



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor

1986

September-October

THE PRESIDENTS PAGE

Congratulations to all KVRRC members who completed the 14th Annual Charleston Distance Run on August 30th. The weather was perfect. A great day and a great race for the middle and back of the pack runner to be able to compete with Don Norman, who set a new course record of 1:13:54 with apparent ease and Julie Isphording the very personable overall womens winner, with a time of 1:29:19. Also how about race runner-up Bill Rogers. A class act at 39 years old, Rogers ran a very respectable 1:15:28, a time that could have won the race if tougher weather conditions had existed. I am sure a lot of KVRRC members ran PR's like Charleston's Mayor Mike Roark who placed 473rd and had a time of 1:47:50, almost ten minutes better than last year. Also I extend congratulations to men and women members who represented the KVRRC on race teams in the Charleston 15 miler.

The year is not over, I urge you to stay in shape and on the roads. Keep your eye on Gary Smith's race calendar. Again this year the KVRRC is sponsoring the "Winter Series 86-87" and the December 6th, Almost Heaven Marathon. This year our marathon will come "out of the closet". We have already had inquiries from 7 states. Bill O'Dell, 744-4918 is the race director.

On August the 16th we had our annual picnic/pool party at Steve Stewarts house. Fifty plus people attended and had a fantastic time, thanks to Steve, Ms Tom Pearcy, Bill O'Dell and Mike Province. How about the CPA Mile races! August 86 was a great month with something for everybody, young and old, long and short. Lets keep it going.

Also I want to thank the people I "lean on" everyday. You know who you are. We do it together and grow stronger each time out.

Patrick and I will see you at the races!

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	744-0575
Carroll Young	727-9844
Johann Urofsky	345-0239
Paul Garrett	925-3247
Bill O'Dell	744-4918
Don Barnett	744-0816
Mike Pryt	776-5592
Mike Province	744-0466
Carol Graham	744-5148

President/Treasurer
Vice President
Secretary
Membership Chairman
Director
Director
Director
Director
Director

Dave Fields	Alternate
David Copeland	Alternate
Gary C. Smith	Newsletter, Race Calendar

744-1099

FROM THE EDITOR:

Sweat is dripping down into the word processor as I write this. Dee had left the machine up and going while I was out for my evening run so I decided to sit down and type as soon as I returned. This is to be a tale of the differences between racing a flat mile and racing fifteen miles with a few inclines thrown in.

I competed in the CPA Mile August 24 and like any distance that you only run competitively once a year, your memory tends to forget the unpleasant aspects and remember only the more pleasant ones (if there were any). Racing a mile puts me into oxygen debt after the first quarter mile. By the time I hit a half mile my legs are starting to rebel and my throat is burning but I feel as if finishing the race won't be too difficult. By the third quarter it's good that I can see the South Side Bridge because the ache in my legs and the searing in my throat and lungs make me want to stop and walk on in. When I'm within 100 yards of the finish I know I don't have a kick, in fact I wonder if I'm going to be sick. But within ten minutes I feel fine and I wonder why I was complaining to myself so much back at three quarters of a mile.

Compare that to the Charleston Distance Run. Here I felt OK for the first two miles and it wasn't until about half way up 214 that I start to feel discomfort. But a few yards past the top of the hill I have my breathing back in control then, except for the little big hill at Oakwood near GW, the next four miles are relatively easy. From the bottom of the South Side bridge to the 35th street bridge I concentrate on trying to run a strong steady pace and still leave enough energy and muscle to run the last six miles. I usually consciously or unconsciously cut my pace back a little as I turn onto the Boulevard. By the time I get to the Elk River bridge heading west I'm asking myself why I did this again, why run this race year after year. At the finish I once again find that I have no real kick, my arms are tired my legs are tired my mind is tired, my whole body is tired. I don't feel the burning that I feel after racing a mile, I feel something less intense and more overwhelming, something that takes two days not ten minutes to recover from.

I'm on the lookout for a good three mile race.

Gary Smith

STRENGTHENING THE LOWER ABDOMEN

By Dr. Peggy L. Kiser, Chiropractor

This is the last in a series of articles describing exercises to improve the runner's strength and flexibility. This particular exercise isolates and strengthens the muscles of the abdomen. The abdomen is the front of your back, and if it is weak, your back is unstable.

Lie flat on your back with your knees bent. Rotate your feet so that your toes are touching. Keep your toes together. Criss cross your hands and arms across your chest, tuck your pubic bone upwards toward your navel, tuck your chin to your neck and slowly curl your trunk and upper body until you feel your shoulder blades slightly lift off the floor. See diagram. Do not tighten your buttocks or lower back muscles. Do three sets of ten each.

Athletes with strong abductor muscles (outer hip muscles), tight low-backs and average mid-abdominal strength, often have little lower abdominal strength. They try hard but are unsuccessful in getting rid of a little pot belly. These athletes could especially benefit from performing this exercise on a regular basis.



RESULTS OF THE 1986 CPA MILE

PLACE	TIME	NAME	AGE	HOMETOWN	MALE 30-39	FEMALE 40-49	MALE 40-49	FEMALE 50+	MALE 50+	MALE WHEELCHAIR	OPEN	HEAVYWEIGHT	CPA FEMALE	CPA MALE	HUSBAND/WIFE
<u>FEMALE 10-UNDER</u>															
1	7:34	Lisa Copeland	10	Charleston	1	1	1	1	1	1	1	1	1	1	1
2	8:00	Laura Warren	10	Charleston	2	2	2	2	2	2	2	2	2	2	2
3	8:05	Arlena Nester	9	Charleston	3	3	3	3	3	3	3	3	3	3	3
4	8:12	Suzanne Goldberg	10	Charleston	4	4	4	4	4	4	4	4	4	4	4
<u>MALE 10-UNDER</u>															
1	6:07	Brett Hunt	10	Ripley	1	1	1	1	1	1	1	1	1	1	1
2	6:33	Flisha Conn	9	St Albans	2	2	2	2	2	2	2	2	2	2	2
3	6:40	James Conn	8	St Albans	3	3	3	3	3	3	3	3	3	3	3
4	6:43	Scott Fleshman	10	S Charleston	4	4	4	4	4	4	4	4	4	4	4
<u>FEMALE 11-14</u>															
1	6:08	Kama Sue Shaar	12	S Charleston	1	1	1	1	1	1	1	1	1	1	1
2	6:40	Aimee Barnett	12	S Charleston	2	2	2	2	2	2	2	2	2	2	2
3	6:48	Amy Steele	11	Charleston	3	3	3	3	3	3	3	3	3	3	3
4	7:06	Belinda Cunningham	12	Cross Lanes	4	4	4	4	4	4	4	4	4	4	4
<u>MALE 11-14</u>															
1	5:19	Jason Hamelin	13	Cross Lanes	1	1	1	1	1	1	1	1	1	1	1
2	5:23	Charles Ervin	14	Charleston	2	2	2	2	2	2	2	2	2	2	2
3	5:35	Benjie Hunt	14	Ripley	3	3	3	3	3	3	3	3	3	3	3
4	5:38	Scott Fortney	14	Culloden	4	4	4	4	4	4	4	4	4	4	4
<u>FEMALE 15-19</u>															
1	6:19	Tracy Hodges	17	Athens	1	1	1	1	1	1	1	1	1	1	1
2	6:35	Nancy Higginbottom	17	Nitro	2	2	2	2	2	2	2	2	2	2	2
3	7:05	Karen Conn	15	St Albans	3	3	3	3	3	3	3	3	3	3	3
4	7:46	Melissa Roueche	15	Charleston	4	4	4	4	4	4	4	4	4	4	4
<u>MALE 15-19</u>															
1	4:34	Tony Ross	17	Clendenin	1	1	1	1	1	1	1	1	1	1	1
2	4:40	Jimmy Cunningham	16	Cross Lanes	2	2	2	2	2	2	2	2	2	2	2
3	4:41	Mark Hartling	18	Nitro	3	3	3	3	3	3	3	3	3	3	3
4	4:46	Rick Thomas	16	Nitro	4	4	4	4	4	4	4	4	4	4	4
<u>FEMALE 20-29</u>															
1	6:46	Kathy Raines	24	Baton Rouge, LA	1	1	1	1	1	1	1	1	1	1	1
2	7:54	Debbie Whitehurst	26	St Albans	2	2	2	2	2	2	2	2	2	2	2
3	7:57	Tammy Rowlands	27	Dunbar	3	3	3	3	3	3	3	3	3	3	3
4	8:06	Jo Ellen Dean	20	Elkview	4	4	4	4	4	4	4	4	4	4	4
<u>MALE 20-29</u>															
1	4:45	Tom Lumadue	29	Ravenswood	1	1	1	1	1	1	1	1	1	1	1
2	5:01	Mark Coffield	28	St Albans	2	2	2	2	2	2	2	2	2	2	2
3	5:05	Glen Morris	26	Marmet	3	3	3	3	3	3	3	3	3	3	3
4	5:06	Jeffrey Hively	23	Dunbar	4	4	4	4	4	4	4	4	4	4	4
<u>FEMALE 30-39</u>															
1	7:51	Karen Shelton	30	Summersville	1	1	1	1	1	1	1	1	1	1	1
2	7:53	Beverly Surface	37	Charleston	2	2	2	2	2	2	2	2	2	2	2
3	7:59	Kathy Davis	33	Elkview	3	3	3	3	3	3	3	3	3	3	3
4	8:02	Rhonda Lane	32	Canvas	4	4	4	4	4	4	4	4	4	4	4

4:40	Tom Eckel	33	Elkview
4:43	John Maher	31	Charleston
4:44	Pat McGinnis	33	Winfield
5:02	David Daniels	32	Elkview
6:20	Linda McCall	40	Charleston
7:38	Pat McClure	44	Charleston
5:00	James Stuppie	46	Summersville
5:03	Michael Mayes	41	Charleston
5:27	John Barnett	40	S Charleston
6:09	Steve Bock	40	Charleston
6:56	Ruth Heidenrich	50	St Albans
6:12	Jack Adkins	50	Hurricane
6:56	Campbell Neal	66	Huntington
8:00	Carl Rucker	55	Charleston
9:24	J Everette Gillespie	56	Hurricane
7:02	Bill Riddle	20	Charleston
4:54	John Maher	31	Charleston
5:22	Dennis Dean	30	Elkview
5:46	Bill Tracy	36	Charleston
5:54	Paul Hodges	44	Athens
6:27	Mike McClung	30	Charleston
7:51	Connie Hays	32	Charleston
7:55	Joyce Burdette	26	Charleston
8:22	Nancy Hodges		Athens
4:55	Ronald Plantz	38	Charleston
5:03	Gary Smith	32	S Charleston
5:35	Darwin Stump	31	Clarksburg
5:42	Brian Eye	27	Elkview
11:06	Ron/Darlene Norman	39/	Charleston
12:18	Keith/Kathy Raines	27/24	Baton Rouge LA
15:20	Gary/Dinky Peyton	44/	Charleston
19:03	William/Diane Ellis	43/38	Charleston

DUNBAR PARKS & RECREATION
PRESENTS THE

"TWELTH ANNUAL WINE CELLAR CLASSIC - 10,000 METER DISTANCE RUN"



SATURDAY, SEPTEMBER 20TH: 10:00 A.M.
WINE CELLAR PARK: DUTCH HOLLOW ROAD

COURSE: Run will begin at Dunbar Wine Cellar Park and travel through-out Dunbar and will end at Dunbar Junior High School. Splits will be given at all mile marks.

AWARDS: T-Shirts to the first 200 runners. Awards to Over all Male & Female and Handicapped winners and to first 2 finishers in each division. Runner eligible for one award ONLY.

DIVISIONS:

FEMALE: 19 & Under	MALE: 14 & Under
FEMALE: 20 - 29	MALE: 15 - 19
FEMALE: 30 - 39	MALE: 20 - 29
FEMALE: 40 - 49	MALE: 30 - 39
FEMALE: 50 - Over	MALE: 40 - 49
	MALE: 50 - 59
	MALE: 60 - Over

DRESSING FACILITIES: Showers will be available at the finishing point, however, personal articles should be locked in your automobile. Runners will be bussed back to starting point.

ENTRY FEE: \$6.00 for preregistration and \$8.00 for late registration. Late registration will be from 8:30 A.M. to 9:30 A.M. on September 20th at the Wine Cellar Park.

ELIGIBILITY: Open to all runners except students who are participating on West Virginia Secondary School Cross Country Track Teams.

DETACH & MAIL

NAME: _____ **SEX:** _____ **AGE:** _____ **T-SHIRT:** S. M. L. EX.
ADDRESS: _____

In consideration of your accepting this entry, I hereby, for myself, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I may have against Dunbar Parks & Recreation and their representative, for any and all injuries suffered by me in said event. I herefore attest and verify that I am physically fit and have sufficiently trained for this 10,000 Meter Distance Run.

SIGNATURE _____ **PARENT, IF UNDER 18 YEARS OLD**

CHECK PAYABLE: DUNBAR PARKS & RECREATION- 2601 FAIRLAWN AVENUE
DUNBAR, WEST VIRGINIA 25064

NO REFUNDS, ONCE APPLICATION HAS BEEN SUBMITTED.

SPONSORED BY: Kanawha County Democratic Women's Club; Marge Fleshman, President.

The POLL TICKET Run:

STATE OF WEST VIRGINIA
KANAWHA COUNTY
POLL BOOK

GENERAL ELECTION

5 Mile
Sat., October 4, 1986, 9:00 a.m.

Precinct No. _____ **REGISTRATION NO.** _____

Ballot Stub No. _____

Signature of Runner

Street Address of Runner

Phone No.

CHALLENGE OF VOTER
(Poll Clerk will mark as "X" in space to the right if voter is challenged)

WHERE: 31st Street, Kanawha City

Click in between 8 and 9 a.m.

CHECK AGE GROUP DIRECTOR: Dee Hill 727-6646

- 15 and Under
- 16 - 20
- 21 - 24
- 25 - 29
- 30 - 34
- 35 - 39
- 40 - 49
- 50 +
- Wheelchair

Preregister: September 26, 1986 Fee: \$7.00

Late Registration: Fee \$8.50

Send Registration form to: P. O. Box 149, Institute, WV 25112

REFRESHMENTS
PRIZES
AWARDS
T-SHIRTS

I hereby waive and release all rights and claims for damages I may have against the sponsors and officials of this race on 10/04/86 of all injuries suffered by me in said event. I verify I have sufficiently trained and am physically fit for this event.

PRINT NAME _____ AGE _____ SEX _____ SIGNATURE (Parent if under 18) _____
OCCUPATION _____ T-SHIRT SIZE _____

SCHEDULE OF EVENTS
 SEPTEMBER - OCTOBER 1986

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

September 20, 1986
 Saturday
Winecellar Classic 10K
 RT: 8:30 AM
 ST: 10:00 AM
 SP: Winecellar Park, Dunbar
 EF: \$6.00/\$8.00
 RD: Frank Norman 776-0223

September 21, 1986
 Sunday
Milk & Honey 10K
 RT: 8:30 AM
 ST: 10:00 AM
 SP: Canaan Valley State Park
 EF: \$5.00/\$7.00
 RD: 1-800-CALL-WVA (866-4121)

October 4, 1986
 Saturday
Lakeview Biathlon
 RT:
 ST:
 SP: Sheraton Lakeview, Morgantown
 EF:
 RD: 10K Run 40K Bike Race

October 4, 1986
 Saturday
8-Mile Country Classic
 RT:
 ST: 9:00 AM
 SP: Branchland, WV
 EF: \$7.00/\$8.00
 RD: 778-7059

September 20, 1986
 Saturday
Holiday Inn - MAC 3-Miler
 RT: 8:00 AM
 ST: 9:00 AM
 SP: Moorehead, KY MSU Campus
 EF: \$6.00/\$8.00
 RD: Moorehead Athletic Club
 Dave Rudy 783-1002 783-2090
 Hand made pottery awards

September 28, 1986
 Sunday
The Great Race (10K)
 RT: By September 23, 1986
 ST: 9:00 AM
 SP: Frick Park, Pittsburgh
 EF: \$8.00/\$12.00
 RD: City of Pittsburgh
 (412) 255-2493

October 4, 1986
 Saturday
Poll Ticket 5-Miler
 RT: 8:00 AM
 ST: 9:00 AM
 SP: CAMC - Kanawha City
 EF: \$7.00/\$8.50
 RD: Kanawha City Democratic Women
 Dee Hill 727-6646 766-7463

October 4, 1986
 Saturday
Pt Pleasant Battle Daze Run 5K-10K
 RT: 8:00 AM
 ST: 9:30 AM/10:00 AM
 SP: 2nd St & Kentucky Avenue
 EF: \$5.00/\$7.00
 RD: Citizens National Bank of
 Pt Pleasant 675-2360

September 13, 1986
 Saturday
Nicholas County Potato Festival 10K
 RT: 7:30 AM
 ST: 9:00 AM
 SP: F. Scott Chevrolet, Summersville
 EF: \$5.00
 RD: F. Scott Chevrolet

October 4, 1986
 Saturday
2nd Lewis City 5-Miler
 RT: 8:00 AM
 ST: 9:30 AM
 SP: Lewis City High School, Weston
 EF: \$8.00/\$10.00
 RD: Lewis City United Way

October 12, 1986
 Sunday
5th White Lightning 5K/10K
 RT: 12:00 PM
 ST: 2:00 PM
 SP: Rocky Mount, VA
 EF: \$6.00
 RD: Franklin City Parks
 (703) 483-9293

October 12, 1986
 Sunday
Wellness Challenge 5K
 RT: 8:00 AM
 ST: Radford, VA
 SP: Radford, VA
 EF:
 RD: Radford Community Hospital
 639-3241

October 19, 1986
 Sunday
University Classic 10M
 RT: 11:00 AM
 ST: 1:00 PM
 SP: Mountaineer Field
 EF: \$8.00/\$9.00
 RD: Dominion Post
 Jeff Moris 292-6301

December 6, 1986
 November 16, 1986

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

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

October 5, 1986
 Sunday
Woods Country Run (10M)
 RT: 8:30 AM
 ST: 10:30 AM
 SP: High View Farms, Hedgesville
 EF: \$9.00/\$12.00
 RD: ALS PALS, INC Al Lewis 754-7411

October 12, 1986
 Sunday
9th Black Walnut 10K
 RT: 1:00 PM
 ST: 2:00 PM
 SP: First National Bank
 EF: \$6.00/\$8.00
 RD: David Combs (O) 927-1750
 P.O. Box 1049 (H) 927-2742
 Spencer, WV 25276

October 18, 1986
 Saturday
Charter Day 10K
 RT: 8:00 AM
 ST: 10:00 AM
 SP: Greenbrier Center, Lewisburg
 EF: \$7.00/\$9.00
 RD: Greenbrier Valley Road Runners
 Lee Scruggs 645-6574

October 25, 1986
 Saturday
5th Autumn Gold Classic 10K
 RT: 7:30 AM
 ST: 9:00 AM
 SP: Dupont High School
 EF: \$7.00/\$8.00
 RD: Bob Zedovsky (357-1765)

LOOKING AHEAD
 Almost Heaven Marathon, Chas., WV
 Columbus Marathon, Columbus, OH

THE WOODS COUNTRY RUN™

SUNDAY OCTOBER 5, 1986

HEDGESVILLE, WEST VIRGINIA

10 MILE RACE AND 3.5 MILE FUN RUN
PLACE: EDGE VIEW FARM, MOUNTAIN LAKE ROAD AND HIGH VIEW FARMS ROAD,
 LOCATED BETWEEN MARTINSBURG AND BECKLEY SPRINGS. 19 MILES FROM BALTIMORE
 AND D.C. TAKE I-78 WEST TO I-41 SOUTH TO ROUTE 9 WEST. GO 11 MILES TO
 MOUNTAIN LAKE ROAD ON LEFT. TAKE MOUNTAIN LAKE ROAD 2.5 MILES TO HIGH VIEW FARMS.
TIME: 9:18 AM FOR 1.5 MILE, 10:18 AM FOR 10 MILE
COURSE: ROLLING COUNTRY ROADS, FOREST PATHS, FARMLAND
 AND ORCHARDS. SPLITS AT 1.5, 5.7, 9 MILES
COURSE RECORDS: OPEN - DAVE McDONALD 49:49
 (ALL IN 1981)
 WOMEN - MARGARET HORIOKA, 66:17
 MASTERS - ROBERT MCGEE, 68:45

ENTRY FEE: -18 MILK-\$2.00 FOR ENTRIES POSTMARKED PRIOR
 TO SEPTEMBER 22. \$11.00 AFTER SEPTEMBER 22.
 -3.5 MILK-NO PREREGISTRATION, \$4.00

AWARDS: -T-SHIRTS AND CAPS TO ALL REGISTERED IN 10 MILE. CAPS TO ALL IN 1.5
 -FREE VEEZ LODGING AT HORN BUCKLE LODGE IS PROVIDED UP TO 700 RUNNERS.
 -AWARDS TO TOP 3 IN OPEN, TOP 1 IN WOMEN'S AND MASTERS' (OVER 40)
PRE-RACE CLINIC AND BUFFET: DAVE McDONALD, OLIMPIK
 MARATHON TRIALS CHAIRMAN, AND FIVE OTHER MEMBERS OF THE WOODS COUNTRY RUN
 WILL CONDUCT A PRE-RACE CLINIC ON SATURDAY EVENING, OCTOBER 4TH, BETWEEN
 6:00 AND 8:00 PM. OTHER SPORTS VIDEO TAPES WILL BE SHOWN. FREE BEVERAGES.
POST RACE: BARBEQUE AND BUFFET, SODA AND BEER, ALL THE
 APPLIES YOU CAN CARRY AWAY, VIDEOTAPE OF THE RACE.
ACCOMMODATIONS: CALL 394 754-7411 TO RESERVE LODGING

TO ENTER: SEND ENTRY FORM AND MAKE CHECKS PAYABLE TO:
ALLEN PAULS INC., P.O. BOX 320 HEDGESVILLE, W.V. 25487
 FOR FURTHER INFORMATION CONTACT AL LEWIS 304 754-7411
 THE WOODS COUNTRY RUN IS A TRADEMARK OF AL'S PALM INCORPORATED, A WEST
 VIRGINIA SERVICE CORPORATION UTILIZING THE SKILLS OF TALENTED LOCAL
 CONTRACTORS FOR DESIGN, CONSTRUCTION, MAINTENANCE AND REPAIRS.
 SERVICES ARE PROVIDED FOR: PAVERIES & BLOCK PAVEMENT, WALKING
 LAMINATING, TV ANTENNA, BATHS, BATHS, BATHS, BATHS, BATHS, BATHS,
 SERVICES. ALSO: PAULS INC. ALSO BUILDS AND SELL'S SPORTS MEMORABILIA AND CONDUCTS
 ROAD RACES. ENTRIES MUST BE MADE AT THE WOODS COUNTRY RUN AND POWERBALL SELLERS
 (THE WOODS COUNTRY RUN IS NOT AFFILIATED WITH THE HEDGES RESORT, HEDGES
 CLUB, PESTERBACH VALLEY PROPERTIES OR THE WOODS MEMORABILIA ASSOCIATION)

CITY ALONG DOTTED LINE

OFFICIAL ENTRY FORM
THE WOODS COUNTRY RUN

LAST NAME / FIRST NAME / MI / SEX / DATE OF BIRTH _____

MAILING ADDRESS _____ CITY _____ STATE _____ ZIP _____

DAYTIME PHONE _____ EVENING PHONE _____ S M L XL T-SHIRT SIZE _____

BEST 10 MILE TIME _____ PRE-RACE BUFFET (NO CHARGE) YES ___ NO ___
 ACCOMMODATIONS NEEDED YES ___ NO ___

PREDICTED TIME FOR THIS RACE _____

IN CONSIDERATION OF THE ACCEPTANCE OF MY ENTRY, I FOR MYSELF, MY EXECUTORS,
 ADMINISTRATORS, AND ASSIGNEES DO HEREBY RELEASE AL'S PALM INC. OTHER SPONSORS OF
 THIS EVENT AND VOLUNTEERS OF ALL CLUBS OF DAMAGE, DEMAND, ACTION,
 WHATEVER OR ANY NATURE ARISING OUT OF MY PARTICIPATION IN SAID EVENT. I
 ATTEST AND VERIFY THAT I HAVE FULL KNOWLEDGE OF THE RISKS INVOLVED IN THIS EVENT
 AND I AM PROPERLY FIT AND SUFFICIENTLY TRAINED TO PARTICIPATE IN THIS EVENT.

SIGNATURE (PARENT'S SIGNATURE REQUIRED IF UNDER 16) DATE _____
 MAIL ENTRY FEE (NO REFUND) AND ENTRY FORM TO:
 AL'S PALM INC. P.O. BOX 320 HEDGESVILLE, WEST VIRGINIA, 25487-7411

RACE OFFICIALS ONLY _____ FINISH PLACE _____
 RACE NUMBER _____ PLACE _____
 AGE GROUP _____ PLACE _____
 SEX _____ FINISH TIME _____

UNIVERSITY CITY CLASSIC



**West Virginia's
 Classic
 10-miler
 and
 2-mile fun race**

**Sunday,
 October 19, 1986
 1:00 p.m.**

**Morgantown,
 West Virginia**

Course: The challenging 10-mile loop through downtown Morgantown and the West Virginia University campus starts outside the WVU stadium and ends on the 50-yard line.
Registration: 11 a.m. on race day at WVU football stadium or pre-register by mail.

Fee: \$8 in advance, \$9 on race day Fun Run Fee: \$3 or \$6 (with T-shirt)
Awards: \$500 savings bonds to male & female winners, \$250 savings bonds to first runners-up, \$100 savings bonds to second runners-up. Awards to top ten male & female runners and top three male & female finishers in 10 age groups.

Group Awards: Fastest couple, fastest 5-person team in 10-miler; group with most finishers in Fun Run.

Clinic: 7 p.m., Oct. 18, WVU Coliseum

Tailgate Reception: For awards, drawings, refreshments

Entry Form

NAME _____ SEX _____ AGE _____ (as of 10-19-86)
 ADDRESS _____
 PHONE _____ T-SHIRT SIZE _____ GROUP _____
 (S-M-L-XL) If entering as part of team/couple

CHECK ONE 10-mile run 2-mile fun run

I acknowledge that the University City Classic race course is 10 miles long and extends up and down steep hills and that the University City Classic Fun Run is 2 miles long. My participation is voluntary and is done at my own risk. In consideration of your acceptance of my entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims for damages I may have against the West Virginia Radio Corporation, the West Virginia Newspaper Publishing Company, Pizza Hut, West Virginia University, West Virginia Track Club, and their or its officers, directors, trustees, shareholders, subcommittee, agents and representatives; the City of Morgantown and Monongalia County, their boards, commissions and employees; and any sponsors of the race for any and all injuries suffered by me in this race. I attest that I am physically fit and sufficiently trained for the completion of the race. I understand and agree that medical or other services rendered to me by or at the instance of any of the above parties is not an admission of liability to provide or continue to provide any such services and is not a waiver by any said parties of any right hereunder.

I hereby grant full permission to the Dominion Post and/or agents authorized by them, to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose. I have read and understand everything written above.

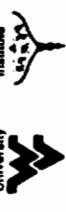
SIGNATURE _____ Parents signature if under 18 years old

**Mail entry form and fee to: University City Classic, Dominion Post
 Greer Building, Morgantown, WV 26505**

Make checks payable to: University City Classic

For more information, call Jeff Morris or Becky Huffman, (304) 292-6301

SPONSORED BY:



ALMOST HEAVEN MARATHON

DECEMBER 6, 1986

THE TAO OF RUNNING
By Michael C. Pyryt, Ph.D

The purpose of this article is to apply some concepts in Eastern philosophy to running. Although no substitute for dedication and hard work, I have found that my running program is more enjoyable and effective when I remember to apply these principles.

The first principle is Wei Wu Wei, which literally means doing-not-doing. As an application to running, it means that one should strive to make each movement as effortless as possible. One way I accomplish this goal is by visualizing the ground coming up to meet me when I run instead of the typical perception of me pounding the pavement. This perspective lessens the amount of perceived shock at footstrike.

The second principle is Yin Yang balance. The Yang is the aggressive, competitive, and hard side of one's nature. The Yin is the receptive, cooperative and soft side of one's nature. Too much Yang in one's running program leads to overtraining, compulsiveness, and stress fractures. Too much Yin in one's running program leads to undertraining, complacency, and weight gain. A person balances Yin and Yang by alternating hard and easy days. The more intense the effort on a hard day, the greater the need for an easy day.

The third principle is Energy Flow. One commonality among Eastern approaches is the belief that there is a subtle energy called Chi (in Chinese), Ki (in Japanese), and Pрана (in Hindu) that flows through a person who is functioning effectively. Disease is caused when the energy is blocked or stuck in certain spots. One way to release such energy is through focused breathing exercises. Energy is increased by breathing from one's center, located about two inches below the navel, and visualizing a flow of energy outward. I find this visualization especially helpful in pre-race warmups. I save every step I can for the race unlike other runners. Energy can also be released through massage. The effects of the massage are enhanced when combined with visualization.

I hope you find these concepts useful!! See you at the races!

Editor's note - You are going to be hearing more from Mike, he has agreed to assume co-editing responsibilities for the newsletter. We plan to each do three issues a year. This should help put more variety into the newsletter as I was afraid it was getting stale after almost four years with the same editor.

STARTING TIME 10AM.
REGISTRATION 9AM.
SPONSORED BY KANA WAHA 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.
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 WYO MEDICAL BUILDING AT CAMC MEMORIAL DIVISION ON 31ST STREET IN KANA WAHA CITY. THE FIRST 8+ MILES ARE IN KANA WAHA CITY. THE NEXT 9 MILES TAKE YOU ALONG WACCOCKLE AVE. ACROSS THE PATRICK ST. BRIDGE TO THE KANA WAHA RVD. YOU FOLLOW THE RVD ALMOST BACK TO THE 35TH 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 3 MILES. SPLITS WILL BE GIVEN AT 1.5, 10, 15, 20, 25 MILES. SHOWERS ARE AVAILABLE ON THE 4TH FLOOR OF THE WYO 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 WYO MEDICAL BUILDING. HOT(OR COLD) SOUP, DRINKS, AND UTENSILS WILL BE PROVIDED BY KYBR. BRING A DISH TO ADD TO THE MEAL. NON-RUNNERS THAT DO NOT BRING A DISH WILL BE CHARGED \$1.

ENTRY FORM (MAIL TO: KYBR BOX2282 CHARLESTON, WV 25328)

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

I WISH TO ENTER THE RACE AND HEREBY RELEASE THE KYBR 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)



Running Safety Tips for Women

Before the run: Try to get a running partner. Leave word with someone or write down where you plan to run and when you will return. Carry some ID, and change for a phone call. Take a whistle with you. Do not wear a radio/headset/earphones or anything which distracts you so that you are completely aware of your environment. Avoid unpopulated areas, deserted streets, lonely trails — and especially avoid unlighted routes at night. Vary the route and the time of day that you run. Run in familiar areas. Be aware of emergency phones and how they work; note the location of neighbors you trust along your route. Know where police are usually to be found and where businesses, stores, offices are likely to be open and active.

During the run: Always stay alert. The more aware you are, the less vulnerable you are. Think about possible escape routes in case of a confrontation. Take notice of who is ahead of you and who is behind you. Know where the nearest public area are with some general activity — there is usually safety in numbers. When in doubt, follow your intuition and avoid potential trouble. If something seems suspicious, do not panic, but run in a different direction. Run clear of parked cars, bushes, dark areas. Run against traffic so that you can observe the approach of automobiles. If the same car cruises past you more than once, take down even a partial license number and make it obvious that you are aware of its presence (but keep your distance).

If confronted: Run toward populated areas, busy streets, open businesses. Ignore jeers and verbal harassment. Keep moving. Use discretion in acknowledging strangers. Be friendly, but keep your distance and keep moving. Do not approach a car to give directions, or the time of day. Point toward the nearest police or information source, tap your shoulders, but keep moving. If you feel you must respond, do it while moving. Do not panic. Do not run toward a more isolated area.

If attacked: Keep as calm as possible. Try to fix a description of the attacker in your mind. Do not show fear or plead — this intensifies aggression in most cases. Try to talk to the aggressor and look for an escape opportunity — a moment of indecision or distraction on the attacker's part. Do not fight or struggle with the attacker unless there is clearly no other way out, especially if you are untrained in self defense.

These guidelines, although especially important for women, are valid for all. If one is running while on a trip to an unfamiliar locale, these guidelines are even more important. If an incident occurs, report it to the police as soon as possible — it may prevent a repeat performance. This information sheet is distributed by the Hudson-Mohawk Road Runners Club, the State University of New York at Albany's President's Task Force on Women's Safety and the SUNYA Department of Public Safety. It is based in part on information provided by Washington Runners Unlimited as summarized in the June 1985 Runner's World magazine.

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. _____ 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

