



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor

1984

September - October

The President's Page

The club will once again sponsor a hospitality room at the Elk River Best Western Motel. It will be near the starting line on the ground floor and will provide club members a place to store personal belongings, get a drink or use the bathroom before the race and a place to gather after the race and before the awards ceremony. I would like to wish the best of luck to all members running in the Boulevard Mile and the Charleston Distance Run or participating in any other Regatta competitions.

You may have noticed that the Road Runner's Club of America logo started appearing in our newsletter more often recently. As a member club of the RRCA all of us, individually, are RRCA members. How does this association with the premier national road running organization affect us locally?

• It provides each of us with "Footnotes" quarterly.

• It provides the club with low cost liability insurance that allows us to sponsor local races.

• It provides an opportunity for any member to attend the annual RRCA convention to meet and learn from runners across the county. I don't think the Kanawha Valley Road

Runners has ever sent a delegate to the convention. Now is a good time to plan for the 1985 convention to be held May 3-5 in Atlanta, Georgia.

• West Virginia now has a RRCA State Representative:
Bill Clovis

Third & Washington Sts. 684-2455 (O)
St. Marys, WV 26170 684-3673 (H)

Bill should help our state clubs work closer with the national organization and see that all of the benefits of RRCA affiliation are made available.

• National recognition can be brought home to the KVRRC. The RRCA offers annual awards for the Outstanding Club President (Scott Hamilton Award) Outstanding Club Volunteer (Nike/Rod Steele Award) and Best Club newsletter. We should strive to bring one of these awards home to Charleston in 1985.

Bill O'Dell

by Carol Clark

In recent years there has been much media attention given to the detrimental effects of running on marriages and relationships. Many runners were accused (and perhaps justifiably so) of matrimonial infidelity with a marathon. Happily, this is not the case with June and Jerry Hicks, who have been blissfully combining marriage and mileage for four and one half years.

June tells us that Jerry got her started running; he was doing some running with friends and she "wanted to keep up with the crowd." They started off with one eighth of a mile and kept building their mileage until they could cover five miles in a run. Since Jerry works at Carbide as a mill wright, it seemed only natural that the Carbide Fitness Run would be their first venture into the world of road racing. Having never run anywhere but the St. Albans track, they weren't quite sure what to expect and June says that for a while they actually thought they had won the race. How were they (and some of the rest of us can echo this, I'm sure) to know that some people can cover a 10K course in thirty minutes?

Undeterred by that experience, they took to the roads and have been running and racing ever since. June is a frequent age division winner (I've never seen anyone who was so anxious to turn forty.) and recently won the St. Albans Town Fair Run. Both are regular participants in the Charleston Distance Run and June ran the Almost Heaven Marathon in 1982. Both are entered in the Distance Run for this year and we hear that Jerry's number was included with his newest pair of running shoes.

Since "we always do everything together" running is not the only activity this couple has in common. Last year both rode the metric century (62 miles) for the Regatta Ride and they cycle together at other times. They have two children, Barb, 19, and Monte, 15. They enjoy doing family things and a favorite pastime is spending an evening in their porch swing with a bowl of popcorn.

Jerry and Bud Thomas won the Master's Division of the Coal River Canoe Marathon and next year June and Jerry hope to compete as a team. Individual pursuits for June include working out with weights three times a week and swimming.

The Hicks' most recent team effort was June's participation (with Jerry as her crew chief) in a triathlon at the Lake Floyd Club in Clarksburg. June said she started with "visions of Iron Men dancing across my brain" but that changed after the quarter mile swim. As June mounted her bicycle for the seven and one half mile bike ride, she discovered that someone had damaged her bike in the staging area, and had to ride the entire way with her brake locked on. She ended up running the two and a quarter mile course around the lake by herself but people cheered her the whole way. June says that the triathlon experience changed her way of thinking from "instead of winning - thinking about finishing."

If you think you'd like to get to know this energetic couple better, you've an open invitation to run with the "June Hicks Running Club." You can pound the pavement with June and Jerry and as many as fifteen other people at the St. Albans Urban Development Loop almost every evening. And if you're too late or too tired to run, just drop by . . . there's always a seat in the swing, a bowl of popcorn, and a cold glass of lemonade waiting for you.

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:

When the Charleston Distance Run rolls around again, I will be out there for my eleventh time going for the glory. I'll be trading an hour and a half of pain for a year's bragging rights. This is the city's premier running event and since it was the second race I ever ran, it is my yardstick. Am I getting stronger, smarter, more determined? Will increased experience offset the effects of increased age? I'll find out soon enough. If the race turns out as I expect it will go something like this:

The day before I won't run at all rest is what I do best on Friday night. A big plate of vermicelli and Ragu for dinner, the light tomato sauce without meat digests more easily than a heavier, meat sauce. Later, a couple of beers to top off the carboload program (not too many - alcohol reduces your ability to dissipate heat) and then try to get to sleep by ten. Saturday around 5:45 a.m. fix a light breakfast - two slices of jelly toast and then go back to bed for a half hour. I'll get up at 6:30 and shower to get myself wide awake then dress and start stretching. I've picked up my race number the night before so when I get to the Civic Center all I have to do is jog a little, stretch some more, talk to friends, and get nervous. This race is important to me and I try each year to improve my finish place. You always hope that you will awake to perfect weather and that your running will be fleet and effortless, then you remember prior races, reality sets in and you get nervous.

The gun goes off and I run faster than I'd like, but I have to get clear of the pack where I can let my stride reach it's own rhythm without stepping on or being stepped on. By the time I reach City Hall I'm breathing heavily but as I push up the South Side Bridge I find my pace and as I come down the C & O Ramp I catch my breath a little so that I'm ready to race by the time I turn the corner by Kentucky Fried Chicken. I run to the outside up 214 to avoid the ripples built into the pavement to let drivers know they are on the shoulder. About three-quarters of the way up 214 at Hickory Road I get a big boost when I am cheered on by my family. I always pick up my pace as I go by - after all if they got up at seven to watch me run I'm going to give them a show. The next important point in the race is at the hill as you turn up off of Oakwood at GW High School. That little hill is only 15 yards long but it's the hardest spot on the course. From there I look forward to the crowd at Bridge and Loudon Heights Roads. There's water, there's a crowd to cheer you on and most importantly the course starts downhill there. Coming down Loudon Heights I first feel really out of the pack. I like big races but I don't like being in the middle of them. Coming across the South Side Bridge this time I feel much stronger.

RECOVERY AND THE BENEFITS OF MESSAGE

by Harold Tinsley

The present day emphasis on stretching for injury prevention and ice as an immediate injury treatment has relegated heat and other prevention and healing techniques almost to obscurity. Long before the benefits of stretching for runners was realized and became so popular, top class runners were using massage as a recovery and healing technique. The values of massage have not diminished - they have just been de-emphasized.

A subject I frequently speak on at race clinics that was published in the November, 1981 issue of Racing South magazine, is titled "The Other Half of Training", implying that the application of stress in the Training Effect formula is the usually considered half and that recovery is the other half, if considered at all. Fitness level is a measure of the body's ability to perform an exercise, which in our case is to run. Thus, one aspect of performance is fitness and to improve performance requires raising the level of fitness. Fitness level is improved via repetitive cycles of stress followed by recovery in which stress is gradually increased, i.e. mileage, speed or resistance is increased. This progressive cycle of stress plus recovery is known as the Training Effect.

Without appropriate recovery the body's ability to apply stress and gain a positive result is limited; and if repeatedly carried to extreme leads to staleness, illness or injury. It is the body's inherent ability to adapt to stress that is the key to training to achieve a higher level of fitness that will result in better performances. Stress, while being applied, weakens the body. Increased strength is gained during the recovery phase. Recovery is then just as important as stress. We all question the best method to train and without thinking relate this to how the stress is applied. Yet, we seldom are concerned with recovery techniques except when the stress has been carried to extreme and we become concerned with healing an injury.

Improving recovery rate allows more frequent applications of stress and/or higher intensity of stress with less chance of the negative effects of staleness, illness and injury. Thus, fitness level is raised more rapidly and to a higher level resulting in better performances, i.e. faster races or easier and more pleasant runs.

This discussion should make it apparent that techniques to improve recovery are just as important as techniques to apply stress. Training is then more than running further, faster or adding resistance via hills, repetitions, fartlek, etc. Total training should encompass the recovery phase as well. The clinic speech and article were designed to create an awareness of this and suggest recovery training techniques. Many of these techniques are subjects all in themselves, i.e. such as stretching.

Another, and the subject of this article, is massage. But first, what are the important aspects of recovery? You may say rest. Yes, you cannot continue to apply stress if you are to recover. Rest is most important; but rest involves time and by itself is a slow, inefficient recovery. Other than eliminating additional stress, what are the other mechanisms involved in recovery? To put it another way, what is happening in our body while we rest to facilitate recovery? To give a simple answer related to recovery from a run; lactic acid and other exercise by-products of energy transformation as well as cell debris are being removed, nourishments to restore cell function and energy conversion are being replenished in the muscles and organs utilized during the run. The intake of the proper nutrients and elimination of the waste products are both important. However, the most important to us from a training viewpoint is the transportation of these nutrients and by-products to and from the muscles.

We are all quite aware that blood flow is of the utmost importance during the run to transport oxygen and these products to and from the working muscles. It is also true that blood flow is the key to recovery.

A tight muscle that is not relaxed shuts off the flow to some capillaries and restricts flow in general reducing recovery rate. The simple answer to improving recovery is to do those things that will both relax the muscle and improve blood flow without adding additional stress. There are many, massage is but one. This is also the reason why stretching after the run is so important.

A general massage of the muscle will promote its relaxation and increase circulation. This brings in oxygen and nutrients and removes the waste products. A liniment used during the massage will create a heating effect in the muscle lasting long after the massage is over prolonging the relaxation and blood flow.

Pressure point massage breaks down energy blocks in electrical channels to effect relaxation in the muscle. Long after an injury has healed there is often soreness and pain in the area when exercise is initiated. This is a result of the breaking down of the scar tissue. Deep massage can help break up this scar tissue reducing the inflammation and possible re-injury that could result as well as returning the affected area to full performance more quickly. Pressure point and deep massage both require special techniques and skills.

A relaxed muscle works more efficiently and can work longer. Massage can stretch the muscle to relax it and increase the flow of blood and thus oxygen to the tissues. Done prior to a workout or race, it is a warmup technique that will improve performance.

Massage or heat should not be used on a recent injury that is vulnerable to swelling which causes additional damaging effects. Treat injuries initially with ice, compression and elevation (ICE) to reduce swelling. Switch to heat, stretching and massage only after the healing mode has been entered, swelling is gone and the tendency to swell is past.

Using massage as a warmup prior to a run improves performance and lessens the possibility of injury. Using massage after a run or race improves recovery. Using massage following injury, after the tendency to swell is gone, improves healing rate.

Since most running related muscles can be reached by the participant's own hands, it is simple enough for one to perform his/her own massage. Give it a try and let experience, which you will gain quick enough, be your own guide to improving your technique and effectiveness. The after effect, in addition to the benefits mentioned here, is that you will feel great - so enjoy the experience.

If you later desire to improve your skills or learn pressure point and deep massage techniques, then acquire books on the subject and/or seek professional training. But first try it, you'll like it, and its benefits will be apparent.

As a Promoter Of Scientific Training I leave you with an acronym to POST better performances: ICE - Painful Muscles, REST - Overused Muscles, HEAT - Sore Muscles, and MESSAGE & STRETCH - Tight Muscles.

CHARLESTON ATHLETIC CLUB

710 Virginia Street E.
Arcade Building
CHARLESTON, WEST VIRGINIA 25301

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DURING
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SCHEDULE OF EVENTS
SEPTEMBER - OCTOBER 1984

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

August 25, 1984

Saturday
WV Sport's Festival
RT: 7:00 AM
ST: 8:15 AM
SP: Oyster Ave., Oak Hill
EF: \$5.00/\$6.00
RD: Tom Ditty 877-5084
Route 1, Box 10
Mt. Hope, WV 25880

September 1, 1984

Saturday
Charleston Distance Run (15M)
RT: Must Be Preregistered
ST: 8:00 AM
SP: Clendenin & Virginia Sts.
EF: \$8.00
RD: Charleston Distance Run Comm.
Box 2749
Charleston, WV 25330

September 29, 1984

Saturday
Run for Sight: 7 Miler
RT:
ST:
SP: Downtown Clendenin
RD: Lions Club: C. C. Young 548-6192
Dr. Lloyd Galyean 965-5691

October 13, 1984

Saturday
Stroh's Run for Liberty I (8K)
RT: 7:00 AM at Civic Center
ST: 9:00 AM
SP: Clendenin & Lee Sts.
EF: \$8.00/\$10.00
RD: Jim Ryan 776-7141
T-shirt and Cap to all entrants

October 7, 1984

Sunday
Bank One Marathon
RT: Must Register by 9/15/84
ST: 8:30 AM
SP: Downtown Columbus
EF: \$10.00
RD: Bank One Marathon
Corp. Processing Department
Columbus, OH 43271

October 20, 1984

Saturday
Kanawha 10 Miler
RT:
ST:
SP:
EF:
RD:

August 26, 1984

Sunday
Kanawha Boulevard Mile
RT: 12:00 Noon
ST: 1:00 PM
SP: Ruffner Park, Kan. Blvd., E.
EF: \$8.00/\$10.00
RD: Bill Ripley 343-0463
710 Virginia St., E.
Charleston, WV 25301

September 22, 1984

Saturday
Run or Walk for Hunger (5M/2M)
RT: 8:00 AM
ST: 9:30 AM
SP: 416 River St., Gassaway, WV
EF: \$5.00
RD: Mountaineer Food Bank
Gassaway, WV 26624
364-5518

October 6, 1984

Saturday
Bridge Day 15K
RT:
ST:
SP:
EF:
RD:

October 14, 1984

Sunday
Black Walnut Festival (10K)
RT: 12:00 Noon
ST: 2:00 PM
SP: Spencer High School Track
EF: \$6.00/\$7.00
RD: David Combs 927-2742
122 Dodd Drive
Spencer, WV 25276

October 6, 1984

Saturday
Winecellar Classic (10K)
RT: 8:00 AM
ST: 10:00 AM
SP: Jr. High School 14th & Myers
EF: \$6.00/\$8.00
RD: Dunbar Parks & Recreation
2601 Fairlawn Ave.
Dunbar, WV 25064 766-0223

October 21, 1984

Sunday
October Fast 4.2M
RT: 12:00 Noon
ST: 2:30 PM
SP: Parkersburg Comm. College
EF: \$5.00/\$6.00
RD: Connie Dziagwa 424-8203
Route 5, Box 167-A
Parkersburg, WV 26101

October 21, 1984

Sunday
Pipestem 5K & 10K
RT:
ST:
SP:
EF:
RD:

November 4, 1984

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

LOOKING AHEAD

November 24 Almost Heaven Marathon Charleston

Race directors should immediately contact the KVRC 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.)

November 3, 1984

Saturday
Special Olympics 5K, 2M
RT:
ST:
SP:
EF:
RD:

November 4, 1984

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

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COPING WITH THE HEAT

by Peggy L. Kiser, D.C.

In the advent of the Charleston Distance Run and in retrospect of Gabriella Andersen-Schies's difficulties in the women's marathon at the 1984 Olympics, this article attempts to briefly explain the temperature regulating mechanisms of the body and how the body responds when circumstances cause these mechanisms to become ineffective. Most importantly, means are given to avoid the ill-effects heat can produce. In the case of exercising in the heat, a "little knowledge" can be very helpful.

Temperature regulation offers a classic example of a biological control system. The balance between heat production and heat loss is continuously being disturbed either by metabolic rates (exercise being the most powerful influence) or by changes in the environment. The hypothalamus is the area of the brain that regulates the body's responses to temperature changes.

The skin especially, along with the lungs and excretory organs, provides the means with which the body exchanges heat with its environment. Cooling through the evaporation of sweat is the most efficient way to keep the body cool. Perspiration must evaporate if sweating is to cause heat loss. The discomfort on humid days is due to the failure of evaporation. Therefore, the most important factor determining evaporation is humidity.

When it is hot, blood vessels dilate to transfer a greater amount of body heat to the skin. In strenuous exercise, blood flow is increased to the skin and muscles and decreased to the internal organs. Firm evidence has shown where drugs used in athletics to compromise skin flow have resulted in deaths. A well-trained athlete with good endurance can tolerate a low supply of blood to the skin because he or she sweats early, sweats heavily, and rapid body movement aids evaporation.

HEAT CRAMPS are often an early sign of approaching heat exhaustion, if there is a lack of both water and salt. In most cases heat cramps are rapidly relieved and prevented by sipping salt water (1 tsp. salt per glass), half a glass, every 15 minutes over a period of about one hour. Putting pressure on the cramped muscles or gently massaging them helps relieve the spasm. Awareness of the problem is usually sufficient to prevent it.

HEAT EXHAUSTION is the result of excessive fluid loss. This disorder gives adequate warning by increasing fatigue, weakness, anxiety, and drenching sweats. The circulation collapses and is evidenced by a weak, slow pulse, low blood pressure and faintness. The skin is pale, grayish and clammy. The body temperature is nearly normal. First aid measures include the following: 1) give the victim sips of salt water as prescribed for heat cramps, 2) have the victim lie down, raising the feet from eight to twelve inches, 3) loosen the clothing, 4) apply cool, wet cloths and fan the victim, or move to an air conditioned room, 5) if the victim vomits, do not give any more fluids. Take the victim to a hospital. After an attack of heat exhaustion, the victim should be protected from exposure to abnormally warm temperature and be advised not to return to work for several days.

HEAT STROKE is characterized by a break down of the function of the temperature regulatory center (hypothalamus). The excess heat in the body cannot escape. There is usually hot dry, red, skin (sweat mechanism failure). The pulse is hard and rapid. The body temperature is very high (105° F or higher). All of these signs and symptoms express a biological cry for help. If left untreated, irreversible damage to the brain, adrenal cortex, liver and kidneys result. Heat stroke is a strict emergency situation: delay can be fatal!

Because there is such a high death rate associated with heat stroke, first aid should be directed toward immediate measures to cool the body quickly. Caution should be taken to prevent over chilling the victim once his temperature goes below 102° F. The following

first aid measures are applicable, while waiting for an ambulance;

- 1) Undress the victim and repeatedly sponge the bare skin with cool water or place the victim in a tub of cold water (do not add ice) until the temperature decreases.
- 2) Drafts will promote cooling. If available, use fans or air conditioners.
- 3) Start the cooling process again if the victim's temperature starts to go up again.
- 4) Do not give the victim stimulants.

For some reason, an athlete left to personal inclination will rarely drink enough water during or following an endurance event to compensate for fluid loss. Adjustment can be made for this by increasing salt and water intake a few days before competition. If too much salt is consumed a serious deficiency in potassium can be created. It is advisable to eat food in which salt and potassium are naturally found.

Clothing is also an important component of temperature regulation. It must be loose so as to allow adequate movement of air to permit evaporation. White clothing is cooler. Contrary to popular belief, loose-fitting light-colored clothes are far more cooling than going nude during direct exposure to the sun.

Physical fitness does not constitute environmental fitness. Certain physiologic adjustments must be made to regain individual comfort after pronounced environmental changes such as those faced by Olympic athletes coming to Los Angeles for the first time. More rapid and earlier perspiration, a decrease in sweat and urinary mineral loss, an increase in blood volume, and improved blood vessel tone are examples. Gradual acclimation to a new environment for a healthy athlete, with careful monitoring of water intake and mineral balance, takes seven to ten days. The greatest gains are made during the first week. After an athlete returns to his or her normal environment, acclimation gains are lost within two months, but re-acclimation is faster.

Respect your body by drinking lots of water, dressing appropriately and training prudently for your runs. Hopefully, none of the first aid described in this article will have to be administered to you.

KAUFMAN AND RATHJFF
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FROM THE EDITOR, continued

From mile 6 to mile 11 you grind out the miles. I appreciate the people who get into the race cheering on all runners, not just those they know.

The group on Virginia Street who put up the big sign advertising free cigarettes and beer for all runners have the kind of spirit I like. Miles 11 and 13 are the toughest. I've been running as fast as I can for over an hour and I'm still too far from Laidley to "smell the finish." As I turn onto Hansford Street and Laidley is just a short straight shot away, then I start to believe that I will finish. If I've got anything left I pick up the pace then and if my legs aren't cramping or my lungs collapsing the adrenaline that the crowd at Laidley give me will bring on a sprint. And then it's over for another year.

Gary Smith

NEW MEMBERS

- | | |
|----------------|-------------------------|
| James Jesse | Steve Zekan |
| Tricia Mullins | Emil Martin |
| Chaski Lee | Alan Sheaver |
| Andrew Theodos | Debbie Kohler |
| Mike Sullivan | Vicki Thaxton |
| Gary Osborne | Michael Province |
| Greg Taylor | Jeffrey Donds |
| | George Furtado & Family |

LETTERS TO THE EDITOR

Dear Editor,

If your runners want the heels of their running shoes to last as long as the rest of their shoes, they should consider using Liquid Sole (TM) Shoe Repair that is available for \$4.00 per tube at most running stores. It outlasts all the others at least 10 - 1.

There is, however, one problem with it. You must keep the remaining material in the tube pushed tight to the opening (as you do toothpaste) or it will harden in the tube.

I use it as follows:

1. Put tape around heel past area to be covered.
2. Apply directly to heel from tube about 3/8" thick.
3. Rest shoes with heel level and slightly lower than rest of shoe as this stuff "runs" if you don't.
4. Leave for drying a good 48 -56 hours.

Heavy runners can get 3 - 4 weeks' use with other more.

Member FSRC

NO HIGH LINE

There is no artificial high from pills or bottle that can be compared to the lonely, exhilarating high of a long distance runner.

Mark T. Acood



The Kanawha Valley Road Runners (KVR) 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 KVR'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

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
 2. _____ IN ADDRESS
 3. _____
 4. _____

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