



Michael C. Pyryt, Editor

1988

MAY-JUNE

The President's Page

The trials and tribulations of life are sometimes hard to deal with. I am convinced that you develop an inner strength that helps you cope mentally and physically with everyday problems BY RUNNING.

CONGRATULATIONS to Carroll Young, former Vice-President of the KVRRC, who was awarded The John Pianfetti Award at the banquet following the Carbide 10K Road Race.

As you know, the KVRRC and John's Cyclery have teamed up together for the FIRST ANNUAL KANAWHA-TEAYS BIATHALON, A 10K RUN AND 40K BIKE, scheduled for Sunday, May 15th at 9:00 AM. Bill Shultz (768-8472) is the Race Director. I encourage you to participate or volunteer to help us on GAME DAY. Bill and Don Barnette have teamed-up to produce a beautiful long-sleeved commemorative T-Shirt. Look for the Application printed in this issue. COME OUT AND SUPPORT US!!! THIS IS A VERY UNIQUE EVENT!!!

The 1988 Road Racing Circuit is bigger and better than ever. I encourage you to support the events endorse by the KVRRC and the Great Teays Running Club. We are working on a week-by-week basis to maintain the quality and character of each event.

Patrick and I will see you at the races.

Pat Board III

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	744-0575
Paul Garrett	Vice President	925-3247
	Membership Chairman	343-9371
Annette Castelle	Secretary	344-4488
Dave Ellis	Director	344-8342
Dennis Hamrick	Director	744-4918
Bill O'Dell	Director/Newsletter	776-5592
Mike Pyryt	Director	768-8472
Bill Shultz	Director	768-9065
Fred Waybright	Director	

Gary Smith	Alternate	744-1099
Dave Fields	Race Calendar	548-4761
	Alternate	

FROM THE EDITOR:

Once again, I'm proud to have put together a twenty-page newsletter filled with race information and application forms. Please use the applications when registering for races so Race Directors will know that IT PAYS TO ADVERTISE IN THE RUNNER'S SOLE. Our March-April Issue had applications for the May Day 10K, Charleston Shuffle, CAMC Woman's Run, Spring Heel, and Mountaineer Spirit Run. Use those applications and support our sponsors.

As I travel to many big races, such as the Charlotte Observer Marathon and Shamrock Marathon (running the 10K and 8K respectively), I find advertisements for EXCEED, which offers a fluid replacement drink and a non-bulky carbohydrate-loading supplement. (Personally, I prefer to use pasta, pizza, and beer for carbohydrate-loading). As a fluid replacement, orange-flavored Exceed provides a tasty way to maintain electrolytes during races or replace them after races. The lime-flavored brand might make a good mixer with club soda and your favorite legal beverage. As a pre-, during-, and post-race drink, Lime-flavored Exceed reminds me of Gatorade and leaves me for heading for WATER. Exceed is balanced in terms of its sodium/potassium composition. Gatorade has more sodium than potassium. I prefer ERG (Energy Replacement with Glucose), which has more potassium than sodium. Fruit Punch ERG tastes better to me than Lemonade-Flavored ERG. I have not sampled "Competition-Flavored" ERG, which has only the chemicals--no flavor enhancers. ALL OF THE REPLACEMENT DRINKS ARE RELATIVELY EXPENSIVE!!! Many seem to provide no more electrolyte replacement than Generic-Branded Sodas. I am looking for inexpensive alternatives to high-price commercial drinks. In Hawaii, I developed an addiction to GUAVA JUICE COCKTAIL, which is available on the Mainland from Mauna Loa. Please send your electrolyte replacement remedies to me preferably with chemical compositions. SEE YOU AT THE RACES!!! MIKE PYRYT

*The Charleston*  
**SHUFFLE**

**CAMC**  
Corporate Health Services

The CHARLESTON MOUNTAIN ASSOCIATION

Charleston Shuffle Pre-Registration Form

Yes, I want to shuffle! Please register me for  FRIDAY, MAY 6TH  
(Check one)  Saturday Shuffle (1 1/2 mile)  5K Run (3.1 Miles)  Category

Name: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home: \_\_\_\_\_ Age (on day of race): \_\_\_\_\_

My T-shirt size is:  Small  Medium  Large  X-Large

Enclosed is my check or money order payable to: \_\_\_\_\_ MAIL TO: Charleston Shuffle

CAMC Corporate Health Services - Charleston Shuffle 511 Broad Street

Charleston, WV 25301

SA pre-registration until April 29, 1988.

After April 29, registration fee is \$10.00.

Department - Based Before Mailing Entry! In consideration of the acceptance of my entry, I for myself, my associates, administrators and managers, do hereby release and discharge, all sponsors in event of injury, illness, or any other catastrophe arising or growing out of my part in this race.

I attest and verify that I have full knowledge of the risk involved in this event, and I am physically fit and sufficiently trained to participate in this event.

Signature \_\_\_\_\_ date \_\_\_\_\_

Note: If applicant is under 18, a legal guardian's signature is required.



**WESTON HOSPITAL  
KILOMETER RACE  
AND 1 MILE FITNESS  
WALK**

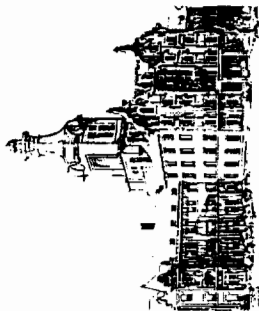
**SATURDAY  
MAY 7, 1988  
3:00 P.M.**

**RACE:** 5 Kilometers (3.1 miles) is U.S.A. Use Sanctioned.  
**COURSE:** Out and Back-Certification (RAC) pending. Weston is located off 7th and 20th Streets, West of Clarksbury and 99 miles North of Charleston.

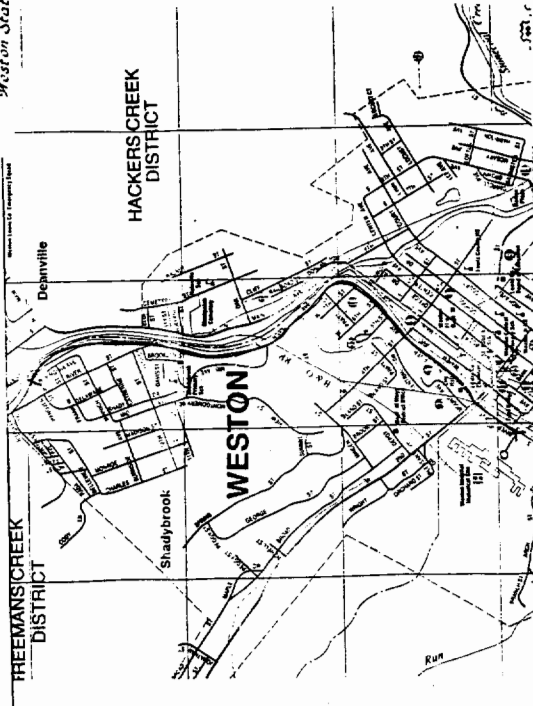
**ENTRY FEE:** \$7.00 prior to race, \$8.00 same day for 5K  
\$5.00 for 1 mile Fitness Walk.

**AWARDS:** Trophy and Timex Aerobix Watch to the Top Male Female

**TROPHIES:** Male and Female  
19 and Under - 1st, 2nd and 3rd  
20 to 29 Yrs - 1st, 2nd and 3rd  
30 to 39 Yrs - 1st, 2nd and 3rd  
40 to 49 Yrs - 1st, 2nd and 3rd  
50 and Over - 1st, 2nd and 3rd



Weston State Hospital



**ANY QUESTIONS, CONTACT CARL HATFIELD DAY NUMBER (304) 269-1210**  
**COURSE:** 5 Kilometers, Certification pending, Very Flat, Starts and Finishes in front of the Main Entrance of Weston Hospital. Course begins on S. River Avenue and crosses Rt. 33 and 2nd Street after a quarter mile. The Race then proceeds on N. River Avenue along the West Fork River to the Shadybrook Section of Weston. The Course turns around at 1.55 miles and retraces the route.

**ALL PROCEEDS GO TO THE CHRISTMAS IN JULY PROJECT TO BENEFIT WESTON HOSPITAL CLIENTS**

WESTON HOSPITAL, BEN GAY 5K RUN REGISTRATION BLANK

**Name:** \_\_\_\_\_  
**Street or Box:** \_\_\_\_\_  
**Address:** City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
**Telephone:** \_\_\_\_\_  
**Age (as of May 7, 1988):** \_\_\_\_\_  
**Weight:** \_\_\_\_\_  
**Height:** \_\_\_\_\_  
**MAIL TO:** WHEB  
DRAWER 1127  
WESTON, WV  
26452

**FEE:** 5K (3.1 MI) \$7.00  
1 MILE \$5.00  
**Please Circle One M F**  
**Please Circle One 5K 1mi**  
**Please Circle One S M**  
**(For Shirt) L XL**

(By parent or guardian if under 18)

# "Just Say No To Drugs" 5,000 Meter Run

Sponsored by the Optimist Club of West Charleston

## ENTRY FORM

DIVISIONS	
<b>MALE</b>	13 - 14
	11 - 12
	15 - 16
	17 - 18
	19 - 24
	25 - 29
	30 - 34
	35 - 39
	40 - 44
	45 - 49
	50 & OVER
<b>FEMALE</b>	13 - 14
	11 - 12
	15 - 16
	17 - 18
	19 - 29
	30 - 39
	40 - 49
	50 - 59
<b>OVERALL DIVISION</b>	<b>FEMALE</b>
<b>MALE</b>	<b>2</b>

**DATE:** May 14, 1988 (Saturday)  
**TIME:** 9:00 A.M. (Same-Day Registration begins at 8:00 A.M.)  
**PLACE:** Beginning and ending points at the State House Parking Lot at Piedmont Road.  
**THE COURSE:** The course is entirely flat and well marked. Mile splits will be given at each mile.  
**5,000 METER RUN ENTRY FEE:** A \$6.00 entry fee is required for early registration with a \$7.00 fee for registration after May 6, 1988.  
**1 MILE WALK ENTRY FEE:** A \$4.00 entry fee is required for early registration with a \$5.00 entry fee for registration after May 6, 1988. Walkers are required to wear either the Race Tee Shirt or a "Just Say No to Drugs" Club Shirt. Walkers are permitted to make and carry banners.

### ALL ENTRANTS WILL RECEIVE A QUALITY SHORT-SLEEVE TEE SHIRT.

**INFORMATION:** Call Roger Mooney at 340-4720 (9:00 A.M. & 4:00 P.M.)  
**PARKING:** Ample parking at the State House Parking Lots adjacent to the starting/finishing line.  
**AWARDS:** Trophies awarded to the top 2 males and top 2 females in each age division. Plaques will be awarded to the top 2 schools with the greatest numbers of participants from the grade school, junior high, and senior high schools in the 1 mile WALK.

Two \$50.00 and two \$25.00 gift certificates will also be given to the top 2 males and top 2 female overall finishers.  
**OTHER HELPS:** Medical aid will be available; water stations available in the 5000 meter run only.  
**RESULTS:** If you wish a complete rundown of race results, please enclose a stamped self-addressed envelope with your application. We'll be happy to send you one when it's available.

The Optimist Club of West Charleston "Just Say No to Drugs" Run is established to encourage adults and students to participate in activities to discourage drug abuse and to promote positive goals for West Virginia youth.

(PLEASE CHECK ONE)

5000 METER RUN  1 MILE FUN WALK

**NAME:** \_\_\_\_\_ **AGE LAST BIRTHDAY:** \_\_\_\_\_ **L** \_\_\_\_\_ **XL** \_\_\_\_\_

**STREET:** \_\_\_\_\_ **T-SHIRT SIZE:** S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**HOME PHONE:** \_\_\_\_\_ **WORK PHONE:** \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: "JUST SAY NO TO DRUGS" RUN**

**SEND TO:** "JUST SAY NO TO DRUGS" RUN, c/o ROGER MOONEY, P.O. BOX 6607, CHARLESTON, WV 25362-0607

#### GENERAL PUBLIC WAIVER OF CLAIMS:

I, as parent/guardian of the above listed applicant do hereby waive and release any and all rights and claims for damages against the sponsors, officials and volunteers of the Optimist Club of West Charleston, "Just Say No to Drugs" Run, to be held on May 14, 1988, in my own right and as parent/guardian of the named infant, on account of any injuries suffered by him/her in this event. I do hereby certify that the named infant is physically fit and sufficiently trained to participate.

I hereby waive and release any and all rights and claims for damages (may have against the sponsors, volunteers and officials of the Optimist Club of West Charleston "Just Say No to Drugs" Run) to be held on May 14, 1988, of any injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for this event.

**"KANAWHA - TRAYS BIATHLON"**

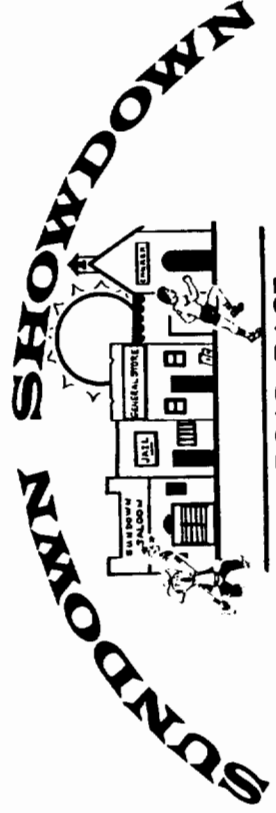
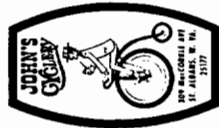
SPONSORED BY "JOHN'S CYCLE" ST. ALBANS, WV

DATE: May 15, 1968 TIME: 9:00 a.m. - START DISTANCE: 10k run - 40k bike  
 LOCATION: HURRICANE HIGH SCHOOL, ROUTE 34, HURRICANE, WV  
 Race Director: BILL SHULTZ (304) 768-8472  
 Race Director: KANAWHA VALLEY ROAD RUNNERS  
 PRE-REGISTRATION: OPEN TO FIRST 250 REGISTRATIONS (150 INDIVIDUAL, 50 TEAMS)  
 ENTRY FEE: \$15.00 INDIVIDUAL \$25.00 TEAMS \$75.00  
 REGISTRATION: \$15.00 INDIVIDUAL \$25.00 TEAMS \$75.00  
 ENTRY FEE: \$15.00 INDIVIDUAL \$25.00 TEAMS \$75.00

After May 7, 1968, INDIVIDUAL \$20.00 TEAMS - \$30.00  
 CHECKS PAYABLE TO: KANAWHA VALLEY ROAD RUNNERS  
 GIFTS: SCREEN PRINTED LONG SLEEVED T-SHIRTS TO ALL ENTRANTS  
 AWARDS: OVERALL - FIRST (3) MALE AND FEMALE  
 AGE GROUPS - MALE: 14 AND UNDER (2) 35 TO 39 (3)  
 15 TO 19 (2) 40 TO 44 (3)  
 20 TO 24 (2) 45 TO 49 (2)  
 25 TO 29 (3) 50 TO 59 (2)  
 30 TO 34 (3) 60 AND OVER (2)  
 FEMALE: 19 AND UNDER (2) 40 TO 49 (3)  
 20 TO 29 (3) 50 AND OVER (2)  
 30 TO 39 (3) MIXED (2)

TEAMS WILL CONSIST OF 1 RUNNER AND 1 BIKER  
 AID STATIONS: Water will be available before and after the event and  
 at regular intervals during the run stage. A water bottle  
 is suggested for the bike stage.

INFORM NAME: \_\_\_\_\_ AGE OR MAIL DAY: \_\_\_\_\_



**5-K ROAD RACE**  
**MAY 20, 1968**

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

REGISTRATION: 6:00 pm - South Charleston High School

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

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

COURSE: Flat and fast on paved streets

FINISH: Bottom of Eagle Way

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

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

**AWARDS:** FREE T-SHIRT FOR EVERY PARTICIPANT !!!

OVERALL: 1st Place - \$100. Gift Certificate/Charleston Department Store  
 2nd Place - \$ 50. Gift Certificate/Charleston Department Store  
 3rd Place - \$ 25. Gift Certificate/Charleston Department Store

AGE GROUP & SPECIAL CATEGORY: 1st, 2nd & 3rd Place in Each!  
 1st Place - Trophy and \$25. Gift Certificate/ Charleston Department Store  
 2nd Place - Trophy and Gift Certificate  
 3rd Place - Trophy and Gift Certificate

**ATTRICTIONS:**

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

ENTRY FORM

NAME: \_\_\_\_\_ AGE (as of) \_\_\_\_\_ SEX: \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_ zip code \_\_\_\_\_  
 T-Shirt Size: \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ Extra Large \_\_\_\_\_

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

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

MAIL TO: JOHN BARNETTE, 200 Beechwood, S.C., 25303 \_\_\_\_\_ Signature \_\_\_\_\_

NAME: \_\_\_\_\_ AGE OR MAIL DAY: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_ HOME: \_\_\_\_\_ T-SHIRT SIZE: \_\_\_\_\_ SEX: \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_  
 COUNTRY: \_\_\_\_\_  
 I HAVE A BILBO WHO WILL HELP GUNDEK: \_\_\_\_\_ NAME: \_\_\_\_\_ T-SHIRT SIZE: \_\_\_\_\_  
 OPEN TO FIRST 150 INDIVIDUALS AND 50 TEAMS.  
 ENTRY FEE \$15.00 INDIVIDUAL \$25.00 TEAM  
 AFTER MAY 7: KANAWHA VALLEY ROAD RUNNERS  
 MAKE CHECKS PAYABLE TO: KANAWHA VALLEY ROAD RUNNERS  
 DANBURG, WV 26004

WAVES STATEMENT  
 MUST BE SIGNED OR ENTRY WILL NOT BE ACCEPTED  
 In consideration of the acceptance by the sponsors of my entry in the Kanawha-TRAYS biathlon, for myself, my heirs, executors, and administrators, I hereby release and forever discharge the County of Putnam, the State of West Virginia, John's Cycle, and the Kanawha Valley Road Runners, along with all sponsors and producers of this event, their agents, representatives, successors, and assigns, from all liabilities, actions, claims, demands, damages, costs and expenses, which I may now or in the future have against any of them arising out of my participation in the above mentioned biathlon, on a date to or from the event, and including but not limited to all injuries that may be suffered by me.  
 I attest and verify that to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in the biathlon and that no physician or other qualified individual has advised me against competing in any portion of this biathlon.  
 I agree to abide by the rules and regulations of this event, including, but not limited to, providing a bicycle in proper mechanical condition, wearing an area or small hard shell protective helmet during the bike competition of this event.  
 READ CAREFULLY BEFORE SIGNING.  
 SIGNATURE (IF TEAM, BOTH MUST SIGN) \_\_\_\_\_

1. \_\_\_\_\_  
 2. PARENT/GUARDIAN SIGNATURE IF UNDER 18. \_\_\_\_\_  
 1. \_\_\_\_\_  
 2. MEDICAL PROBLEM \_\_\_\_\_ EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

GASSAWAY UNITED METHODIST CHURCH ANNOUNCES THEIR ..

# EIGHTH ANNUAL RUN FOR HUNGER

MAY 21, 1988



MEET IN FRONT OF THE GASSAWAY COMMUNITY BUILDING AT 9:00 A.M.

SATURDAY, MAY 21, 1988

THREE EXCITING RACES !!!  
TWO MILE ---> "RUN FOR FUN"  
FIVE MILE ---> "LONG DISTANCE RUN"  
TWO MILE ---> "FUN WALK"

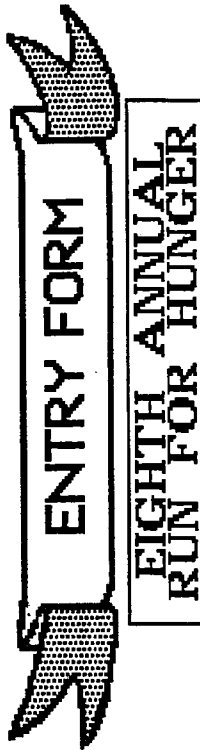
ALL RACES WILL BE RUN OVER RELATIVELY FLAT COURSES ON PAVED SURFACES!  
ALL PRE-REGISTERED ENTRIES WILL RECEIVE A FREE COMMEMORATIVE T-SHIRT.

FREE DRINKS AND SNACKS FOLLOWING THE RACE!  
YOU MAY REGISTER ON THE DAY OF THE RACE FROM

7:30 TO 8:45 A.M.

UNDER THE TENT IN FRONT OF THE GASSAWAY COMMUNITY BUILDING, 614 STREET, IN GASSAWAY, WEST VIRGINIA

ALL FEE - REGISTRANTS ARE GUARANTEED A T-SHIRT AS LONG AS SUPPLIES LAST !!!  
FOR ADDITIONAL INFORMATION SEE BACK OF THIS FORM

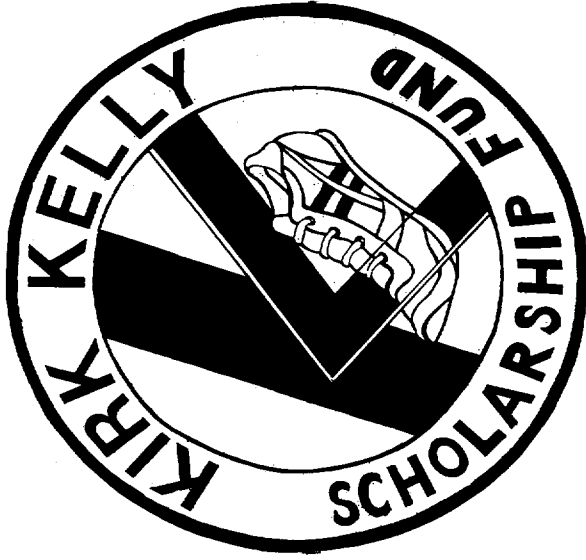


NAME \_\_\_\_\_ PHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ BOX OR STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
AGE AS OF 5/21/88 \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ SEX \_\_\_\_\_  
T - SHIRT SIZE --> \_\_\_\_\_ SMALL \_\_\_\_\_ MEDIUM \_\_\_\_\_ LARGE \_\_\_\_\_ X-LARGE \_\_\_\_\_  
PLEASE REGISTER ME FOR ( \_\_\_\_\_ 5 MILE RACE ) ( \_\_\_\_\_ 2 MILE RACE ) ( \_\_\_\_\_ 2 MILE WALK )

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I HEREBY, FOR MYSELF, HEIRS, EXECUTORS, AND ADMINISTRATORS WAIVE AND RELEASE ANY CLAIMS THAT I MAY HAVE AGAINST THE SPONSORS AND THE OFFICIALS OF THE GASSAWAY UNITED METHODIST CHURCH EIGHTH ANNUAL RUN FOR HUNGER RACES. I ALSO CERTIFY THAT I AM PHYSICALLY FIT FOR THIS EVENT. I ATTEST TO THE ABOVE WITH MY SIGNATURE.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ 19\_\_\_\_

NAME CHECKS PAYABLE TO ..... RUN FOR HUNGER.



## 3RD ANNUAL KIRK KELLY MEMORIAL

10K RUN / 4K FUN RUN

SATURDAY MAY 28 8:00 A.M.

UNDERWOOD FIELD, NITRO

ENTRY FEE: \$5 EARLY REGISTRATION

\$7 RACE DAY

T SHIRTS \* TROPHIES \* RIBBONS \* PRIZES

APPLICATIONS AT SPORT MART

NITRO HIGH SCHOOL (755-4321)

1988

# Banana Split 5K CLASSIC

Saturday, June 4, 1988 - 9:00 A.M.  
CHARLESTON, WEST VIRGINIA

We Treat Our Runners Right

**HISTORY** - The Banana Split 5K originated in 1986 and drew a field of 386 runners and grew to 615 runners last year. In only two years the Banana Split 5K has grown to rank as the 3rd largest race in the state behind Elby's and the Charleston Distance Run. It is, by far, the largest and most popular 5K in the state. Bring your whole family and enjoy a morning of clean and exciting family entertainment. We must have you and your family present to again make the race a big success.

**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** - \$8.00 early \$10.00 race day. Includes your official race T-shirt, a delicious Baskin Robbins Banana Split and a 22 oz. souvenir race cup.

**RACE PACKET** - You may pick up your shirt, cup, and race packet starting Friday, May 27th at the Baskin Robbins in Kanawha City.

**AWARDS** - Trophies will be presented to the top 10 male finishers and top 5 female finishers as well as to the top three (3) finishers in each age group.

\*100.00 prize will be awarded to the winner if they break the course record held by Jeff Trump.

**COURSE RECORDS**

1987 Jeff Trump 15:00  
1987 Jim Adams 19:01  
Registered Runners - 1986: 386 1987: 615

**new balance**  
**TV8 WCHS**  
People you can count on

**CHARLESTON DEPT. STORE**

**THE Admiral ANCHOR**  
**COOLS LIGHT.**  
PORT OF CHARLESTON, WV

In consideration of the acceptance of my entry, I, for myself, my executors, administrators, and assigns, do hereby release and discharge all persons in form of injury, illness, or any other catastrophe arising in connection with the race, and I am hereby releasing and waiving all knowledge of the race, involved in this event and I am hereby releasing and waiving all claims, demands, and suits, that I have or may have against any person, and I am hereby releasing and waiving all claims, demands, and suits, that I have or may have against any person, and I am hereby releasing and waiving all claims, demands, and suits, that I have or may have against any person.

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex  M  F  Special Category \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Signature \_\_\_\_\_

Mail to: Baskin Robbins  
4170 MacCortie Avenue, S.E.  
Charleston, West Virginia 25304

Make checks payable to Baskin Robbins. Anyone wishing additional information call 924-1013

**SCHEDULE OF EVENTS**

May-June

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

<p>May 1, 1988 Sunday Dogwood Run (5K) RT: 12:30 PM ST: 2:00 PM SP: Mullens High School EF: \$7.00/\$10.00 RD: Charles Feller (294-5094)</p>	<p>May 6, 1988 Friday Charleston Shuffle (5K Run/1.5M Walk) RT: 5:00 PM ST: 6:15 PM Walk/7:00 PM RUN SP: Lee Street: Stone &amp; Thomas EF: \$8.00/\$10.00 RD: Bill O'Dell (744-4918) Lynn Watts (348-6860) SEE AD THIS ISSUE</p>	<p>May 7, 1988 Saturday Weston Hospital 5K (also 1 Mile Fitness Walk) RT: 1:00 PM ST: 3:00 PM SP: Weston Hospital EF: \$7.00/\$8.00 RD: Carl Hatfield (269-1210) SEE AD THIS ISSUE</p>	<p>May 7, 1988 Saturday WVSOM 10,000 Meter Classic RT: WVSOM, Lewisburg ST: 8:30 AM SP: Pinch Grade School (RT.114) EF: \$5.00/\$6.00 RD: Eddie Long (965-0607)</p>	<p>May 7, 1988 Saturday Ninth Annual CAMC Women's Run (5K Run and 1.5 Mile Walk) RT: 8:00 AM ST: 9:00 PM SP: Kanawha Sta Forest EF: \$5.00/\$6.00 RD: call Gary or Karen (348-6700) SEE AD March-April ISSUE</p>	<p>May 14, 1988 Saturday Babcock State Park 10K RT: 9:00 AM ST: 10:00 AM SP: Babcock State Park, Cliff Top RD: Ed Boyd (438-5662) Second Governor's Cup Race SEE AD March-April ISSUE</p>
<p>May 1, 1988 Sunday First Annual May Day 10K RT: 1:00 PM ST: 2:00 PM SP: Kanawha City Rec Center EF: \$8.00/\$10.00 RD: Mia Moran (925-2604) SEE AD March-April ISSUE</p>	<p>May 6, 1988 Friday Charleston Shuffle (5K Run/1.5M Walk) RT: 5:00 PM ST: 6:15 PM Walk/7:00 PM RUN SP: Lee Street: Stone &amp; Thomas EF: \$8.00/\$10.00 RD: Bill O'Dell (744-4918) Lynn Watts (348-6860) SEE AD THIS ISSUE</p>	<p>May 7, 1988 Saturday Pinch Family Run (3M) RT: 8:30 AM ST: 10:00 AM SP: Pinch Grade School (RT.114) EF: \$5.00/\$6.00 RD: Eddie Long (965-0607)</p>	<p>May 7, 1988 Saturday D. Gene Douglas Memorial (5K) RT: 8:00 AM ST: 9:00 AM SP: St. Albans High School RD: St. Albans High School</p>	<p>May 7, 1988 Saturday Ninth Annual CAMC Women's Run (5K Run and 1.5 Mile Walk) RT: 8:00 AM ST: 9:00 PM SP: Kanawha Sta Forest EF: \$5.00/\$6.00 RD: call Gary or Karen (348-6700) SEE AD March-April ISSUE</p>	<p>May 14, 1988 Saturday Spring Heel Run (5K) (and 1 Mile Walk/Run) RT: 7:00 AM ST: 8:00 AM SP: South Charleston HS EF: Children under 12 \$6.00/\$8.00 Others \$7.00/\$8.00 RD: Herman Nicely (768-5301) SEE AD March-April ISSUE</p>

May 14, 1988  
 Saturday  
 Just Say No To Drugs(5K)  
 (also One Mile Walk)  
 RT: 8:00 AM  
 ST: 9:00 AM  
 SP: State House Parking Lot  
 EF: \$6.00/\$7.00 (\$4.00/\$5.00 Walk)  
 RD: Roger Mooney (340-4720)  
 SEE AD THIS ISSUE

May 15, 1988  
 Sunday  
 Kanawha Teays Biathlon  
 (10K Run/40K Bike)  
 RT: 8:00 AM  
 ST: 9:00 PM  
 SP: Hurricane HS  
 EF: Individual \$15.00/\$20.00  
 Teams \$25.00/\$30.00  
 RD: Bill Shultz (768-8472)  
 SEE AD THIS ISSUE

May 21, 1988  
 Saturday  
 Eighth Annual Run For Hunger  
 (5M, 2M, 2M-Walk)  
 RT: 7:30 AM  
 ST: 9:00 AM  
 SP: Gassaway Community Building  
 EF:  
 RD: United Methodist Church  
 SEE AD THIS ISSUE

May 28, 1988  
 Saturday  
 Elby's 20K  
 RT: 8:00 AM  
 ST: 9:00 AM  
 SP: Civic Center, Wheeling  
 EF: \$10.00  
 RD: Hugh Stobbs (233-2300)

June 4, 1988  
 Saturday  
 Baskin-Robbins Banana Split 5K  
 RT: 8:00 AM  
 ST: 9:00 AM  
 SP: Baskin-Robbins, Kanawha City  
 EF: \$9.00/\$10.00  
 RD: "Woody" Woodrum (925-3013)  
 Shirt, Cup, Banana Split to all  
 SEE AD THIS ISSUE

June 5, 1988  
 Sunday  
 Charleston Pops Run VII(5K)  
 RT: 11:30 AM  
 ST: 1:00 PM  
 SP: University of Charleston  
 EF: \$8.00/\$9.00  
 RD: WV Symphony League  
 SEE AD THIS ISSUE

May 14, 1988  
 Saturday  
 Ponderosa Round-Up  
 (10K & 2.5M Fun Walk)  
 RT: 8:00 AM  
 ST: 8:30 AM Walk/9:30 AM Run  
 SP: Beckley Ponderosa  
 EF: \$8.00/\$10.00 PM  
 RD: Mike Gilliam (252-9000)  
 Bob Glancy (757-6116)

May 20, 1988  
 Friday  
 Sundown Showdown (5K)  
 RT: 6:00 PM  
 ST: 7:00 PM  
 SP: South Charleston HS  
 EF: \$6.00/\$8.00  
 RD: Jon Barnette (345-4800)  
 SEE AD THIS ISSUE

May 28, 1988  
 Saturday  
 Kirk Kelly Memorial  
 (10K Run/4K Fun Run)  
 RT: 7:00 AM  
 ST: 8:00 AM  
 SP: Underwood Field, Nitro  
 EF: \$5.00/\$7.00  
 RD: Dan Vadala (766-1020)  
 SEE AD THIS ISSUE

May 28, 1988  
 Saturday  
 Rocco's Ristorante C-K 5K/10K  
 RT: 8:00 AM  
 ST: 8:30 AM 5K; 9:30 AM 10K  
 SP: Main Street, Ceredo  
 EF: \$5.00/\$7.50  
 RD: Rocco's (453-3000)

June 4, 1988  
 Saturday  
 Ridge Runner Races  
 (1M, 3M, 10K, Marathon)  
 RT: 6:00 AM to 8:45 AM  
 ST: 7:00-26.2; 9:00-16.3M; 9:30-10K  
 SP: North Bend State Park, Cairo  
 EF: \$6.00/\$8.00  
 RD: North Bend (643-2931)  
 10K is 3rd Governor's Cup Race

June 11, 1988  
 Saturday  
 Parkersburg Road Race 10K  
 RT: 7:00 AM  
 ST: 9:00 AM  
 SP: Parkersburg HS  
 EF:  
 RD: Blue Cross/ Blue Shield

June 11, 1988  
 Saturday  
 Kim Yanov Memorial (5K/1M)  
 RT: 7:30 AM  
 ST: 9:00 AM  
 SP: Watt Powell Park  
 EF: \$6.00/\$7.00  
 RD: Nemo Nearman (344-4400)

Looking Ahead  
 July 10 Scenic Mountain Triathlon SEE AD THIS ISSUE  
 July 16 Great Teays 10K SEE AD THIS ISSUE  
 August 6 Oak Hill to Fayetteville 20K SEE AD THIS ISSUE

Race Directors should immediately contact the KVRRC regarding cancellation or rescheduling of events. Please provide race information to:

Gary Smith  
 250 F. Street  
 South Charleston, West Virginia, 25303  
 (744-1099 after 6PM)

June 18, 1988  
 Saturday  
 Mountaineer Spirit Run (5M)  
 RT: 7:00 AM  
 ST: 8:00 AM  
 SP: CAMC WVU Medical Bldg.  
 EF: \$7.00/\$8.00  
 RD: Sharon Jones (345-8005)  
 Lead Crystal Awards  
 WVU Football Tickets  
 SEE AD March-April ISSUE



**Tan'n Body**

100 CHESTER ST., NO. CHS  
 WHERE YOU CAN NOW PURCHASE K.V.R.R.C.  
 TEE SHIRTS (\$4.50) AND JACKETS (\$20.00)

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  
 2. \_\_\_\_\_ IN ADDRESS  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_

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





With assistance from the  
\*West Virginia Symphony League  
and the University of Charleston

**DATE:** Symphony Sunday, June 5, 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

**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 June 1, 1988.  
After June 1 and same day entries \$9  
Family (of 4 or more members) \$25  
Corporate Team (3-5 members) \$150

\*FORMERLY THE WOMEN'S COMMITTEE OF THE CSO

Please make check payable to: "The West Virginia Symphony League  
Mail To: Charleston Pops Run, 828 Beaumont Road, Charleston, WV 25314

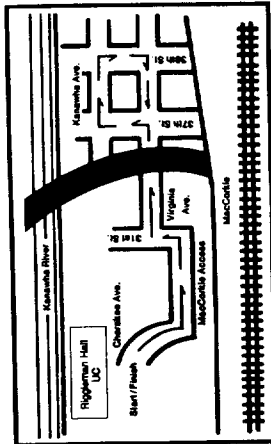
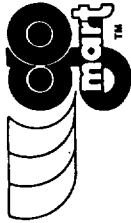
Last Name \_\_\_\_\_ First \_\_\_\_\_ M.I. \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
\_\_\_\_\_ & Zip \_\_\_\_\_  
Birthdate \_\_\_\_\_ Phone \_\_\_\_\_

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  
West Virginia Symphony Orchestra, sponsors, the City of Charleston, the County  
of Kanawha, the State of West Virginia, and volunteers assisting the Race Direc-  
tor, their representatives, successors and assignors, of any and all injuries suf-  
fered 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 ven-  
tured by a licensed medical doctor.

Date \_\_\_\_\_ Signature \_\_\_\_\_  
Signature of parent if under 18 \_\_\_\_\_

This form may be duplicated.

SPONSORED BY



**AWARDS:**

T-Shirts to the first 650 entrants  
First place overall male and female  
First place family and wheelchair  
Trophies - two deep for each age category  
Random drawings, you must be present  
to win - no duplicate awards.  
Dressing rooms, rest room and shower  
facilities available at Gorman Physical  
Education Bldg. Water stations and  
medical aid will be available.

**FACILITIES:**

Enclosed is my tax deductible  
entry fee .....\$8  
plus donation WVSO .....\$  
late fee, after June 1 .....\$9  
Family Team .....\$25  
Corporate Fee .....\$150

**CATEGORIES (Circle One)**

MALE	FEMALE
11 & Under	12 & Under
12-17	13-19
18-25	20-29
26-30	30-39
31-45	40-49
36-40	50 & Up
41-50	
51-60	

**WHEELCHAIR**

**FAMILY**  
List team members on  
back of entry form.

**T-SHIRT SIZES**  
(Adult Male Sizes)

Check One  S  M  L  XL

# SCENIC MOUNTAIN TRIATHLON

## 88 RICHWOOD, WV

SUNDAY, JULY 10, 1988

Starting Place: Summit Lake, 8 miles east of Richwood, WV, on Rt. 39/55

Starting Time: 10 AM promptly

Race Course: Swim 0.4 miles in Summit Lake

Bike 11.6 miles from Summit Lake to Falls of Hills Creek parking lot  
Run 5.7 miles from Falls of Hills Creek to Cranberry Mt. Visitor Center

Day of Race Registration: 8:30 to 9:30 AM only at parking lot of Summit Lake

Entry Fee: \$15 Pre-Registration by July 6, 1988 (non-refundable)

\$20 Day of Race Registration

T-Shirts for all entrants

Awards: Prizes to 1st and 2nd place male and female over-all finishers  
and 1st, 2nd, and 3rd place finishers in male and female age brackets

Male --	35-39	Female --	35-39
16-17	40-44	16-17	40-44
18-24	45-49	18-24	45-49
25-29	50-59	25-29	50-59
30-34	60 and over	30-34	60 and over

Awards presented at the Cranberry Mt. Visitor Center after completion of the race  
Refreshments provided at Cranberry Mt. Visitor Center for race participants  
Parking and restrooms available at Summit Lake and Cranberry Mt. Visitor Center

OFFICIAL ENTRY FORM

FILL OUT THIS FORM AND RETURN IT WITH YOUR ENTRY FEE TO:

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
RICHWOOD AREA CHAMBER OF COMMERCE  
50 Oakford Avenue  
Richwood, WV 26261  
(304) 846-6790

1988 SCENIC MT. TRIATHLON

AGE: \_\_\_\_\_ MALE  FEMALE   
T-SHIRT SIZE: ADULT S M L XL XXL

ALL ENTRANTS WILL BE REQUIRED TO SIGN A WAIVER AT THE TIME OF RACE  
CHILDREN UNDER AGE 18 MUST HAVE SIGNATURE OF PARENT OR GUARDIAN

# TWELVETH ANNUAL WV 20 KM CHAMPIONSHIP

**sponsored by woody-ty**

SATURDAY AUGUST 6 8:00 a.m. Oak to Fayetteville

Course starts at Collins Middle School, Jones Avenue, Oak Hill off Route 61. Runners follow Jones Avenue, turn left onto Main Street, through East End Oak Hill. Turn right at 7-11 onto Salem-Gatewood Road. 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 Street. Showers are available at the Memorial Building.

PRE-REGISTER BY FRIDAY, JULY 29TH TO PAY LOW ENTRY FEE OF \$6 WHICH INCLUDES FREE T-SHIRT AND ADMISSION TO LUNCH/AWARDS! LAIE REGISTRATION \$12-NO EXCEPTIONS! MAKE CHECKS PAYABLE TO FAYETTE COUNTY CHAMBER OF COMMERCE.

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

HARDEES LUNCH FOR ALL RUNNERS AND GUESTS (\$3.50)  
PRIOR TO LUNCH CEREMONY

Rest Times: Male 1981 Steve Heatherington 1:04.58  
Female 1985 Liz Ervin 1:22.14  
I hereby waive and release all rights and claims for damages I may have against the sponsors, municipalities of Oak Hill and Fayetteville, and officials of the 20 KM race on August 6, 1988, of all injuries suffered by me in said event. I verify I have sufficiently trained and am physically fit for this event.

Signature \_\_\_\_\_ (Parent if under 18) Age \_\_\_ Sex \_\_\_  
PRINT Name \_\_\_\_\_ Occupation \_\_\_\_\_  
Street Address \_\_\_\_\_ Zip Code \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
T-shirt size \_\_\_ Picnic? Yes \_\_\_ No \_\_\_ # of Guests (\$3.50 ea) \_\_\_

Mail to: Fayette County Chamber of Commerce  
214 Main Street  
Oak Hill, WV 25901  
Questions? Call (304) 465-5617

\*\*\*\*\*PLEASE COMPLETE ENTIRE APPLICATION!\*\*\*\*\*

## GREAT TEAYS 10K RUN

Sponsored by Fruth Pharmacy

Date/Time: July 16, 1988 at 8 a.m.

Place: Hurricane High School, Hurricane, WV

Course: The course is gently rolling through the countryside and streets of Hurricane. Each mile is marked and splits are given at 1, 3 and 5 mile markers.

Entry Fee: \$6 early registration and \$8 late registration. All entrants will receive a t-shirt and a free pass to the Valley Park Wave Pool.

Awards: Special awards to the top five males and top three females, and first place master, both male and female. Awards will be given to the top finishers in each age category (at least two) depending upon the number of participants. The Joe Varian Award will be given to the first male and female Putnam County finishers.

Facilities: Dressing and showers available at Hurricane High.

Information: Winston Gregory, 757-6435 or Jack Adkins, 757-6490

AGE GROUPS		Women	Wheelchair
Men			
Under 14	30-34	Under 20	Top
15-19	35-39	20-29	Finisher
20-24	40-44	30-34	
25-29	45-49	35-39	
			40-49
			50-over

MAIL FORM & CHECK TO: CTRC, P. O. Box 16, Teays, WV 25569

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ County \_\_\_\_\_

Sex: Male \_\_\_ Female \_\_\_ Age: (as of July 16, 1988) \_\_\_\_\_

T-Shirt size: (circle one) S M L XL

In consideration of the acceptance of this entry, I waive all rights and claims for damage that I or my heirs may have against the Great Teays Running Club or their representatives and assigns. I attest that I am physically fit and have sufficiently trained for this event.

Signature \_\_\_\_\_ Parent/Guardian (if runner is under 18) \_\_\_\_\_