



Gary C. Smith, Editor

1987

September-October

The President's Page

What an action packed summer for the area in and around Charleston, WV. What am I talking about? Well have you forgot June 21, 1987 and the Third Annual Charleston Downtown Criterium (bicycle races) on the streets of Charleston in a rain storm. I am proud to tell you that a troupe of road racers did well and congratulations to former runner John Greene of Charleston who won the senior division of the citizen's race.

How about July 12, 1987 and the scenic Mountain Triathlon at Summit Lake near Richwood, WV to test your endurance. It was a fantastic experience. If you can swim, bike and run a little bit and are interested at all I recommend you workout and set your goal of completing a triathlon. I consider it quite an accomplishment. By the way KVRRC member George Castelle who had problems with the bicycle portion has already given me a firm commitment that he will be back next year.

Last but not least, how about August 1, 1987 and the 15th Annual West Virginia 20-K championship (Oakhill to Fayetteville) road race. High humidity, seventeen hills and 12.4 miles later 213 runners finished. Congratulations to all KVRRC members who ran, including Don Wilson, 2nd place overall, and Darlene Norman, 3rd place female finisher. Mixed with the 5-K and 10-K of your choice "How about that" for an action packed summer.

Finally for approximately 1,600 runners Christmas comes early this year with the 15th Annual Charleston Distance Run (15 miles) to be held at 8:00 AM, Saturday, September 5, 1987. I am excited as I am sure you are to know that for the 2nd year in a row Bill Rogers, not only one of the finest road runners in the world but one of the most popular superstars currently running the road, has entered this years race. Congratulations to KVRRC member Nemo Nearman, race director for the Charleston Distance Run for another great race. I hope in advance that you have trained enough to finish the Charleston Distance Run with class and character.

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	744-0575
Carrroll Young	Vice President	727-9844
Annette Castelle	Secretary	343-9371
Paul Garrett	Membership Chairman	925-3247
Bill O'Dell	Director	744-4918
Mike Province	Director	744-6466
Fred Waybright	Director	722-6850
Mike Pyryt	Newsletter	776-5592
Gary Smith	Newsletter, Calendar	744-1099

Dave Fields	Alternate	548-4761
Dave Ellis	Alternate	344-4488

FROM THE EDITOR:

I have discovered a race strategy that I have never used before recently and on my first test of the strategy things worked rather well but it could use some refinement so I am throwing it out to you for your comments and suggestions. Perhaps I should start by describing my old race strategy. It consisted of training, diet, rest, beer, sex and mental preparation. It's the mental preparation that I changed so let me get to the point. The night before a race I would go over in my mind how I was going to push through the pain, perservere and "gut it out" to the finish. The next morning I would get the old adrenaline flowing by concentrating on similar thoughts.

The new strategy involves thinking of my best, most pain-free, most pleasant fast training run and then telling myself that the race the next morning would be the same. "This is going to be fun." "My body is going to function like a well-oiled machine." and so on I tell myself. I'm not going to let anything that others do in the race affect unnecessarily by pace or my goal. I'm not going to let the weather or the course affect it either. But mainly I'm going to have some reasonably fast fun.

I didn't set a PR but I did earn the highest finish place in six or seven years of running the same race, and most importantly I felt good at the finish, I felt strong and whole. The key in this strategy is relaxing both before and to some extent while running. I want to do this during the Distance Run but that has always been my key race each year and I'm not sure I can block out the strong emotion that always sends me charging, too fast, out of the blocks. If you have a secret that works for you that helps you to relax at and before race time please share it with me and with the other readers. If enough responses come in on this question I'll run a column on them in the next issue. Later.

Gary Smith

KVRRRC SPONSORING HOSPITALITY ROOM

Once again the KVRRRC will sponsor a hospitality room at the Elk River Inn near the starting line of the Charleston Distance Run. If you need a place to stow a change of clothes, a place to meet friends before the race, a drink of water or some words of encouragement please stop by the room. There will be a sign on the door and the room should be on the ground floor.

CORRECTION

In the last issue we listed the date for the Country Classic 8 Miler as October 4. This race has been renamed this year as the Unique 8 and is going to be held September 26. See their ad in this issue

PRESIDENT'S PAGE (Continued)

Again, I am asking you to get involved and recruit a new member for the KVRRRC. Let's all help at least one person get in shape and have fun. The KVRRRC is for everybody.

Again I want to remind you about the 1987 edition of the "Almost Heaven Marathon", scheduled for November 28th at 10:00 AM. Bill O'Dell, 304-744-4918 is the race director. The course is flat and fast. Plan to run or work the race. Give Bill a call.

Also don't think the "87-88" Winter Series" is too far off. Like I said before, the KVRRRC is for everybody. If you have a problem give us a call and we will try to help you. Our telephone numbers (KVRRRC Board of Directors) are listed inside each newsletter. Let me be the first to tell you that I always need help and I call these people almost daily.

Patrick and I will see you at the races!

Pat Board III

GAULEY BRIDGE 5-K

Saturday, September 19, 1987  
Sponsored by the Town of Gauley Bridge

RT: 7:30 AM  
ST: 9:00 AM  
SP: GBHS Football Field  
EF: \$6.00  
RD: Larry Phillips 727-4349 (Office)  
632-1476 (Home)

Mostly downhill on flat course  
Entry forms available at Town Hall

AWARDS

Awards to top 3 overall and top 3 in each age group.

- 12 - under
- 15 - 13
- 16 - 19
- 20 - 29
- 30 - 39
- 40 - 49
- 50 - 59
- 60 - over



**YOU MUST REGISTER!**

PLEASE REGISTER EARLY! Register by mail or in person. Send the entry form to: Unique 8 Distance Run, P.O. Box 85, Branchland, WV. 25506 or drop it by: Adkins Family Restaurant, Route 10, Pleasant View, WV.

**EARLY REGISTRATION FEE: \$8.00**  
**RACE DAY FEE: \$10.00**

ENTRY FORM  
FOR UNIQUE 8 DISTANCE RUN

NAME \_\_\_\_\_  
 MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ AGE (AS OF RACE DAY) \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_  
 SHIRT SIZE \_\_\_\_\_ (Adult) \_\_\_\_\_ (Children)  
(One Adult, 5 M, L, and R Children & L)

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATOR WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE UNIQUE 8 DISTANCE RUN, ITS DIRECTORS, SPONSORS, REPRESENTATIVES, SUCCESSORS, AND ASSIGNEES FOR INJURY TO PERSON OR PROPERTY OF ANY KIND, SUCH AS FROM A TEST AND RACE, AND I AM PERSONALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE 8 MILE RUN.

SIGNATURE \_\_\_\_\_  
 PARENTS SIGNATURE IF UNDER 18 \_\_\_\_\_

EARLY ENTRY FEE: \$8.00. RACE DAY \$10.00. MAKE CHECKS PAYABLE TO: UNIQUE 8 DISTANCE RUN. ENTRY FEES ARE NOT REFUNDABLE.

LINCOLN COUNTY  
UNIQUE 8  
DISTANCE RUN

9AM., SATURDAY  
SEPTEMBER 26, 1987  
BRANCHLAND, WEST VIRGINIA

**YOU COULD WIN \$1000.00 IN CASH!**

**AWARDS:**

- \$1000 CASH AND A TROPHY WILL BE PRESENTED TO THE FIRST PLACE MALE AND FEMALE OVER ALL WINNERS.
- TROPHIES WILL BE PRESENTED TO THE TOP TWO (2) FINISHERS IN EACH AGE DIVISION.

**POST RACE ACTIVITIES:**

- THERE WILL BE A RANDOM DRAWING FOR GIFTS FOLLOWING THE RACE. REFRESHMENTS WILL BE AVAILABLE.
- PICK UP YOUR RACE PACKET DAY OF RACE. PACKET INCLUDES: T-SHIRT, RACE NUMBER AND OTHER MISCELLANEOUS ITEMS.

**RACE COURSE.... The UNIQUE 8 DISTANCE RUN**  
starts and finishes at the Ted Likens Ballfield in Branchland, WV.  
The course takes you out the rural Two Mile Road, around the rugged scenic ridge to join with the One Mile Road back through Sheridan to the ballfield. Course contains several challenging hills.

**AGE DIVISIONS ..**

- 14 & UNDER
- 15 - 19
- 20 - 24
- 25 - 29
- 30 - 34
- 35 - 39
- 40 - 44
- 45 - 49
- 50 - 54
- 55 - 59
- 60 & OVER

**ONE TROPHY PER INDIVIDUAL**

**TROPHIES TO THE OLDEST AND YOUNGEST RUNNERS.**

**DIRECTIONS:**  
From I-77 at the Table Bl. 10 South To West Virginia State Park, Cross River And Follow Right Hand Sign

Brochure Designed By:  
A.D.S. Enterprise, Iva Stone  
(301) 821-3373

**The 13th Annual Wine Cellar Classic will be held Saturday, September 19 at 10:00. For more information or applications, contact Dunbar Parks and Recreation at 766-228.**

October 10, 1987  
 Saturday  
 1st Nat'l Bank of Spencer 5-K  
 RT: 9:00 AM Bank Drive-in  
 ST: 11:00 AM  
 SP: Maple Hills (Rt 19)  
 EF: \$6.00/\$8.00  
 RD: David Combs  
 (H) 927-2742 (O) 927-1750

October 16, 1987  
 Friday  
 WV HUMAN RESOURCES ASSOC. 5-K  
 RT: 5:00 PM  
 ST: 6:00 PM  
 SP: 40TH ST. AND NOYES AVE., CHAS.  
 EF: \$8.00/\$9.00  
 RD: Joe Barker 346-1513 after 5pm

**LOOKING AHEAD**  
 November 28, 1987 Almost Heaven Marat.  
 Mid-December Kanawha City 10-K

**SCHEDULE OF EVENTS**  
 SEPTEMBER/OCTOBER

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

August 29, 1987  
 Saturday  
 1987 Monza Run 5-K  
 RT: 4:00 PM  
 ST: 6:00 PM  
 SP: Sixth/Main Street, Clarksburg  
 EF: \$6.00/\$7.00  
 RD: Lynn Menindy

August 30, 1987  
 Sunday  
 Centennial CPA Mile  
 RT: Noon  
 ST: Staggered - Starting 1:00 PM  
 SP: Kanawha Blvd., Charleston  
 EF: \$6.00  
 RD: WV Society of CPA's  
 342-5461

September 5, 1987  
 Saturday  
 15th Annual Charleston Distance Run  
 RT: 8:00 AM  
 ST: 9:00 AM  
 SP: Charleston Civic Center  
 EF: \$8 by 8/21, \$12 by 8/28, \$20  
 RD: Nemo Nearman 348-6464

September 12, 1987  
 Saturday  
 Summersville Potatoe Festival 6-M  
 RT: 7:00 AM  
 ST: 9:00 AM  
 SP: Summersville, WV  
 EF: \$7.00/\$8.00  
 RD: James Stuppio 872-5618

September 19, 1987  
 Saturday  
 Gauley Bridge 5-K  
 RT: 7:30 AM  
 ST: 9:00 AM  
 SP: G.B.H.S. Football Field  
 EF: \$6.00  
 RD: Larry Phillips 727-4349 (o)  
 632-1476 (h)

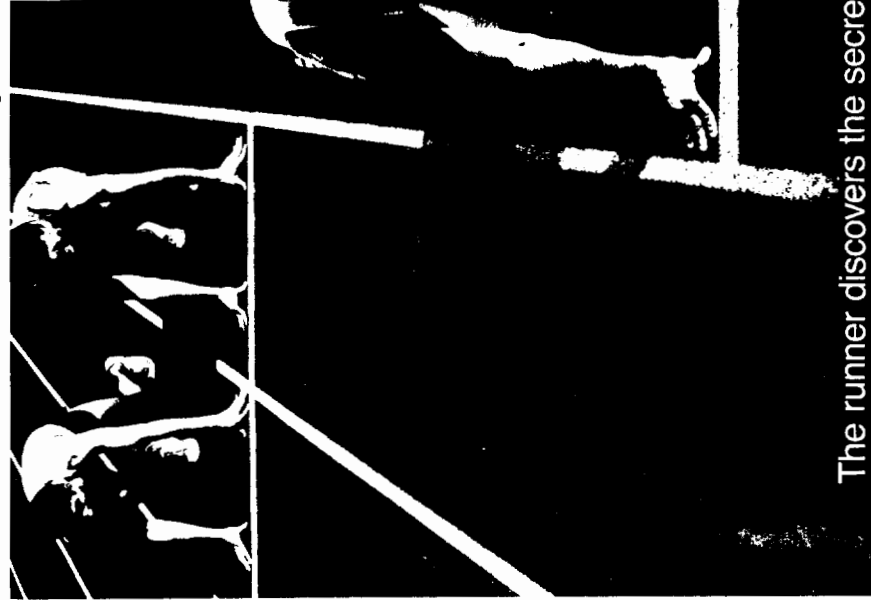
September 19, 1987  
 Saturday  
 Mt. State Biathlon (10-K/20M)  
 RT: 8:00 AM  
 ST: 9:30 AM  
 SP: Raleigh County Airport  
 EF: \$15/\$20  
 RD: Pete Torrico  
 Box 626, Beaver, WV 25813

September 26, 1987  
 Saturday  
 Lincoln County Unique 8  
 RT: 8:00 AM  
 ST: 9:00 AM  
 SP: Likens Field, Branchland, WV  
 EF: \$8.00/\$10.00  
 RD: Richard Mlgkiff 778-7059

September 27, 1987  
 Saturday  
 The Great Race 10-K  
 RT: 8:00 AM  
 ST: 9:00 AM  
 SP: Frick Pk, Pittsburgh  
 EF: \$8.00/\$12.00  
 RD: City of Pittsburgh  
 (412) 255-2493

October 3, 1987  
 Friday  
 Collegiate Chase 5-M  
 RT: 2:30 PM  
 ST: 3:30 PM  
 SP: Charleston Marriott  
 EF: \$6.00  
 RD: Carl Hadsell

October 10, 1987  
 Saturday  
 Herald Dispatch  
 RT:  
 ST:  
 SP: M. U. Track  
 EF:  
 RD:



The runner discovers the secret to an early finish.

Sept. 20 - **Barbour County** 10 K, 10 a.m., Barboursville, Barboursville south of Phillipi. Six age divisions male and four female. Contact Barbara Sandusky, 209 Bosworth St., Phillipi, WV 24116.

Sept. 20 - **Charleston Distance Run**, 15th annual, 15 miles, 8 a.m. Run director: Nemo Nearman. Telephone: 348-6464 (between 9 a.m. and 4 p.m.).

Sept. 20 - **Milk & Honey Run**, 10 K, Clean Valley State Resort.

Sept. 26 - **Lincoln County Run**, 8 miles, 9 a.m., Ted Likens Ballfield, Branchland. 11 age group trophies male, 11 female. Write: P.O. Box 85, Branchland, WV 25506. Information at Adkins Family Restaurant, W.Va. 10, Pleasant View, WV.

Oct. 3 - **Collegiate Chase**, 5 miles, Charleston.

Oct. 10 - **Challenge Run**, 5 K, Spencer.

Oct. 11 - **University City Classic**, 10 miles, 2 mile fun, 12:30 p.m., Mountaineer Field, Morgantown. Clinic at 7 p.m. Oct. 10. Race director: Jeff Morris, 297-6301.

Oct. 17 - **Run for the People**, 10 K, 9 a.m., Shawnee Park, Institute Proceeds go to the West Virginia Rehabilitation Foundation. Race director: Dennis R. Hammett, Jr., 125 Angel Terrace, Charles- ton, WV 25314. Telephone: 344-8242. Seven age divisions male and six female, wheelchair, corporate.

Oct. 18 - **Pumpkin Run**, 10 K, Pipertem State Park.

Nov. 28 - **Almost Heaven Marathon**, 10 a.m., sponsored by Kanawha Valley Road Runners, Charleston, P.O. Box 7282, Charleston, WV 25328. Bill O'Dell race director.

Oct. 18 - **Pumpkin Run**, 10 K, Pipertem State Park.

Oct. 18 - **OctoberFAST**, 4.2 miles, 2:30 p.m., Parkersburg Community College, 8 age divisions female, 8 male, special family categories. Race director: Connie Dziagwa, Parkersburg Community College, Route 5, Box 167-A, Parkersburg, WV 26101. Telephone: 424-8203.

Oct. 24 - **sixth annual Autumn Gold Classic**, 10 K, 2 mile fun, 45-minute aerobathon, 9:30 a.m., Kanawha City Recreation Center, Charleston. 10 age divisions male, 10 female, heavy weight (over 200 pounds) Write: Autumn Gold Classic, Et. DuPont de Nemours and Co., 401 W. DuPont Ave., Belle, WV 25015. Call: Bob Zeplosky at 357-1745 (office) or 345-7830



Will you graduate from the Collegiate Chase?  
by Carl Hadsell

On October 3, 1987 at 3:30 PM in Charleston every runner will have an opportunity to participate in and graduate from The Collegiate Chase 5-Miler. This inaugural race was created by the West Virginia Association of Student Financial Aid Administrators in conjunction with the MASFAA convention (Midwestern's 25th Silver Anniversary) to be held in Charleston that week. The race gets its theme from support of higher education in West Virginia, the advantages of going on to college and in the development of a Collegiate Chase Scholarship fund. Some proceeds from this run will be used to support a college-bound West Virginian who may not have been able to afford going on to college. The theme is carried out by having the mile markers be freshman, sophomore, junior, senior with the finish line representing graduation.

The first three hundred finishers across the line will receive a beautiful coffee mug as a graduation award with the date of graduation. Thanks to the generosity of Magnet Bank and Marriott Hotel along with the Financial Aid Administrators Association, US Air and V100, the runners are going to be treated to a quality long sleeve tee shirt, great refreshments, about 50 awards, and some nice random prizes. The grand prize, a free trip to Florida, will be awarded to one of the runners at the awards ceremony.

I'm not one to make excuses . . . . . But

By Bill O'Dell

I have heard and probably spread rumors, misconceptions and even some truths about members, Board members and others in the running valley. What I should have done and what I am asking you to do is go to the source.

If you have a complaint, concern or suggestion for the Board, please air it. We as a group and as individuals make mistakes and bad judgement calls from time to time. I encourage you to not hold a grudge or not renew your KVRRC membership for 1988, but to sound off and let us hear from you.

You are too valuable to us to let hard feeling stand in the way to better the roads for all of us. If I or another board member made a promise or did something to upset you or someone in the valley, please don't excuse us but confront and then forgive. We attempt to do our best but sometimes fall short. We need your support and we need to hear from you. The KVRRC is important to me and hopefully to you. If this hits home please help by giving us a second chance.



THE 6TH ANNUAL

"AUTUMN GOLD CLASSIC"

10K ROAD RACE, 2 MILE FUN WALK/RUN

AND AEROBATHON WILL BE

HELD ON SATURDAY, OCTOBER 24, 1987

AT 9:30 A.M. AT THE

KANAWHA CITY RECREATION CENTER

\$8.00 PRE-REGISTRATION AND \$10.00 LATE  
REGISTRATION INCLUDES A LONG-SLEEVED T-SHIRT  
AND A BUFFET LUNCHEON.

FOR MORE INFORMATION AND ENTRY FORMS, CALL  
357-1765 DURING THE DAY OR BOB ZEDOSKY AT  
345-7030 IN THE EVENING.

# Kanawha Valley ROAD RUNNERS



## Medical

stable as possible is crucial, especially during a marathon. You should drink 13 to 20 ounces of water 10 to 20 minutes before a run in the heat. But this water must be chilled and should not be ingested any closer to the run.

44. "Sweat is exactly the same temperature as body fluids. It is the evaporation of the sweat on the skin that dries the cooling the blood. The cooled blood then returns to the body's inner cavities and muscles, cyclically cooling them."

45. "The body cannot store energy, it has to make it. Muscle sugar (glycogen) and fat are converted to energy in the muscle by a chemical reaction called burning and to convert these fuels efficiently requires oxygen. The body's inner cavities require oxygen, and the lungs are the source of the oxygen. The lungs are the source of the oxygen, and the lungs are the source of the oxygen."

46. "Pregnancy is a matter of oxygen particles for women. It is essential to deal in the formation of new red blood cells and healthy hemoglobin. Monthly blood loss during menstruation and the demands of pregnancy may leave her with 10 to 15 percent iron reserve in her marrow."

47. "The real key to preventing muscular skeletal injury in any training program is to avoid overuse, overstress and particularly any sudden changes in the training program. Sudden changes in the program should be accompanied with a slow, sustained stretch, which is not painful."

48. "There's a woman begins her athletic career shortly after puberty. She may suffer from her culturally induced embryonic role. This is where justifications become extremely important."

49. "There are clues that might make one suspicious of overtraining. Flat type injuries to the back of the legs or inner side of the feet. When one overstrides with tight muscles, the problems can intensify. One must always stretch."

50. "When you have the most just type found in physiological bases for thinking that altitude training improves sea level performance, yet many athletes remain concerned of its value. And if nothing else, if you think training at altitude will give you an edge at sea level, it just might."

51. "Keeping the body's delicate balance between fluid intake and fluid output as

## Dr. Richard Lewis:

47. "Salt losses in exercise can easily be replaced in a normal diet, with no special concern for doing this. The only concern is to make sure you are getting enough salt in your diet. Doing a little at a time, day after day, adds up to a lot of calories."

48. "Reduce your intake by only 500 calories a day and run for 30 minutes, which will burn up about 300 calories. If you lose weight at this rate, you are doing a little at a time, day after day, adds up to a lot of calories."

49. "Dry clothing, no matter how light, promotes less heat exchange than the same clothing soaking wet. Evaporative heat loss occurs only when the clothing becomes wet throughout. A dry uniform simply prolongs the time-lag between sweating and cooling."

50. "The biological level, the control, very over children's long distance running hinges on the possibility of epiphyseal injuries. The epiphyses, plates in joints at the end of a long bone, are largely responsible for growth of these bones in the body. If fairly frequent, they can stunt growth."

51. "On the day of a marathon I get up two hours before the race, have a light breakfast of coffee (with milk and sugar) and feel light. Since dehydration can be a problem for me, I drink at least a quart of liquid—ERG is very good for me—before a race and may even bring a drink with me to the starting line."

52. "Almost every road race course has at least one hill, and even if it's only a 50 yard hill, it can be a real problem. If you can make a decisive move and improve his or her race position."

53. "When you are racing, listen to your body. If you race hard, prepare to run easy for the next three to six days. And although you may plan to line off at least one day a week."

54. "In long racing, the longer the race the more one is required to exert restraint and conservation of energy."

## Dr. William McArdle:

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## Racing

### Bill Rodgers:

22. "If you've been running for at least 30 minutes, there to five times weekly for several months, you're ready to begin preparation for your first race."

23. "When you are racing, listen to your body. If you race hard, prepare to run easy for the next three to six days. And although you may plan to line off at least one day a week."

24. "In long racing, the longer the race the more one is required to exert restraint and conservation of energy."

### Frank Shorter:

27. "I do lap out, somewhat prior to races from 10 kilometers to the marathon, but do not go into a conscious rest period as some other runners do. Generally, all runners should be in good shape for at least a 20 percent during the week before a race."

### Connie Bruck:

50. "The biological level, the control, very over children's long distance running hinges on the possibility of epiphyseal injuries. The epiphyses, plates in joints at the end of a long bone, are largely responsible for growth of these bones in the body. If fairly frequent, they can stunt growth."

### Eric Olsen:

41. "There are clues that might make one suspicious of overtraining. Flat type injuries to the back of the legs or inner side of the feet. When one overstrides with tight muscles, the problems can intensify. One must always stretch."

### James Conniff:

43. "Keeping the body's delicate balance between fluid intake and fluid output as

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 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



# RUNNING TIPS

FROM THE EDITORS OF THE RUNNER

Continued from last issue ...