



THE PRESIDENT'S PAGE

It is my opinion that the running "boom" better described as the trend for fitness via running/exercise is alive and well in and around Charleston, WV. The quality and character of the races mixed with the new faces and the old guard of runners has produced a solid base for a long term healthy relationship.

Congratulations to the Charleston Distance Run Committee for another good show. Although humid, the 17th Annual Charleston Distance Run (15 miles) held September 2nd was smooth and as always a success. I extend congratulations to KVRRC members who had outstanding efforts: Bubby Dent, 2nd place, 1:19:30; Chris Parsons, 14th place, 1:25:09; Tom Lumadue, 16th place, 1:26:23; Glenn Baldwin, 19th place, 1:27:13 and Mary Heidelk, 25th place, 1:28:13. Also I am sure you will agree that the blue ribbon performance by a KVRRC member was 18 year old Jimmy Shock of St. Albans, WV who was 29th overall with 1:28:44.

Congratulations to KVRRC board member Dennis 'race' Hamrick, director for the Third Annual "Run for the People 10K" at Shawnee Park in Institute, WV on October 7th. He proved that hard work and a year long effort will produce a class event and have the respect and support of the runners.

Speaking of effort, how about KVRRC board member Bill Shultz of Dunbar, WV who has had a fantastic year in 1989 already. Bill's mixture of running, biking and swimming has developed a cross training program that has slowly moved him to the front in any event he enters. Although he participates every weekend, some of his accomplishments for 1989 are: 653rd place, 2:54:51, Boston Marathon; 8th place, 55:06, Poca River 15K; 5th place, 1:54:29, Kanawha-Teays Biathlon; 7th place, 2:15:56 WVU 5-Miler; 2nd place, 1:32:01, Mountain State Biathlon; 6th place, 33:47 Run for the People 10K and on November 12th he will again run the 10th Annual Columbus Marathon.

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	744-6502
Paul Garrett	VP/Membership Chmn.	925-3247
Annette Castelle	Secretary	343-9371
Rufus Dingess	Director	345-6072
Dave Ellis	Director	344-4488
Dennis Hamrick	Director	344-8342
Bill O'Dell	Director	744-4918
Bill Shultz	Director	768-8472
Dave Fields	Director	548-4761

Gary Smith	Calandar/Newsletter	757-0817

FROM THE EDITOR:

Don't be Selfish

Having been in the running game for over half of my life I've seen a few changes over the years. One that bothers me quite a bit is the selfishness seen in many runners today. When there were a lot fewer runners we seemed to be more cohesive and to watch after each other more. When someone went to the trouble and effort to put on a race we were grateful and if there were problems with the race we would offer to help solve them the next year.

Perhaps because races are more plentiful now runners feel they can be more critical. Often the loudest complainer is the one who doesn't do anything to help the race run more smoothly. They don't pre-register, they may not turn their finish stick in if they weren't satisfied with their time, they don't offer to help before or after the race. I don't think anyone should complain about any race unless they have been a race director themselves at least once.

For most of us racing is an important part of our running program. We should realize that an abundance of races to choose from may not always be available to a bunch of whiny, selfcentered people who demand much and give nothing. Think about it.

Another way to give a little back to running for all it has given you is to get involved in this club. Attend board meetings (call Pat to find out when the next one is scheduled); Volunteer to help with this newsletter (write articles, get advertisements, help with mailing); Help out at the upcoming club races.

In his last newsletter Mike Pyryt asked for ideas for a new logo for the newsletter, he recieved two responses. Both were good but neither were "camera ready" Are there any graphic artists out there who could work with these ideas or submit their own? Gary Smith

WATER

Condensed from Parade article by Leroy Perry, Jr.

Water is by far the most abundant substance in our bodies. A normal adult is about 60 to 70 percent water, yet most people have no idea how much water they should be drinking. In fact, many Americans live from day to day in a dehydrated state - that is, they don't drink enough water.

When the kidneys remove wastes such as uric acid, urea and lactic acid, those wastes must be dissolved in water. So if there isn't enough water, wastes are not removed effectively. Water helps to regulate our body temperature through perspiration, water also lubricates our joints. This is particularly important if you're athletically active.

We even need water to breathe. Our lungs must be moistened by water to facilitate the intake of oxygen and excretion of carbon dioxide. The more you exercise, the more water you need to keep your body in fluid balance.

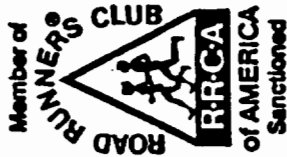
As a result of not drinking enough water, many people encounter such problems as excess body fat, poor muscle tone and size, decreased digestive efficiency and organ function, increased toxicity in the body, joint and muscle soreness (particularly after exercise) and water retention. If you're not drinking enough, your body starts retaining water to compensate for this shortage. So, paradoxical as it may seem, the way to eliminate fluid retention is to drink more water, not less.

At the International Sportsmedicine Institute a formula for water intake has been developed that suggests you drink daily 2/3 ounce per pound if you're an active, athletic person (13 to 14 eight ounce glasses a day if you're 160 pounds). Initially it has been observed, the bladder is hypersensitive to the increased amount of fluid, and you have to urinate frequently. But after a few weeks, your bladder calms down, and you urinate less frequently but in larger amounts.

Water vs. other beverages. Obviously you can get water by consuming such beverages as fruit juice, soft drinks, beer, coffee and tea. Unfortunately, while such drinks contain water, they also may contain substances that are not healthy-and actually contradict some of the positive effects of the added water. Beer contains alcohol, which is a toxic substance, caffeinated beverages like coffee stimulate the adrenal glands, while fruit juices contain a lot of sugar and stimulate the pancreas. Soda contains sodium. Such drinks may tax the body more than they cleanse it.

To learn more about water and your health, send a self-addressed stamped envelope to the Foundation for Athletic Research & Education, c/o International Sportsmedicine Institute, 3283 Motor Avenue, West Los Angeles, CA 90034.

ALMOST HEAVEN MARATHON SUNDAY, DECEMBER 3, 1989



REGISTRATION: 9AM. START: 10AM. TAC CERTIFIED COURSE.
SPONSOR: KANAWHA VALLEY ROAD RUNNERS
INFORMATION: 744-4918, 744-8808, 925-3247

FEE: \$10(Team \$30) BEFORE NOV.26,1989.
\$12(Team \$36) AFTER NOV.26,1989.

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

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

Age groups: 1st & 2nd (M&W)

20 & under 31-35 46-50 over 60

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 8.7 miles. Team entries MUST be mailed together! Teams awards as noted above will be separate from individual awards.

COURSE: 26.2 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 KYRR. Bring a dish to add to the meal. Non-runners that do not bring a dish will be charged \$1.

Mail entry to: KYRR, 19 Riverside Drive, South Charleston, WV 25303

NAME: _____

ADDRESS: _____

CITY, ST, ZIP: _____

AGE: _____

SEX: _____

T-SHIRT: _____

TEAM: _____

I wish to enter the race and hereby release the KYRR 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)

Kanawha Valley Road Runners Club
1989-90 Winter Series:

10DEC89 Kanawha City 10K

14JAN90 Frostbite 5M

11FEB89 Valentine's 5K

Sundays, 2pm, CAMC-Memorial
WVU Medical Center Building

\$2 Members, \$3 Non-members

SCHEDULE OF EVENTS
NOVEMBER - DECEMBER 1989

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

November 4, 1989
 Saturday
 Wheeling-Hospital-5K
 RT: 1:00 PM
 ST: 9:00 AM
 SP: Oglebay Park
 EF:
 RD: Bob Galbrath
 243-3485

November 5, 1989
 Sunday
 Making-Corp-Marathon
 RT: Pre-register
 ST: 9:00 AM
 SP: Iwo Jima Memorial
 EF: \$17.00/25.00
 RD: Marathon Ofc. Box 188
 Quantico, VA 22134
 703-640-2225

November 5, 1989
 Sunday
 Ripley-10K
 RT: 2:00 PM
 ST: Ripley High School
 EF:
 RD: Jackson General Hosp.
 614-433-0395

November 12, 1989
 Sunday
 Columbus-Marathon
 RT: Must Pre-register
 ST: 9:30 AM
 SP: Downtown Columbus, OH
 EF: \$18.00/25.00
 RD: Bank One / Nationwide
 614-433-0395

November 23, 1989
 Thursday
 YMCA-Thanksgiving-5-Miler
 RT: 7:00 AM
 ST: 8:00 AM
 SP: Beckley YMCA
 EF:
 RD: Wayne Bennett

November 23, 1989
 Thursday
 Run-for-Hunger-12-Miler
 RT: 8:00 AM
 ST: 8:30 AM
 SP: Guyandotte Library
 EF: \$5.00
 RD: 523-6029

December 3, 1989
 Sunday
 Almost-Heaven-Marathon
 RT: 9:00 AM
 ST: 10:00 AM
 SP: CAMC-Memorial
 EF: \$10.00/12.00
 RD: Bill O'Dell
 744-4918

December 10, 1989
 Sunday
 Kanawha-City-10K
 RT: 1:00 PM
 ST: 2:00 PM
 SP: CAMC-Memorial
 EF: \$2.00/3.00
 RD: KVRRC

January 14, 1990
 Sunday
 Crossbite-5-Miler
 RT: 1:00 PM
 ST: 2:00 PM
 SP: CAMC-Memorial
 EF: \$2.00/\$3.00
 RD: KVRRC

March 9, 1990
 Friday
 Annual-Balquet
 RT: not necessary
 ST: 6:00 PM
 SP: Rose City Cafe, SC
 EF: Dutch Treat
 RD: KVRRC - elections,
 awards, speakers

March 10, 1990
 Saturday
 Ross-River-15K
 RT: 8:00 AM
 ST: 9:00 AM
 SP: Doc Bailey Road
 EF: \$6.00/8.00
 RD: KVRRC

February 11, 1990
 Sunday
 Valentine-5K
 RT: 1:00 PM
 ST: 2:00 PM
 SP: CAMC-Memorial
 EF: \$2.00/3.00
 RD: KVRRC

LOOKING_AHEAD

Race Directors should immediately contact the KVRRC regarding cancellation or rescheduling of events. Please provide race information to: Gary C. Smith
 170 Washington Circle
 Hurricane, WV 25526
 757-0817 (after 6PM)

Dance & Fitness Apparel Center
 1309 Dunbar Avenue
 Dunbar, WV 25064

768-5252

Exceed®
 SPORTS NUTRITIONAL SYSTEM

Bill is a hard working and talented athlete who has his goals set in the right direction. If your workouts and training programs are bogged down I recommend that you talk to Bill at a race or give him a call at 768-8472, and discuss your fitness program. Runners help runners!

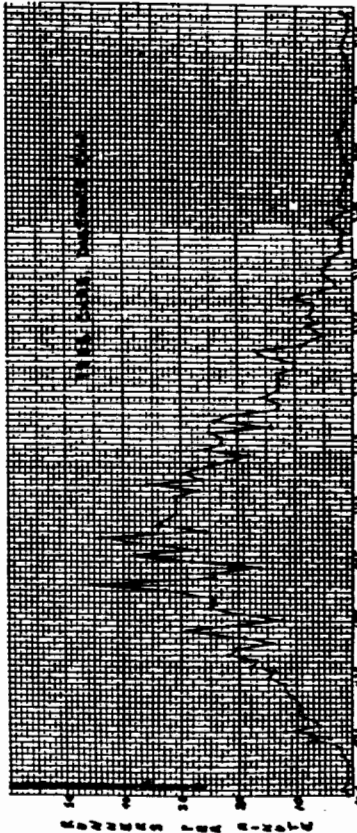
Again I remind you about the Almost Heaven Marathon (application in this issue) that will be held on Sunday, December 3, 1989 at 10:00 AM in Kanawha City. The start/finish will be on 31st street next to CAMC Hospital. If you do not want to run a complete marathon you can compete on a three person team. The race will run on a three loop course. Bill O'Dell, 744-4916, is the race director. Give Bill a call, if you can't participate and volunteer to help him on race day. Be a part of the action.

Also the 1989-90 KVARC 'Winter Series' races are set. See the advertisement in this issue. This is a fun series of races that allows you to continue racing during the winter months when few other local races are available.

On behalf of the KVARC Board of Directors I want to wish you and your family and friends a happy Thanksgiving, a merry Christmas and a happy and prosperous New Year. I urge you to continue to workout and stay in shape during the cold weather of the winter season. The KVARC is already planning for the new year, 1990. Your support as always is fantastic. Recruit a new member for the KVARC.

Patrick and I will see you at the races.

Pat Board, III



I found this in Mike Pysyt's files - don't know who prepared it.

SODIUM
Condensed from US Dept of Health & Human Services
Publication 82-2164

Sodium plays a major role in maintaining blood volume and pressure by attracting and holding water in the blood vessels. As valuable as sodium is, however, your body needs very little.

High sodium intake is one of several factors believed to contribute to high blood pressure. Untreated high blood pressure can lead to heart attack, stroke, and kidney disease.

Sodium in the diet comes from several sources; it may be found naturally in food or added during processing, cooking or at the table. Many foods with natural or added sodium do not taste salty.

It is virtually impossible for people who eat a varied diet to get too little sodium.

One teaspoon of salt contains about 2000 mg of sodium. The National Research Council indicates that a "safe and adequate" sodium intake per day is 1100 to 3300 mg for an adult. Some estimate sodium consumption by adults at 2300 to 6900 mg per day.

Some foods and their approximate sodium content:

Food	Sodium (mg)
Fresh, frozen, canned fruit/fruit juice-1/2Cup	8
Fresh, frozen vegetables-1/2 Cup	35
Canned veg./frozen veg. w/sauce-1/2 Cup	140 - 460
Plain pasta cooked w/o salt-1/2 Cup	5
Cold or quick-cook cereal-1/2 Cup	100 - 360
White or whole grain bread-slice	110 - 150
Two or three regular crackers	110 - 150
Milk - Cup	125
Most natural cheese - ounce	75 - 300
Processed cheese food/spreads - ounce	350 - 450
Cottage cheese - 1/2 Cup	450
Fresh meat, poultry, fin fish - ounce	15 - 25
Canned fish or poultry - ounce	90 - 150
Sausages, lunchmeats, hotdogs, cured ham-ounce	250 - 450
Frozen, canned prepared main dishes-8oz/Cup	800 - 1400
Canned, dehydrated soups - Cup	800 - 1300
Soy sauce - Tablespoon	1000
Most other condiments - Tablespoon	125 - 275

If you decide you want to moderate your sodium intake, here are some choices you can make:

When You Shop - Read food labels, when the amount of sodium is not on the label remember that the ingredients are listed according to their weight in the product from most to least.

In The Kitchen - Plan meals that contain less sodium. Reduce the salt you add during cooking. Try adding new spices and herbs instead of salt.

IF YOU THINK HILL TRAINING IN WV IS TOUGH, CONSIDER THIS...

PIKES PEAK MARATHON

RULES AND SUGGESTIONS

1. **SHOES:** Make sure that your "knobbies" are new for the best footing. (This is probably the single most important factor in fall-free downhill running on the Peak as well as the second most important factor in your downhill time.)

2. **PASSING:** Unnecessary passing wears you out and those who have to re-pass you when you slow down again. You waste precious energy and thrust yourself into tremendous oxygen debt while you anger other runners who you are forcing into the same situation. If you find this happening more than once, you will probably be among those in the medical tent at the top suffering from hypoxia or the effects of the ire that you have aroused in those that you have forced to re-pass you.

3. **RUN WELL WITHIN YOURSELF:** If you think the run up the Manitou Incline or the last three miles to the Summit are tough, you are in for a big surprise somewhere between Barr Camp and French Creek on the way back down.

4. **RULE FOR PASSING:** When approaching an unaware runner, or hiker, yell "Trail". From that point in time onward, it is their responsibility to get out of your way regardless of whether you're running uphill or downhill. Watch out! There are always a few fools who change their minds at the last second and jump right in front of you.

5. **ROCKS AND ROOTS:** If you are running down-mountain, the rocks and tree roots which protrude less than 1/2 inch from the ground will be the ones that trip you. If you don't fall when one of them grabs your foot, you may pull a muscle or tear a ligament. If you fall, we will get the rescue team to you as soon as possible! **STAY AWAKE** when running down the mountain and pick up your "knobbies" an extra two inches. (Fred Astaire should see you now!) Remember, it isn't the big rocks and tree stumps that will get you. It's the little, tiny, barely noticeable ones that will get you.

6. **WATER:** Don't try to be a camel, carry a water vial, especially if you're doing the round trip. On hot days, heat exhaustion takes its toll particularly on Mount Manitou during the return trip.

7. **HYPOXIA:** If you get extremely dizzy, euphoric and then sick, you are suffering from hypoxia. There is a cure. Turn around in your tracks and go back down the mountain. Why punish yourself and search and rescue? We have seen the last two miles of rock near the top look like a battlefield with (burping, gurgling, crying, and hiding) bodies all over the mountains. (Believe me, it happens to the best of us. . . . Just ask Dr. Ross.)

8. **HAVE FUN:** Remember, if you are not on target for a personal record or if you happen to get hypoxia, you are still in one of the most beautiful mountain trails in the world. Slow down and enjoy it!

Both races start at an elevation of approximately 6,500 feet and reach an altitude of 14,110 feet above sea level. Temperatures may vary from 15° to 85°, all within the same five hours. Races have started in drizzle, run through rain, snow and hail and ended on top above the clouds in sunshine. Join Us for the finest race of your life!
Distances: Ascent Only - 14.3 Miles Round Trip - 28.2 Miles

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 dates, 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. _____

2. _____

3. _____

4. _____

NOTE HERE IF CHANGE IN ADDRESS

MAKE CHECK PAYABLE TO: THE KANAWHA VALLEY ROAD RUNNERS CLUB

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

