



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor

1984

November - December

THE PRESIDENT'S PAGE

Here it is, NOVEMBER 1984! This is the first time in six years that my mind and not my body has decided to take a break from running. Don't get me wrong, I still love running and think and talk about it daily. I find myself walking more and more by Ripley's store and hoping to see someone I know . . . to ask them how their running is going.

After my 33rd birthday run (last March), my body slowed me down to a standstill. I attempted to keep running with John, Mark, A. J., Carol, Dennis, Gary, Pam and the gang, but my heart as well as my legs were not in it. I found myself running because that was what was expected of me. I was trying to run at a level that I couldn't keep pace with. I found myself not enjoying running, if you can imagine that! At that point, I decided not to compete and just to run for the fun of it. I turned my energy into working races, marking courses and helping others coordinate runs. I found myself enjoying watching others, and jogging races minutes slower in a 10K, even the distance run took on a whole new meaning. With my new love (Judy and Tina) I looked forward to coming home to relax with my family and enjoy a home cooked meal.

With my "come back" date slated for March '85, I question if I can wait that long. My feet are itching to hit the streets again, especially with the Almost Heaven Marathon scheduled for November 18th (the date had to be changed due to a problem in scheduling of the room) and our KVRW winter series just beginning. My thoughts are with you, even if my feet are not!

Bill O'Dell

NUTRITIONAL CONSIDERATIONS FOR THE RUNNER

by Peggy L. Kiser, D.C.

The runner's nutritional requirements are the same as the average person's for a balanced diet, except that the runner's are higher. Both the runner and nonrunner require an adequate supply of proteins, fats, carbohydrates, vitamins, basic minerals trace elements, and water in adequate proportions and at suitable times to meet individual needs. It is important to note, however, that digestion and assimilation are not mechanical acts which produce the same results in all human beings.

Nourishment forty-eight to seventy-two hours prior to a race deserves special consideration, as well as the nourishment during and after a race. It usually takes about two to three hours for a meal to pass from the stomach and another two hours to pass through the small intestines. Food within the stomach during a run often results in nausea, vomiting, and intestinal cramps. The cause for this is that the circulation necessary for digestion is being demanded by skeletal muscles during running.

In planning prerin nutrition, certain fundamentals should be considered:

1. To avoid hunger and weakness during competition, the diet plan should safeguard that there is adequate energy to maintain a normal blood sugar level. While carbohydrates should be increased, sugar intake should be reduced to avoid rebound hypoglycemia. Fruit sugars do not offer a rebound effect. For at least two days before a race, the diet should be well-balanced with emphasis placed on carbohydrates and reduced physical activity to allow for maximum storage of glycogen.
2. Dehydration should be avoided through food/fluid intake. Water intake should be a minimum of eight glasses per day. Salt creates excessive fluid retention, sodium-rich foods such as processed meats, salty snacks and highly spiced foods should be limited twenty-four hours before a race.
3. Any specific food or drink that is known to disagree with a runner should be avoided.
4. By race time, the stomach and lower bowel should be empty.

Nutrition is often necessary during long races to prevent dehydration and maintain an optimal energy level. Sipping fruit juices is the best solution to this problem. Sugar cubes, dextrose, glucose or candy, attract fluids to the intestinal tract and should be avoided. They contribute to peripheral dehydration.

Appetite usually becomes depressed during vigorous activity. After a race, a light dinner-type meal should be planned. The meal should be well-balanced and eaten in a pleasant environment a few hours after the race.

APOLOGY

Last issue we listed as a new member James Jesse, it should have been: Jesse James and family.

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Bill O'Dell	President	744-4918
Carol Clark	Vice President	342-0278
Connie Perry	Secretary	768-3177
JoAnn Dawson	Treasurer	342-3082
Paul Garrett	Membership Chairman/Race Calendar	925-3247
Pat Board, III	Publicity, Equipment, Race Calendar	744-0575
David Copeland	Director	744-1634
Bill Ripley	Director	343-0463
Winston Gregory	Director	757-6435

Barbara Theierl	Alternate	925-9342
Gary Smith	Newsletter	744-1099

FROM THE EDITOR:

I received complimentary copies of two of John L. Parker, Jr.'s books, "Once a Runner" and "Aerobic Chic and other delusions" in the mail several weeks ago and started reading them almost immediately. "Aerobic Chic" is short (50 pages), fast paced, and quite funny. At \$2.95 it makes a good stocking stuffer for anyone with a sense of humor.

"Once a Runner" is a great novel. The fact that it is about a runner gives us, as runners, a little insight and empathy that adds to our enjoyment as readers. It tells the story of Quenton Cassidy, a college miler on the edge of attaining the "world class" label. I found I couldn't read it in one sitting because it was so real that my body felt like it was running too, and I'd keep putting it down to go out and run.

Parker is a great believer in mileage. His hero, Cassidy, tells us how he feels about the questions non-runners ask - "What did he eat? Did he believe in isotronics? Isotonics? Ice and heat? How about aerobics, est, ESP, STP? What did he have to say about yoga, yogurt, Yogi Berra? . . . What was the secret, they wanted to know; in a thousand different ways they wanted to know The Secret. And not one of them was prepared, truly prepared to believe that it [was] . . . that most unprofound and sometimes heart-rending process of removing, molecule by molecule, the very tough rubber which comprised the bottoms of his training shoes. The Trial of Miles; Miles of Trials."

Cassidy becomes that animal, that lean, mean running machine we all strive for at times. Parker makes it real. This is a story not of Cassidy's destination or goal but of a part of the trip, a very intense part. This book is pure enjoyment -- if you like to read, I highly recommend it.

"Once a Runner" costs \$4.95. Both books are available from: Cedarwinds Publishing, Box 13618, Tallahassee, FL 32317.

This issue marks the beginning of the third year for the Runners Sole. I would like to give special thanks to Pat Murphy whose firm, Creations Galore, Inc., has supported us by advertising in every single issue. It hasn't gone unnoticed, Pat. Thanks!

Gary Smith

MY FIRST RACE

by David A. Combs

Like most people, I started running to lose weight. That was five years ago. I made it past those first few weeks of sore muscles and aching feet; the silent stare of my neighbors; the new experience of having dogs chase me -- dogs that before appeared friendly and docile; and the narrow escapes from motorists. These were all new experiences for me and now have become a way of life.

After several months of training my thoughts turned to racing. I was slowly becoming fit and had lost weight. Several races had appeared in local newspapers and I thought maybe I should enter one. My longest run was three miles. I read somewhere you could complete a race by multiplying your average run by three, and this would translate to the race you could complete with no problem.

My first race was the Greyhound Gallop at Milton which was a five miler. Surely I could run five miles with ease. I arrived early on Saturday with my family eagerly anticipating the thrill of running my first race. I admired the bright, shining trophies on display that would be given to the winners, secretly hoping I would be one of the lucky ones. I saw the other runners stretching, so I stretched, hoping to show everyone I knew what I was doing, and was not just a greenhorn.

We were all ordered out on the highway for the start. My pulse was beating fast, my palms were sweaty, and I was nervous from anticipation. The race director gave the signal to get ready, set -- everyone bent over for the start; and I was still standing up like a chicken looking for a worm, then I bent over and "bang" we were off. I gradually gained on the kamikaze runners in front and felt good over the first mile and then my eagerness began to fade. My legs turned to rubber, and I was short of breath. After four miles, I couldn't run another step. I had gone out too fast and now had to walk back to the finish line. I took a short-cut and came slowly walking in. My wife and children were looking in the direction of the finish as the first few runners were now finishing. I came in the opposite direction, and then they turned and saw me. I said, "Hi." There was a look of disappointment on my children's faces. Their dad, and their hero, didn't finish.

That was some five years ago. I've continued to train and during that five year period, I have run in many races and completed all of them, my favorite being the Charleston Distance Run, which I have run in three consecutive years and finished.

RUNNER'S SPOTLIGHT

by Carol Clark

When I spoke to Betty Young to get information for this article, I couldn't help but be inspired. Betty was so enthusiastic that I vowed to return to following the Eat to Win diet, throw away my chocolate chip cookies and wear out my new running shoes as fast as I could. Anyone who has been injured, burned out or bummed out about running or overweight will definitely benefit from knowing this vibrant 47 year old.

Betty is a Kanawha Valley Roadrunner who lives in St. Albans with her husband Carroll. Carroll is also a runner and is the main reason that Betty started running. They would run at the Nitro track and Betty would "jog a little while he was trying to get in some miles." With the encouragement of John Dunbar and John Pianfetti, Betty started adding laps and soon was running three miles on Kanawha Terrace. Her runs lengthened to five miles and before she knew it, she was at the starting line of the Great Teays Run. After this maiden voyage on the seas of road racing Betty became a familiar face at area runs.

All was not smooth sailing for Betty though. She went through a series of injuries in the past few years that would make any non-dedicated runner hang up his shoes. Three years ago she was laid off with a stress fracture, which was followed by knee trouble. Two years ago, she was struggling with a torn muscle and then was put on the sidelines with torn hamstrings in both legs. She went to Dr. Sale, followed his advice and started slowly back on the path to running. It wasn't easy and "last summer, fall and into winter, I couldn't run a mile." But Betty kept at it and her success story is one that will make all of us get out our shoes.

On the same day last May, Betty started running with the "June Hicks Running Club" in St. Albans and got a copy of Haas' Eat to Win. She's a devoted follower of his program and will gladly tell you all the positive results she's reaped from it. She describes her diet in glowing terms and both she and Carroll attribute her recent success to the diet. Betty has lost fourteen pounds since May and has kept it off. She lives by the diet: "I work hard and stick with it. I only eat meat once a week and that's chicken. I can eat all the fruits and vegetables I want." She eats the equivalent of what Haas recommends and "cheat on Saturdays and Sundays if I don't have a race." She's a running example of what a change to a healthier lifestyle can do. Betty now runs six to eight miles on a regular training run and will do a longer run of ten or eleven miles on weekends.

Betty recently had a 10K PR of 45:57 at the Winecellar Classic, far below her previous best time of 48:09. She was the third woman over the finish line and won her age division. To celebrate her 47th birthday she ran the Virginia Ten Miler and had a personal best time there; it placed her 11th in her age division, which had over one hundred women. During her fourth running of the Distance Run this year, Betty also had her fastest time ever for fifteen miles. Future plans for running include the upcoming ten miler; "I will never run a marathon. The Distance Run is as far as I want to go." So for those of you who have been having difficulties, take heart. Betty is running proof that you can come back and run better than you ever have before. Would anyone like to borrow my copy of Eat to Win?

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SCHEDULE OF EVENTS
NOVEMBER - DECEMBER 1984

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

October 28, 1984

Sunday
Annual Autumn Classic (5K)
RT: 1:30 P.M.
SP: Parkersburg YMCA
EF: \$6.00/\$7.00
RD: R. M. Fox 422-5524

November 3

Saturday
Special Olympics 5K, 2M
RT: 11:30 A.M.
SP: Kanawha City Community Center
3511 Venable Avenue
EF: \$6.00/\$7.00 5K
\$2.00/\$3.00 2M
RD: Kiwanis Club & Shawnee Hills
Lora Browning (H) 768-9547
(O) 345-4800

November 4, 1984

Sunday
Muscular Distrophy Autumn Classic(4.3M)
RT: 12:00 Noon
ST: 2:00 P.M.
SP: 30th & Broadway, Parkersburg
EF: \$6.00/\$7.00
RD: Dick Fox 422-5524

November 4, 1984

Sunday
Marine Corp Marathon
RT: Must be Preregistered
ST: 9:00 A.M.
SP: Arlington, VA
EF: \$12.00
RD: U. S. Marine Corp
P.O. Box 188
Quantico, VA 22134

November 4, 1984

Sunday
AAU/USA Junior Olympic X Country Meet
RT: 12:00 Noon
SP: Coonskin Park, Charleston, WV
EF: \$3.00 Indiv./\$6.00 Team
RD: Capital City Striders
Thomas Cornell 722-2539

AAU Card Required - can be
obtained race day for \$3.00,
with birth certificate.
18-under only can participate.

November 5, 1984

Monday
KVRRC Board of Directors Meeting
RT: 7:00 P.M.
SP: O'Dell's Sub Shop
Virginia St. Arcade

November 11, 1984

Sunday
1st Annual Montgomery Nautilus 5K
RT: 10:00 A.M. - 12:00 Noon
ST: 2:00 P.M.
SP: WVIT Gym, Montgomery
EF: \$5.00/\$6.00
RD: Montgomery Nautilus 442-2727

November 18, 1984

Sunday
Almost Heaven Marathon
RT: 8:30 A.M. - 9:45 A.M.
ST: 10:00 A.M.
SP: WVU Medical Building
CAMC Memorial Division
31st Street - Kanawha City
EF: \$6.00
RD: KVRRC
Bill O'Dell 744-4918
Paul Garrett 925-3247

Certified Course

November 24, 1984

Saturday
So. Chas. Boosters 10K Turkey Trot
RT: 8:00 A.M.
ST: 9:00 A.M.
SP: Mt. Distributing, So. Chas.
Ordinance Center
EF: \$6.00/\$7.00
RD: 744-5034 after 6:00 P.M.

December 2, 1984

Sunday
10K Race
RT: 1:00 P.M.
ST: 2:00 P.M.
SP: St. Albans Urban Renewal
Loop (Old Diet Pepsi Course)
EF:
RD: KVRRC
David Copeland 342-1118

December 3, 1984

Monday
KVRRC Board of Directors Meeting
RT: None
ST: 7:00 P.M.
SP: Jo Ann Dawson's House
722 Churchill Drive
Charleston

December 16, 1984

Sunday
Kanawha City 10K
RT: 1:00 P.M.
ST: 2:00 P.M.
SP: WVU Medical Building
CAMC Memorial Division
31st St. - Kanawha City
EF: \$1.00 members/\$2.00 non-members
RD: KVRRC
Gary Smith 744-1099

First of the Winter Series

December 23, 1984

Sunday
Holiday 10K
RT: 8:00 A.M.
ST: 9:00 A.M.
SP: Justice Row & Sunrise Carriage
Trail
EF: \$7.00
RD: Bill Ripley 343-0463

Second of the Winter Series

February 10, 1984

Sunday
Valentine 5K
RT: 1:00 P.M.
ST: 2:00 P.M.
SP: WVU Medical Building
CAMC Memorial Division
31st St. - Kanawha City
EF: \$1.00 members/\$2.00 non-members
RD: KVRRC
Jo Ann Dawson 342-3082

Third of the Winter Series

LOOKING AHEAD

March - Annual KVRRC Banquet, more details next issue
March - Poca River 15K

Race directors should immediately contact
the KVRRC regarding cancellation or re-
scheduling of events. Please provide
race information to:
Paul Garrett
4206 Venable Avenue
Charleston, WV 25304
925-3246 (After 5 P.M.)

Do you like to run in the evenings but are hesitant to
run alone during fall and winter months when it gets dark
earlier? Group runs are held on Mondays and Fridays at
6:30 PM at either the Athlete's Foot on Capitol Street or
Heroes in Kanawha Mall. Call Jane Martin at the Athletes
Foot for more information.

December 31, 1984

Monday
New Years Eve 5K (Fun Run)
RT: None
ST: 11:50 P.M.
SP: Greenbrier & Washington St.
EF: None
RD: Kathy Hastings 343-3779

A non-competitive run.
Post run BYO New Years Party

January 20, 1984

Sunday
Frostbite 5 Miller
RT: 1:00 P.M.
ST: 2:00 P.M.
SP: WVU Medical Building
CAMC Memorial Division
31st St. - Kanawha City
EF: \$1.00 members/\$2.00 non-members
RD: KVRRC
Paul Garrett 925-3247

RESULTS OF THE 1984 KANAWHA BOULEVARD MILE

Division	Place	Name	Time
Wheelchair	1	Scott Hurley	8:07
	2	William Riddle	8:34
Female 9-under	1	Allison West	7:33
	2	Natasha Shaffer	8:00
	3	Crista Anna Lini	8:27
	4	Coral Caplan	8:37
	5	Tracy Wilkerson	8:38
	6	Amy Wilkerson	8:40
Male 9-under	1	Bret Hunt	6:17
	2	Eric Chapman	6:49
	3	Scott Cummings	6:55
	4	John McClure	6:59
	5	Brent Parcel	7:14
	6	Kevin Hodges	7:24
	7	Peter Schuerv	7:44
Female 10-12	1	Anne Kaplan	6:59
	2	Cindy Parsons	6:59
	3	Lisa Kaplan	7:11
	4	Julie Wegert	7:15
	5	Jennifer Cornnell	7:27
	6	Cam Schaar	7:29
Male 10-12	1	Benji Hunt	5:34
	2	Greg Hughes	5:50
	3	Pat Board	5:54
	4	Jamie Carter	6:36
	5	Mark Mandt	6:40
Female 13-15	1	Reggie Triplet	7:07
	2	Ann Marie Zain	6:46
	3	Christy Woods	7:05
	4	Julie Mandt	7:17
	5	Stacy Keeling	8:03
	6	Cindy Anderson	8:33
Male 13-15	1	Scott Myers	4:56
	2	Mike McMillan	5:12
	3	Todd McMillan	5:16
	4	Danny Kinder	5:24
	5	Kurt Filosa	5:24
	6	Mike Edens	5:42
Female 16-19	1	Carol Richardson	5:56
	2	Sarah Bolland	6:58
	3	Susan Scalisa	7:54
Male 16-19	1	Eddie Gannon	4:38
	2	Tom Gaziano	4:57
	3	Scott McDermit	5:06
	4	Mark Hartling	5:06
	5	Jerry Hicks	6:14
	6	Ed Pulido	6:17
Male 20-29	1	Chip Jones	4:45
	2	Tom Jackson	4:47
	3	Pat Nirsquodski	4:49
	4	Jerry Parkins	4:51
	5	Jeff McClung	4:52
	6	Rick Roberts	4:55
Female 20-29	1	Elaine Jacobs	6:40
	2	Marty Henley	7:17
	3	Cheryl Boles	7:22
	4	Denise Novak	7:22
	5	Rosanne Branham	7:31
	6	Chris Binschleger	7:59
Female 30-39	1	Karen Wellman	6:53
	2	Linda McCall	7:01
	3	Jane Fleming	7:17
	4	Cathy Schnurr	7:25
	5	Mary Feinberg	8:01
	6	Dee Canterbury	8:16
Male 30-39	1	Tim Farmer	4:37
	2	Tom Echols	4:42
	3	Pat McGinnis	4:51
	4	Brock Loftus	4:56
	5	Paul Garrett	4:57
	6	Gary Smith	4:59
Female 40-49	1	Ruth Heidenreich	6:43
	2	Ruth Mann	8:23
Male 40-49	1	Ray Dockery	5:00
	2	Gary Peyton	5:07
	3	Harvy Wegert	5:09
	4	Ken Tallman	5:13
	5	Ralph Myers	5:15
	6	Chap Richardson	5:22
Male 50-59	1	Chuck Moyers	5:41
	2	Bob Fretwell	5:53
	3	John Hall	5:58
	4	Dick Conway	6:02
	5	John Gilbert	7:58
Male 60+	1	Archie Mullins	5:54
	2	Al Bloomberg	7:05
Husband & Wife	1	Castelle	11:34
	2	Dockery	11:38
	3	Miller/Marques	12:27
	4	Hull	12:55
	5	Stanton	13:27
	6	Jacobs	13:59
200 Lbs.+ Heavyweight	1	Dennis Dean	5:21
	2	Jan Carter	5:34
	3	Bill Tracy	5:39
	4	Bobby Parcel	5:51
	5	Howard Greenhowe	6:06
	6	Paul Dial	6:08
Open	1	Greg Imhoff	4:23
	2	David Kline	4:27
	3	Frank Lewis	4:32
	4	Tom Bell	4:34
	5	Eddie Gannon	4:37
	6	Rick Roberts	4:41

O'Dell's
710 Virginia Street
No. 10 Arcade Mall
346-3344

"Eat in or carry-out orders are welcomed."

Sub Shop Inc.
Bill and Judy O'Dell invite you to stop in!

A MESSAGE TO MY FRIENDS:

One of the nicest feelings is hearing your encouragement as I head back on one of our "out and back" courses (You all know what a pat on the back will do at the right time!) Thank you for all of your support in running, politics and other endeavors.

I would appreciate your support again -- this time on November 6, 1984, for my State Senate race. I will be honest, use common sense and good judgment. Also, I will listen to your feelings about our community and our State!

Tod J. Kaufman

Paid by Friends of Tod J. Kaufman

TOD KAUFMAN
DEMOCRAT FOR
STATE SENATE



**ENERGY
INDEPENDENCE
COMMITMENT**
AN ADVOCATE FOR CITIZENS
TODAY
TOMORROW

MEMBERSHIP POLICY CLARIFIED

If you know someone who wants to join us but was waiting until January 1, so that they could get a full year for their money, tell them this:

Our policy is (and always has been) that new memberships paid after October 1, include the remainder of that year plus the entire following year. All memberships expire December 31, unless the last quarter exception above applies.

Kanawha Valley ROAD RUNNERS



The Kanawha Valley Road Runners (KVRR) invite you to join a growing and helping group of runners. We currently have more than 200 members and expect to double this number during the next year by offering services which will be beneficial to all types of runners. Some of the benefits of club membership are:

Development and sharing of training strategies for novice to experienced runners.

Bi-monthly mailings of a newsletter which will include upcoming events which receive the KVRR's endorsement. This mailing also will include race results plus dates, times, and meeting places for training runs and special events.

Discount to club members from athletic stores.

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

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
 2. _____ IN ADDRESS
 3. _____
 4. _____

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