

**KANAWHA VALLEY ROAD RUNNERS
1979 SPRING SCHEDULE**

NOTE: Runners are SUBJECT TO CHANGE. Watch the Charleston Newspapers and/or K.V.R.C. Newsletter for these changes. A telephone call to the race director could save you a needless trip.

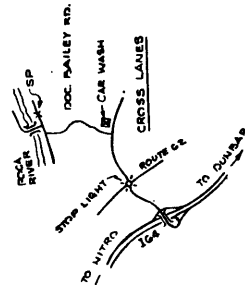
RUN FOR FUN SCHEDULE
 The first run will be **THANKS TO THE BELIEVERS** (see Fun Runs per week). Meet at the Medical School lobby (next to CMC Memorial Division) on **Saturday or Sunday morning. The run starts at 8:00 a.m.** Come out and run at your own speed and enjoy a relaxing run.

CODE: **S**: Starting Place **EF**: Entry Fee **RD**: Race Director

MARCH 12, 1979
Sunday - 8:00 a.m. - The Fourth Annual Carolina Five Miles
S: Gratton, West Virginia City, W.V.
EF: \$2.00 postmarked before 3/11/79. Post entry fee \$3.00.
RD: John Bord, P.O. Box 596, Gratton, W.V. 25524
 (Last name at end of schedule under "News Extras" will be given at the one and three mile markers. Dressing and shower facilities are available.)

MARCH 15, 1979
Thursday - 6:00 p.m. - **Send in your nominations for the John Pianfetti Award for 1978** right away if you have not already done so as this award will be presented at our banquet on **March 15, 1979.** Nominees should possess those qualities which John is known for - integrity, helping others, an "all around good guy".
 The top five nominees will be named on a ballot and will be voted on during the banquet. Send the name or names of those you feel are deserving of this award to: **K.V.R.C., Post Office Box 2022, Charleston, WV 25327. Attention: Jim Jones.**

MARCH 26, 1979
Saturday - 9:00 a.m. - **Post Office Five Mile Run**
S: See map.
EF: \$1.00 for K.V.R.C. members, \$2.00 for non-members.
RD: Worley Stout - 925-8195, home.
 Comment: This is a trophy run with age divisions.



APRIL 1, 1979
Sunday - 8:30 a.m. - **Parlier Cherry Blossom 10 Mile Race**
S: Parlier, West Virginia
EF: \$1.00 for K.V.R.C. members, \$2.00 for non-members.
RD: Conducted by the D.C. Road Runners Club.
 Comment: For recorded information on the race call (703) 581-2668.

APRIL 1, 1979
Sunday - 11 - **ALBANS MARATHON, ALBANS, OHIO**
RD: Elmwood Holden, 25 Northwood, Athens, Ohio 45701.

APRIL 7, 1979
Saturday - 10:00 a.m. - **Second Annual Carbide Flicks Run - 10,000 meters.**
S: 1000 Carbide Flicks, South Charleston.
EF: \$5.00
RD: Dick Henderson - 747-4462 (office)
 (This is an unrecorded, unmarked, unannounced race. Dressing and shower facilities for both men and women. There is no **BRACE** luncheon and T-shirts.)

APRIL 16, 1979
Monday - **THE BOSTON MARATHON.**

APRIL 25, 1979
Sunday - 7 - **Leesburg, Virginia 10,000 meters** (see News Extras for details)
RD: Dick Henderson - 747-4462 (office)
 Comment: Nice medals and a great course.

- NEWS EXTRAS -

In 1978 **Nathaniel Hefner** ran in **TEN MARATHONS!** In one year **Superman Hefner** has over 400 miles in competition. That should be worthy of national recognition. **Mr. Hefner** by the way is in the over 60 age group!!

One more **10% discount** - Now by showing your club card at the Sport Center, Inc. in St. Albans it will entitle you to a 10% discount on running shoes. This is in addition to the 10% discount given to members by The Athletes Foot.

THANKS to Union Carbide for the merchandise awards that were given at our **Poker Run** which was held on February 25, 1979 at the Medical Center.

Be sure to hang on to your "pink slip" - they are your "ticket" for your free **KVRC T-shirt** which we hope will be ready the middle of March.

Planfetti Award - Send in your nominations for the **John Pianfetti Award for 1978** right away if you have not already done so as this award will be presented at our banquet on **March 15, 1979.** Nominees should possess those qualities which John is known for - integrity, helping others, an "all around good guy".
 The top five nominees will be named on a ballot and will be voted on during the banquet. Send the name or names of those you feel are deserving of this award to: **K.V.R.C., Post Office Box 2022, Charleston, WV 25327. Attention: Jim Jones.**

New for this year is a **SUPER STAR** event. Information on this event will be released probably in May and will take place sometime in August. Further details will be in the newspaper and in our summer schedule. Sorry but only **Kanawha County residents** will be eligible this year. There will be ten exciting events - running, weight lifting, bicycling, one hole of golf, bowling, swimming, tennis, basketball and one other, possibly paddieboating. The age groups will be broken down to only a five year spacing with a superstar in each group so there will be lots of winners. The final details are still being worked out but this sounds like a great family fun event that is being sponsored by Charleston Parks and Recreation Department.

SPECIAL THANKS to all those people who helped last year in getting the runs organized. There is always a lot of work to be done-both before and during a run-to keep things running smoothly. Any time you are willing to help out call the race director and offer some help.

Due to two reasons - a fantastic growth in the club and great turnouts for the runs - **KVRC** was able to end 1978 with a healthy bank balance. This money has been applied to the purchase of the T-shirts.

October 13, 1979 ALMOST HEAVEN MARATHON AND ULTRA-MARATHON 50.50 Km. 31.1 miles
 Charleston, West Virginia
 Kanawha Valley Road Runners

Women 35 and under

- 1 Lyndell Patterson 3:18.57 and 4:22.58 Men 29 and under
 - 2 Joni Adams 3:24.37
 - 3 Connie Perry 3:45.29
 - 4 Elizabeth Dobson 4:17.28
 - 5 Nancy Joseph 4:17.43
 - 6 Rebecca Conner 5:17.14
- Women 36 and over
1. Linda Meckfessel 3:16.46
 - 2 Lois Pfister 3:49.18 and 4:45.29
 - 3 Mary McKown 4:13.26
 - 4 JoAnn Dawson 4:29.25
- Men 29 and under
1. Frank Lewis 2:48.52
 - 2 Duncan Rowan 2:50.07
 - 3 Joe Barker 2:51.19
 - 4 Leonard Hager 2:51.42
 - 5 Kim Reedy 2:53.16
 - 6 Pat Cronin 2:58.28
 - 7 Andy Muldoon 3:00.14
 - 8 Steve Fox 3:05.22
 - 9 Steve Ledahawsky 3:15.25
 - 10 Michael Munley 3:26.23
 - 11 Jeffrey Hinte 3:31.55
 - 12 Robert Thomas 3:36.15
 - 13 Paul Garrett 3:47.9
 - 14 Mike Davis 3:48.20
- Men 30-39
- 1 Mike Mayes 2:44.13
 - 2 John Greenwald 2:57.06
 - 3 John Lukens 3:08.52
 - 4 Tim Farmer 3:16.28
 - 5 Melvin Hill 3:26.52
 - 6 Richard Vincent 3:31.57
 - 7 Robert Carroll 3:43.54
 - 8 Lee Platt 3:46.31
 - 9 Jay Margolis 3:53.25
 - 10 Harry Hoffmann 4:08.52
 - 11 George Castele 4:57.45
- Men 40-49
- 1 Kenneth Tallman 2:43.47
 - 2 Charles Moyers 2:55.29
 - 3 Albert Anson III 3:04.49
 - 4 Alvin Kessler 3:16.43
 - 5 Guy Arbaugh 3:18.33
 - 6 Vic Ware 3:21.07
 - 7 Jerry Herndon 3:22.38 and 4:22.58
 - 8 Bennett Burgess 3:37.33 and 5:16.25
 - 9 Thomas Dawson 3:38.05
 - 10 Robert Cole 3:44.56 and 4:32.58

ALMOST HEAVEN MARATHON

Men 40-49 cont.

- 11 Al Pfister 3:45.29
 - 12 Mike Cusdra 3:59.49
 - 13 Jim Burgess 4:01.43
 - 14 Leon Ginsberg 4:01.46
 - 15 John Lilly 4:06.52 ultra also completed
 - 16 William Young 4:07.29
 - 17 Jim Jones 4:25.80 ultra also comp.
 - 18 James Bolland 4:52.28
- Men 50 and over
1. Ross James 3:19.52
 - 2 Don Frey 3:37.45
 - 3 Nathaniel Hefner 3:51.05 and 4:54.03
 - 4 Jack Burgess 4:01.43
 - 5 John Dunbar 4:09.31
 - 6 Charles Stark 4:12.42
 - 7 George Adams 4:22.44
 - 8 Frank Branner 4:24.09
 - 9 Oliver Neal 4:26.06

Frank Lewis and Ken Tallman duelled through the first 20 miles, then Ken Tallman pulled away to win with 2:43.17. Mike Mayes finished second and Frank Lewis finished third. Linda Meckfessel at 3:16.46 was first in the women's and Lyndell Patterson was second at 3:18.57. 78 runners started and 65 finished the 26.2 miles of the AAU certified course. Eight received trophy cups for the 50 Km (31.1) ultramarathon. Seven qualified for the Boston Marathon: Linda Meckfessel, Lyndell Patterson, Ken Tallman, Mike Mayes, Frank Lewis, Al Anson, and Charles Moyers.

Group winners:
 Men 29 and under
 Frank Lewis 2:48.52
 Duncan Rowan 2:50.07
 Men 30-39
 Mike Mayes 2:44.13
 John Greenwald 2:57.06
 Men 40-49
 Ken Tallman 2:43.17 overall
 Charles Moyers 2:55.29
 Albert Anson 3:04.49

Women 35 and under
 Lyndell Patterson 3:18.52
 Linda Meckfessel 3:16.46
 Joni Adams 3:24.37
 Lois Pfister 3:49.18
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