



Michael C. Pyryt

1987

November-December

The President's Page

On Saturday, December 6th, at 10:00 AM, the fastest marathon in the United States will be run in our own backyard. Yes, the KVRRC is sponsoring the ALMOST HEAVEN MARATHON on a flat (except for the Patrick Street Bridge) certified course that is attractive to the runner. If you have never attempted a marathon and have the urge to try, how about the Almost Heaven? You might do better than you think you can!!! Bill O'Dell is the race director again this year. If you are not going to run, give Bill a call (744-4918) and come out and help us maintain the QUALITY this race is known for. Bring a new member with you!!! We put on a "Good Show."

Also the 86-87 WINTER SERIES is alive and running. The Kanawha City 10-K on December 14, 1986, the Frostbite 5-Miler on January 18, 1987, and the Valentine 5-K on February 15, 1987, will be run on certified courses with age group combined time winners from all three winter series races receiving an award at next year's KVRRC Banquet. Refer to the Winter Series flyer in this issue.

The FOOT LOCKER on the first floor of the Town Center Mall has agreed to give KVRRC members a discount on purchases. The store sells running shoes, shorts, singlets, and other items. MEMBERSHIPS MUST BE CURRENT!!! If you renew your membership after November 1, 1986, you will be current for the 1987 membership year. RECRUIT A NEW MEMBER!!!

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	744-0575
Caroll Young	727-9844
JoAnn Urofsky	345-3996
Paul Garrett	925-3247
Bill O'Dell	744-4918
Don Barnett	744-0816
Mike Province	744-6466
Carol Graham	744-5148
Mike Pyryt	776-5592

Dave Fields	Alternate	744-1099
Dave Copeland	Alternate	
Gary C. Smith	Newsleter	
	Race Calendar	

FROM THE EDITOR:

This is the first of three issues that I plan to edit this year. I hope that you enjoy it!!! The success of this newsletter is dependent upon your input. Please share your running experiences and ideas. I want to build on Gary Smith's efforts and make the The Runner's Sole an informative newsletter. providing extensive exposure to racing events and spotlighting Kanawha Valley Road Runners' accomplishments. My editor's column will provide a potpourri of announcements, notes, and random thoughts.

Although it's only October 23, as I write this column, this is the only newsletter that will appear before the end of the year. Therefore let me extend my sincere wishes for a wonderful Hanukkah and Christmas and a healthy, happy, and prosperous New Year to KVRRC members and their families. Please see the note about the New Year's Eve 5K and party.

Congratulations to Leo Runyan, who recently qualified for the Boston Marathon with six minutes to spare at Johnstown.

Although I try to remain knowledgeable about the most recent scientific research on all aspects of running, I am firmly convinced that running is highly ideosyncratic. I perform best in races when I use pizza and beer as a pre-race meal and coffee and doughnuts as a pre-race breakfast. My experimentation with Kielbasi and Sauerkraut as a pre-race brunch before the CPA mile was a failure, however. I'd love to hear from other runners about their pre-race meal habits.

Although the effectiveness of running strategies is ideosyncratic, it helps to run long distances in a group. Runners of all abilities are invited to join our Sunday group, which leaves from Kathy Hastings' house (1607 McClung) each Sunday at 8:00 AM.

Mike Pyryt

Presidents Page (Continued)

Do you remember October 4, 1986? There were five races within driving distance of Charleston. I received some good and some not so good race reports on that day. If you are involved in a future race, I recommend that you start early and contact Gary Smith (744-1099) after 6:00 PM about an open date which will attract a larger field to your race and create cash flow. The KVRRC, if not already committed, can assist you with your race. If not the KVRRC, let me also recommend that you contact the Great Teays Running Club. They are a great group of people.

Let me also remind you about the COGS-Shawnee Kanawha 3- and 10-Miler Road Race, on Saturday, November 1st. It starts at 9:30 AM at the Kanawha City Recreation Center. For information, call Ray Dockery (768-9711) or A. J. Ball (345-4800). DON'T MISS THIS RACE!!! It will be a quality event. Ray and A.J. are expecting 500+ runners.

Even, if you are not going to run a marathon, stay on the road in the cool winter. Hang tough and stay in shape. You are the one that will benefit in the next Spring.

Patrick and I will see you at the races.

Pat Board III

The next scheduled meeting of the Board of Directors is November 3, 1986 at 7:30 PM at the home of Pat Board, III



ALMOST HEAVEN MARATHON

DECEMBER 6, 1986

STARTING TIME 10AM.
 REGISTRATION 9AM.
 SPONSORED BY KANA WAH VALLEY ROAD RUNNERS.
 PRE-REGISTRATION FEE \$6 BEFORE DEC. 1, 1986, \$10 AFTER.
 TAC CERTIFIED.
 FOR INFORMATION CALL 744-4918, 744-0575, 925-3247.



AWARDS
 1ST FIVE MEN AND 1ST THREE WOMEN OVERALL.
 1ST AND 2ND PLACE HASTERS (40+) FOR MEN AND WOMEN.
 1ST AND 2ND PLACE IN EACH AGE GROUP.
 SHIRTS TO ALL REGISTRANTS.

AGE GROUPS (MEN AND WOMEN)

20 AND UNDER	41-45
21-25	46-50
26-30	51-55
31-35	56-60
36-40	61+

COURSE INFORMATION
 26.2 MILES BEGINNING AND ENDING NEAR THE WVU MEDICAL BUILDING AT CAHC MEMORIAL DIVISION ON 31ST STREET IN KANA WAH CITY. THE FIRST 8+ MILES ARE IN KANA WAH CITY. THE NEXT 9 MILES TAKE YOU ALONG HACCORLE AVE. ACROSS THE PATRICK ST. BRIDGE TO THE KANA WAH BLVD. YOU FOLLOW THE BLVD ALMOST BACK TO THE 35TH STREET BRIDGE. AT 17 MILES YOU TURN AROUND AND RETRACE THE PATH BACK TO CAHC 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. THE COURSE WILL CLOSE AFTER 5 HOURS. ANYONE ON THE COURSE AFTER 3PM WILL BE ON THEIR OWN.

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 KVRB. BRING A DISH TO ADD TO THE MEAL. NON-RUNNERS THAT DO NOT BRING A DISH WILL BE CHARGED \$1.

ENTRY FORM (MAIL TO: KVRB BOX 2282 CHARLESTON, WV 25328)

NAME: _____ AGE: _____

ADDRESS: _____ SEX: _____

CITY STATE ZIP: _____ T-SHIRT SIZE: _____

I WISH TO ENTER THE RACE AND HEREBY RELEASE THE KVRB FROM ANY LIABILITY FOR INJURY OR ACCIDENT FROM MY 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).

MARATHON TRAVELING OPPORTUNITIES

Interested in traveling to out-of-town races both domestic and overseas? Whose hardy souls that don't mind driving and enjoy traveling, please write Jerry R. Herndon, Box 384, Cabin Creek, West Virginia, 26065, for details. A listing of some upcoming marathons is included below.

State	Location	Phone Number of Race Director	Remarks
2	Austin, TX	(512) 480-5540	
2	Washington, DC	(703) 990-3431	Marine Corps
2	San Antonio, TX	(512) 433-6391	
9	Harrisburg, PA	(717) 697-5017	
9	Louisville, KY	(502) 459-5606	
15	Chattanooga, TN	(615) 344-2897	
16	Atlantic City, NJ	(609) 822-0623	also 100K
16	Columbus, OH	(614) 889-9079	
13	Birmingham, AL	(205) 979-1731	SAT 10K, 2 Mile
13	Greensboro, NC	(919) 273-6625	also 10K
23	Philadelphia, PA	(703) 563-6307	also 5K, Half-Marathon
23	Roanoke, VA		
23	St. Louis, MO		
6	Charleston, WV	(304) 744-0575	Bring Food and friend
7	Baltimore, MD	(301) 882-5455	
13	Charleston, SC	(803) 881-0876	
13	Huntsville, AL	(205) 881-9077	
14	Tampa, FL	(813) 688-8635	White Rock
14	Dallas, TX		
3	Charlotte, NC	(704) 379-6896	also 10K
4	Jacksonville, FL	(904) 739-1917	also 10K

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KANAWHA VALLEY ROAD RUNNERS

*****WINTER SERIES*****

race one: Kanawha City 10K
December 14, 1986
Gary Smith 744-1099

race two: Frostbite 5-miler
January 18, 1987
Paul Garrett 925-3247

race three: Valentine 5K
February 15, 1987
JoAnn Urofsky 345-3996

All races are on certified courses at 2:00 pm. on Sundays.

START & REGISTRATIONS:

WVU Medical Building, CAMC Memorial Division

ENTRY FEE:

\$2.00 for members and \$3.00 for non-members.

CATEGORIES (men and women):

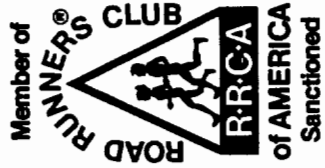
14&under	15-23	24-32
33-41	42-50	51-59
60&over	Wheelchair	

AWARDS:

1st overall, 3 deep in each category.
At the KVRB banquet, an award will be given for the best combined time in all races for each category.

INFORMATION:

PAT BOARD 744-0575, CARROL YOUNG 727-9844,
BILL O'DELL 744-4918, PAUL GARRETT 925-3247,
GARY SMITH 744-1099, MIKE PYRYT 776-5592



RUNNER'S HIGH: A SELECTED BIBLIOGRAPHY

- Glasser, W. (1976). Positive Addiction. New York: Harper & Row.
- Haier, R. J., Quaid, K., & Mills, J. S. C. (1981). Naloxone alters pain perception after jogging. Psychiatry Research, 5, 231-232.
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NOVEMBER - DECEMBER 1986

RT: Registration Time
ST: Starting Time
SP: Starting Place
EF: Entry Fee

November 1, 1986

Saturday
COGS-Shawnee Kanawha
3- and 10-Miler

RT: 8:30 AM
ST: 9:30 AM
SP: Kanawha City Recreation Center
EF: \$6.00/\$8.00
RD: Ray Dockery (768-9711)
A.J. Ball (345-4800)

November 8, 1986

Saturday
Wheeling Hospital's 5th Annual
5K Corporate Cup

RT: 9:00 AM
ST: Oglebay Park
EF:
RD: Todd Fullerton (243-3485)

November 16, 1986

Sunday
Columbus Marathon

RT: By November 3
ST: 10:30 AM
SP: Downtown Columbus, OH
EF: \$12.00
RD: Nationwide/Bank One
(614) 889-9079

November 27, 1986

Thursday
Thanksgiving Day 5-Miler

RT: 8:00 AM
ST: 9:30 AM
SP: Old YMCA; South Kanawha, Beckley
EF: \$6.00/\$7.00
RD: Eric Eliassen

November 2, 1986

Sunday
Up the Creek Without
A Paddle 5K & 15K

RT: 12:00 PM
ST: 1:30 PM
SP: St. Mary's High School
St. Mary's, WV
EF: \$8.00/\$9.00
RD: Pleasants Pacers

November 9, 1986

Sunday
Big Moses Distance Run
6.3 Mile Loop & 1 Mile

RT: 12:30 PM
ST: 2:00 PM
SP: Sistersville City Hall
EF: \$7.00/\$9.00
RD: Tom & Debbie Spencer
(652-2550)

November 23, 1986

Sunday
Star City Marathon
also 5K & 1 1/2 Marathon

RT: By November 14
ST: 11:00 AM
SP: Corner of Williamson and
Tazewell, Roanoke, VA
RD: Patton Coles
(703) 563-6307

December 6, 1986

Saturday
ALMOST HEAVEN MARATHON

RT: 9:00 AM
ST: 10:00 AM
SP: CAMC-Memorial
EF: \$6.00/\$10.00
RD: Bill O'Dell(744-4918)
SEE AD THIS ISSUE

December 14, 1986
KANAWHA CITY 10K

Sunday
RT: 1:00 PM
ST: 2:00 PM
SP: WVU Medical Building, CAMC Memorial Division
EF: \$2.00 Members/\$3.00 Non-members
RD: Gary Smith (744-1099)
First of KVRRC Winter Series
SEE ADD THIS ISSUE

December 21, 1986

Sunday
FIFTH ANNUAL 5K MISLETOE RUN

RT: 2:00 PM
ST: Pleasants County Park
EF: \$5:00
RD: Pleasants Pacers

December 31, 1986

NEW YEAR'S EVE 5K & PARTY
Wednesday

RT: 10:30 PM
ST: 11:50 PM
SP: Corner of Washington & Greenbrier Sts.
EF: BYOB and/or Snacks
RD: Kathy Hastings
Party after race at 1607 McClung

LOOKING AHEAD

January 18, 1987 Frosbite 5-Miler
February 15, 1987 Valentine 5-K
March KVRRC Banquet
Poca River 15K

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

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