-27	3
20-24	3	28-37	3
25-31	3	38-47	2
32-39	3	48 & up	2
40-46	3		
47-54	2		
55 & up	2		

SCHEDULE OF EVENTS
MAY - JUNE 1986

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

May 3, 1986
Saturday
6th Annual Run for Don 10K, 5K, 1M
RT: 7:30 AM
ST: 9:00 AM
SP: Watt Powell Park
EF: \$6.00/\$7.00
RD: Nemo Nearman (H) 925-6148
(W) 755-9151

May 10, 1986
Saturday
WVSCA/USMC April Fools in May 10K
RT: 8:00 AM
ST: 9:00 AM
SP: CAMC Memorial KVRRC Certified
EF: \$6.00/\$7.00
RD: Capt. David Kroupa 346-6456
Diane Deardorff 925-5976

May 17, 1986
Saturday
Cabell Huntington Hospital 10M
RT: 7:00 AM
ST: 9:00 AM
SP: Heritage Village, Huntington
EF: \$10.00/\$12.00
RD: Linda Bays 526-2052
1340 16th Street
Huntington, WV 25701

May 24, 1986
Saturday
Elby's Distance Classic 20K
RT: Must Pre-register by May 1
ST: 9:00 AM
SP: Wheeling Civic Center
EF:
RD: Hugh Stobbs 233-2100

May 10, 1986
Saturday
St. Francis Hospital 5K, 10K
RT: 7:00 AM
ST: 8:00 AM
SP: ST. FRANCIS HOSPITAL
EF: \$8.00
RD: BRUCE ADKINS
NYLON JACKETS TO FIRST 200 RUNNERS

May 11, 1986
Sunday
7th Annual CAMC Womens Race 5K
RT: 8:00 AM
ST: 9:00 AM
SP: Kanawha State Forest
EF: \$4.00/\$5.00
RD: Karen Frasier CAMC 348-6702
Women Only. Ribbons to Age Group
Winners. Gold Bracelets To
Overall & Special Divisions

May 17, 1986
Saturday
6th Annual Run For Hunger 5M, 2M
RT: 7:30 AM
ST: 9:00 AM
SP: Elk Street, Gassaway
EF: \$5.00
RD: United Methodist Church
364-5418

May 24, 1986
Saturday
1st Annual Distance/Fun Run 10K, 4K
RT: 7:30 AM
ST: 9:00 AM
SP: Underwood Field, Nitro
EF: \$5.00/\$7.00
RD: Dan Vadala 776-1020

May 31, 1986
Saturday
Marmet 5M For Cystic Fibrosis
RT:
ST: 9:00 AM
SP: Ben Morris Field
EF: \$6.00/\$8.00
RD: See Ad This Issue

June 7, 1986
Saturday
Race Against MS 10K
RT: 7:30 AM
ST: 9:00 AM
SP: Town Center
EF: \$5.00/\$8.00
RD: Multiple Sclerosis Society
Alan Mills 344-0241

June 14, 1986
Saturday
8th Parkersburg Road Race 10K
RT: 7:00 AM
ST: 9:00 AM
SP: Washington/Dudley Avenues
EF: \$8.00/\$9.00
RD: Blue Cross/Blue Shield
Fenton Art Glass Trophies

June 21, 1986
Saturday
St. Albans Town Fair 10K
RT: 7:30 AM
ST: 8:30 AM
SP: St. Albans Police Station
EF: \$6.00/\$7.00
RD: Sharon Rectenwald 722-4625
727-6682

June 28, 1986
Saturday
Strohs Run For Liberty III 8K, 2M
RT: 7:00 AM
ST: 9:00 AM
SP: CHRS. CIVIC CENTER
EF: \$8.00/\$10.00
RD: Bill O'Dell 345-4600-Work
744-4118-Home

LOOKING AHEAD
July 19 Great Teays 10K, Hurricane
August 2 Oak Hill - Fayetteville 20K
August 16 Cystic Fibrosis 5K,

Race directors should immediately contact
the KVRRC regarding cancellation or re-
scheduling fo events. Please provide race
information to:

Gary Smith
250 F Street
South Charleston, WV
25303
744-1099 (after 6 PM
or weekends)

June 7, 1986
Saturday
Baskin-Robbins 1st Bananna Split 5K
RT: 8:00 AM
ST: 9:00 AM
SP: Baskin-Robbins Kanawha City
EF: \$7.00/\$8.00
RD: James Woodrum 925-3013
T-shirts, Bananna Splits to
all runners.

June 14, 1986
Saturday
Thomas Hospital 5K, 10K
RT: 7:30 AM
ST: 9:00 AM
SP: South Charleston High School
EF: \$6.00/\$7.00
RD: Dennis Dean 965-7319

June 21, 1986
Saturday
WVU 5 Miler
RT: 7:00 AM
ST: 8:00 AM
SP: WVU Medical Building-CAMC
EF: \$6.00/\$8.00
RD: WVU Alumni Assoc. 345-8005 (H)
Sharon Jones 343-0161 (W)

June 22, 1986
Sunday
Sissonville Countryside 10K
RT: 1:00 PM
ST: 2:00 PM
SP: Sissonville High School
EF: \$7.00/\$8.00
RD: Greg Michael 744-7007
Sissonville Village Association

TWELFTH ANNUAL ST. ALBANS TOWN FAIR DISTANCE RUN

DATE: June 21
 TIME: 8:30 a.m.
 DISTANCE: 6.2 Miles (10,000 Meters)
 ENTRY FEE: \$6.00-early entry fee
 \$7.00-day of the race
 RACE DIRECTOR: Sharon Rectenwald
 AWARDS: T-Shirts to all runners
 TROPHIES TO: Grand Champion, Female Champion, 1st and 2nd in each age division
 AGE DIVISION: Men & Women

- Division 1 - 13 & under
- Division 2 - 14-17
- Division 3 - 18-24
- Division 4 - 25-30
- Division 5 - 31-35
- Division 6 - 36-40
- Division 7 - 41-45
- Division 8 - 46-50
- Division 9 - 51-55
- Division 10 - 56-60
- Division 11 - Over 60

COURSE: See map on reverse side of entry form, note this course is the reverse of the 1985 course. If you need more information please call: 722-4625.

ENTRY FORM

Please Print or Type: _____
 NAME: _____ T-Shirt size S, M, L, XL
 AGE: (as of 6/21/86) _____ Sex M or F
 ADDRESS: _____ TEL: _____

Please mail entry form to Hansford Community Center, 500 Washington Street, St. Albans, WV 25177. Make checks payable to: St. Albans Town Fair.

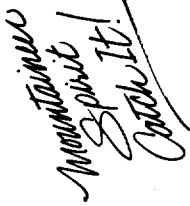
WAIVER: I certify that to my knowledge, I have no physical impairments which would render me unfit to compete in the St. Albans Town Fair Distance Run. I do hereby waive all rights to claims against the St. Albans Town Fair, City of St. Albans, Sponsors, or any of the affiliated persons in regards to any physical or mental injuries sustained by me during the race.
 Signature: _____

Signature of Parent or guardian if applicant is under 18 years of age: _____

West Virginia University
 Alumni Association

MOUNTAINEER SPIRIT RUN

— 5 MILER —
 Kanawha Valley Chapter



Date: June 21, 1986, Saturday Open: To all WVU Alumni, Mountaineer Fans & Friends
 Starting Time: 8:00 AM Registration Time/Place: 7:00 am at CAMC WVU Medical Bldg.
 Pre Registration Fee: \$6.00 before June 10, 1986, \$8.00 after
 Tac Certified: 5 mile course (flat) Where: Kanawha City, starts near Charleston Area Medical Center, WVU Medical Building

Awards Runners are eligible for only one award. Awards for overall winners and 3 deep in age groups, male and female. One award to top male and female in wheelchair division.
 One award to the best dressed Mountaineer runner.

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

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

Official Entry Form

Name _____ Sex _____ Age _____ (as of 6-21-86)
 Address (Street) _____ (City) _____ (State) _____ (Zip) _____
 Phone _____ T-Shirt Size (S-M-L-XL) _____ Wheelchair Division (✓ if you are in this category)

For statistical information only, are you a WVU graduate? _____

If so what Year _____ School _____ Degree _____

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

Tenth Annual WV 20 KM Championship

sponsored by WORAY-TV

Sat. Aug. 2 8 a.m. Oak Hill to Fayetteville

Course starts at Collins Middle School, Jones Ave., Oak Hill off Rt. 61. Runners follow Jones Ave., turn left onto Main St., through East End Oak Hill. Turn right at 7-// onto Salem-Oakwood Rd. The hilly scenic country road is the major part of the course. It winds into Fayetteville with the finish line at Pirate Stadium on High St. Showers available at Memorial Building.

Pre-register by Friday, July 25th to pay low entry fee of \$6 which includes free t-shirt & admission to lunch/awards.

late registration \$12 NO EXCEPTIONS

AWARDS

1st 10 finishers	AGE GROUPS	Timed splits
1st 3 in each age group	15 & under	35-39 1,3,5,7,9 mi
1st 5 women	16--20	40-49 10 water
1st woman in age groups	21-24	50+ stops
1st 5-person official team	25-29	30-34

Hardees lunch for all runners & guests (\$3.50) prior to awards ceremony

BEST TIMES: Male 1981 Steve Heatherington 1:04.58
Female 1985 Liz Ervin 1:22.14

1985 winner David Kline 1:05.31

I HEREBY WAIVE & RELEASE ALL RIGHTS & CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE SPONSORS, MUNICIPALITIES OF OAK HILL & FAYETTEVILLE, AND OFFICIALS OF THE 20 KM. RACE ON 8/2/86 OF ALL INJURIES SUFFERED BY ME IN SAID EVENT. I VERIFY I HAVE SUFFICIENTLY TRAINED & AM PHYSICALLY FIT FOR THIS EVENT.

SIGNATURE _____ (PARENT IF UNDER 18) AGE _____ SEX _____
PRINT NAME _____ OCCUPATION _____
ST. ADDRESS _____ CITY, ST., ZIP _____

T-SHIRT SIZE _____ PICNIC? YES _____ NO _____ NO. OF GUESTS _____ \$3.50 EACH

mail to: Fayette Plateau Chamber of Commerce 214 Main St. Oak Hill, WV 25901
questions? call 304-465-5617

THE MOST UNFORGETTABLE RACE

By Jan Thill

When Pat Board asked me to write a short story about my most unforgettable experience as a runner, I thought "this will be easy". As it turns out, it has been very difficult. Having always enjoyed running, to choose one exceptional experience that all runners can relate to is downright hard to write about. Don't fret, there is one that outshines the rest, and could be the type of experience that tells any runner "this is for me, I'm hooked". After such an encounter, those smaller boosters just keep us coming back.

The first experience that grabbed me like this, wasn't a long distance race, in fact it was a 50 yard sprint. I had been training with "the guys" for a year or two, working more on speed drills than anything else. On race day, the spring weather was perfect, slightly overcast, no wind and 60 degree or thereabout (for the Midwest, that's doing well). There were ten other competitors. Many of the entrants were bigger than I. You could say I looked like the runt of the pack. The excitement in me mounted as my event drew closer. One girl came up to me, I looked in the eye and stated, "I'm going to beat you!" I didn't know this person from Eve, but she put the fear of death in me. Her confidence was astounding. My only thought at that point was "Wom, get me out of here!" Too late, the starter called us over. The tension was causing the usual panic need - a bathroom. By now we're on the starting line. That girl is next to me, "POP" we are off and in no time her run over me." Three, two, one, "POP" was the question from the confident crossing the finish. "Who Won?" was the question from the confident one. "Who cares, that was wonderful!" were my thoughts. My first Runners High! I was floating in the clouds.

This was my first race and organized attempt at running. It was also the first time I realized running was for me. It's memorable, for me because I was only an impressionable five years old. The competitors were my classmates for the next twelve years and the place was the grade school I was entering the following year. Oh, not to forget my training my brothers chased me regularly. especially when they were angry at me for pulling one of my many antics.

P.S. If you are wondering who won the race... let's just say it was WONDERFUL DAY!

KVBC 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: _____

1. _____ RENEWING MEMBERS
2. _____ NOTE HERE IF CHANGE
3. _____ IN ADDRESS
4. _____

MAIL CHECK PAYABLE TO: THE BANAWKA VALLEY ROAD RUNNERS CLUB
P.O. Box 274
Charleston, West Virginia 25328