



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor 1985 September - October

THE PRESIDENT'S PAGE

Congratulations to KVRRC member Dave Fields. On Thursday June 20th, Dave finished 2nd in the 16.5 Mile H.C. Rogers "Fun Run" from Wheeling to Charleston.

Christmas comes early for us this year. The 13th Annual Distance Run (15 miles) on August 31st is close to becoming tomorrow. I am hoping in advance that this year will be your best Charleston race and that you have trained enough to finish with class and character. If this is your first Charleston race, be smart, don't charge the hills there is a lot of race left when you get back to Virginia Street. "Good Luck" to everybody.

Once again the KVRRC will provide a hospitality room on the first floor of the Best Western near the starting line on race morning.

The KVRRC is thinking ahead. On December 7th we will again sponsor the Almost Heaven Marathon. Bill Odell is the race director. Call Bill and get involved, we need help. Also the KVRRC will be sponsoring the Winter Series again. The Kanawha City 10K on December 15, 1985, the Frostbite 5-Miler on January 19, 1986 and the Valentine 5K on February 9, 1986 will be run on certified, flat courses with age group combined time winners from all three winter series races receiving an overall award at next year's KVRRC Banquet. Keep your eye on the schedule of events listed in each runner's sole newsletter, plan ahead, support the races.

The KVRRC membership is down, I am going to request that each active member recruit at least one new member and we can double in size and although there is strength in numbers I will strive for quality in whatever the KVRRC is involved. A KVRRC application, as you know, is on the last page of the Runners Sole newsletter or call me and I will mail out an application for you.

CHILDREN RUNNING

By Dr. Peggy Kiser  
Chiropractic Physician

This article focuses on special considerations that should be made regarding children who run competitively. There are many benefits and concerns of children participating in the sport of running. With proper education and supervision, children can enjoy running and adopt it as an essential part of their life-style that contributes to their physical and mental health.

One way in which a child's physiology is different from an adult's is that a child's body cools less efficiently than an adult. In comparison to adults, children produce more heat and have a higher body surface area to mass ration. This higher ratio, allows greater heat transfer from the air to the body. Children perspire less than adults. Perspiring is the major "cooling-off" mechanism of the body. To become acclimated to warmer temperatures, a child requires a longer and more gradual exercise program. Children should be encouraged to drink 8-12 oz. of water, thirty minutes before the start of a race, as well as supplemental drinks while racing and at the end of a race.

Children and adolescents are the most physiologically-fit of any age group. Aerobic power increases during childhood with the growth of the cardiopulmonary system. A major reason for a child's performance in running increasing significantly when he/she becomes a teenager is the his/her maximum oxygen consumption accelerates at this age

Research indicates a need for caution for children participating in long-distance races. There is no data that conclusively states long-distance running is safe or harmful to developing children. The primary concern is that running long distances places a severe strain on growth centers in the bones and could adversely affect a child's growth. A strong indication of this problem is when a child experiences pain around a weight-bearing joint (i.e. hip). It is suggested that children who run long-distances be supervised by well-informed coaches and doctors.

Children by nature are competitive. Therefore, organized races help motivate them to maintain an interest in running. Most of the research agrees that races of 10K or less are harmless to children. As long as children are not participating in races for parental gratification, racing can provide physiological and psychological benefits over a life-time of participation.

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

- |                |                     |          |
|----------------|---------------------|----------|
| Pat Board, III | President           | 744-0575 |
| Carrall Young  | Vice President      | 727-9844 |
| JoAnn 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    |                     |          |
- 
- |                |               |          |
|----------------|---------------|----------|
| Mike Pro vince | Alternate     | 744-1099 |
| Dick Conway    | Alternate     |          |
| Gary Smith     | Newsletter    |          |
|                | Race Calendar |          |

FROM THE EDITOR:

I want to take a moment to talk to race directors and potential race directors. Once you have decided to have a race, one of the most important aspects is participation.

There are several ways to increase participation and I feel the Runner's Sole can be a big help to race directors in several ways. First, let us know when your race will be as soon as you know so that we can list it in our calendar. We mail to over 200 runners plus to every organized running club in the state. Since other clubs may be picking up race information from our calendar for their newsletters making one phone call to us gets state-wide coverage. Second, we can help you pick a date for your race that doesn't conflict or compete with other races if your date has not yet been chosen. If there are two races on the same day in the same part of the state likely both will suffer decreased participation. Third, for \$35 we will reproduce your race application in the Runners Sole (see the Almost Heaven Marathon and Gauley Bridge 5K applications in this issue), giving your race even better coverage.

I especially would like to emphasize that we be notified for the race calendar of upcoming events - it helps your race and it is a service to our readers who want to know when races will be held.

Gary Smith

MOUNTAIN\_MASSOCHIST\_TRAIL\_RUN

By Alan Doss

Looking for a new challenge in your running? Ready to step up to the Ultra-Marathon distance? A race to consider is the "Mountain Masochist Trail Run", an appropriately named race held each October in the Blue Ridge Mountains just outside of Lynchburg Virginia.

This race featuring 8060 feet of climb and 6240 feet of descent, starts at an elevation of 800 feet and at two separate points in the race, goes over 4000 feet - definitely not for the weak at heart --- or legs. While the race may brutalize your body the Race Director (Dr. David Horton, one of the best Ultra-Runners in the United States) and the volunteers, who equal the number of runners, treat you like royalty throughout the weekend. Featuring 18 aid-stations stocked with food and drink, a handler is not necessary.

What is necessary is: Hill running - lots of it - especially downhill!

Last year there were 41 starters & 35 finishers (33 official - under 12 hours). The race was won by Mike Booth, a paratrooper from Fort Bragg, North Carolina in a time of 8 hours and 4 minutes. West Virginia finishers were: Tom Green 3rd, 8:35; Alan Doss 6th, 9:01; Ken Doss 17th, 10:39; and Tom Fletcher 32nd, 11:52.

For entry forms and more information on how you can "beat the mountain" contact:

Dr. David Horton  
Liberty University  
Div. of Health and Physical Education  
Box 20000  
Lynchburg, VA 24506

Office (804) 237-5961 ext. 330  
Home (804) 239-1324

PRESIDENTS PAGE, continued

Through attrition of everyday life the KVRRC has had to elect four new officers. The new active Board of Directors members are Don Barnett and David Copeland. The new alternates to the Board of Directors are Mike Province and Dick Conway. Congratulations on behalf of the membership.

The KVRRC Board of Directors is actively involved week by week in an ongoing effort to upgrade, advise and support the current road racing circuit. Yes, we are aware of the small things like age groups, course measurement, water stops, awards and etc. So let the members of the Board hear from you, give us new ideas.

Patrick and I will see you at the races.

Pat Board III

# ALMOST HEAVEN MARATHON DECEMBER 7, 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 MACCORMICK AVE. ACROSS THE PATRICK ST. BRIDGE TO THE KANAWHA BLVD. YOU FOLLOW THE BLVD ALMOST BACK TO THE 33TH 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 5 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 KVR. BRING A DISH TO ADD TO THE MEAL.

ENTRY FORM (MAIL TO: KVR 8032282 CHARLESTON, WV 25352)

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

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

SIGNATURE: \_\_\_\_\_  
(PARENTS' SIGNATURE REQUIRED IF CONTESTANT IS UNDER 16 YEARS OLD).



SCHEDULE OF EVENTS  
 SEPTEMBER 7 - OCTOBER 1985

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

September 7, 1985  
 Saturday  
 Gauley Bridge 5K  
 RT: 6:15 A.M.  
 ST: 7:30 A.M.  
 SP: Traveller Football Field  
 EF: \$5.00  
 RD: Steve Keenan/Larry Phillips

September 9, 1985  
 Monday  
 KVRRC Board Meeting  
 RT:  
 ST: 7:30 P.M.  
 SP: JoAnn Dawson's  
 731 Churchill Drive  
 Charleston

September 21, 1985  
 Saturday  
 Comfort 5K  
 RT:  
 ST: Grade School, Comfort, WV  
 EF:  
 RD: Vivian Coon

September 28, 1985  
 Saturday  
 Virginia Ten Miller  
 RT: By April 30, 1985  
 ST: 7:00 A.M.  
 SP: Lynchburg, VA  
 EF: \$10.00  
 RD: Register  
 3020 Cranehill Drive  
 Lynchburg, VA 24503

October 12, 1985  
 Saturday  
 Winecellar Classic (10K)  
 RT: 9:30 A.M.  
 ST: 11:30 A.M.  
 SP: Winecellar Park, Dunbar  
 EF: \$6.00/\$8.00  
 RD: Frank Norman  
 766-0223

October 12, 1985  
 Saturday  
 The News & Sentinel Half Marathon  
 RT: Must pre-register  
 ST: 8:30 A.M.  
 SP: 519 Juliana St., Parkersburg,  
 EF: \$10.00/\$12.00  
 RD: Kim Lantz, Donn Sinclair  
 485-1891  
 Over \$4000 in cash prizes

October 12, 1985  
 Saturday  
 Pt. Pleasant Distance Run (10K/5K/1M)  
 RT:  
 ST: 9:30 A.M.  
 SP: 2nd St - Behind Hecks bldg  
 EF: \$5.00/\$7.00  
 RD: City of Point Pleasant, WV

October 13, 1985  
 Sunday  
 Bridge Day 15K  
 RT:  
 ST:  
 SP:  
 EF:  
 RD:

October 13, 1985  
 Sunday  
 University City Classic 10M  
 RT: 11:00 A.M.  
 ST: 1:00 A.M.  
 SP: WVU Football Stadium  
 EF: \$7.00/\$8.00  
 RD: MVAO 296-0029  
 Dominion Post 292-6301

October 13, 1985  
 Sunday  
 Black Walnut 10K  
 RT: 1:00 P.M.  
 ST: 2:00 P.M.  
 SP: First National Bank  
 Drive-In  
 EF: \$6.00/\$8.00  
 RD: David Combs  
 P.O. Box 1049  
 Spencer, WV 25276  
 (H) 927-2742  
 (O) 927-1750

October 14, 1985  
 Monday  
 KVRRC Board Meeting  
 RT:  
 ST: 7:30 P.M.  
 SP: JoAnn Dawson's  
 731 Churchill Drive  
 Charleston

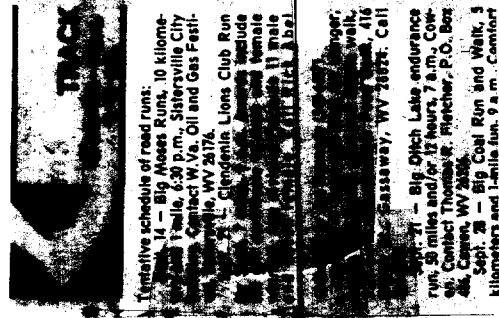
December 7, 1985  
 Saturday  
 Alpsi Heaven Marathon  
 RT: 9:00 A.M.  
 ST: 10:00 A.M.  
 SP: DAMC - Kanawha City

EF: \$6.00/\$10.00  
 RD: KVRRC  
 See application in this issue

LOOKING AHEAD  
 December 15 - Kanawha City 10K  
 January 19 - Frostbite 5K  
 February 7 - Valentine 5K  
 March 7 - KVRRC Banquet  
 March 8 - Poca River 15K

Race directors 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)



Timetive schedule of road runs:  
 Sept. 14 - Big Mees Run, 10 kilome-  
 ters, 6:30 p.m., Sistersville City  
 Contact W. Va. Oil and Gas Festi-  
 val, WV 26176.  
 Sept. 15 - Clendenin Lions Club Run  
 5K, 10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, 100K, 110K, 120K, 130K, 140K, 150K, 160K, 170K, 180K, 190K, 200K, 210K, 220K, 230K, 240K, 250K, 260K, 270K, 280K, 290K, 300K, 310K, 320K, 330K, 340K, 350K, 360K, 370K, 380K, 390K, 400K, 410K, 420K, 430K, 440K, 450K, 460K, 470K, 480K, 490K, 500K, 510K, 520K, 530K, 540K, 550K, 560K, 570K, 580K, 590K, 600K, 610K, 620K, 630K, 640K, 650K, 660K, 670K, 680K, 690K, 700K, 710K, 720K, 730K, 740K, 750K, 760K, 770K, 780K, 790K, 800K, 810K, 820K, 830K, 840K, 850K, 860K, 870K, 880K, 890K, 900K, 910K, 920K, 930K, 940K, 950K, 960K, 970K, 980K, 990K, 1000K, 1010K, 1020K, 1030K, 1040K, 1050K, 1060K, 1070K, 1080K, 1090K, 1100K, 1110K, 1120K, 1130K, 1140K, 1150K, 1160K, 1170K, 1180K, 1190K, 1200K, 1210K, 1220K, 1230K, 1240K, 1250K, 1260K, 1270K, 1280K, 1290K, 1300K, 1310K, 1320K, 1330K, 1340K, 1350K, 1360K, 1370K, 1380K, 1390K, 1400K, 1410K, 1420K, 1430K, 1440K, 1450K, 1460K, 1470K, 1480K, 1490K, 1500K, 1510K, 1520K, 1530K, 1540K, 1550K, 1560K, 1570K, 1580K, 1590K, 1600K, 1610K, 1620K, 1630K, 1640K, 1650K, 1660K, 1670K, 1680K, 1690K, 1700K, 1710K, 1720K, 1730K, 1740K, 1750K, 1760K, 1770K, 1780K, 1790K, 1800K, 1810K, 1820K, 1830K, 1840K, 1850K, 1860K, 1870K, 1880K, 1890K, 1900K, 1910K, 1920K, 1930K, 1940K, 1950K, 1960K, 1970K, 1980K, 1990K, 2000K, 2010K, 2020K, 2030K, 2040K, 2050K, 2060K, 2070K, 2080K, 2090K, 2100K, 2110K, 2120K, 2130K, 2140K, 2150K, 2160K, 2170K, 2180K, 2190K, 2200K, 2210K, 2220K, 2230K, 2240K, 2250K, 2260K, 2270K, 2280K, 2290K, 2300K, 2310K, 2320K, 2330K, 2340K, 2350K, 2360K, 2370K, 2380K, 2390K, 2400K, 2410K, 2420K, 2430K, 2440K, 2450K, 2460K, 2470K, 2480K, 2490K, 2500K, 2510K, 2520K, 2530K, 2540K, 2550K, 2560K, 2570K, 2580K, 2590K, 2600K, 2610K, 2620K, 2630K, 2640K, 2650K, 2660K, 2670K, 2680K, 2690K, 2700K, 2710K, 2720K, 2730K, 2740K, 2750K, 2760K, 2770K, 2780K, 2790K, 2800K, 2810K, 2820K, 2830K, 2840K, 2850K, 2860K, 2870K, 2880K, 2890K, 2900K, 2910K, 2920K, 2930K, 2940K, 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1439K, 1440K, 1441K, 1442K, 1443K, 1444K, 1445K, 1446K, 1447K, 1448K, 1449K, 1450K, 1451K, 1452K, 1453K, 1454K, 1455K, 1456K

4th ANNUAL GAULEY BRIDGE ANNIVERSARY DISTANCE RUN  
5 kilometers (3.1 miles)

SPONSORED BY:

PEPSI-COLA AND TOWN OF GAULEY BRIDGE  
STEVE KEENAN AND LARRY PHILLIPS CO-CHAIRMEN

GAULEY BRIDGE, W.VA

WHEN: SATURDAY, SEPT 7,  
7:30 a.m.

WHERE:

TRAVELLER FOOTBALL FIELD

REGISTRATION: 6:15-7:15 a.m.

FEE:

\$5.00

GREYHOUND BUS STATION DOWNTOWN - MAIR STREET

TROPHIES TO TOP THREE FINISHERS IN MALE AND FEMALE  
DIVISIONS AND TO TOP FINISHER IN EACH AGE GROUP. T-SHIRTS  
WILL BE GIVEN TO ALL WHO PRE-REGISTER AND THOSE REGISTERING  
ON RACE DAY AS LONG AS SUPPLY LASTS. NO DUPLICATION OF  
AWARDS.

START:

RESTROOMS AND SHOWERS WILL BE AVAILABLE  
SPLITS WILL BE GIVEN AT 1 and 2 MILES. THERE WILL BE WATER STOPS  
AT 2 KILOMETERS AND PEPSI AT THE FINISH LINE.  
ENTRIES SHOULD BE RECEIVED NO LATER THAN THURSDAY, SEPT. 5  
SEND \$5.00 AND ENTRY FORM TO:  
GAULEY BRIDGE TOWN HALL  
P.O. BOX 490  
GAULEY BRIDGE, W.VA. 25085  
MAKE CHECKS PAYABLE TO GAULEY BRIDGE  
TOWN DISTANCE RUN  
THE RACE WILL BE RUN THROUGH THE STREETS OF HISTORIC GAULEY  
BRIDGE WHICH IS LOCATED AT THE CONFLUENCE OF THE NEW AND GAULEY  
RIVERS FORMING THE GREAT KANAWHA.

FINISH:

AWARDS:

AGE GROUPS:

15 & under  
16-19  
20-29  
30-39  
40-49  
50 and over

AIDS:

ENTRIES:

COURSE:

ON THE ROAD AGAIN

By Bill O'Dell

Did you ever have one of those days out on the road when you never thought you would see the finish? Well, last May was one of those times. Day turned to night, the car lights made me see double, the miles kept coming, then came the rain. I hoped the finish was near. As I continued on I knew that tomorrow would be a very special day, if I could only get to my final destination. I was not alone, I had my wife and daughter with me that night - you see I was on my way to the National Road Running Convention in Atlanta, Georgia.

Indeed tomorrow was a very special day. Not only did I get the opportunity to run with world class runners in a 5K, I learned alot about frog hops or was it frog hopes. There were films, speakers and two days filled with fun and excitement. There were representatives from all over the U.S.A.. We had a chance to compare notes and share the common bond between runners. It seemed I didn't make new friends, but renewed old friendships with new people. One of the best parts of the convention was it was more like a vacation, my family and I took in a Braves game and made time to shop, eat great pasta and hang out at the pool. All this and more, much more. Just think running, talking about running and family time too. Who could ask for a better weekend.

I hope many of the KVRRC will be able to make next years meeting. I don't know exactly where or when it is but I'm sure it will be equal to if not better than Atlanta. Here it is a month later and I'm still reflecting back and anticipating next year.

PLEASE CUT OFF AND RETURN AS DIRECTED

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

STREET: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

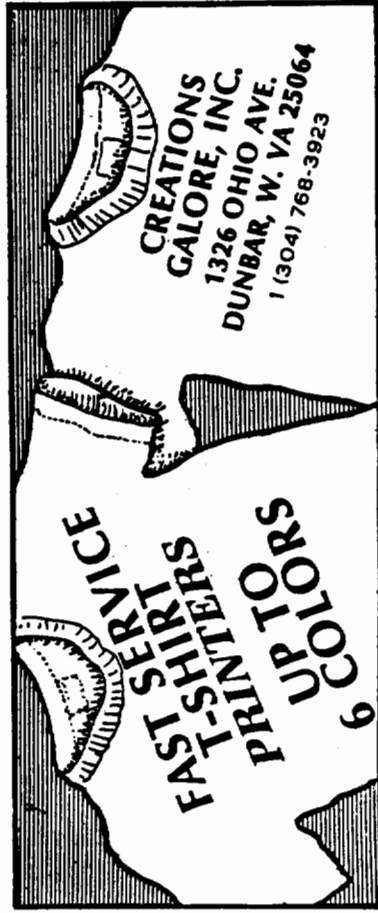
AGE AS OF 9/7/85: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_

CIRCLE ONE: SEX: M F T-SHIRT SIZE: S M L XL

WAIVER: IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I HEREBY, FOR MYSELF, HEIRS, EXECUTORS, AND ADMINISTRATORS WAIVE AND RELEASE ANY CLAIMS AGAINST THE SPONSORS AND OFFICIALS OF THE PEPSI-COLA/GAULEY BRIDGE DISTANCE RUN. I ALSO CERTIFY THAT I AM PHYSICALLY FIT FOR THIS EVENT. I ATTEST TO THE ABOVE WITH MY SIGNATURE BELOW.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

( PARENT OR GUARDIAN IF UNDER 18 )





KANAWHA VALLEY ROAD RUNNERS

# WINTER SERIES

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 DANSON, 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

(UNIFORM AGE GROUPS, MEN & WOMEN)

14	+	UNDER
15	-	23
24	-	32
33	-	41
42	-	50
51	-	59
60	+	OVER

### WHEELCHAIR PARTICIPANTS

AWARDS: OVERALL & DEEP IN AGE GROUPS, EACH RACE.

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

ADDN. INFO: PAT BOARD III 347-7018, 744-0375 HM.  
CARROLL YOUNG 344-7705, 727-0844 HM.  
BILL ODELL 744-4918 HM.

# Kanawha Valley ROAD RUNNERS

The Kanawha Valley Road Runners (KVRR) 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 KVRR'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

### 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. \_\_\_\_\_ 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

