



Michael C. Pyryt, Editor

1989

MAY-JUNE

#### The President's Page

The 1988-1989 KVRRC Banquet was a success this year. We had a good crowd, good food, and good speakers. We presented Awards for the Winter Series. Darlene Norman received the award for Most Miles by a Female (3,010). Debbie Carmichael won awards for running 352 days and completing 29 Road Races. Mike Blake received an award for completing 44 Road Races. Jerry Herndon received the award for Most Miles by a Male (4,240.4). In addition to Jerry, the following runners ran all 366 days in 1988: Jack Adkins, Glen Jarrell, Paul Garrett, Roger Arthur, Rufus Dingess, and Patrick Board IV.

The 17th running of the Poca River 15K on March 11, 1989 set several records. We had 136 runners. Bubby Dent sent a new course record by running a 48:47 on the 9.3 mile rolling course. Mary Heidelk set a new course record for females (55:08). We had fantastic weather and nobody got hurt. Thanks again to the volunteers who helped us with the Poca River 15K.

Congratulations to KVRRC member, Don Wilson, who won the 12 Carbide Fitness 10K. Don ran 34:28 in a cold rain and Chris Jagers, who placed second with a time of 34:36. Mike Pyryt was awarded the John Pianfetti Award for his outstanding service to Road Running in the State of West Virginia.

On March 17th, I joined the Executive Health Club located inside 405 Capitol Street trying to make another comeback with a fitness program. If you are interested in cross training (Running/Strength), I can totally recommend Executive Health Club. They have everything: 38 Universal machines, free weights, treadmills, aerobicycles, rowing machines, jacuzzi, steam rooms, sauna, tanning beds. If you are interested, stop by and talk to Danny Williams or Melodie Lamp. The annual rates are reasonable.

Lets all root for KVRRC member, Fred Waybright, as he attacks the Masters Division in the big races on the East Coast.

(continued on page 3)

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	347-7010
Paul Garrett	Vice President	925-3247
	Membership Chairman	343-9371
Annette Castelle	Secretary	345-6072
Rufus Dingess	Director	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		
Gary Smith	Alternate	744-1099
Dave Fields	Race Calendar	548-4761
	Alternate	

FROM THE EDITOR:

I would love to see more comraderie among runners in the Kanawha Valley. Last month, I traveled to San Francisco to present papers at the annual meetings of the American Educational Research Association and the Council for Exceptional Children. One evening, I had the opportunity to run with former Kanawha Valley stalwart, Mitch Kaplan, and running friends. In San Francisco, many runners do various group training runs originating from a specified running store. On the particular Wednesday evening about 40 runners met at the Fleet Feet on Chesnut Street ready to run the 5-mile course selected for that 88 degree evening. Runners started in two groups at 15-minute intervals. The first group was for runners intent on setting a 8:30-9:00 pace. The second group was for runners wanting a or faster pace. I ran at the back-of-the-pack of the first group map-in-hand just in case I got lost. I managed to view some awesome scenery, get sufficient hillwork, and arrive back at the running store before Mitch put out an APB regarding my whereabouts. Afterwards, I enjoyed the potassium replacement and carbohydrate replenishment at a local pizzeria. Thanks again to Mitch and friends for helping to make my trip to San Francisco more memorable. I look forward to seeing Mitch again at the Charleston Distance Run. I would encourage him to write up his description of the 1989 London Marathon for a future issue of The Runners Sole.

Several runners responded to the running partner notice in the January-February issue. Hansel Robertson (925-5027) would like to run about 5 miles in the Kanawha City area beginning at 4:30-5:00 PM weekdays. Paul Wright (345-1495) is looking to run with 9/10 minute milers (M-W-F-Sunday) in the East Charleston or South Side areas. Mike Curry (346-5563) is looking for 7:30 runners to run in the South Hills around 5:30 AM.

PLEASE SUPPORT OUR ADVERTISERS!!! They help make this newsletter possible.  
SEE YOU AT THE RACES!!!

Mike Pyryt

The President's Page (continued)

The 2nd Annual Kanawha-Teays Biathalon will be run on May 7, 1989 at 9:00 AM (See Race Application in this issue). The biathalon consists of a 10K Run and 40K Bike with a Start/Finish at Hurricane High School. You can compete as an individual or you can find a partner and compete as a team. If you don't enter the race, come out and volunteer to help us. I need about 30 people to be at Hurricane High School between 8:00 AM and 8:15 AM on race day. THE BIATHALON FIELD IS LIMITED TO 250 ENTRIES. (NO EXCEPTIONS!!) The Kanawha-Teays Biathalon was a fantastic event last year. Help us continue our tradition of quality and character.

Race Directors should contact Gary Smith (757-0817), Mike Pyryt (776-5592) or myself (744-6502) for race assistance.

Patrick and I will see you at the races.

Pat Board III

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Durban, W. Va. 25064

768-5252

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FLUID REPLACEMENT \$10.00

TRICO SHORTS & SHIRTS---POLYPRO, LOW CUT RUNNERS' SOCKS---

-----T-SHIRTS

"CHARLESTON, THE PLACE TO RACE"

-----

POCA RIVER 15K: OFFICIAL RESULTS

NAME	AGE	SEX	STICK #	TIME					
Bobby Dent	22	M	1	48:47					Michael Gleason
Don Wilson	35	M	2	51:50					Jerry Jenkins
Glenn Baldwin	30	M	3	52:41					Linda Detrick
Fred Waybright	41	M	4	53:40					Winston Gregory
David Duncan	35	M	5	54:09					Jeff Ranson
Pet McGinnis	35	M	6	54:09					Dennis Hamrick
Ron Norman	41	M	7	54:37					Donald W. Lively
Bill Schultz	34	M	8	55:06					Ronnie Hull
Mary Heidelk	24	F	9	55:08					Bill Platt
Ron Plantz	41	M	10	55:10					Tom White
Jim Fisher	42	M	11	55:16					Mona Jeffery
David Daniels	34	M	12	55:54					Ed Keifer
Micheel R. Blake	32	M	13	56:45					Kerry Winters
Mark Truelove	30	M	14	57:17					Robert Scholl
Shawn Chilleg	40	M	15	57:36					Morris Adkins
Joe Pat Young	15	M	16	58:19					Tom Bailey
Glen Morris	28	M	17	58:28					John E. Kendall
Greg Kloepfner	28	M	18	58:41					John Timberlake
Joe Young	38	M	19	58:53					Twila Taylor
Ray Dockery	46	M	20	59:00					Kenneth Quinn
Ken Tallman	50	M	21	59:22					Noel Cook
Roger Arthur	42	M	22	59:30					Greg Isaacs
Jerry Boatic	27	M	23	59:38					David White
Tom Dolan	36	M	24	1:00:19					Ven Acharya
Steve Robinson	45	M	25	1:00:39					Sharon Jones
Don Jeffery	31	M	26	1:01:06					Kenneth R. Bailey
Saw Scipio	44	M	28	1:01:48					Walt Auvil
Jeff Seaman	33	M	29	1:02:25					Jim Dixon
John Sheets	44	M	30	1:02:27					Robert Fretwell
Patrick Sizemore	32	M	31	1:02:46					George Ceatelle
John D. Thompson	46	M	32	1:02:52					Melinda Skaggs
Tom Pearcy	39	M	33	1:02:58					Tina Cecil
Lannie Robinson	31	M	34	1:03:02					Andrew Basham
Bill Ripley	46	M	35	1:03:09					Jim Pritt
Mark Keener	30	M	36	1:03:17					Jane Fleming
Joe Hooton	31	M	38	1:03:40					James Sepp
Les Miller	30	M	39	1:03:52					Henry Hager
Glenn Jarrel	45	M	40	1:03:48					Deniel Holstein
Gabriel Szego	48	M	41	1:03:52					Robert Cole
Lee Cabell	36	M	42	1:03:58					Paul Adkins
Bill Davis	43	M	43	1:04:35					Mike Gillian
Mike Sullivan	41	M	44	1:04:36					Ross James
Vic Ware	53	M	45	1:04:56					William E. Ramsey
Joe Dress	46	M	46	1:05:09					Jeffrey Stratton
Paul Shamansky	50	M	47	1:05:25					Tom Tinder
Darlene Norman	40	F	48	1:05:25					Frank Marks
Joe Nekoranec	35	M	49	1:05:31					Carl Levandee
John McDonald	42	M	50	1:06:07					Roger Hager
Gary Craig	42	M	51	1:06:12					Vivian Higgins
Gary Baker	49	M	52	1:06:26					Robert Dennis
Rick Comer	38	M	53	1:07:28					Bonnie Lamb
John Hutchison	35	M	54	1:07:34					Phil Radford
Jeff D'Agostino	29	M	55	1:07:39					Don Harless
									Gallie Ward
									Scott Ray Thompson
									Tom McQueen

31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	
M	M	F	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M	M
56	57	58	59	60	62	63	65	66	67	68	69	70	71	72	76	77	78	79	80	81	82	83	84	86	87
1:07:44	1:07:50	1:08:00	1:08:07	1:08:17	1:08:49	1:08:51	1:09:17	1:09:23	1:10:01	1:10:11	1:10:12	1:10:17	1:10:20	1:10:37	1:10:45	1:10:57	1:11:00	1:11:10	1:11:36	1:11:39	1:11:43	1:12:04	1:12:11	1:12:15	1:12:21

June Hicks	45	F	1:21:38
Bob Allender	33	M	1:21:45
Berry Warhafftig	44	M	1:22:09
Joseph B. Coen	55	M	1:22:21
Brenda Clendenin	32	F	1:22:25
Dianna Paton	33	F	1:22:25
Jerry Keller	43	M	1:22:43
Jim Underhill	33	M	1:22:50
G.P. Wright	45	M	1:23:03
Bruce Turner	40	M	1:26:13
Bob Marshburn	45	M	1:27:44
Vijay Jain	48	M	1:27:55
Hansel Robertson	58	M	1:28:02
Rosemary Platt	34	F	1:28:32
Patty Isaac	36	F	1:29:27
Peggy Mosley	50	F	1:32:09
Burman Caton	71	M	1:35:19
Jeanne Arthur	39	F	1:36:06
Laura Tucker	38	F	1:36:07
Anita Doss	54	F	1:43:39
Kenneth Doss	55	M	1:43:40
Jerry Herndon	50	M	1:50:39
Mike Pyryt	35	M	1:50:39



**DEEP MUSCLE MASSAGE**

- \* For Better Performance \*
- and
- \* Quicker Recovery \*

Marianne Gettman  
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 By Appointment Only  
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MEMBER



**"KANAWHA - TEAMS BIATHLON"**  
 SPONSORED BY "JOHN'S CYCLERY" ST. ALBANS, WV

DATE: May 7, 1989 TIME: 9:00 a.m. - START  
 DISTANCE: 10k Run - 40k Bike  
 LOCATION: Hurricane High School, Rt. 34, Hurricane, WV  
 Start/Transition/Finish  
 Pat Board 111 (304) 744-6502  
 Kanawha Valley Road Runners  
 Registration will be cut-off once the 250 limit is reached.  
 ENTRY FEES ARE NON-REFUNDABLE - NO EXCUSES  
 Individual - \$15.00 Teams - \$25.00  
 After April 30, 1989 - Individual - \$20.00 Teams - \$30.00  
 CHECKS PAYABLE TO: Kanawha Valley Road Runners  
 Screen Printed Long Sleeve T-Shirts to all entrants  
 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 & OVER (2)  
 FEMALE: 19 & UNDER (2) 40 TO 49 (3)  
 20 TO 29 (3) 50 AND OVER (2)  
 30 TO 39 (3)  
 TEAMS: MALE (3) FEMALE (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.

AWARDS CEREMONY: Refreshments and fruits will be available at the finish and awards will be given out immediately after all participants have completed the race.

RACE INFORMATION: Pat Board 111 (304) 744-6502 Bill Shultz (304) 768-8472 Dennis Hamrick (304) 344-8342 Paul Garrett (304) 925-3247

**ENTRY FORM**

Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone: Work \_\_\_\_\_ Home \_\_\_\_\_ Sex: Male \_\_\_\_\_ Female \_\_\_\_\_  
 Category: Age Group \_\_\_\_\_ T-Shirt Size \_\_\_\_\_  
 Friend who will help volunteer. Name \_\_\_\_\_ T-Shirt Size \_\_\_\_\_  
 OPEN TO FIRST 150 INDIVIDUALS AND 50 TEAMS  
 ENTRY FEES: \$15.00 INDIVIDUAL \$25.00 TEAM  
 After April 30, 1989: \$20.00 INDIVIDUAL \$30.00 TEAM  
 MAKE CHECKS PAYABLE TO:  
 Kanawha Valley Road Runners  
 115 Hursycastle Lane  
 Durbin, WV 25064

**WATER STATEMENT**

In consideration of the acceptance by the sponsors of my entry in the Kanawha Valley 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 Cyclery, 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 route 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 distance of this 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 ANSI or SNELL hard shell protective helmet during the bike competition of this event.

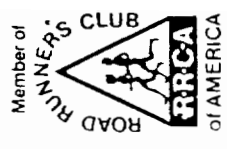
READ CAREFULLY BEFORE SIGNING  
 SIGNATURE (IF TEAM, BOTH MUST SIGN) \_\_\_\_\_ Date \_\_\_\_\_

1. \_\_\_\_\_ Date \_\_\_\_\_  
 2. \_\_\_\_\_ Date \_\_\_\_\_

1. \_\_\_\_\_ (Parent/Guardian signature if under 18)  
 2. \_\_\_\_\_ (Medical Problem) (Emergency contact) (Phone) \_\_\_\_\_



Race Info:  
 Rich Harper  
 (304) 727-2180



June 3, 1989

Saturday

RIDGERUNNER RACES  
(1M, 3M, 10K, Marathon)  
RT: 6:00 AM to 8:45 AM  
ST: 7:00-26.2; 9:00-1 & 3M; 9:30-10K  
SP: North Bend State Park, Cairo  
EF: \$7.00/\$9.00  
RD: North Bend (643-2931)  
3rd of Governor's Cup

June 4, 1989

Sunday

CHARLESTON POPS RUN VIII (5K)  
RT: 11:30 PM  
ST: 1:00 PM / 2:00 PM - CORP. CUP  
SP: University of Charleston  
EF: \$7.00/\$9.00  
RD: West Virginia  
Symphony League

June 10, 1989

Saturday

MOUNTAINEER SPIRIT RUN (5M)  
RT: 7:00 AM  
ST: 8:00 AM  
SP: CAMC/WVU MEDICAL BLDG.  
EF: \$7.00/\$9.00  
RD: Sharon Jones (345-8005)

June 17, 1989

Saturday

PARKERSBURG ROAD RACE 10K  
RT: 7:00 AM  
ST: 9:00 AM  
SP: PARKERSBURG HS  
EF: \$7.00/\$9.00  
RD: Sharon Jones (345-8005)

LOOKING AHEAD

JULY Great Teays 10K

JULY Bear Hole 10K

AUGUST Oak Hill to Fayetteville 20K

AUGUST Aracoma Story 10K

AUGUST Parkersburg Half-Marathon

Race Directors should immediately contact the KVRRC regarding the cancellation or rescheduling of events to:

Gary Smith

170 Washington Circle

Hurricane, West Virginia 25526

757-0817 after 6PM

If you are a female runner and would like to join other female runners in pursuing your running interest, please consider joining the Mujeres Running Club for only \$7.00 a year.

We will try to team up runners with specific abilities to enhance each others goals.

\*Have scheduled speed and distance training days

\*Inform members of upcoming races.

\*Car pooling to out-of-town races.

\*Monthly club meetings open to all members.

\*Help resolve problems unique to female runners.

For more information, or to join the Mujeres Running Club, please fill out and mail the below form:

Name \_\_\_\_\_

Address \_\_\_\_\_

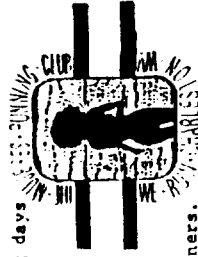
City, Zip \_\_\_\_\_

Make check payable and mail to: The Mujeres Running Club

328 Beaumont Road

Charleston, WV 25314

PH: 345-8005



Schedule of Events

May-June

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

MAY 5 - JANE LEW 5K, TONGUE LANE WV

May 6, 1989

Saturday

SPRING HEEL (5K + 1M)

RT: 8:00 AM

ST: 9:00 AM

SP: South Charleston HS  
EF: \$7.00/\$8.00 \$6 Children  
RD: Herman Nicely

SEE AD MARCH-APRIL ISSUE

SPRING 10K

May 7, 1989

Sunday

KANAWHA-TEAYS BIATHALON

10K Run 40K Bike

RT: 8:00 AM

ST: 9:00 AM

SP: Hurricane High

EF: \$15.00/\$25.00

INDIVIDUAL

\$20.00/\$30.00 TEAM

RD: KVRRC 744-6502

SEE AD THIS ISSUE

MAY 20 - BEN GAY 5K, CLIFF TOP, WV

May 20, 1989

Saturday

ROCCO'S RISTORANTE (5K/10K)

RT: 7:30 AM

ST: 8:30 AM(5K)/9:15 (10K)

SP: Main St., Ceredo

EF: 8.00/\$10.00

RD: Rocco Muriale (453-2112)

2nd Governor's Cup Race

May 20 - Sports Fest 5K, BRIDGESPORT, WV

May 20, 1989

Saturday

KIRK KELLY MEMORIAL (10K/4K)

RT: 7:15 AM

ST: 8:00 AM

SP: Wheeling Civic Center

EF: \$12.00

RD: Hugh Stobbs (233-2300)

SEE AD THIS ISSUE

MAY 20 - RUN FOR HUNGER 5M, GAYLORD, WV

MAY 20 - STRAWBERRY FEST 5K/10K, ROCKHANNON, WV

May 27, 1989

Saturday

ELBY'S BIG BOY CLASSIC (20K)

RT: MIDNIGHT 5/12

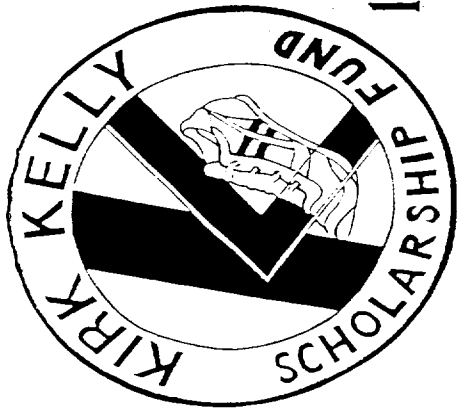
ST: 9:00 AM

SP: Wheeling Civic Center

EF: \$12.00

RD: Hugh Stobbs (233-2300)

SEE AD THIS ISSUE



4TH ANNUAL  
KIRK KELLY  
MEMORIAL

10K RUN/4K FUN RUN

SATURDAY MAY 20 8:00 A.M.

UNDERWOOD FIELD NITRO



SPONSORED BY

PASTA PARTY: FRIDAY, MAY 19 6:30-8:00 PM  
TRI-STATE RACING PARK

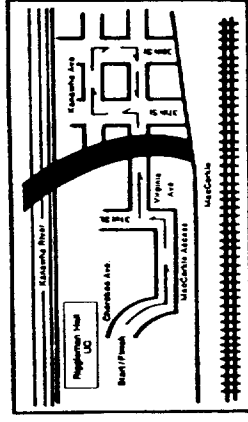
STAY FOR THE EVENING'S RACING PROGRAM

ENTRY FEE: EARLY FEE -\$6.00 RACE DAY - \$8.00  
INCLUDES GUEST TO PASTA PARTY

REGISTER: BY MAIL, AT PASTA PARTY OR  
BEGINNING AT 7:15 ON RACE DAY

APPLICATIONS: NORMAL OUTLETS & NITRO HIGH SCHOOL

SHIRTS TROPHIES PRIZES



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

**DATE:** Symphony Sunday, June 4, rain or shine  
**TIME:** 1:00 p.m. Open race by age, and wheelchair 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:** \$7 for registration prior to May 28, 1989. After May 28 and same day entries \$9. Corporate Team (3-5 members) \$150.

**AWARDS:** T-Shirts to the first 450 entrants. Only pre-registrants are guaranteed a T-Shirt. First place overall male, female and wheelchair. No duplicate awards. Trophies - two deep for each age category. Best Costume overall - at 12:30 there will be a Costume Judging. Random drawings, you must be present to win: (1) Marriott getaway weekend (2) A Prime Rib Dinner on The W. Va. Belle (3) Three mo. membership-World Gym-Health & Fitness Center (4) Dinner for 2 at Brass Lantern-Ramada Inn, Beckley (5) Dinner gift certificates - Tidewater Grill. 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 ..... \$7 plus donation WVSO \$ \_\_\_\_\_ late fee, after May 28 ..... \$9 Corporate Fee ..... \$150

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

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

**CATEGORIES (Circle One)**

MALE	FEMALE
13 & Under	13 & Under
14-19	14-19
20-29	20-29
30-39	30-39
40-49	40-49
50 & Up	50 & Up

**WHEELCHAIR**

**BEST COSTUME OVERALL**

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

Check One  S  M  L  XL

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my executors, administrators, heirs and assigns, do hereby certify 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

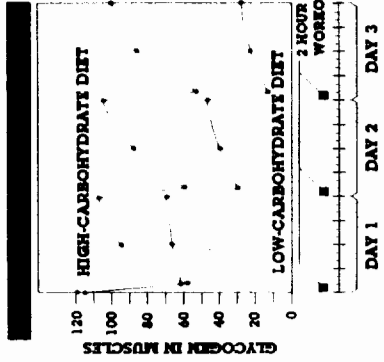
# WHAT YOU NEED TO KNOW ABOUT A TRAINING DIET

## WHY IS CARBOHYDRATE IMPORTANT FOR PERFORMANCE?

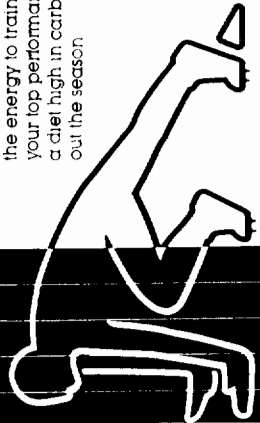
Fatigue is common after hard physical training day-after-day, especially when you work out twice a day. You might blame your exhaustion on a "bad day." But if you are always tired, it might be due to your diet.

When you exercise, you draw on energy stored as carbohydrate in muscles. This energy comes from the foods you have eaten. During a two-hour workout, you can easily use up all your stored carbohydrate. Unless you are eating enough carbohydrate high in carbohydrate, the carbohydrate level in your muscles will not be replenished for the next day's training.

The chart below shows the difference in muscle carbohydrate levels between athletes eating a high-carbohydrate diet and the same athletes eating a low-carbohydrate diet.



Suppose you eat a diet low in carbohydrate. After just three days of two-hour workouts, your muscle carbohydrate can be nearly used up. You are a candidate for fatigue. However, on a high-carbohydrate diet after the same workouts, your muscle carbohydrate level can be almost as high as it was before you began training. So you can have the energy to train and compete at your top performance level by eating a diet high in carbohydrate throughout the season.



### PLANNING THE TRAINING DIET

The main difference between the training diet and your normal diet is that the training diet is probably higher in carbohydrate. In particular, the training diet includes more foods from the Grain Group and Fruit-Vegetable Group, which are excellent sources of carbohydrate.

Of course, you still need protein, fat, vitamins, minerals, and water in your diet. You get these nutrients as well as carbohydrate by eating a variety of foods from each of the Four Food Groups (Milk, Meat, Fruit-Vegetable, and Grain).

- When planning a high-carbohydrate diet, remember:
- Cereals, breads, pasta, muffins, pan-cakes, rolls, and other grain products are high in carbohydrate.
  - All fruits and vegetables are also good sources of carbohydrate.
  - Yogurt, milkshakes, milk, cocoa, and ice cream all contain carbohydrate.
  - With the exception of dry beans and peas (like refined beans or blackeye peas), foods from the Meat Group are low in carbohydrate.
  - Cakes, pies, cookies, soft drinks, and other sugary foods are high in carbohydrate. However, they are low in most other nutrients. Select them only after you've eaten the recommended number of servings from the Four Food Groups.

To get specific training diet recommendations, ask for a copy of the handout **How to Select the Diet for You**. To help you plan your own training diet, use the handout **What You Need to Know about Food**.

Eat a diet high in carbohydrate throughout the season for energy to train and to compete.

West Virginia University  
Alumni Association  
**MOUNTAINEER SPIRIT RUN**  
Kanawha Valley Chapter

*Mountaineer Spirit, Inc. Canale, Jr.*

**Date:** June 17, 1989, Saturday **Open:** To everyone  
**Starting Time:** 8:00 AM **Registration Time/Place:** 7:00 am at CAMC WVU Medical Bldg.  
**Pre Registration Fee:** \$7.00 before June 13, 1989, \$9.00 after  
**TAC Certified:** 5 mile course (M) **Where:** Kanawha City, starts near Charleston Area Medical Center, WVU Medical Building

**Awards** Manufactured of glass by A Touch of Glass. Runners are eligible for only one award. Awards for overall winners and 1st, 2nd, & 3rd runnersup, and three deep in each age group, wheelchair division, male and female; masters division, male and female.

14 & under	25 - 29	40 - 44	55 - 59
15 - 18	30 - 34	45 - 49	60 & Over
19 - 24	35 - 39	50 - 54	

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

**Special Drawing** Only for pre-registered runners.

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### Official Entry Form

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ (as of 6-17-89)  
Address (Street) \_\_\_\_\_ (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  
P.O. Box 2521  
Charleston, WV 25329  
For information, call: Sharon Jones, Race Director 345-8005  
Make Checks Payable to: Kanawha Valley WVU Alumni Association

# Kanawha Valley ROAD RUNNERS

The Kanawha Valley Road Runners (KVRR) invite you to join a growing group of runners. We currently have more than 200 members and offer services which are helpful to all types of runners. Some of the benefits of club membership are:

- o Bi-monthly mailings of a newsletter which will include upcoming events throughout West Virginia and in nearby states. This mailing also will include race results plus sizes, times, and meeting places for training runs and special events and race entry forms.
- o Reduced entry fees at six KVRR-sponsored runs held each year.
- o Development and sharing of training strategies for novice to experienced runners at the KVRR annual dinner meeting and at other times.
- o Discount to club members from athletic stores.
- o Club shirts and mementos from time to time as income allows.

Running has brought to the Kanawha Valley a wide assortment of runners/joggers. Whatever you consider yourself, we believe there is a place for you in our club. Please join with us in promoting running. If you are interested, mail the application below to: P.O. Box 2282, Charleston, WV 25328.

## KVRR MEMBERSHIP APPLICATION

(Check One) New Member: Yes  No  Date \_\_\_\_\_

### Type of Membership:

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

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Sex: M:  F:  Age: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Office Phone: ( ) \_\_\_\_\_ Zip: \_\_\_\_\_

Occupation: \_\_\_\_\_ Student's School: \_\_\_\_\_

Family Membership Names: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ RENEWING MEMBERS

1. \_\_\_\_\_ NOTE HERE IF CHANGE 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



## HOW TO SELECT THE DIET FOR YOU

	BASIC DIET*	TRAINING DIET*	CARBOHYDRATE LOADING DIET*
<p>At or above you need about 50 or so nutrients for top performance. You can get these nutrients by including the recommended number of servings daily from each food group and by choosing a variety of foods from within each food group. The most important nutrients supplied by each food group are listed with each group.</p>	<p>To be used by:</p> <ul style="list-style-type: none"> <li>o Athletes during the off season.</li> <li>o Endurance athletes on the first 4 days of carbohydrate loading.</li> <li>o Anyone, as a weight loss diet.</li> </ul>	<p>To be used by:</p> <ul style="list-style-type: none"> <li>o Athletes throughout the training season.</li> </ul>	<p>To be used by:</p> <ul style="list-style-type: none"> <li>o Endurance athletes 3 days before competition.</li> </ul>
<p><b>FOUR FOOD GROUPS</b></p>	<p><b>RECOMMENDED DAILY SERVINGS</b></p>	<p><b>RECOMMENDED DAILY SERVINGS</b></p>	<p><b>RECOMMENDED DAILY SERVINGS</b></p>
<p><b>MILK GROUP</b>   Milk, cheese, yogurt, cottage cheese, ice cream</p>	<p>teenagers, 4 or more adults 2 or more</p>	<p>teenagers, 4 or more adults 2 or more</p>	<p>teenagers, 4-6 adults 2-3</p>
<p><b>MEAT GROUP</b>   Meat, fish, poultry, eggs, dry beans and peas, nuts</p>	<p>2 or more</p>	<p>2 or more</p>	<p>2-3</p>
<p><b>FRUIT/VEGETABLE GROUP</b>   protein, niacin, iron, thiamin</p>	<p>4 or more</p>	<p>8 or more</p>	<p>8 or more</p>
<p><b>GRAIN GROUP</b>   Cereals, breads, rolls, pasta, muffins, pancakes, grits</p>	<p>4 or more</p>	<p>8 or more</p>	<p>12 or more</p>
<p>carbohydrate, thiamin, iron, niacin</p>	<p>No recommendation</p>	<p>No recommendation</p>	<p>No recommendation</p>
<p><b>"OTHERS" Category</b>                  Cakes, cookies, pies, candy, soft drinks, chips, fats, alcohol, carbohydrate fat</p>	<p>Select foods from the "Others" Category if you can afford the calories after eating the recommended servings from the Four Food Groups</p>	<p>Select foods from the "Others" Category if you can afford the calories after eating the recommended servings from the Four Food Groups</p>	<p>Select foods from the "Others" Category if you can afford the calories after eating the recommended servings from the Four Food Groups</p>
<p>For additional information, use the handouts</p>	<p>o How to Carbohydrate Load about a Training Diet                  o What You Need to Know about Food</p>	<p>o How to Carbohydrate Load about a Training Diet                  o What You Need to Know about Food</p>	<p>o How to Carbohydrate Load about a Training Diet                  o What You Need to Know about Food</p>

\*Check with your doctor before going on any of these diets