

KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor 1985 November - December

THE PRESIDENT'S PAGE

The Almost Heaven Marathon sponsored by KVRRC has been rescheduled for Sunday, December 8, 1985 at 10:00 A.M. Bill O'Dell (744-4918) is the race director. Bill has already had several inquiries from out of state runners. We are making every effort to make this marathon worth talking about after it is competed. If you are not going to run that day and are not busy, give something back to roadtracing, call Bill now and let him put you and your wife's names on the list of volunteers. Can you imagine how much easier it would be on race day if we even had 10 extra people?

Also I want to again remind you of the 85-86 edition of the Winter Series sponsored by the KVRRC. As you know there are 3 races on our flat, certified courses in Kanawha City. The Kanawha City 10K will be run on December 15, 1985. The Frostbite 5-Miler will be run on January 19, 1986 and the Valentine's 5K will be run on February 9, 1986. Run all three races and you will have a shot at an award as a combined time winner. There are no entry forms for the Winter Series races. You enter on the afternoon of each race.

The KVRRC is looking for new members. Join today. Come out and have fun. You will be surprised how many of your friends are out on the road. It is getting close to the end of 1985 so if you join now your membership dues will include the full year for 1986. If not the KVRRC I can recommend you join the Great Teays Running Club. Dave Hutton (776-6217) is the President and he will be glad to talk to you about getting started running, finding an everyday running partner or what way the GTRC can help you. They are a super group of people.

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pet Board, III President 744-0575
 Carroll Young Vice President 727-9844
 John Dawson Treasurer 342-3082
 Paul Garrett Membership Chairman 925-3247
 Kathy Hastings Director 348-0170
 Gail Proffitt Director 744-4918
 Bill O'Dell Director 744-1634
 David Copeland Director 744-0816
 Don Barnett Director

Mike Provinces Alternate
 Dick Conway Alternate 744-1099
 Gary Smith Newsletter
 Race Calendar

PARKERSBURG RACE

by Carroll Young

The annual Parkersburg Road Run was held June 15, 1985 at Parkersburg High School on a cool overcast day. The certified 10K loop course is fast and many runners had personal bests.

The course begins across the street in front of the school, winds through residential city streets and the city park, then ends back at the school with three-quarters of a lap on the track in the football stadium. The one noteworthy hill occurs near two miles into the race on Broad Street.

The expansive campus and facilities of the school provided an excellent location for the necessary administrative details that go with putting on a race. There appeared to be plenty of parking. Registration tables were staffed with adequate people to handle the entrants and dispense the T-shirts. The school gym was used for the awards presentation.

The start of the race was slightly delayed. In the first mile you notice a downgrade which produces a surprisingly good one mile split time. The second and third miles are small uphills and downhills that have little effect on overall pace. In the fourth mile you enter City Park for a loop and meet runners who are about a half mile ahead of you coming out of the park. In the last mile you run upgrade on the same street you ran downgrade in the first mile. Then you run past the start line, past the school, and finish on the track.

Steve Taylor won the race with a time of 29:26. The top woman was Mary Kay Chippendale, whose time was 38:21. Some Kanawha Valley runner's times were Frank Lewis 30:44, John Weber 33:16, Mike Mayes 34:08, Mike Provinces 38:23, Patrick Board 40:27, and Betty Young 43:32. 437 runners finished.

The awards were hand-made glass lamps, vases and mugs etched with race and place information. Drawings were held for running merchandise.

If you are looking for a well-organized, smoothly-operated race on June 14, 1986, I would recommend this one. For more information call Sherri Waggoner at 428-8021, extension 281, or write her at P.O. Box 1948, Parkersburg, WV 26101

THE PRESIDENTS PAGE, Continued

In September I took Patrick to the Virginia Ten-Miler at Lynchburg, Virginia and I recommend you put this race on your 1986 schedule. It was a class act. I already have applications for the September 27, 1986 race. Ask me for one.

Patrick and I will see you at the races.

Gary Smith

FROM THE EDITOR:

I started running in the summer of 1973 to gain weight and strength. I'm the only person I know who can say he started running to gain weight. I guess I knew from the start it wouldn't work but I knew it was something I could enjoy and in enjoying it, would find it easy to maintain as a form of regular exercise. I knew weight lifting or heavy television watching would be more conducive to weight gain but after a short while I would be unable to force myself to continue them.

The first 6-8 weeks of running I had to push myself to get going but after that I never had to demand running of myself even when my schedule was very regular and predictable (at the same time and even over the same course day after day) it was due to habit, job, family, or some combination of those but not due to feeling that I have to run or ought to run. I ran because I wanted to, needed to. There were times when I needed a "running fix" almost every day.

By contrast I don't think I have run six days in a row in the last year. My desire to run has fallen off drastically. I have had several good runs where I felt powerful, graceful, like a four-legged animal instead of a two-legged one. Once I get out there I enjoy it as much as I ever did but the drive just isn't as persistent as it once was. Maybe after 13 years at it I've finally hit the biggest wall.

ALMOST HEAVEN MARATHON DECEMBER 8, 1985



STARTING TIME 10AM.
REGISTRATION 9AM.
SPONSORED BY KANAWHA VALLEY ROAD RUNNERS.
PRE-REGISTRATION FEE \$6 BEFORE DEC. 1, 1985, \$10 AFTER.
TAC CERTIFIED.
FOR INFORMATION CALL 744-1634, 744-0575, 925-3247.

AWARDS.

1ST FIVE MEN AND 1ST THREE WOMEN OVERALL.
1ST AND 2ND PLACE MASTERS(40) FOR MEN AND WOMEN.
1ST AND 2ND PLACE IN EACH AGE GROUP.
MEDALS TO ALL FINISHERS.

AGE GROUPS (MEN AND WOMEN)

20 AND UNDER 36-40
21-25 41-45
26-30 46-50
31-35 51-55
60+

COURSE INFORMATION.

26.2 MILES BEGINNING AND ENDING NEAR THE WVU MEDICAL BUILDING AT CAMC MEMORIAL DIVISION ON 31ST STREET IN KANAWHA CITY. THE FIRST 8+ MILES ARE IN KANAWHA CITY. THE NEXT 9 MILES TAKE YOU ALONG HACCORCKLE AVE. ACROSS THE PATRICK ST. BRIDGE TO THE KANAWHA BLVD. YOU FOLLOW THE BLVD ALMOST BACK TO THE 35TH STREET BRIDGE. AT 17 MILES YOU TURN AROUND AND RETRACE THE PATH BACK TO CAMC FOR THE FINISH. THE COURSE IS FLAT EXCEPT FOR THE PATRICK ST. BRIDGE. WATER STOPS WILL BE SET UP EVERY 3 MILES. SPLITS WILL BE GIVEN AT 1.5, 10, 15, 20, 25 MILES. SHOWERS ARE AVAILABLE ON THE 4TH FLOOR OF THE WVU MEDICAL BUILDING.

AWARDS CEREMONY.

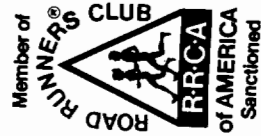
FOLLOWING THE RACE AT 2:30PM THERE WILL BE A COVERED DISH DINNER ON THE 4TH FLOOR OF THE WVU MEDICAL BUILDING. HOT (OR COLD) SOUP, DRINKS, AND UTENSILS WILL BE PROVIDED BY KYBR. BRING A DISH TO ADD TO THE MEAL.

ENTRY FORM (MAIL TO: KYBR, BOX 2282 CHARLESTON, WV 25332)

NAME _____ AGE _____
ADDRESS _____ SEX _____
CITY, STATE, ZIP _____ T-SHIRT SIZE _____

I WISH TO ENTER THE RACE AND HEREBY RELEASE THE KYBR FROM ANY LIABILITY FOR INJURY OR ACCIDENT FROM BY PARTICIPATION. I VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THIS EVENT.

SIGNATURE _____
(PARENTS' SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OLD).



KANAWHA VALLEY ROAD RUNNERS

000000WINTER SERIES00000000

RACE ONE: KANAWHA CITY 10K

DECEMBER 15, 1985
RACE DIRECTOR, GARY SMITH, 744-1099

RACE TWO: FROSTBITE 5-MILER

JANUARY 19, 1986
RACE DIRECTOR, PAUL GARRETT, 925-3247

RACE THREE: VALENTINE 5K

FEBRUARY 9, 1986
RACE DIRECTOR, JO ANN DA WSON, 342-3082

ALL RACES: CERTIFIED COURSES
SUNDAY, 2:00 PM

STARTING POINT & RACE REGISTRATION:

W.V.U. MEDICAL BUILDING, C.A.M.C. MEMORIAL DIVISION

ENTRY FEE: \$2.00 MEMBERS/\$3.00 NON-MEMBERS

AGE GROUPS: UNIFORM, MEN & WOMEN:

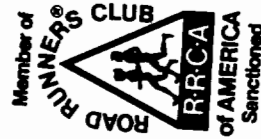
14 & UNDER	15-23	24-32
33-41	42-50	51-59
60 & OVER	WHEELCHAIR PARTICIPANTS	

AWARDS: OVERALL & 3 DEEP IN AGE GROUPS AT EACH RACE.

WINTER SERIES: AGE GROUP COMBINED TIME WINNERS.
AWARDS PRESENTED AT K.V.R.R. BANQUET, MARCH 7, 1986.

INFORMATION: PAT BOARD III 347-7013, 744-0475 (HOME).

CARROLL YOUNG 344-7705, 727-9844 (HOME).
BILL ODELL 744-4918 (HOME).



SCHEDULE OF EVENTS
 NOVEMBER - DECEMBER 1985

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

November 11, 1985
 Monday
 KVRRC Board Meeting
 RT: 7:30 P.M.
 SP: JoAnn Dawson's
 731 Churchill Drive
 Charleston

December 2, 1985
 Monday
 KVRRC Board Meeting
 RT: 7:30 P.M.
 SP: JoAnn Dawson's
 731 Churchill Drive
 Charleston

December 8, 1985
 Sunday
 Allmost Heaven Marathon
 RT: 9:00 A.M.
 ST: 10:00 A.M.
 SP: CMC-Kanawha City
 EF: \$6.00/\$10.00
 RD: KVRRC
 See application in this issue

December 15, 1985
 Sunday
 Kanawha City 10K
 RT: 1:00 P.M.
 ST: 2:00 P.M.
 SP: CMC-Kanawha City
 EF: \$2.00/\$3.00
 RD: KVRRC
 First of Winter Series

January 19, 1986
 Sunday
 Frostbite 5-Miler
 RT: 1:00 P.M.
 ST: 2:00 P.M.
 SP: CMC-Kanawha City
 EF: \$2.00/\$3.00
 RD: KVRRC
 Second of the Winter Series

LOOKING AHEAD
 February 9 - Valentine 5K
 March 7 - KVRRC Banquet
 March 8 - Poca River 15K

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

Gary Smith
 250 F Street
 S. Charleston, WV
 25303
 744-1099 (after
 6 P.M. or weekends)

RESULTS OF THE 1985 CPA MILE

PLACE	TIME	NAME	AGE	HOMETOWN
<u>MALE 9-UNDER</u>				
1	5:45	Brett Hurt	9	Ripley
2	6:43	Elisha Corn	8	St. Albans
3	6:57	Kevin Woodrich	9	Charleston
4	7:01	Ryan Anderson		Charleston
5	7:47	Abraham Goldburg	8	Charleston
6	8:00	Dermis Adkins	8	Charleston
7	8:02	Todd Woodrich	6	Charleston
8	8:10	Norman Steenstra	9	Charleston
9	8:27	Zack Steenstra	6	Charleston
10	9:43	David Feinberg	9	Charleston
<u>FEMALE 9-UNDER</u>				
1	7:23	Lisa Opeland	9	Charleston
2	7:32	Marta Steenstra	7	Charleston
3	7:32	Carrie Richard	9	Washington PA
4	8:06	Amy McClain	8	Charleston
5	8:26	Arelena Neester	8	Charleston
6	8:39	Allison West		Charleston
7	9:01	Sara Pritt	8	Scott Depot
8	9:03	Sarah Feinberg	7	Charleston
9	9:09	Michelle Anderson	7	Charleston
10		Cathy Crouch	8	Charleston
<u>MALE 10-12</u>				
1	6:52	Patrick Brown IV	11	Charleston
2	7:01	John Coleman	10	South Charleston
3	7:10	Adam Neester	10	South Charleston
4	7:11	Chris Frailie	11	Charleston
5	8:01	Chris Smith	10	Charleston
6	9:41	Richard Smith	10	Charleston
<u>FEMALE 10-12</u>				
1	6:25	Kema Shaar	11	South Charleston
2	6:39	Ames Barrette	11	South Charleston
3	6:54	Amy Steel	10	Charleston
4	6:57	Amy Carpenter	12	Charleston
5	8:21	Melissa Carpenter	11	Charleston
6	8:27	Susan McClain	12	Charleston
7	8:44	Nancy McClain	11	Charleston
<u>MALE 13-15</u>				
1	5:02	Scott Barrette	15	South Charleston
2	5:06	Todd McMillion	14	Nitro
3	5:19	Jamie Cope	15	Scott Depot
4	5:31	Mike Haynes	14	Scott Depot
5	6:06	Benjie Hurt	13	Ripley
6	6:28	Todd McPherson	14	Hurricane
7	7:10	Deron Fralley	13	Charleston
8		Travis Hogue	15	South Charleston

PLACE	TIME	NAME	AGE	HOMETOWN	PLACE	TIME	NAME	AGE	HOMETOWN
<u>FEMALE 13-15</u>									
1	6:51	Nancy Higginbotham	15	Nitro	1	4:49	Roger Chapman	41	Barboursville
2	7:58	Julie Wegart	13	Nitro	2	4:59	Ray Dockery	42	South Charleston
3	10:25	Mimi Helton	15	St. Albans	3	5:04	Jim Stuppilo	45	Summersville
<u>MALE 16-19</u>									
1	4:33	Bobby Dert	19	Charleston	4	5:11	Gary Peyton	43	Charleston
2	4:45	Eddy Gannon	18	South Charleston	5	5:21	Chap Richardson	46	Sissonville
3	4:47	L. Todd Cane	17	Scott Depot	6	5:37	Gene Curtis	40	Huntington
4	4:48	Mark Hartling	17	Nitro	7	6:31	Virgil Helton	40	St. Albans
5	4:56	Kirk Kelly	16	Charleston	<u>FEMALE 40-49</u>				
6	5:01	Phillip Conn	16	St. Albans	1	9:19	Barbara Clark	46	Charleston
7	5:02	Scott Myers	16	Blue Creek	<u>MALE 50-59</u>				
8	5:03	Mike McMillion	16	Nitro	1	5:39	Kenneth Doss	52	Mallory
9	5:15	Trey Clark	16	ELKview	2	7:25	Gene Fuller	50	Winfield
10	5:16	Joe Estep	16	South Charleston	3	7:26	Bruce Jamison	50	Vierma
11	5:20	Phillip Yin	16	Nitro	<u>FEMALE 50-59</u>				
12	5:21	Chris Lambert	17	Hurricane	1	7:51	JoAnn Dawson	51	Charleston
<u>FEMALE 16-19</u>									
1	7:03	Christy Woods	16	Charleston	<u>MALE 60 +</u>				
<u>MALE 20-29</u>									
1	4:41	Tom Lumahe	28	South Charleston	1	6:08	Archie Mullins	62	Charleston
2	4:42	Jeff Jordan	26	Scott Depot	<u>MALE WHEELCHAIR</u>				
3	4:52	Pat Welzgodski	27	Charleston	1	7:28	William Riddle	16	Charleston
4	5:02	Mike Snuffer	25	Charleston	<u>OPEN</u>				
5	5:09	Glen Morris	25	Marmet	1	4:38	Tim Coffman	30	Belle
6	5:24	Mark Gunderson	27	Charleston	2	4:45	Bobby Dent	19	Charleston
7	5:26	Keith Ratliff	23	Charleston	3	4:45	Rick Harris	18	Clendenin
8	5:32	J.T. Shannon	26	Charleston	4	4:45	Roger Chapman	41	Barboursville
9	5:33	Randy Fox	26	South Charleston	5	5:26	John Maher	30	Charleston
10	5:34	Charles A. Boch	26	Nitro	6	5:26	Jim Pritt	31	Scott Depot
11	6:27	Jim Boblett	27	Oak Hill	<u>HEAVYWEIGHT (200LBS +)</u>				
<u>FEMALE 20-29</u>									
1	6:09	Risa Wellert	23	Culloden	1	5:22	Steve Stewart	29	Charleston
2	6:54	Kris Gagnon	20	Charleston	2	5:28	Dennis Dean	29	Pinch
3	7:44	Terrri Thomas	28	Institute	3	6:16	Fred Tipane	29	Cross Lanes
4	9:50	Kara Thaxton	24	Charleston	4	8:43	Gene Fuller	50	Winfield
<u>MALE 30-39</u>									
1	4:33	Tim Cortman	30	Belle	5	10:31	Larry Shilling	29	Charleston
2	4:40	Pat Mcinnis	32	Hurricane	<u>CPA-MALE</u>				
3	4:41	Tom Eckel	32	ELKview	1	5:00	Ron Plantz	37	Charleston
4	4:47	John Weber	30	Charleston	2	5:03	Gary Smith	31	South Charleston
5	5:11	Dwaine Mckenndree	38	Barboursville	3	5:32	Kerry Winters	30	Winfield
6	5:12	Tom Pauley	37	Charleston	4	5:47	Tim Gibbons	33	Charleston
7	5:13	James Miller	33	Hurricane	5	5:55	Trenton Stover	37	Point Pleasant
8	5:39	Jack Anderson	38	Charleston	6	6:00	Brian Eye	37	ELKview
9	5:59	John Stanton	32	St. Albans	7	6:13	Bob Simpson	37	Charleston
10	6:08	Mike Pyryt	32	Charleston	8	6:27	Bill Coyle	27	Charleston
11	6:10	David Bailey	31	Scott Depot	9	6:30	Pat Brown III	43	Charleston
					10	7:26	Reed Spangler	34	Charleston
					11	7:29	Steve Woomer	25	Charleston

Kanawha Valley ROAD RUNNERS



The Kanawha Valley Road Runners (KVRRC) 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 KVRRC'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

PLACE	TIME	NAME	AGE	HOMETOWN
12	7:37	Sam Somerville	30	Charleston
13	7:44	Jim Southerland	30	Charleston
14	8:09	Larry Tokes	25	South Charleston
15	10:03	Roger Osborne	38	Charleston

CPA-FEMALE	TIME	NAME	AGE	HOMETOWN
1	9:08	Kim Solomon	26	South Charleston
2	9:08	Janet Nabors	23	Institute

PLACE	COMBINED TIME	LAST NAME	HUSBAND TIME	WIFE TIME
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1	11:50	Castelle	5:35	6:15
2	12:49	Pearcy	5:32	7:17
3	12:55	Vargo	4:55	8:00
4	14:00	Peyton	5:23	8:37
5	14:03	Gregory	5:25	8:38
6	14:16	Miller/Marquez	6:16	8:00
7	14:51	Feinburg	7:35	7:16
8	15:39	Steenstra	7:22	8:17
9	16:03	Smith	8:04	7:59

FAST SERVICE T-SHIRTS PRINTERS UP TO 6 COLORS

CREATIONS GALORE, INC.
 1326 OHIO AVE.
 DUNBAR, W. VA 25064
 (304) 768-3923

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 IN ADDRESS

2. _____

3. _____

4. _____

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

