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Michael C. Pyryt, Editor

1988

November-December

The President's Page

The annual KVRRC Pool/Picnic Party took place on August 20, 1988. Sincere thanks are extended to Kelly Mott and Tom Pearcy for use of their pool and patio area. The KVRRC also appreciates the efforts of Dave Ellis in coordinating the event.

The 16th Annual Charleston Distance Run is now history. Don Norman was the overall winner in 1:15:52. Mary Heidelk (1:31:19) won the Women's Division. Bill Rodgers (1:16:37) finished third overall. Top KVRRC finishers were Don Wilson (1:24:17) and Darlene Norman (1:43:19). My "Blue Ribbon" for best performance of the day goes to Dr. Doug Jones of White Sulphur Springs, who stopped at the 12-mile mark to save the life of another runner, then finished the race in 2:36:53.

The 2nd Annual Regatta Swim was held following the Distance Run. The swim was 1.5 miles in length. The following KVRRC members completed the swim: Bill O'Dell (38:37), Brian Platt (39:46), Tammi Wright (40:00), Steve Taylor (49:18), Charlie Wright (52:09), George Castelle (55:26), and Mike Pyryt (56:45). Six of these swimmers also completed the 15-Mile Charleston Distance Run. Joe Dowling, winner of the Wheelchair Division in the Distance Run, and Harry Cordellos, a blind athlete, also completed both the run and the swim.

Although the weather is getting cold, I urge you to keep running. The Annual Almost Heaven Marathon will take place on Saturday, December 3, 1988 at 10:00 AM (SEE APPLICATION THIS ISSUE). Bill O'Dell (744-4918) is the Race Director. This year's race will also feature 3-Person Team Categories. If you do not plan to run the marathon, plan to help us. Give Bill a call.

(Continued on Page 3)

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	347-7010
Paul Garrett	Vice President	
	Membership Chairman	925-3247
Annette Castelle	Secretary	343-9371
Dave Ellis	Director	344-4488
Dennis Hamrick	Director	344-8342
Bill O'Dell	Director	744-4918
Mike Pyryt	Director/Newsletter	776-5592
Bill Shultz	Director	768-8472
Fred Waybright	Director	768-9065

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

FROM THE EDITOR:

It's hard to believe it's been two months since the last issue of The Runners Sole. Time has been racing while I've been slogging. Fortunately, Halloween is upon us and provides the opportunity for racing incognito.

I did manage to stay ahead of the ambulance and trailing rowboat while racing at sea and on land. There were some nice touches in several races. The Regatta Swim added a carpet to facilitate exit from the Kanawha River. The Winecellar Classic awarded a "Turtle Trophy" to the last place finisher. The Run For The People brought Bill Rodgers back to town. Wonderful opportunities for carbohydrate replenishment were provided at the Run For The People, Fallfest 10K at Camp Creek State Forest, and the Humana Hospital 10K in Lewisburg.

I'd like to express my appreciation to Steve Robinson of the Marietta Running Club for providing information for this issue's race calendar. The calendar is likely to be slim between now and February. Please send any race information to Gary Smith.

I'd like to encourage all runners to seriously think about competing in the Almost Heaven Marathon. With the relay concept, each team member will run 8.733 miles. In the past, we have had a relatively low percentage of marathon finishers. Our percentage of marathon finishers should increase dramatically if enough runners participate either individually or in teams. After the marathon, there will be a feast at CAMC. Bring a covered dish and share some fellowship.

Although it's only October, as I write this column, it's time to wish all readers a Happy Hanakkah, Merry Christmas, and a healthy, happy, and prosperous New Year.

Finally, there are other races not included in the race calendar. Please be sure to vote in this election!!!  
SEE YOU AT THE RACES!!!

Mike Pyryt

The 1988-1989 Winter Series has been planned (See Flyer this issue). Come Out and Support Us!!!

Congratulations to KVRRC member, Jimmy Fisher, who ran a 2:49:48 marathon in Seoul, Korea, on October 24, 1988 as part of Paralympic Games. Jimmy finished 5th in a field of 77 runners from 30 countries. Jimmy also bested his PR by 11 minutes.

Recruit a new member for the KVRRC. Bring a friend to the or a neighbor to the Winter Series. The KVRRC is for Everyone!!! I am hoping in advance that you and your family have a Happy Thanksgiving, a Merry Christmas and a Happy New Year. Patrick and I will see you at the races.

Pat Board III

**DANCE GYMNASTICS FITNESS RUNNING**

**DANCE & FITNESS APPAREL CENTER**

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**THE PLACE TO RACE**

EXCLUSIVE OUTLET-CHARLESTON... THE PLACE TO RACE T-SHIRTS

**DANCE FITNESS RUNNING CYCLING**

Dunbar Winecellar Classic

Jim Holland

From deathbed to rejuvenation in just four weeks was the path traveled by Dunbar Winecellar Classic. The 10K Run, second in tenure to the Charleston Distance Run in Kanawha County, was on the verge on receiving its "walking" papers just one month prior to the September 17, 1988 race date. Interest in the run by organizers in Dunbar had waned to the point that not one step had been taken in preparation for the 1988 event. The axe was in position and ready to eliminate a tradition.

Enter Bud Bickel, newly-hired City Recreation Director, who suddenly discovered that he had a roadrace to conduct and little time to prepare. Immediately seeking out the assistance of tireless volunteers, the brainstorming sessions and accumulation of ideas began.

The RESULTS? On the surface, it appeared to be Greg McKinney leading the pack with a 32:54 clocking and Mary Heidelk pacing the Women's Field with a time of 36:12. However, the real results were the efforts behind the rebirth of a roadrace in just four weeks. Almost every runner was a winner in some respect. A "Turtle Trophy" was awarded to the last place finisher. In addition to the age-group awards, a seemingly endless string of doorprizes were donated by local merchants. The Grand Prize was a weekend for two at Pipestem Resort State Park.

For the first time ever, the race solicited the help of corporate sponsors and became financially self-sufficient. As a result, such "perks" as the KRT Trolley Bus to transport runners back to the starting point, radio coverage, and a post-race beer party at a local establishment were added.

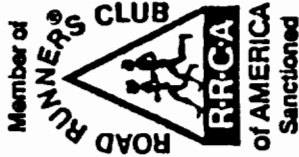
The race in itself had only 97 finishers. This could be attributed to the rain and conflict of date with the Mountain State Biathlon. Several out-of-state runners competed. Several runners commented that it was well-organized and one of the better events they had run. It is hoped that this small field will represent the base for this run to build on.

With 45 more weeks to plan for next year's race, it is hoped that the race will improve in efficiency and excellence each year. The list of new ideas is accumulating for next year's race. Bickel encourages any runners that have suggestions to contact him at the Dunbar Recreation Center. After all, it's a race for the runners.

This year's race was a start toward the goal of returning to its peak level of 1983, when almost 400 runners considered the Winecellar Classic a "can't miss" event.



# ALMOST HEAVEN MARATHON SATURDAY DECEMBER 3, 1988



REGISTRATION: 9AM. START: 10AM. TAC CERTIFIED COURSE.  
SPONSOR: KANAWHA VALLEY ROAD RUNNERS  
INFORMATION: 744-4918, 744-0575, 925-3247

FEE: \$10 (TEAM \$30) BEFORE NOV. 26, 1988.  
\$12 (TEAM \$36) AFTER NOV. 26, 1988.

AWARDS: Overall, 1st five men, 1st three women.

Masters: 1st and 2nd (M&W)

Age groups: 1st & 2nd (M&W) over 60  
20 & under 31-35 46-50  
21-25 36-40 51-56  
26-30 41-45 56-60

Teams: (1st & 2nd) Mens, Womens, Mixed, Mens Masters, Womens Masters.

TEAMS: A team consists of three individuals. Each person will run one loop of the course, approximately 3.7 miles. Team entries must be mailed together! Teams awards as noted above will be separate from individual awards.

COURSE: 25.2 miles beginning and ending near the WVU Medical Building at CAMC Memorial Division on 31 Street in Kanawha City. The nearest interstate exit is 35th Street Bridge (#99) of I-64. The course will be three loops in mostly residential areas. It is bounded by 57th Street on the East and the C&P boat ramp on the West. There will be water stops at each end of the course and at the start/finish line. Showers are available in the WVU Medical Building. The course will be closed after 4 1/2 hours for the awards banquet.

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 KVRR. Bring a dish to add to the meal. Non-runners that do not bring a dish will be charged \$1.

Mail entry to: KVRR, BOX 2282; Charleston, WV 25328

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ SEX: \_\_\_\_\_  
CITY, ST, ZIP: \_\_\_\_\_ T-SHIRT: \_\_\_\_\_

TEAM: \_\_\_\_\_

I wish to enter the race and hereby release the KVRR 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 yrs)

**Schedule of Events**  
November-December

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

November 5, 1988  
Saturday  
Collegiate Chase  
RT: 8:30 AM  
ST: 9:00 AM  
SP: King Community Center, Donnally St.  
EF: \$7.00/\$8.00  
RD: Carl Hadsell 296-8470  
SEE AD SEPTEMBER-OCTOBER ISSUE

November 5, 1988  
Saturday  
Kanawha State Forest 10K  
RT: 1:00 PM  
ST: 12:00 AM  
SP: Kanawha State Forest  
EF: \$6.00/\$7.00  
RD: Monica Miller (348-2764)  
Winston Gregory (757-6435)  
Jack Adkins (757-6490)  
Governor's Cup Series Finale

December 3, 1988  
Saturday  
Almost Heaven Marathon  
RT 9:00 AM  
ST: 10:00 AM  
SP: WVU Medical BLDG./CAMC  
EF: \$10.00/\$12.00 Individual  
\$30.00/\$36.00 Team  
RD: Bill O'Dell (744-4918)  
SEE AD THIS ISSUE

December 10, 1988  
Saturday  
Jingle Bell Run For Arthritis  
(10K and 3K Fun Run)  
RT: 9:00 AM  
ST: 10:00 AM  
SP: Kanawha City Center  
EF: \$7.00/\$10.00  
RD: Arthritis Foundation  
SEE AD THIS ISSUE

November 6, 1988  
Sunday  
Up the Creek Without a Paddle (4M)  
RT: 1:00 PM  
ST: 2:00 PM  
SP: St. Mary's High School  
EF: \$10.00  
RD: Pleasants Pacers

November 12, 1988  
Saturday  
Horace Mann Run for Funds  
RT: 9:00 AM  
ST: 9:00 AM  
SP: Sandra Perfater (925-8794)

December 18, 1988  
Sunday  
Kanawha City 10K  
RT: 1:00 PM  
ST: 2:00 PM  
SP: WVU Bldg./CAMC  
EF: \$2.00/\$3.00  
RD: KVRRC 347-7010  
First of Winter Series  
SEE AD THIS ISSUE

December 18, 1988  
Sunday  
Missletoe 5K  
RT: 1:00 PM  
ST: 2:00 PM  
SP: St. Mary's High School  
EF:  
RD: Pleasants Pacers

November 13, 1988  
Sunday  
Columbus Marathon  
RT: By 11/1/88  
ST: 9:45 AM  
SP: DOWNTOWN COLUMBUS  
EF: \$15.00/\$25.00  
RD: Nationwide/Bank One/Exceed

November 13, 1988  
Sunday  
Roanoke Half-Marathon  
RT:  
ST:  
SP: Williamson/Tazewell  
Roanoke, VA  
EF:  
RD: Star City Striders  
(703/563-6307)

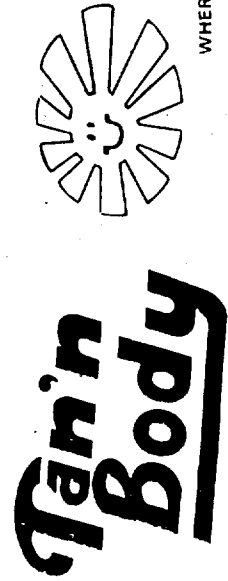
January 1, 1989  
January 7, 1989  
January 15, 1989  
February 12, 1989  
February 26, 1989  
Polar Bear 10K Run, Marietta, OH  
Charlotte Observer Marathon & 10K  
Frostbite 5-Miler  
Valentine 5K  
Anheuser-Busch Colonial Half-Marathon

Looking Ahead  
Race Directors should immediately contact the KVRRC regarding the cancellation or rescheduling of events to:  
Gary Smith  
250 F. Street  
South Charleston, West Virginia, 25309  
(744-1099 after 6 PM)

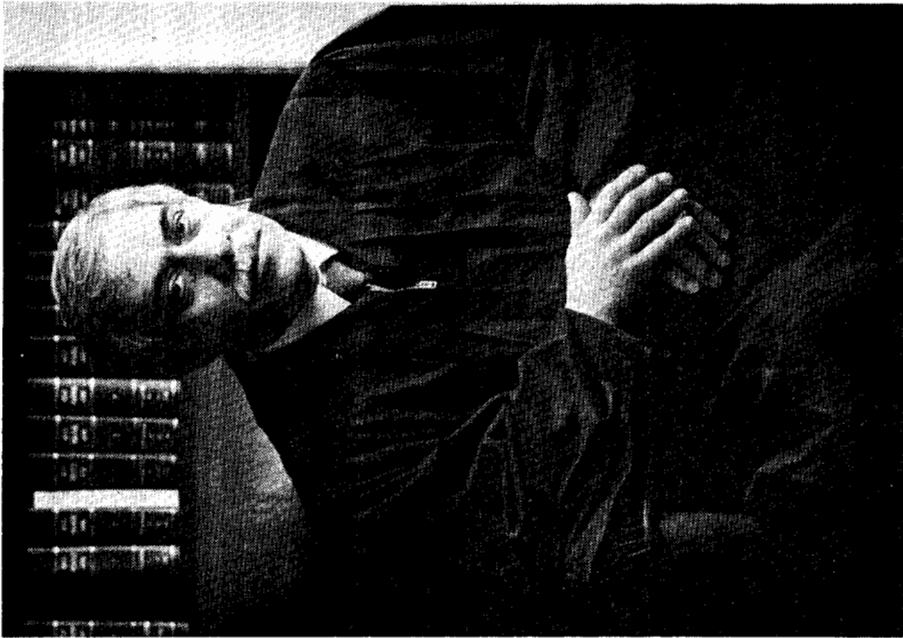
November 20, 1988  
Sunday  
Cleveland Classic (13.1M & 5K)  
RT: BY 5:00 PM 11/19/88  
ST: 9:00 AM  
SP: Bonnie Park Pearl Road  
Cleveland, OH  
EF: \$8.00/\$10.00  
RD: Cleveland West Road Runners  
(614-228-6031)

November 24, 1988  
Thursday  
Thanksgiving Day 5-Miler  
RT: 8:00 AM  
ST: 9:30 AM  
SP: Old YMCA, South Kanawha  
Beckley, WV  
EF:  
RD: Raleigh County Road Runners

**ALMOST HEAVEN MARATHON**  
**SATURDAY DECEMBER 3, 1988**



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# Kanawha Valley ROAD RUNNERS

WINTER SERIES: 1988-1989

**Featuring:**

- Kanawha City 10K December 10, 1988
- Frostbite 5-Miler January 15, 1989
- Valentine 5K February 12, 1989

**Site:** WVU Medical Building  
CAMC Memorial Division

**Time:** All Races Start at 2:00 PM

**Fee:** \$2.00 KVRRC MEMBERS/\$3.00 Non-Members  
For more information: 347-7010

**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: \_\_\_\_\_

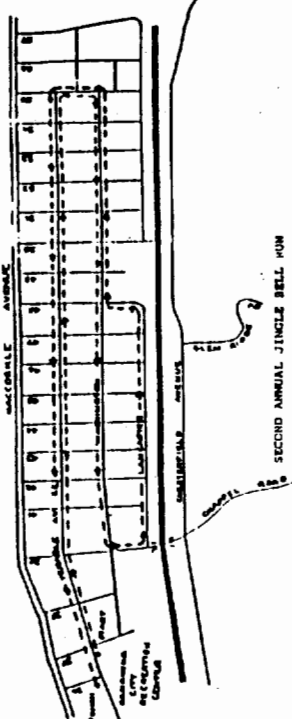
Home Phone: ( ) \_\_\_\_\_ Office Phone: ( ) \_\_\_\_\_ Zip: \_\_\_\_\_

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  
**MAIL TO:** P. O. Box 2282  
Charleston, West Virginia 25328



**SECOND ANNUAL JINGLE BELL RUN**

**COURSE** 10K Race and JK Fun Run will begin and end at the Kanawha City Community Center. Runners will race on a certified course. Splits will be given at the 1, 3, and 5-mile marks. Water stations will be located along the course.

**REFRESHMENTS** Hot chocolate and goodies will be available after the race.

**FACILITIES** Rest rooms and showers are available at the Kanawha City Community Center.

**PARKING** Parking is available at the Kanawha City Community Center and Matt Powell Ball Park.

**ENTRY FEE** The entry fee is \$7.00 for pre-registration and \$10.00 for late registration.

**COSTUME JUDGING** Come in costume and join the fun. Judging will be at 9:30 a.m. on December 10, 1988.

**PRIZE DRAWINGS** Drawings will be made for prizes generously donated by stores, restaurants, and hotels. You must be present to win.

**EVENT ENTERED** 10K Race \_\_\_\_\_ JK Fun Run \_\_\_\_\_  
**NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_  
**ADDRESS** \_\_\_\_\_ **M** \_\_\_\_\_ **F** \_\_\_\_\_  
**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**T-SHIRT SIZE** \_\_\_\_\_  
**WAIVER OF CLAIMS**

In consideration of accepting this entry, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against The Arthritis Foundation, The City of Charleston, V-100, and Circuit City and their representatives for any and all injuries suffered by me in said event. I hereto attest and verify that I am physically fit and have sufficiently trained for this 10 kilometer Run and 3 Kilometer Fun Run.

Signature \_\_\_\_\_ Parent (if under 18 years) \_\_\_\_\_

**MAIL APPLICATION TO:** WEST VIRGINIA CHAPTER  
Arthritis Foundation  
P. O. Box 296  
Dunbar, WV 25064

**MAKE CHECK PAYABLE TO:** ARTHRITIS FOUNDATION

