



Michael C. Pyyt, Editor

1988

September-October

#### The President's Page

Christmas will come on September 3rd this year for approximately 1,600 runners with the running of the 16th Annual Charleston Distance Run (15 miles). I hope that you have trained enough in advance to finish with Class and Character.

GOOD LUCK TO EVERYBODY!!!

This Summer, I think you will agree, has been hot and humid. I am glad to hear that common sense still prevails with the best interest of the runner in mind. After two recent deaths in the maze of road races conducted in New York's Central Park, a road race on August 21st with over 1,000 runners ready to go was cancelled do to humid weather conditions.

There were seven races run on the weekend of August 12th and 13th within driving distance of Charleston, West Virginia I again urge race directors to plan your races early and contact Gary Smith (744-1099) who maintains an ongoing road race schedule. On behalf of KVRRC member Jim Fisher of Elkview, West Virginia, I want to thank Shirley and Chuch Canterbury, Steve Fox, Dave Fields, Dennis "Race" Hamrick and all the people who made contributions toward Jim's travel expenses as a member of the United States Association for Blind Athletes (USABA) Olympic team. Jim's financial obligation has been met and he will run the Marathon on October 24th in Seoul, Korea.

On behalf of the KVRRC membership I want to welcome Mary Heidek to the Charleston, West Virginia area. Mary has gone right to the front of the Women's divisions in our local races.

Don't forget about the 1988 edition of the Almost Heaven Marathon to be run on Saturday, December 3rd at 10 AM. (See application this issue). KVRRC member Bill O'Dell (744-4918) is the race director. Executone of West Virginia, Inc. is our contributing sponsor. Be aware that in this year's marathon you can enter on a 3-person team. Check the race application. Patrick and I will see you at the races.

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	744-0575
Paul Garrett	Vice President	
Annette Castelle	Membership Chairman	925-3247
Dave Ellis	Secretary	343-9371
Dennis Hamrick	Director	344-4488
Bill O'Dell	Director	344-8342
Mike Pyryt	Director	744-4918
Bill Shultz	Director/Newsletter	776-5592
Fred Waybright	Director	768-8472
		768-9065

Gary Smith	Alternate	
Dave Fields	Race Calendar	744-1099
	Alternate	548-4761

FROM THE EDITOR:

It must be masochism or Alzheimer's Disease that causes me to run races sponsored by the TOWN CENTER. Actually, it's the desire to run as many races as possible regardless of the obstacles. Whenever I run a race at the Town Center, I'm always disappointed by the discrepancy between the potential for the race and the actual implementation. Several years ago, I was distressed when I received the identical green ANNUAL RUN FOR MS shirt as the previous year's ANNUAL RUN FOR MS shirt. This year that green shirt resurfaced as the ANNUAL SUNDOWN 5K shirt. The new race logo was patched over the old logo. Although, I might applaud the thrift of the race director for salvaging previously unused T-shirts, I prefer to suggest that other avenues such as donations to homeless shelters, charities, third world nations be pursued before burdening back-of-the-pack runners with thoughtless momentos. Although, the actual race course is flat and fast regardless of distance (5K or 10K), it's hard to get excited when I know that the finish requires a run around the Town Center. I would much prefer an obligatory start around the Town Center and a slightly longer distance to the turn around than the current situation which involves two crossings of the finish line. I also would prefer random prize drawings.

Here is my fantasy for the ideal Town Center Run. I arrive at the Town Center in time to find a decent parking space and pick-up my race packet, having preregistered with my The Runners Sole application. The packet includes a quality T-shirt designed by one of the Mall's shirt companies. Numbers are made of soft paper rather than oversized cardboard. The course remains flat and fast and begins with a run around the Town Center if necessary. The course is accurate (TAC certified), provides accurate splits, and water. There are no surprises at the Finish Line. There are plenty of post-race refreshments and random prize drawings after the race. All race participants receive FREE PARKING.

One advantage of Alzheimer's Disease is forgetting your complaints until you get another recycled green T-shirt.  
SEE YOU AT THE RACES!!!

Last Minute Distance Run Tips

Mike Pyryt

If you regularly run 60 miles a week and have run the complete 15 mile Charleston Distance Run Course several times this summer, my best recommendation is to pray for performance-enhancing weather. If you're like me and have the training habits of a sloth, this article will probably have merit. If you're somewhere in the middle, read, reflect, and try to implement whichever suggestions you find useful.

My first suggestion is to put the Distance Run in perspective. Rather than think of the Distance Run as the ultimate athletic experience and be totally crushed if you don't meet a specified time goal or set a PR, Think of the Distance Run as a training run for the Potato Festival 10K in Summersville the following week. Your most important run is your next. Use the Distance Run as a stepping stone for a Fall marathon.

My next suggestion is somewhat controversial and many runners might disagree. I recommend running about 12 miles of the Distance Run Course the Sunday morning before the race and running the CPA mile (see AD July-August Issue) in the afternoon. This combination simulates the Distance Run, a hard workout on the hills and a race along the Boulevard. You may not set a PR in the CPA mile but the next race is more important. Replenish fluids and carbohydrates at the Taste of Charleston.

Practice mental rehearsal. Close your eyes, take deep refreshing breaths, listen to soft instrumental music, and imagine that you are running the Distance Run. Every step is effortless. See Yourself run the entire course and focus on a preselected time on the Big Clock at the Finish Line in Laidley.

Be careful about overconsumption of diuretics at the REGATTA. Supplement each beer with an equal amount of Water, ERG, EXCEED, or fruit juices. I recommend mixing your beer with tomato juice (called a "RED" in Kansas) for extra potassium. Use a designated driver to ensure your safety and those of others. Run the last 4 miles of the Distance Run course once during the final week. It's important to know what to expect at all points on the course.

Overdose on a special piece of music, chant, or positive saying until you can hear the reverberation in your head even when it's not playing. Let that vibration play in your head while you run.

Don't bother with carbohydrate depletion; JUST LOAD!!! Be sure to get a good night sleep on Thursday night. Enjoy the Pasta Party on Friday but avoid the salad and complete carbohydrate loading by 8:00 PM. Drink Plenty of Fluids.

Wake Up early enough on Saturday to enjoy coffee and experience gastric-emptying before heading to the Civic Center. Put Shampoo on your feet to prevent blistering. Adjust the medical bracelet comfortably before snapping it. Use plenty of moisturizer in all spots that chafe. Remember to visit the KVRRC Hospitality suite at the ELK RIVER TOWN CENTER INN for last minute needs. HAVE A WONDERFUL DISTANCE RUN!!! Save some OLD MILWAUKEE till after the REGATTA SWIM!!!

Mike Pyryt

5110 Rainbow Dr

Cross Lanes



PARKS AND RECREATION

2601 FAIRLAWN AVENUE • DUNBAR, WEST VIRGINIA 25064 • TELEPHONE (304) 766-0223

14TH ANNUAL WINE CELLAR CLASSIC - 10,000 METER DISTANCE RUN

SATURDAY, SEPTEMBER 17TH: 9:00 A.M.

COURSE: Run will begin at Dunbar Wine Cellar Park and travel through-out Dunbar and will end at Dunbar City Hall. Splits will be given at 1, 3, and 5 mile marks.

AWARDS: T-Shirts to the first 200 runners. Awards to Over all Male & Female and Handicapped winners and to first two finishers in each division. Runner eligible for one award ONLY! New feature this year - Door Prizes at award ceremony, including GRAND DOOR PRIZE!

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

ENTRY FEE: \$6.00 for pre-registration and \$8.00 for late registration. Late registration will be from 7:00 A.M. to 8:30 A.M. on September 17th at the Wine Cellar Park.

ELIGIBILITY: Open to all runners except students who are participating on W.Va. Secondary School Cross Country Teams.

NAME: \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_ T-SHIRT S M L XL
ADDRESS: \_\_\_\_\_ ZIP \_\_\_\_\_

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!
\*\*\*\*\*

Schedule of Events

September-October
Registration Time
RT: Starting Time
ST: Starting Place
SP: Entry Fee
RD: Race Director

September 3, 1988
Saturday
Charleston Distance Run
RT: By 9:00 PM 9/2/88
ST: 8:00 AM
SP: Charleston Civic Center
EF: \$8/\$12/\$20
RD: Nemo Nearman 348-6464

September 10, 1988
Saturday
Potato Festival Run (6M)
RT: 7:00 AM
ST: 9:00 AM
SP: Mt. Manor Campground
Summerville, WV
EF: \$7.00/\$8.00
RD: Jim Stuppico 872-5618
Debbie Young 872-2764

September 17, 1988
Saturday
14th Annual Wine Cellar Classic
(10,000 Meter Distance Run)
RT: 7:00 AM
ST: 9:00 AM
SP: Wine Cellar Park
Dunbar, West Virginia
EF: \$6.00/\$8.00
RD: Bud Bickel 766-0223
SEE AD THIS ISSUE

September 17, 1988
Saturday
Mt. State Biathlon
(10K RUN, 20M Bike)
RT: First 250
ST: 9:30 AM
SP: Raleigh County
Airport, Beckley, WV
EF: \$15.00/\$20.00 By 9/10
\$20.00/\$30.00
RD: Pete Torrico
SEE AD JULY-AUGUST ISSUE

September 18, 1988
Sunday
8th Milk and Honey Run (10K)
RT: 9:00 AM
ST: 10:00 AM
SP: Canaan Valley Resort
EF: \$6.00/\$8.00
RD: Julie Dzaack 866-4121
6th of Governor's Cup Series

September 24, 1988
Saturday
Honey Festival Run(3M)
RT: 8:00 AM
ST: 9:00 AM
SP: Parkersburg City Park
EF: \_\_\_\_\_
RD: \_\_\_\_\_

September 3, 1988
Saturday
2nd Annual Regatta Swim
RT: 11:00 AM
ST: 12:00 AM
SP: Capitol Steps
EF: \$12.00/\$15.00
RD: Sharon Peterson
SEE AD JULY-AUGUST ISSUE

September 10, 1988
Saturday
Hampshire Heritage Festival 10K
RT: \_\_\_\_\_
ST: \_\_\_\_\_
SP: Romney, WV
EF: \_\_\_\_\_
RD: Dale Rawlings

November 5, 1988  
 Saturday  
 Kanawha State Forest 10K  
 RT: 8:00 AM  
 ST: 9:30 AM  
 SP: King Community Center  
 EF: \$7.00/\$8.00  
 RD: Carl Hadsell 296-8470  
 SEE AD THIS ISSUE

November 5, 1988  
 Saturday  
 The Collegiate Chase (5M)  
 RT: 8:00 AM  
 ST: 9:30 AM  
 SP: King Community Center  
 EF: \$7.00/\$8.00  
 RD: Carl Hadsell 296-8470  
 SEE AD THIS ISSUE

September 25, 1988  
 Sunday  
 The Great Race  
 RT: By 5:00 PM 9/24  
 ST: 9:00 AM  
 SP: Frick Park, Pittsburgh  
 EF: \$10.00/\$15.00 after 9/7  
 RD: Citiparks 412-255-2493

September 25, 1988  
 Sunday  
 Poll Ticket 5-Miler  
 RT: 8:30 AM  
 ST: 10:00 AM  
 SP: Camp Creek State Park  
 EF: \$6.00/\$8.00  
 RD: Beverly Maxwell 425-9488  
 7th of Governor's Cup

October 1, 1988  
 Saturday  
 Southern West Virginia  
 Fall Festival Run(10K)  
 RT: 8:30 AM  
 ST: 10:00 AM  
 SP: Camp Creek State Park  
 EF: \$6.00/\$8.00  
 RD: Beverly Maxwell 425-9488  
 7th of Governor's Cup

October 8, 1988  
 Saturday  
 Run For The People(10K)  
 RT: 8:00 AM  
 ST: 9:00 AM  
 SP: Shawnee Park  
 EF: \$8.00/\$10.00  
 RD: Dennis Hamrick  
 SEE AD THIS ISSUE

October 15, 1988  
 Saturday  
 Octoberfest Run 1,2,5M  
 ST: 7:00 AM  
 SP: South Charleston High School  
 EF: \$6.00/\$7.00 Pre \$8.00 Race Day  
 RD: Jeff Parsley 768-1493  
 Herman Nicely 768-5301  
 SEE AD THIS ISSUE

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 Saturday  
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 RT: 8:30 AM  
 ST: 10:00 AM  
 SP: Camp Creek State Park  
 EF: \$6.00/\$8.00  
 RD: Beverly Maxwell 425-9488  
 7th of Governor's Cup

October 16, 1988  
 Sunday  
 11th Annual Pumpkin Run(10K)  
 RT: 12:00 PM  
 ST: 2:00 PM  
 SP: Pipestem Resort State Park  
 EF: \$6.00/\$8.00  
 RD: Dave Klingensmith 384-7462  
 8th of Governor's Cup Series

October 16, 1988  
 Sunday  
 University City Classic  
 (10M & 2M Fun Run)  
 RT: 11:00 AM  
 ST: 12:15/1:00 PM (2M/10M)  
 SP: Mountaineer Field  
 EF: 10M: \$8.00/\$10.00  
 2M: \$7.00 Shirt:\$4.00 NS  
 RD: Carl Hadsell 296-8470

October 22, 1988  
 Saturday  
 Charleston Area Rehabilitation Center  
 10K Fall Forest Run  
 RT: 7:30 AM  
 ST: 8:30 AM  
 SP: Kanawha State Forest  
 EF: \$7.00  
 RD: Jeremiah Gagnon 346-9350  
 SEE AD THIS ISSUE

October 23, 1988  
 Sunday  
 West Virginia  
 Human Resources Association  
 5K 5M "FUN RUN FOR KIDS ONLY"  
 RT: 12:00 PM  
 ST: 1:00 PM  
 SP: Kanawha City Rec. Ctr.  
 EF: \$8.00/\$9.00; Kids Free 1M  
 RD: Joe Barker 348-8860  
 SEE AD THIS ISSUE

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 RD: Carl Hadsell 296-8470

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 Sunday  
 West Virginia  
 Human Resources Association  
 5K 5M "FUN RUN FOR KIDS ONLY"  
 RT: 12:00 PM  
 ST: 1:00 PM  
 SP: Kanawha City Rec. Ctr.  
 EF: \$8.00/\$9.00; Kids Free 1M  
 RD: Joe Barker 348-8860  
 SEE AD THIS ISSUE

November 5, 1988  
 Saturday  
 Kanawha State Forest 10K  
 RT: 8:00 AM  
 ST: 9:30 AM  
 SP: Kanawha State Forest  
 EF: \$7.00/\$8.00  
 RD: Governor's Cup Finale

November 6, 1988 Marine Corps Marathon  
 November 13, 1988 Columbus Marathon  
 December 3, 1988 Almost Heaven Marathon  
 SEE AD THIS ISSUE

Looking Ahead  
 Race Directors should immediately contact  
 the KVRRC regarding the cancellation or  
 rescheduling of events to:  
 Gary Smith  
 250 F. Street  
 South Charleston, West Virginia, 25309  
 (744-1099 after 6 PM)

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



506 Chestnut St., So. Chas.  
 WHERE YOU CAN NOW PURCHASE K.V.R.R.C.  
 TEE SHIRTS (\$4.50) AND JACKETS (\$20.00)

RUN FOR THE PEOPLE

Dennis Hamrick

In 1987, a new race came into the area. It wasn't much different than most races. It had the traditional 3-2-1 start (NO SURPRISES). It was TAC-Certified, which made it somewhat special. What really set the race apart, however, was that it was a race sponsored by a French Company (Rhône-Poulenc) to benefit a Rehabilitation Center in West Virginia. It had an international yet down-home flavor.

The race was a way for a big company to do more than the standard handshake/handover check procedure. The race touched a plant, a community, and an institution. Its volunteers were workers from Rhône-Poulenc and the West Virginia Rehabilitation Center Foundation. The Center works with individuals in a campus atmosphere to help them re-establish their lives (e.g. a car-wreck victim who must readjust to having only three limbs instead of four). It's a place of labor, therapy, and love.

In 1988, Rhône-Poulenc has gone further. They provided enough money to bring in Bill Rodgers, who brings with him running credentials too numerous to mention. Hopefully, Bill's presence will attract many runners. In addition to contributing to a worthy cause (Each runner's entry fee goes to the Rehab Center), Runners will be taken care of. Domino's Pizza is providing Race Numbers, Running Hats, and Pizza. All entrants will receive running gloves and quality red long-sleeved T-shirts in their packets. Trophies will be large and plentiful (First Place Trophies So big that a champion show dog couldn't jump over them). The KVRRC will provide their usual world-class service (Limos, parachutists, hula dancers, world-wide trips, and Pat Board III). I would also like to mention one of my best supporters and helpers, my wife Mary Anne.

The Run For The People will provide plenty of opportunity to interact with Bill Rodgers. On Wednesday, October 5, come out and enjoy a fun jog and general talk session with Bill at The University of Charleston at 5:00 PM. (I'll also be available for group photos, autographs, and weather predictions).

I hope to see everyone at the starting line of the 2nd Annual Run For The People on Saturday, October 8, 1988 at Shawnee Park. Last year, we had 115 runners and raised \$1200 for the Rehab Center. So far, we have 17 preregistered. I want to take a check for \$3600 to them this year. The money is badly needed to help those individuals who are readjusting their lives.

COME OUT AND RUN FOR THE PEOPLE!!!

2ND ANNUAL 10K RUN FOR THE PEOPLE  
A BENEFIT RUN FOR THE WEST VIRGINIA REHABILITATION CENTER FOUNDATION  
SPONSORED BY RHÔNE-POULENC

TIME: 9AM  
PLACE: SHAWNEE CLIMBERS, INSTITUTE, WEST VIRGINIA  
DATE: OCTOBER 8, 1988  
COURSE: 10K, 6.2 MILE TAC CERTIFIED  
ENTRY FEE: \$8.00 PRIOR TO SEPTEMBER 30, 1988. \$10.00 THEREAFTER  
CORP. FEE: \$50.00 PER 5 PERSON TEAM  
ALL PARTICIPANTS WILL RECEIVE A QUALITY LONG-SLEEVE SHIRT, DOMINO'S RUNNING HAT AND RACE CERTIFICATE

TROPHIES WILL BE AWARDED TO THE FIRST THRU FOURTH PLACES OVERALL  
MALE AND FEMALE  
FIRST AND SECOND PLACE, MALE AND FEMALE  
FIRST, SECOND AND THIRD CORP.  
FIRST THRU FOURTH PLACES, MALE AND FEMALE IN THE FOLLOWING AGES:  
14 and under, 15 to 19, 20 to 24, 25 to 29, 30 to 34, 35 to 39, 40 to 44,  
45 to 49, 50 to 54, 55 to 59, 60 and over.

Special Guest Runner: Bill Rodgers !!!



SPECIAL TROPHIES FOR FIRST THREE FEMALE MALE AND FEMALE

NAME \_\_\_\_\_ AGE \_\_\_\_\_ M. F. SHIRT SIZE S M L XL  
ADDRESS \_\_\_\_\_  
PHONE \_\_\_\_\_ RP EMPLOYEES Y N

MAKE CHECKS PAYABLE TO:  
RP AG "RUN FOR THE PEOPLE"  
MAIL TO:  
DENNIS R. HAMRICK JR.  
125 ANCEL TERRACE  
CHARLESTON, WEST VIRGINIA  
25314

WAIVER:  
I HEREBY RELEASE RHÔNE-POULENC AND ANY PARTICIPATING RACE SPONSOR  
FROM LIABILITY DUE TO MY PARTICIPATION IN THIS EVENT  
I ALSO SIGN THIS WAIVER SIGNIFYING THAT I HAVE TRAINED FOR THIS TYPE EVENT

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

# OCTOBERFEST RUN

1.5 MILE WALK/RUN  
5 MILE WALK/RUN

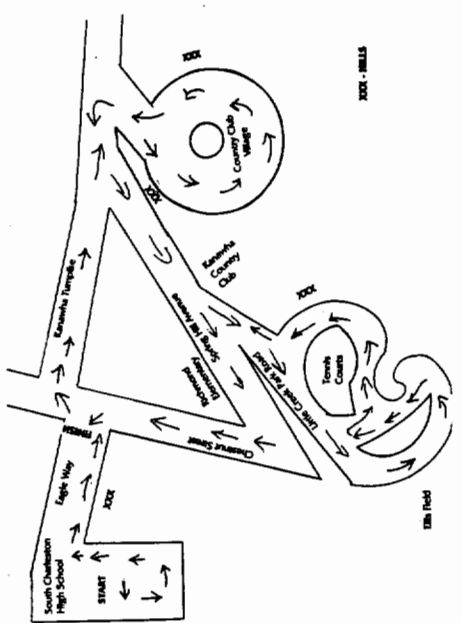


8:00 AM Saturday, October 15, 1988  
 South Charleston High School  
 Registration - 7:00 AM to 7:45 AM

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 first city state zip  
 middle initial  
 Age on October 15, 1988 \_\_\_\_\_ T-shirt size \_\_\_\_\_  
 Entry fee must accompany each application  
 Registration fee: Children(12 & under).....\$6.00  
 Adults.....\$7.00  
 Race Day.....\$8.00  
 Make checks payable to: Spring Hill Elementary School  
 Mail to: Spring Hill Elementary School  
 Attn: Jeff Parsley  
 517 Chestnut Street  
 South Charleston, W. Va. 25309

RELEASE OF RESPONSIBILITY...In consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against Spring Hill Elementary School, and any other individuals and organizations assisting with the run, for any and all injuries suffered by me in said event. I verify that I am physically fit and have sufficiently trained for the completion of this event.

Signature	Parent's signature if under 18
-Select One Category-	
5 MILE RUN	1 MILE WALK/RUN MALE FEMALE
(A) 13-19	(J) 12 & Under
(B) 20-24	(K) 13 & Over
(C) 25-29	2 MILE WALK/RUN
(D) 30-34	(L) 12 & Under
(E) 35-39	(M) 13 & Over
(F) 40-44	WHEELCHAIR
(G) 45-49	(N) 1, 2 or 5 MI
(H) 50-54	
(I) 55 & Over	



# Charleston Area Rehabilitation Center 10K Fall Forest Run



Oct 22  
 8:30 a.m.  
 Kanawha State Forest

Registration: 7:30 a.m.  
 Entry Fee: \$7 Pre-registration closes October 19.

**Awards:**  
 1st, 2nd, 3rd prizes in each division  
 door prizes  
 t-shirts for first 60 entries

**Divisions:**  
 under 12  
 open  
 35 and over  
 wheelchair  
 electric wheelchair  
 senior (55 & over)  
 (there is a male and a female class in each division)

# Sponsored by: Charleston Area Rehabilitation Center a part of Charleston Area Medical Center



Name: \_\_\_\_\_ Division: \_\_\_\_\_  
 Address: \_\_\_\_\_ Male Female (Circle)  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 T-shirt size: S M L XL  
 Office Use Only  
 Date Rec'd: \_\_\_\_\_  
 Race No. \_\_\_\_\_

Signature or signature of guardian if under 18 years old  
 Return to: Jeremiah Gagnon, Recreation Therapy, CAMC General Division, P. O. Box 1393,  
 Charleston, WV 25325.

**THE L.D. "BUTCH" WILMOTH MEMORIAL SCHOLARSHIP**  
 Awarded in conjunction with the Collegiate Chase  
 5 Mile Run, Charleston, West Virginia  
 November 5, 1988

As a tribute to the late L. Darl Wilmoth of Dunbar, West Virginia, a memorial scholarship will be awarded to a participant in the Collegiate Chase 5-mile race on November 5, 1988 in Charleston, West Virginia. Any West Virginian currently enrolled or planning to be enrolled next fall in an undergraduate program at a West Virginia college is eligible to compete for the scholarship in this race. The person among those qualifying for the scholarship to cross the finish line first will be awarded a \$200.00 scholarship. The money will be issued to the financial aid office of the college of the awardee. Once enrollment is verified by this office, the student may use the money to defray college costs, pay for books or other expenses associated with college.

The funds for the L.D. "Butch" Wilmoth Scholarship will come partly from race entry fees and partly from a generous donation from the Wilmoth family in memory of Mr. Wilmoth. L. Darl Wilmoth was a native West Virginian born and reared in the Beilington area of Barbour County. He was an excellent athlete in high school and attended Alderson-Broadus College in his hometown of Phillippi where he received National recognition as a basketball player. His continued and dedicated commitment to education and athletics was reflected in the 27 years he served students in Kanawha County, West Virginia. During these years he both taught school and coached basketball. His years of teaching included time spent at Elkview Junior High School, Dunbar High School and Ben Franklin Career Center in Dunbar.

After leaving coaching, Butch Wilmoth became an official for high school sports in the state. During his years as an official Butch began running. He started in the late 1960's before the running boom began, as a means to keep in shape for officiating basketball and football games. Even after he gave up officiating, Butch continued to run, never great distances or competitively, but consistently for year after year. When he was only 36 years old, Butch suffered a minor heart attack. He later suffered a recurrence after he had been running for a few years but the effects were lessened he felt because of his running program. He had no more cardiac-related problems until the fatal attack struck him while running the Collegiate Chase 5-mile road race on October 3, 1987. He was 66 at the time of his death.

His personal motivation for so many years to his physical health is an inspiration to all those who recognize the importance of wellness through exercise. His life-long dedication to education and athletic excellence among the youth of West Virginia is remembered by all those he taught and coached and the many others that knew him. Beyond his deeds, respect for L.D. "Butch" Wilmoth was enhanced by the example he set. The West Virginia Association of Student Financial Aid Administrators and the other race sponsors recognize the importance of this example and are very pleased to join the Wilmoth family in making the Memorial Scholarship a reality.

In naming this scholarship in his father's memory, Jim Wilmoth said, "A scholarship for a college student who actively participates in running is an appropriate and worthwhile memorial to my father and is something of which our family can be proud."

Editor's Note: This article was contributed by Carl Hadsell, Race Director for the Collegiate Chase.

**WEST VIRGINIA HUMAN RESOURCES ASSOCIATION  
 SECOND ANNUAL 5K AND 1 MILE "FUN RUN FOR KIDS ONLY"**

Sunday, October 23, 1988, 1:00 P.M.

**COURSE LOCATION:** Kanawha City, flat, out and back. Start and finish at Kanawha City Community Center.

**REGISTRATION:** 12:00 p.m. to 1:00 p.m. at Kanawha City Community Center

**ENTRY FEE:** \$8.00 if received by October 20, \$9.00 on race day. No charge to Run entrants 18 years of age and under. T-shirts to first 200 5K runners and all Fun Run participants.

**AWARDS:** Overall Male and Female Winners, First, Second, and Third All Age Categories; Top Three HRA Members

**AGE CATEGORIES:** Male and Female - 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60 and over

**AWARDS CEREMONY:** 2:00 P.M. AT KANAWHA CITY COMMUNITY CENTER. FREE FOOD AND BEVERAGES. DRAWINGS FOR VALUABLE FREE PRIZES! DRAWINGS FOR SAVINGS BONDS AND OTHER PRIZES WILL ALSO BE HELD AND AWARDED TO ELIGIBLE FUN RUN PARTICIPANTS. MUST BE PRESENT TO WIN.

**PRE-REGISTRATION:** Mail to:  
 "HRA Race Registration"  
 P. O. Box 5265  
 Charleston, West Virginia 25361-0265

Make Checks Payable to:  
 West Virginia Human Resources Association

For More Information:  
 Contact Joe Barker at 348-8860 or Becky King at 757-9456

**OFFICIAL ENTRY FORM**

Name \_\_\_\_\_ Age \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ T-Shirt Size: S M L XL Please Check: \_\_\_\_\_ 5K \_\_\_\_\_ Fun Run \_\_\_\_\_

**WAIVER:** In consideration of acceptance of this entry, I attest that I am physically fit to run this distance, that I have sufficiently trained for this event, and I hereby waive and release the West Virginia Human Resources Association, the City of Charleston, and all sponsors, volunteers, and other participants from all claims of liabilities of any kind arising from my participation in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
 (Parent or Guardian if Under 18)

## THE COLLEGIATE CHASE

**RACE:** A race created by the West Virginia Association of Student Financial Aid Administrators (WVASFAA) in support of higher education, the value of going to college, and The Collegiate Chase Scholarship Fund. The inaugural race was held in 1987.

**DATE:** SATURDAY, NOVEMBER 5, 1988 9:30 AM Come Ready to run!

**LOCATION:** Start/Finish Staging Area: King Community Center on Donnelly Street (Charleston Parks & Recreation)

**COURSE:** Flat 5 miles out and back from the King Community Center to West Virginia State Capitol. Traffic Control, water/aid stations and medical assistance to be provided.

**COURSE RECORD:** Andy Jarrell 25:50 Debbie Young 32:38

**TIMING:** Electronic Timing, mile markers

**AWARDS:** Quality long sleeve T-shirt with logo to all registered runners.

Special WVASFAA "Graduation" mug to 1st 200 finishers  
Trophies for over all winners and following age groups under 20, 20-29, 30-39, 40-49, 50-59, 60 and over.  
Other special awards to winner/runner, youngest and oldest finisher, also to the most collegiate dressed - so wear your college spirit!

**GROUP AWARDS:**

Group attending with most from same college  
Group with most runners finishing from the same high school  
Group with most runners from the same company/organization  
Top WVASFAA male and female finisher

**SPECIAL AWARD:**

The L.D. "Butch" Wilmoth Memorial Scholarship

**PRIZES:**

Random drawing for prizes during awards ceremony. Runners must be present to win. Some prizes will be awarded to advance registered runners only.

**AWARD CEREMONY:**

King Community Center following race

**STRETCHERIZE**

The Collegiate Chase Chaser - join an aerobic activity after the race to let you extend your exercise and/or cool down to great music! Held immediately after race at King Community Center. (Spectators and runners; friends bring your tennis shoes and join us)

**PACKET PICKUP:**

King Community Center, Friday, November 4, 7 to 9 PM or prior to race at King Community Center 8 to 9 AM

**ENTRY FEE:**

\$7. If postmarked before 10/21/88; \$8 thereafter including race day. Make checks payable to the Collegiate Chase. **NO REFUNDS**

**REGISTRATION:**

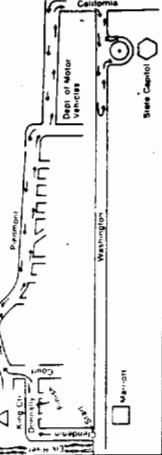
By Mail or on race day at King Community Center from 8 am to 9 am.  
Send entries to: The Collegiate Chase  
c/o Donna Ditty  
Box 9  
WVIT  
Montgomery, WV 25136

**INFORMATION:**

Carl Hagsell, Race Director  
(304)298-8470 Evenings

**RACE COMMITTEE:**

Brad Blair  
Neil Boyard  
Elaine Chiles  
Donna Ditty  
Jerry Early  
Ginny King  
Betty MacQueen  
Virginia Roberts  
Brenda Schoolcraft  
John Thralls



RACE COURSE

**RELEASE AND WAIVER**  
In consideration of my accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, consent not to sue, and waive, release and discharge WVASFAA and Atlantic Federal Bank and other race sponsors, race officials, volunteers, and any other individuals from any and all claims, damages, injuries, or property damage of any kind in nature whatsoever arising out of, or the course of, my participation in this event.  
The undersigned hereby grants full permission to The Collegiate Chase and/or its agents authorized by them, to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose.  
Applicants for runners will be accepted only with a parent's signature.

Signature of Runner \_\_\_\_\_ Date \_\_\_\_\_ / \_\_\_\_ / 88  
Signature of Parent, if Runner is Under 18 \_\_\_\_\_ / \_\_\_\_ / 88

**PLEASE PRINT AND COMPLETE ALL INFORMATION AND SIGN**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone ( ) \_\_\_\_\_ Sex:  Male  Female  Age on Race Day (11/5/88) \_\_\_\_\_  
Best Race 10K Time \_\_\_\_\_ T-Shirt Size: S M L XL (circle only)  
Now/In/Not in/Retired

If applicable, college you attend \_\_\_\_\_  
If applicable, high school you attend \_\_\_\_\_

WVASFAA MEMBER  COMPANY/ORGANIZATION'S NAME \_\_\_\_\_  
\*\*\* SPECIAL AWARD \*\*\*

The L.D. "Butch" Wilmoth Memorial Scholarship will be awarded to a native West Virginia enrolled in a WV College (Undergraduate) who finishes first. Check here if potentially eligible

# ALMOST HEAVEN MARATHON SATURDAY DECEMBER 3, 1988

**REGISTRATION: 9AM. START: 10AM. TAC CERTIFIED COURSE.**  
**SPONSOR: KANAWHA VALLEY ROAD RUNNERS**  
**INFORMATION: 744-4918, 744-0575, 925-3247**

**FEES:** \$10(TEAM \$30) BEFORE NOV.26,1988.  
\$12(TEAM \$36) AFTER NOV.26,1988.

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

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

Age groups: 1st & 2nd (M&W)  
20 & under 31-35 46-50 over 60  
21-25 36-40 51-56  
26-30 41-45 56-60

Teams: (1st & 2nd) Mens, Womens, Mixed, Mens Masters, Womens Masters.

**TEAMS:** A team consists of three individuals. Each person will run one loop of the course, approximately 8.7 miles. Team entries must be mailed together! Teams awards as noted above will be separate from individual awards.

**COURSE:** 26.2 miles beginning and ending near the WVU Medical Building at CAMC Memorial Division on 31 Street in Kanawha City. The nearest interstate exit is 35th Street Bridge(#99) of I-64. The course will be three loops in mostly residential areas. It is bounded by 57th Street on the East and the C&P boat ramp on the West. There will be water stops at each end of the course and at the star/finish line. Showers are available in the WVU Medical Building. The course will be closed after 4 1/2 hours for the awards banquet.

**AWARDS CEREMONY:** Following the race at 2:30PM there will be a covered dish dinner on the 4th floor of the WVU Medical Building. Hot (or cold) soup, drinks, and utensils will be provided by KVRH. Bring a dish to add to the meal. Non-runners that do not bring a dish will be charged \$1.

Mail entry to: KVRH; BOX 2282; Charleston, WV 25328

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_  
**ADDRESS:** \_\_\_\_\_ **SEX:** \_\_\_\_\_  
**CITY, ST, ZIP:** \_\_\_\_\_ **T-SHIRT:** \_\_\_\_\_

**TEAM:** \_\_\_\_\_  
I wish to enter the race and hereby release the KVRH from any liability for injury or accident from my participation. I verify that I am physically fit and have sufficiently trained for this event.

**Signature:** \_\_\_\_\_  
(Parents signature required if contestant is under 18 yrs)

