



Michael C. Pyryt

1987

May-June

The President's Page

The "Grass is not always Greener" in the big city. Patrick and I went to an established Main Event in March. Although the race itself was great, the awards ceremony was a flop. What I am saying to you is that, generally, the races in Charleston, West Virginia, are fantastic. We are striving to improve. Come Out!!! Have Fun!!! Support the Races!!! WE ARE WORKING FOR YOU!!!

I want to welcome the new KVRRC Board of Directors for 1987-1988. On behalf of the membership, I'd like to personally thank last year's Board of Directors. We will continue to stand for class and character.

Congratulations to KVRRC member, Don Wilson. Don is a great example of what hard work will do. Don has "Run Through the Wall" and is now running "Up Front."

On behalf of the runners, I'd also like to send a big THANK YOU to the City of Charleston. The Mayor's Office, Police Department, Street Department, and other agencies continually provide outstanding support services. On the morning of April 4, 1987, for example, the City Crews had scraped the 20 inches of snow off the COGS Classic 10K course and were working hard on the Start/Finish area when I arrived at the Kanawha City Recreation Center.

CONGRATULATIONS TO KVRRC MEMBER, MIKE ROARK, WHO WON THE MAYOR'S RACE ON APRIL 20th.

(Continued on Page 3)

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	744-0575
Carroll Young	Vice President	727-9844
Annette Castelle	Secretary	343-9371
Paul Garrett	Membership Chairman	925-3247
Bill O'Dell	Director	744-4918
Mike Province	Director	744-6466
Fred Waybright	Director	722-6880
Mike Pyryt	Newsletter	776-5592
Gary Smith	Newsletter	744-1099

Dave Fields	Alternate	548-4761
Dave Ellis	Alternate	344-4488

FROM THE EDITOR:

I've enjoyed the opportunity to edit the Runners Sole these past eight months. I hope that you have enjoyed the product. Gary Smith will resume editorship with the July-August issue. I would like to thank Gary for providing information on the publication process and feedback about the previous newsletters. I would also like to thank Paul Garrett and Pat Board III for providing needed materials in a timely fashion. The people at Expert Letter Service have been very cooperative and helpful. Most of all, I would like to thank Ieta Gonzales, who performed numerous tasks (typing, stapling newsletters, applying mailing labels, sorting newsletters by zip code for bulk mailing, and delivering newsletters to the printers and Post Office) in helping produce and distribute the newsletter.

I invented a new sport on March 21, 1987. It's called "Aerobic Hobbling." I demonstrated it at the Shamrock Marathon in Virginia Beach. For 13.1 miles, I was quite satisfied with my performance and looked forward to writing this column about low mileage marathon training. Then I began to fade rapidly. Instead of setting a PR, I set a PW of 5:02:17. The final 10K took about an hour and a half. Although I hurt after the marathon, my soreness the day after was less than I typically experience the day after the Charleston Distance Run.

I learned a valuable lesson at Shamrock. I am not as invincible as I sometimes imagine. Although I ran 43 races last year and have great mental conditioning, I learned that I have to train consistently if I expect to perform well in races. I cannot rely on past glories to provide the base for present efforts. I also need goals beyond finishing. Edison's rule that genius is one percent inspiration and ninety-nine percent perspiration also holds true for running. I plan to perspire more and get back to fundamentals. Until then, I'll see you at the back of the pack.

Ike Pyryt

President's Page(Continued)

The 1987 Road Racing Circuit is "Off and Running." Keep your eye on Gary Smith's Race Calendar in the Runners Sole. If you have not renewed your membership, you have been dropped from the mailing list. If there is an address or membership problem, call Paul Garrett (925-3247). He will be glad to make a correction. Recruit a new member and help the KVRRC reach a PR.

The KVRRC is making an effort to make running/road racing more enjoyable for you and your family. Talk to us. Give Carroll Young (727-9844) or any member of the Board of Directors a call. WE care about how you feel.

Patrick and I will see you at the races.

Pat Board III

THE ROAD RUNNER

Running:Biking:Weightlifters

EXERCISE WEAR

by

Dolphin Serak Frank Shorter

More To Come
Next to

Fancy Dancer Boutique
919 Cross Lanes Drive, Cross Lanes, WV
776-8170

March 7, 1987:

POCA RIVER RUN:

Place	Time	Name	Result	Age/S	Name	Result	Age/S
001	0:48:49	Frank Lewis	054	1:08:16	Dennis Hamrick	28M	24F
002	0:50:22	Joe Barker	055	1:08:29	Annette Zizzi	28M	30M
003	0:51:01	Don Wilson	056	1:08:30	Alan Anthony	30M	30M
004	0:51:17	John Maher	057	1:09:43	Lionel North	57M	50M
005	0:51:48	David Marks	058	1:10:00	Jack Adkins	50M	53M
006	0:53:35	Don Thornsbury	059	1:10:13	Bob Fretwell	33M	33M
007	0:54:00	Leonard Hager	060	1:10:28	Jimmy Lemon	43M	35M
008	0:55:06	Fred Waybright	061	1:10:35	Joe Watery	43M	35M
009	0:55:10	Bruce Cox	062	1:10:44	Tim Sherrill	35M	36M
010	0:55:25	William Wood	063	1:11:11	Gary Cottrell	46M	
011	0:55:56	Ron Plantz	064	1:11:11			
012	0:56:23	Glen Baldwin	065	1:11:16			
013	0:57:18	Dennie Asbury	066	1:11:21	Joe Burgess	46M	
014	0:57:19	Ray Dockery	067	1:11:46			
015	0:57:28	Gwain Noga	068	1:11:53	Echolls Hansbarger	56M	
016	0:57:30	David Daniels	069	1:12:02	Dianna Morris	37F	
017	0:57:31	Bill Shultz	070	1:12:04	John Capoufalo	30M	
018	0:57:31	Patrick Board IV	071	1:12:07	Joe Young	36M	
019	0:58:50	Ken Tallman	072	1:12:19			
020	0:59:00		073	1:12:24			
021	0:59:05	Mike Province	074	1:12:26	Greg Massey	31M	
022	1:00:26	Mark Robinson	075	1:13:03	Ron Raether	47M	
023	1:00:34	Roger Arthur	076	1:13:15	Sonny Coleman	43M	
024	1:00:36	Steve Taylor	077	1:13:23	Jerry Gladwell	35M	
025	1:00:56	Harold Edwards	078	1:13:25	Art Altman	54M	
026	1:00:58	Ricky Lutz	079	1:13:31	Joe Neckoranec	33M	
027	1:01:14	Harry Brunner	080	1:13:47	John Timberlake	39M	
028	1:01:27	Bob Fleming	081	1:13:54	Rita Blosser	26F	
029	1:01:41	Bill Davis	082	1:14:44	Bob Brown	44M	
030	1:02:05	Bill O'Dell	083	1:15:49	Raymond Kener III	30M	
031	1:03:24	Vic Ware	084	1:16:05	Betty Young	43F	
032	1:03:34	Dwight Kidd	085	1:16:49	Todd Wagner	23M	
033	1:03:39	Winston Gregory	086	1:17:15	Ray Green	36M	
034	1:03:49		087	1:17:25	Carl Levander	25M	
035	1:04:08	Jim Hamrick	088	1:17:40	Hallett Hill	47M	
036	1:04:12	Darlene Norman	089	1:17:45	Vernon Hess	54M	
037	1:04:43		090	1:17:54	Pam Berman	34F	
038	1:04:54		091	1:17:58	Richard Conway	55M	
039	1:05:01	Richard Starr	092	1:18:05	Robert Anderson	39M	
040	1:05:06	Fred Potter	093	1:18:58	June Hicks	49F	
041	1:05:08	Bob Dennie	094	1:18:59	Keith Townsend	44M	
042	1:05:14	Bob Mullins	095	1:18:58	Ed Halstead	44M	
043	1:05:28	Joe Young	096	1:19:00	John Mandeville	51M	
044	1:05:29	David Rucker	097	1:19:57	Noel Bowling	44M	
045	1:05:34	Bill Etzkoron	098	1:20:11	Barry Warhafftig	42M	
046	1:05:54	Lannie Robinson	099	1:20:42	Joey Myers	14M	
047	1:05:55	Dewayne Harless	100	1:20:49	Art Johnson	57M	
048	1:06:27	Kerry Winters	101	1:21:00			
049	1:07:05	Bob Bailey	102	1:21:08	Joe Coen	53M	
050	1:07:18	Gary Craig	103	1:21:11	Barbara Theierl	46F	
051	1:07:35	Tom Riley	104	1:21:33	Bob Marshburn	43M	
052	1:07:57	George Castelle	105	1:21:34			
053	1:08:00	Gabriel Szego	106	1:21:36	Lee Braenjovich	34M	
			107	1:21:49	Ruth Heidenreich	51F	
			108	1:21:57			

(Continued on Page 8)

NITRO'S

MEMORIAL TO KIRK

2nd ANNUAL DISTANCE / FUN RUN

9:00 a.m. SATURDAY, MAY 23, 1987
UNDERWOOD FIELD, NITRO, WV

NAME _____ last _____ first _____ middle initial _____
ADDRESS _____ street _____ city _____ state _____ zip _____

Age on May 23, 1987 _____ T-Shirt Size _____

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

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

In consideration of the acceptance of this entry, I hereby attest that I am physically fit and sufficiently trained for the event indicated below.

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 _____

Indicate division below or wheelchair

10 K	RUN	MALE	FEMALE	4 K RUN/WALK	MALE	FEMALE
(A)	19 & under	_____	_____	(J)	under 16	_____
(B)	20 - 24	_____	_____	(K)	16 - 19	_____
(C)	25 - 29	_____	_____	(L)	20 - 24	_____
(D)	30 - 34	_____	_____	(M)	25 - 29	_____
(E)	35 - 39	_____	_____	(N)	30 - 34	_____
(F)	40 - 44	_____	_____	(O)	35 - 39	_____
(G)	45 - 49	_____	_____	(P)	40 - 44	_____
(H)	50 - 54	_____	_____	(Q)	45 - 49	_____
(I)	55 & over	_____	_____	(R)	50 & over	_____

SCHEDULE OF EVENTS

May-June 1987

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

May 2, 1987

Saturday
Union Carbide Fitness Run
(10K and 2M)
RT: 8:00 AM
ST: 9:30 AM
SP: Union Carbide Tech Center
EF: \$10.00/\$12.00
RD: Dick Henderson (747-4450)

May 2, 1987

Saturday
French City Run
(5K and 1M)
RT: 8:00 AM
ST: 9:00 AM
SP: City Park Area
Gallipolis, OH
EF: \$7.00
RD: Marty Dagostino
Ron Saunders
(614/446-5000)

May 9, 1987

Saturday
St. Francis Hospital 6th Annual
Distance Run(5K/10K)
RT: Until 7:30 AM
ST: 8:00 AM
SP: St. Francis Hospital
EF: \$8.00
RD: St. Francis Hospital

May 9, 1987

Saturday
D. Gene Douglas Memorial
Scholarship Run/Walk(5K)
RT: 8:00 AM
ST: 9:00 AM
SP: St. Albans High School
EF: \$5.00/\$7.00
RD: Kathy McClanahan
(722-0212)

May 9, 1987

Saturday
Fifth Annual Pinch Family Run
(3 M)
RT: 8:30 AM to 9:30 AM
ST: 10:00 AM
SP: Pinch Elementary School
300 South Pinch Road
EF: \$5.00
RD: Jody Eye (965-6042)

May 9, 1987

Saturday
The Great Ghost Chase
(5K and 10K Cross Country)
RT: 7:30 AM to 9:30 AM
ST: 10:00 AM
SP: Linton Hall School
Bristow, VA
EF: \$8.00
RD: Max DuCharme
(703/368-3157)

May 16, 1987

Saturday
4th Annual Greater Marmet 5-Miler
Huntington Distance Classic
RT: 8:00 AM
ST: 9:00 AM
SP: Ben Morris Field
EF:
RD: Paul Coon

May 16, 1987

Saturday
Huntington Distance Classic
RT: 7:00 AM
ST: 9:00 AM
SP: Heritage Village
EF:
RD: Linda Bays (526-2052)

May 16, 1987

Saturday
7th Annual Run For Hunger
(5M and 2M)
RT: 8:00 AM
ST: 9:00 AM
SP: Gassaway, WV
EF:
RD: United Methodist Church
(364-5418)

May 16, 1987

Saturday
9th Annual WVSOM 10,000
Meter Classic
RT: 7:00 - 9:00 AM,
WVSOM, Lewisburg
ST: 10:00 AM
SP: Greenbrier Airport
EF: \$8.00/\$10.00
RD: Sharon Howard (647-6231)

May 23, 1987

Saturday
Nitro's Memorial to Kirk
2nd Annual Distance Run (10K/4K)
RT: 8:00 AM
ST: 9:00 AM
SP: Underwood Field, Nitro
EF: \$5.00/\$7.00
RD: Dan Vadala (766-1020)
SEE AD THIS ISSUE

May 23, 1987

Saturday
Elby's Distance Classic (20K)
RT: By May 8, 1987
ST: 9:00 AM
SP: Wheeling Civic Center
EF: \$10.00
RD: Hugh Stobbs (233-2300)

May 29, 1987

Friday
South Charleston Sundown
Showdown (5K)
RT: 4:00 PM
ST: 6:30 PM
SP: South Charleston High School
EF: \$7.00/\$8.00
RD: Jon Barnette (345-4800)

May 30, 1987

Saturday
Rocco's Ceredo-Kenova
Run Against Cancer (5K/10K)
RT: 8:00 AM
ST: 9:00 AM
SP: Rocco's Ristorante,
Main Street, Ceredo
EF:
RD: Rocco's (453-3000)

May 31, 1987

Sunday
Symphony Sunday Charleston Pops
Run Six (5K)
RT: 1:00 PM
ST: 2:00 PM
SP: University of Charleston
EF: \$8.00/\$9.00
RD: Women's Committee of the CSO
SEE AD THIS ISSUE

June 6, 1987

Saturday
Baskin-Robbins Banana Split 5K
RT: 8:00 AM
ST: 9:00 AM
SP: Baskin Robbins,
Kanawha City
EF: \$7.00/\$9.00
RD: Jim Woodrum (925-3031)
SEE AD THIS ISSUE

June 13, 1987

Saturday
Parkersburg Road Race 10K
RT: 7:00 AM
ST: 8:00 AM
SP: Parkersburg High School
EF:
RD: Blue Cross/Blue Shield

June 20, 1987

Saturday
Mountaineer Spirit Run(5M)
RT: 7:00 AM
ST: 8:00 AM
SP: CAMC WVU Medical Bldg.
EF: \$6.00/\$8.00
RD: Sharon Jones (343-0161)
SEE AD THIS ISSUE

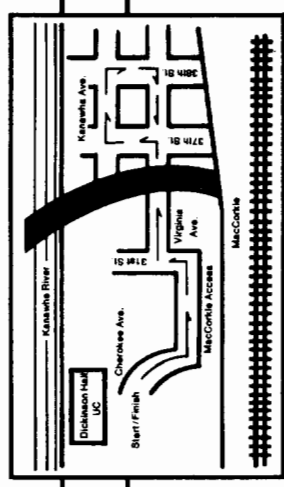


June 20, 1987
 Saturday
 Sissonville Village 10K
 RT: 8:00 AM
 ST: 9:00 AM
 SP: Sissonville High School
 EF: \$7.00/\$8.00
 RD: Russ Shepard (348-1958)

June 27, 1987
 Saturday
 Corporate Cup
 RT:
 ST:
 SP: Laidley Field
 EF:
 RD: V-100

June 28, 1987
 Sunday
 JM Mission Run (5K)
 RT: 1:00 PM
 ST: 2:30 PM
 SP: Ritter Park, Huntington
 EF: \$6.00/\$7.00
 RD: Johnson Memorial United Methodist Church

GAZETTE-MAIL
 CHARLESTON NEWSPAPERS
 with assistance from the
 Women's Committee of the Charleston
 Symphony Orchestra
 and the University of Charleston



DATE: Symphony Sunday, May 31, rain or shine
 TIME: 1:00 p.m. Open race by age, family and wheel chair categories. 2:00 p.m. Pops Corporate Cup Run
 Check-in and late registration at 11:30 a.m. day of race.
 PLACE: University of Charleston
 COURSE: 5K (3.1 mi.) FLAT RUN through Kanawha City and ending at Dickinson Hall, U of C.
 ENTRY FEE: \$8 for registration prior to May 23, 1987. After May 23 and same day entries \$9.
 Family Team \$25
 Corporate Team (3-5 members) \$150

AWARDS: T-Shirts to the first 750 entrants
 First place overall male and female
 First place family and wheelchair
 Special prizes for each age and corporation
 Random drawings for valuable merchandise, you must be present to win — no duplicate awards.
 FACILITIES: Dressing rooms, rest room and shower facilities available at Gorman Physical Education Bldg. Water stations and medical aid will be available.

LOOKING AHEAD
 July Independence Day 10K
 July Thomas Memorial Hospital 5-Mile Run for Health
 July Great Tays 10K
 July Huntington Track Club Ladies Race
 Race Directors should immediately contact the KVRRC regarding cancellation or rescheduling of events. Please provide race information to:
 Gary C. Smith
 250 F Street
 South Charleston
 West Virginia
 25303
 744-1099 (after 6PM or weekends)
 51F

Please make check payable to: The Women's Committee of the CSO
 Mail to: Charleston Pops Run
 24 Brittany Woods, Chas., WV 25314

Enclosed is my tax deductible entry fee \$8
 plus donation CSO \$
 late fee, after May 23 \$9
 Family Team \$25
 Corporate Fee \$150

LAST NAME _____ FIRST _____ M.I. _____
 ADDRESS _____ CITY _____ STATE _____ & ZIP _____
 BIRTHDATE _____ PHONE _____

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 the Charleston Symphony Orchestra, sponsors, the City of Charleston, the County of Kanawha, the State of West Virginia, and volunteers assisting the Race Director, their representatives, successors and assignors, of any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have trained for the competition of this race and my physical condition has been verified by a licensed medical doctor.

Date _____ Signature _____
 Signature of parent if under 18 _____
 This form may be duplicated

CATEGORIES (Circle One)
 MALE FEMALE
 11 & UNDER 12 & UNDER
 12-17 13-19
 18-25 20-29
 26-30 30-39
 31-35 40-49
 36-40 50 & up
 41-50
 51-60

WHEELCHAIR CORPORATE FAMILY
 List team members on back of entry form

T-SHIRT SIZES (Adult Male Sizes) Check One [S] [M] [L] [XL]

Poca River Results (Continued)

109	1:22:07	Audrey Wood	26F
110	1:22:10	Tom McQuain	36M
111	1:22:11	Steve Bock	41M
112	1:24:13	Larry Ballard	44M
113	1:24:17	Charlie Stark	60M
114	1:24:52	Roy Buckalew	45M
115	1:27:21	Hansel Robinson	6M
116	1:31:35	Mike Pyryt	33M
117	1:31:36	Nancy Lewis	32F
118	1:33:00	Gary Pullen	39M
119	1:34:19	William Brunner	29M
120	1:34:20	Joann Dawson	52F
121	1:34:50	Dianna Patton	31F
122	1:37:59	Billy Riddle	20M
123	1:39:41	Cindy Winters	32F
124	1:40:15	Elaine Meadows	35F
125	1:40:16	Jean Arthur	36F
126	1:45:36	Jerry Herndon	48M
127	1:45:38		

Mountaineer Spirit
Check It!

West Virginia University
Alumni Association
MOUNTAINEER SPIRIT RUN
Kanawha Valley Chapter
Lester Raines
HONDA MAZDA



Saturday, June 6, 1987 — 9:00 A.M.
CHARLESTON, WEST VIRGINIA

We Treat Our Runners Right

COURSE — The 5 Kilometer course takes you out and back on Kanawha Avenue along the Kanawha River, starting and finishing at the Baskin Robbins store in Kanawha City. The course is flat and fast.

REGISTRATION — You may register by mail or in person at the Baskin Robbins in Kanawha City.

ENTRY FEE — \$7.00 early, \$9.00 race day. Includes your official race T-shirt and a delicious Baskin Robbins Banana Split.

RACE PACKETS — You may pick up your shirt and race packet starting Monday June 1st at the Baskin Robbins in Kanawha City.

AWARDS — Trophies will be presented to the first place male and female over all winners as well as to the top three (3) finishers in each age group.

*\$100.00 to the winner if they break the course record held by Jeff Trump of 15:16.

AGE GROUPS — 14 & Under
15 - 19
30 - 34
35 - 39
40 - 44
45 - 49
50 - 54
55 - 59

SPECIAL AWARDS

- 1st place male wheelchair
- 1st place female wheelchair
- 1st place male heavyweight (over 200 lbs.)
- 1st place female heavyweight (over 140 lbs.)
- 1st place male over 60
- 1st place female over 60

MOST COURAGEOUS

POST RACE ACTIVITIES — There will be a post race party at the Admirals Anchor immediately following the race with plen of refreshments and munchies. Also, there will be a runners clinic presented by New Balance and Charleston Dept. Store which will include random drawings for shoes, sweat suits, gift certificates, dinners, etc.

In consideration of the acceptance of my entry, I, for myself, my executors, administrators, and assigners, do hereby release and discharge all sponsors in event of injury, illness, or any other catastrophe arising or growing out of my participation in this race. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

(signature) _____ (parents signature if under 18) _____
 Name _____ M F Special Category _____
 Address _____ (city) _____ (state) _____ (zip) _____
 Phone _____ Age _____ T-shirt size _____ S-M-L-XL

Mail to: Baskin Robbins
4120 MacCorkle Avenue, S.E.
Charleston, West Virginia 25304

Make checks payable to Baskin Robbins. Anyone wishing additional information call 925-3013.

Date: June 20, 1987, Saturday **Open:** To everyone
Starting Time: 8:00 AM **Registration Time/Place:** 7:00 am at CAMC WVU Medical Bldg.
Pre Registration Fee: \$6.00 before June 15, 1987, \$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 6-20-87)
 Address _____ (City) _____ (State) _____ (Zip) _____
 Phone _____ T-Shirt Size _____ (S-M-L-XL) Wheelchair Division (✓ if you are in this category)

In return for permission by the WVU Alumni Association to participate in the Mountaineer Spirit Run — 5 Mile Run, I release the Association, its members, volunteers, co-sponsors and other participants from any claim for injury or loss that occurs to me or my child/ward or anyone on his or her behalf. I therefore attest and verify that I am physically fit and have sufficiently trained for this event.

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

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

For information, call: Sharon Jones, Race Director 343-0161
 Make Checks Payable to: Kanawha Valley WVU Alumni Association

**THOMAS MEMORIAL HOSPITAL'S
5-MILE RUN FOR HEALTH**

Saturday, July 11, 1987
8 a.m.

South Charleston High School
South Charleston, West Virginia

Sponsored by Thomas Memorial Hospital & Rite Aid Home Health Care

T-SHIRTS TO ALL RUNNERS & A WIDE VARIETY OF DOOR PRIZES

AWARDS

Best Overall Male & Female

2nd, 3rd & 4th Overall

Best TMH Male & Female

Best Male & Female in the Heavyweight Division (males 185 lbs. & over)
(females 140 lbs. & over)

Oldest & Youngest Runners

14 & Under (Best Male & Female) 35-39 (1st, 2nd & 3rd Male & Female)
15-19 (1st, 2nd & 3rd Male & Female) 40-44 (1st, 2nd & 3rd Male & Female)
20-24 (1st, 2nd & 3rd Male & Female) 45-49 (1st, 2nd & 3rd Male & Female)
25-29 (1st, 2nd & 3rd Male & Female) 50-60 (1st & 2nd Male & Female)
30-34 (1st, 2nd & 3rd Male & Female) 60 & Over (Best Male & Female)

ENTRY FORM

NAME _____

ADDRESS _____ Street/Box Number _____

City _____ State _____ Zip Code _____

PHONE _____

MALE _____ FEMALE _____

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

ARE YOU A THOMAS EMPLOYEE? _____

ARE YOU ENTERING IN THE HEAVYWEIGHT DIVISION? _____

(males 185 lbs. & over) & (females 140 lbs. & over)

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

The entry fee is \$7 if received by July 10, and is \$8 the day of the race. Please make checks payable to Thomas Memorial Hospital's 5-Mile Run For Health and mail them to Nancy Hill, Community Relations Department, Thomas Memorial Hospital, 4605 MacCorkle Ave., S.W. South Charleston, WV 25309. Registration the day of the race is from 7 a.m. - 7:45 a.m. at South Charleston High School. For more information, contact Nancy Hill at 766-3706.

COGS CLASSIC 1987 RACE RESULTS

April is supposed to be the optimal time for good road racing with trees and flowers blooming and the temperatures in the 60's and 70's. Unfortunately, this past April 4 saw temperatures in the low 30's and lots of snow. In spite of such horrid conditions we had 94 finishers with some fairly quick times. We were fortunate that the city helped us out by clearing the race route just prior to the start. The College of Graduate Studies is extremely proud of its new sponsor this year, Columbia Gas Transmission Corporation. They were fantastic in their support both financially and with volunteers. Thanks for your support and we'll see you on the starting line next year!

Place	Name	Age	Sex	Time
1.	Wilson, Don	33	M	33:19
2.	Maher, John	32	M	34:47
3.	Waybright, Fred	39	M	35:37
4.	Garrett, Paul	35	M	36:20
5.	Norman, Ron	40	M	36:24
6.	Fields, Dave	45	M	36:58
7.	Daniels, David	33	M	37:15
8.	Plantz, Ron	39	M	37:27
9.	Shultz, William	32	M	37:55
10.	Martin, Rick	29	M	38:02
11.	Dockery, E. Ray	44	M	38:15
12.	Bruner, Harry	38	M	38:54
13.	Tallman, Ken		M	39:08
14.	Bennett, A. W.	36	M	39:15
15.	Board, Patrick IV	13	M	39:22
16.	Mallory, Chuck	31	M	39:22.5146
17.	Robinson, Mark	36	M	40:30
18.	Lutz, Rick	37	M	40:31
19.	Sullivan, Michael	39	M	40:34
20.	Bonnell, Gregory	28	M	40:44
21.	Loftus, Brook	37	M	40:57
22.	Gregory, Winston	39	M	41:07
23.	Arthur, Roger	40	M	41:28
24.	Dalley, Herbert	34	M	41:33
25.	Skeens, Guy	40	M	41:44
26.	Blake, Michael	30	M	42:33
27.	Young, Joe	13	M	42:40.1
28.	Counts, Ray	35	M	42:40.6
29.	Runyan, Wesley	44	M	43:00
30.	Castelle, George	38	M	43:18
31.	White, Thomas	46	M	43:40
32.	Dean, Paul	32	M	43:43
33.	Mihaljar, James	37	M	43:54
34.	Norman, Darlene	39	F	44:01
35.	Mullins, Bob	38	M	44:15
36.	Young, Joe	36	M	44:35
37.	Young, Debbie	33	F	44:53
38.	Green, Tony	30	M	45:04
39.	Hamrick, Dennis	28	M	45:05
40.	Motring, Joe	44	M	45:10
41.	Crutse, Doug	18	M	45:15
42.	Patterson, Clint	23	M	45:17
43.	Dennie, Bob	60	M	45:18
44.	Wills, David	34	M	45:20

WILL YOU GRADUATE FROM

THE COLLEGIATE CHASE



A ROAD RACE TOWARD COLLEGE SUNDAY

OCTOBER 3'87

CHARLESTON
Marriott
TOWN CENTER

INAUGURAL RACE
CHARLESTON
WEST VIRGINIA
Watch for Details -

MAGNET
Bank

KVRC 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
 MAIL TO: P. O. Box 2282
 Charleston, West Virginia 25328

P.ace	Name	Age	Sex	Time
45.	McCall, Linda	41	F	45:29
46.	Starr, Richard	46	M	45:30
47.	Baker, Gary	47	M	45:39
48.	Dean, Dennis	30	M	45:48
49.	Raether, Ron	47	M	45:58
50.	Burgess, Joe	46	M	46:44
51.	Sherrill, Tim	35	M	46:48
52.	Young, Carroll	51	M	47:22
53.	Combs, Marvin	32	M	47:30
54.	Coleman, H. A.	45	M	47:39
55.	Morris, Diana	37	F	49:08
56.	Keiffer, Ed	25	M	49:22
57.	Thomas, Rick	24	M	49:44
58.	Servais, Don	30	M	49:49
59.	Pullin, Gary	39	M	50:11
60.	Compson, Tom	27	M	50:17
61.	Ratliffe, Keith	25	M	50:27
62.	Bowling, E. Noel	44	M	50:56
63.	Keener, Raymond	30	M	51:08
64.	Ballard, Larry	44	M	51:11
65.	Walker, Dannie	39	M	51:37
66.	Casto, Otis	48	M	51:38
67.	Bock, Steve	41	M	52:17
68.	Woodrum, James	29	M	52:17
69.	Henley, Ed	46	M	52:32
70.	Kuhn, Rodney	37	M	52:52
71.	Mann, Kenneth	43	M	52:57
72.	Heidenreich, Ruth	51	F	53:06
73.	Marshburn, Bob	43	M	53:26
74.	Clarke, Jim	55	M	53:27
75.	Shamblien, Dale	27	M	53:32.2
76.	Wise, Christopher	35	M	53:52
77.	Green, Ray	36	M	53:53
78.	Jones, Sharon	32	F	55:19
79.	Dockery, Susan	34	F	55:24
80.	Arthur, Jean	37	F	58:28
81.	McGucken, Mary	29	F	58:48
82.	Pyryt, Mike	33	M	59:29
83.	Bruner, William	29	M	59:48
84.	Wellman, Karen	41	F	1:00:11
85.	MacCorkie, Mary	29	M	1:00:17
86.	Schalliol, Dennis	41	F	1:01:52
87.	Richardson, Casey	15	M	1:05:16
88.	Schalliol, Tony	11	M	1:05:39
89.	Schalliol, Dennis	37	M	1:05:44
90.	Vaughn, Paul	41	M	1:06:24
91.	Vance, Brian	M	27	1:08:20
92.	Clarke, Barbara	F	48	1:08:35
93.	Cornell, Jennifer	F	13	1:09:34
94.	Cornell, Tom	M	42	1:09:42