

THE RUNNERS SOLE



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Tim Ligon, Editor

1st Quarter, 1992

THE PRESIDENT'S PAGE

I hope your holidays were happy. Best wishes, good health and a prosperous New Year, 1992, to you and your family. I urge you to stay in shape and on the road through the bad weather, your body will thank you in the spring and early summer as you participate in the weekend races. I would like to recommend to you Universal Health Club in St. Albans as a place to cross train. Universal has all the machines and free weights your body needs to achieve the level of physical development you desire. Stop in for a look-see, a lot of KVRRC members work out there.

On December 1, 1991 the KVRRC sponsored the 18th Annual Almost Heaven Marathon (AHM) which was won by member Glen Baldwin, 2:37:53, for the second year in a row. The complete race results are listed in this issue. The AHM had runners from 14 states and Canada.

The 1991-92 "Winter Series" has also started and the turn-out for the December 8 Kanawha City 10K was the worst I have ever seen. The weather was great and we had 41 runners. I hope the turn-outs for the January 12 Frostbite 5-Miler and the February 9 Valentine 5K are worth our efforts.

Looking ahead, our annual Awards Banquet will be held on Friday, March 6 at Rose City Cafeteria in South Charleston. The next day, March 7, will be the Poca River 15K with a 10am start. Also the Kanawha-Teays Biathlon will be run on Sunday May 17 at Hurricane High School, 9am.

I am always looking for race sponsors, if you can help, call me. Also I want every member of the KVRRC to introduce a new member to the club in 1992.

Continued on page 15

Kanawha Valley Road Runners : Officers

Pat Board, Ill	President/Treasurer	744-6502
Paul Garrett	VP/Membership Chairman	925-3247
Annette Castelle	Secretary	343-9371
Robin Baldwin	Director	744-1482
Dave Ellis	Director	344-4488
Dennis Hamrick	Director	344-8342
Bill Platt	Director	925-8863
Jeff Lucas	Director	346-2040
Dave Fields	Director	548-4761
Tim Ligon	Calendar/Newsletter	722-6307

FROM THE EDITOR:

It is a new year and there is a lot to look forward to. We will start the years training cycle with the Poca River 15K. Preparation tips for this race (and some general philosophy) are in the *Training Log*. The race results for the Almost Heaven Marathon and the Kanawha City 10K are presented and a new feature I hope you will enjoy, a Word Search Puzzle. The words to find are all names of running shoes, try to find yours!

The Annual Awards Banquet will be March 6. This will be my first year to attend and I urge all members to show. If I can make it, we all can. This will also be my first year to run the Poca River race. I have heard a lot about it (mostly details on the last hill at 13K) and would like a large crowd to run with (it is much more fun that way!).

Speaking of fun, I am sponsoring a fun ~11mile run (I have not measured it) through the streets and hills in and around St. Albans called the Spring Forward Dry Ridge Classic. As you may guess from the title, it takes place on Sunday, April 5 at 8am, the day we switch into daylight savings time. There are no fees, no T-shirts, no support, no water stops, no prizes, but all finishers will be winners. This is not an official race but a get together of people for a challenging fun run. The course will be from the SA Loop, up Highland Dr, out Dry Ridge, down Green Valley Dr and back to the loop on 6th Ave. Plan on coming out and running with me.

1991-1992 KVRRC WINTER SERIES

Race #2 Sunday, Jan 12

*** Frostbite 5-Miler ***



Race #3 Sunday, Feb 9

*** Valentine 5K ***

All Start at 2pm, Begins and ends at the CAMC-WVU Building

1st QUARTER 1991 RACE CALENDER

RACE DIRECTORS SHOULD IMMEDIATELY CONTACT THE KVRRC REGARDING CANCELLATION OR RESCHEDULING OF EVENTS. PROVIDE RACE INFORMATION TO:

T. D. LIGON, 7 VALLEY ST., ST. ALBANS, WV 25177, 722-6307 (AFTER 5PM)

DATE	DAY	RACE, PLACE, TIME, RACE DIRECTOR	INFORMATION
12 Jan 92	Sun	Frostbite 5-Miler, CAMC-WVU Bldg, 2pm, Pat Board	744-6502
9 Feb 92	Sun	Valentine 5K, CAMC-WVU Bldg, 2pm, Pat Board	744-6502
7 Mar 92	Sat	Poca River Run 15K, Doc Baily Road, 10am, Pat Board	744-6502
14 Mar 92	Sat	Shamrock Classic '92 5M Run, 3M walk, 1M Fun Run, Masonic Park - Devola, Marietta, Oh, Jerry Murphy (alt. Steve Robinson)	614-373-6183 (alt 304-424-8789)

EXTENDED RACE CALENDER

DATE	DAY	RACE, PLACE, TIME, RACE DIRECTOR	INFORMATION
4 April 92	Sat	5K Run for the Young Child, KCRC, Jane Stratton and Beth Bragg	342-2544 and 340-3667
9 May 92	Sat	Union Carbide 10K Fitness Run (with a 10K Walk, 2M Walk and Arobathion), UC Tech Center, 9am, Dick Henderson or Barbara Hively	747-4450 or 747-4420
10 May 92	Sun	Womens Run Against Cancer 5K Run & 1M Walk, Kanawha State Forest, 9am, Karen Fraiser	348-6702 (wk) 744-6502
17 May 92	Sun	Kanawha-Teays Biathlon 10K/40K, Hurricane HS, 9am, Pat Board	744-6502
23 May 92	Sat	Vandallia Gathering 10K, WV Cultural Center - Capitol Complex, 2pm, Dennis "Race" Hamrick	344-8342
23 May 92	Sat	Elby's Big Boy Classic 20K, Whelung, WV, Hugh Stobbs	304-243-3880

No Fees Run for Fun No T-Shirts

Get out of bed and run the Starts and Ends at the SA Loop, 8am, 5Apr92

SPRING FORWARD DRY RIDGE CLASSIC

11 miles of Running Fun For Details: T. D. Ligon 722-6307

No Water Stops Not sponsored by the KVRRC No Support

OFFICIAL RESULTS - 1991 ALMOST HEAVEN MARATHON

December 1, 1991

1	G. Baldwin	2:37:53	Oval Champ	32	M. Luhmann	3:26:21	4th M 50-59
2	P. Morrison	2:40:27	2nd Oval	33	P. Imel	3:27:50	
3	T. Miller	2:45:21	3rd Oval	34	S. Bush	3:28:24	
4	T. Lumadue	2:50:21	4th Oval	35	R. Dingus	3:30:21	
5	S. Chilling	2:55:40	5th Oval	36	G. Malone	3:30:25	
6	G. Youngerman	2:57:58	M Masters	37	W. Wiselcarver	3:32:14	
7	T. Miller	2:58:05	1st M 35-39	38	V. Ware	3:33:09	
8	R. Plantz	2:58:45	1st M 40-44	39	N. Stick	3:38:18	
9	G. Brown	3:00:18	2nd M 35-39	40	R. H. Rowland	3:38:20	
10	R. Ferrel	3:01:21	3rd M 35-39	41	L. Frazier	3:38:59	2nd Female
11	B. Ronald	3:05:48	2nd M 40-44	42	K. Step	3:41:29	
12	G. Milne	3:08:07	4th M 35-39	43	P. Wood	3:43:58	
13	D. Theule	3:08:17	1st M 45-49	44	M. Joddenne	3:46:26	
14	R. Authur	3:08:24	3rd M 40-44	45	K. Wines	3:47:37	
15	L. Robinson	3:09:52	1st M 30-34	46	J. Doughman	3:48:00	
16	R. Swepton	3:10:20	4th M 40-44	47	C. Rifle	3:54:23	
17	N. Swepton	3:12:03	2nd M 30-34	48	M. Johnson	3:55:14	
18	J. Reid	3:14:12	1st M 60 & O	49	M. Delaney	3:57:06	3rd M 45-49
19	J. Young	3:15:55	5th M 40-44	50	G. Verhoorn	3:58:46	3rd Female
20	D. Propp	3:17:27		51	S. Donnelly	4:00:31	
21	A. Koehn	3:20:45	1st M 50-59	52	F. Bartocci	4:00:38	
22	B. Hopkins	3:22:38	3rd M 30-34	53	Race Hamrick	4:02:16	
23	W. Wallace	3:23:04	4th M 30-34	54	D. Dirschel	4:02:58	
24	R. Dickerson	3:23:05		55	R. Scharenbrook	4:04:42	
25	M. Swepton	3:24:06		56	L. Skywalker	4:13:17	
26	C. Kiekopf	3:24:15	2nd M 50-59	57	N. Stick II	4:25:02	4th M 45-49
27	J. Sturgeon	3:24:40		58	J. Shepard	4:25:03	
28	R. Hull	3:24:53		59	S. Coe	4:28:17	
29	K. Tallman	3:25:25	3rd M 50-59	60	C. Wanner	4:31:12	1st F 35-39
30	D. Swanson	3:25:55	1st Female	61	J. Herndon		
31	J. Riffle	3:26:10	2nd M 45-49	62	B. Lamb		

MALE OPEN TEAM

1	J. Murphy, J. Nicholson, J. Hatmaker	2:27:31
2	E. Berry, C. Parsons, J. Akers	2:28:23
3	T. Hughes, B. Shultz, F. Waybright	2:29:04
4	T. Ellison, K. Lake, G. Brown	2:33:31
5	M. Mayes, K. Catron, B. Ruhlin	2:43:37
6	D. Fox, J. Underhill, P. Buechler	3:32:08

MALE MASTERS TEAM

1	R. Hanna, O'Connell, B. Paff	3:09:59
1	M. Skaggs, L. McCall, L. Ervin	3:18:16

FEMALE MASTERS TEAM

1	W. Gregory, K. Mann, R. Heidenreich	3:40:17
2	D. Biddle, S. Lucas, J. Lucas	3:58:42

MIXED TEAM

1	W. Gregory, K. Mann, R. Heidenreich	3:40:17
2	D. Biddle, S. Lucas, J. Lucas	3:58:42

CONTINUED - 1990 ALMOST HEAVEN MARATHON

December 1, 1991

MALE CORPORATE TEAM

1	G. Szego, P. Board IV, D. Feilds	3:00:41
2	B. Warren, T. Pearcy, B. Haynes	3:02:20
3	J. Lucas, J. Shue, M. McMullen	3:32:55

FEMALE CORPORATE TEAM

1	K. Ashcraft, R. Platt, M. Heidelk	3:36:55
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MIXED CORPORATE TEAM

1	C. Kelly, J. Kelly, G. Smith	3:08:10
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OFFICIAL RESULTS - KANAWHA CITY 10K

December 8, 1991

1	D. Connelly	34:40	Oval Champ	22	W. Gregory	42:47
2	G. Baldwin	34:45	1st M 33-41	23	G. Skeens	43:11
3	B. Shultz	35:24	2nd M 33-41	24	A. Stewart	43:48
4	P. Board IV	36:42	1st M 15-23	25	G. Szego	44:37
5	S. Chilling	37:41	M. Masters	26	C. Young	44:53
6	R. Plantz	38:11	1st M 42-50	27	B. Aronson	45:56
7	J. Young	38:32	3rd M 33-41	28	J. Timberlake	47:59
8	L. Shue	38:37	1st M 24-32	29	D. Cavender	48:49
9	M. Mayes	38:47	2nd M 42-50	30	S. McDiarmid	49:06
10	R. Authur	39:08	3rd M 42-50	31	C. Kelly	49:25
11	N. Zola	39:31		32	N. Stick	49:35
12	B. Schwartz	39:39	2nd M 24-32	33	J. Burgess	49:47
13	T. Kaufman	39:51		34	A. Castelle	51:48
14	M. Lightner	40:31	2nd M 15-23	35	R. James	54:31
15	L. Ervin	40:38	Female Champ	36	R. Platt	54:57
16	G. Phillips	41:33	1st M 14&U	37	J. Lucas	56:17
17	M. Moore	41:57	1st F 33-41	38	B. Ramsey	56:59
18	M. Heishman	42:17	3rd M 24-32	39	P. Mosely	57:12
19	J. Kelly	42:22		40	S. Jones	57:13
20	J. Carney	42:32		41	S. Lucas	58:52
21	B. Platt	42:46		42	L. Martin	64:35

Sponsored by the Kanawha Valley Road Runners

POCA RIVER 15K

March 7, 1992 10am Start
On Doc Bailey Rd at Poca River Bridge
Cross Lanes, WV

No Dogs Allowed

The Training Log, continued

Weeks of Jan 27 & Feb 3	30M/Week	Total = 60
Mon Rest Day/Cross Train		
Tue 5M at moderate pace		
Wed 3M at a easy pace/Cross Train		
Thu 5M with middle 3M at a fast pace		
Fri Rest Day/Cross Train		
Sat 5M moderate pace		
Sun 12M easy running / (2/9) Valentine 5K + long.-3M, warm-up & cool down runs		
Weeks of Feb 10 & Feb 17	30M/Week	Total = 60
Mon Rest Day/Cross Train		
Tue 5M at moderate pace		
Wed 3M at a easy pace/Cross Train		
Thu 5M with middle 3M at a fast pace		
Fri Rest Day/Cross Train		
Sat 4x1M repeats w/recovery at moderate effort		
Sun 12M easy running incorporating 4 fast miles		
Weeks of Feb 24 & Mar 2	32M/Week	Total = 64
Mon Rest Day/Cross Train		
Tue 6M at moderate pace		
Wed 3M at a easy pace/Cross Train		
Thu 6M with 6 to 8 good hill repeats		
Fri Rest Day/Cross Train		
Sat (2/29) 4x1M repeats w/recovery at moderate effort / (3/7) Race Day		
Sun (3/1) 12M easy running incorporating 4 fast miles / (3/8) 4M easy running		

If you try this program (or modified for your training) let me know how it worked. The writer and the KVRRC take no responsibility for injuries or illness developed from using this guide.

**Kanawha Valley Road Runners
1991-1992 Awards Banquet**

Friday, March 6, 1992
Rose City Cafeteria
So. Charleston

5:30pm

MEYER AND PERFATER

ATTORNEYS AT LAW

**PENTHOUSE - 405 CAPITOL STREET
CHARLESTON, WV 25301**

(304) 344-9321

1-800-766-2477

**Representation in Automobile, Workers'
Compensation and Other Injury Claims**

POCA RIVER 15K

Distance: 9.3 Mile Road Race
Date/Time: Saturday 10:00 AM - March 7, 1992
Start/Finish: Cross Lanes at End of Doc Bailey Road & Poca River
Entry Fee: KURRC Members - \$7.00 (\$8.00 Race Day)
 Non Members - \$8.00 (\$10.00 Race Day)
Make Checks Payable to: KURRC
Send Checks to: 19 Riverside Drive
 South Charleston, WV 25303

Awards:
Overall; Masters; Male Heavyweight; Age Divisions: Male & Female

19 & Under	30-34	45-49
20-24	35-39	50-54
25-29	40-44	55-59
		60 & Over

Shirts to First 120 Entries

Name: _____ Sex: M ___ F ___
 Street: _____ Age: _____
 City: _____ State: _____ Zip: _____
 Telephone (____) _____ Shirt Size: (s-xl) _____

Waiver

Must Be Signed or Entry will not be accepted.

In consideration of the acceptance in the 1992 Poca River 15k Road Race, for
 Myself, my heirs, executors, and administrators, I hereby release any and all
 Runners, the sponsors, or the count or state in which the race is contested. I
 attest and verify to the best of my knowledge, my physical condition and fitness
 are adequate for me to safely compete and no physician or qualified individual
 has advised me against competing in the 15k race.

Signature _____
 (Parent or guardian if under 18 years of age)

The Presidents Page, continued from page 1

There are a lot of people working hard on a day to day basis so you can come out on the weekends and race. If we are doing something you do not like, call me and lets talk.

Last but not least, I thank everyone who pitched in and helped the KVRRC in 1991. Let's keep it going in 92.

Patrick and I will see you at the races.

Pat Board III

KVRRC MEMBERSHIP APPLICATION

New Member	Yes	No	Date:	
Type of Membership	Regular (\$8.00)	Full Time Student (\$5.00)	Family (\$12.00)	Contributing*
*Includes one of above memberships plus contribution to Club.				
Last Name	First	Middle	Sex	Age
			M	F
Street Address	City	State	Zip	
Telephone No	Occupation	Student's School		
Home:				
Work:				
Family Membership Names	Date of Birth	RENEWING MEMBERS:		
1.		CHANGE IN ADDRESS?:		
2.		Yes		
3.		No		
4.				

Make check payable to: **The Kanawha Valley Road Runners Club**
 19 Riverside Dr.
 So. Charleston, WV 25303