

RUNNER'S SOLE



THE KANAWHA VALLEY ROAD RUNNER'S OFFICIAL NEWSLETTER

Tim Ligon, Editor

1st Quarter, 1993

THE PRESIDENT'S PAGE

Happy New Year to you and yours. In the early days of this new year, I am reminded of an old saying, "the older I get, the better I used to be." It might sound funny but why not make this new year the "cream de la yourself". I am suggesting that you make a commitment to health, fitness and happiness via a mix of diet and exercise. Be consistent, don't over load one day and miss three.

If you wish to cross train at Universal Health Club in St. Albans, KVRRC members can receive discounted memberships. Stop in and talk to Larry or Harvey. If you have a run related injury, call Steve Gernett, 347-6780, on Mondays before 11 am for an appointment at the St. Francis Sports Clinic. This is a free service. Also, if you would like a sports massage (rub down) call Linda Sodaro, 744-8959, or Mary Fannin, 744-6920.

The 18th Annual Almost Heaven Marathon was run successfully on Dec 6. This marathon offers a flat three-loop certified course, with great water stops, a post race banquet and three-runner teams. The AHM is a Boston Marathon qualifier. I was disappointed that less than 25% of the individual AHM runners were from this state. I thank our contributing sponsors and the many, tireless volunteers who spent almost all day involved in our marathon.

The final two races of the 92 - 93 Winter

Series are the Frostbite 5-Miler, Jan 17, and the Valentine 5K, Feb 14. Both begin at CAMC-WVU with 2pm start times. The 92-93 KVRRC Awards Banquet will be held Friday, March 12, 5pm at Rose City Cafeteria, So. Charleston.

On Saturday, March 13 at 10am, the KVRRC will sponsor one of the oldest road races in WV, the Poca River 15K. The start and finish is near the new bridge near the end of Doc Bailey Road (off Big Tyler Road at the car wash) in Cross Lanes.

As always I am looking for race sponsors and businesses who would like to advertise with the KVRRC. Give me a call, 744-6502, and we can talk it over.

Again in 1993, I am counting on your continued support to maintain the character of the KVRRC. The KVRRC is for everybody: male/female, fast/slow, old/young. If you as a member would like to be more involved with the direction the KVRRC is headed in 1993, give me a call and we can discuss your concerns.

Patrick and I will see you at the races!

Pat Board III

Kanawha Valley Road Runners : Officers

Pat Board, III	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	Calender/Newsletter Editor	722-6307

From The Editor

Welcome to the 1Q93 Runner's Sole. I am looking Forward to another fun and exciting year.

Of note is a change in the WV Grand Prix Series now in its third year. A fifth race, the Parkersburg 10K in June, is added to the traditional four of the Cabell-Huntington 10-Miler, Elby's 20K Big Boy Classic, Parkersburg 1/2 Marathon, and the Charleston Distance Run. Dates for these races are in the Calender on page 3. The WV Grand Prix is a fine series of races and it keeps getting bigger and better. I ran the complete series last year and enjoyed it tremendously (except for the 11-mile hill at Elby's).

Another event of interest is going into its second year, the K-Mart Mountain State Classic Bicycle Race. Last year over eight international teams competed in this stage race that covers a decent portion of the WV roadways.

.....
 If your family or job responsibilities dictate that you can run only very early morning, late evenings, and other odd times, there may be a training partner on your schedule in the Spartan Track Club. Call Harry C. Bruner, Jr. at 342-7717 for information.

There are some course alterations for this years race but it will finish again here in Charleston. The last stage is a several lap race around the hills and downtown streets. Volunteers will be needed, so keep an eye out in the paper for information.

The race calender is starting to fill. It is important to schedule races early so conflicts are avoided. There is a limited running "market" in the area. Our market does not support two races on one day and we all lose out. Race Directors may call me or Pat, and we will try our best, by working with you and others, to keep the calender clear of conflicts.

I am continuing the Spring Forward and Fall Back runs around St. Albans starting at the Loop. The dates coincide with the Daylight Savings Time changes. The Spring Forward Run is April 4, at 8am, and the Fall Back is Oct 31, 7am. These are pure fun, 9.5 mile training/ socializing runs and all are welcome.

1993 RACE CALENDAR

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
17 Jan 93	Sun	Frostbite 5-Miler, CAMC-WVU Bldg, 2pm, Pat Board, 744-6502
14 Feb 93	Sun	Valentine 5K, CAMC-WVU Bldg, 2pm, Pat Board, 744-6502
13 Mar 93	Sat	Poca River 15K, Cross Lanes at Doc Bailey Road and Poca River, 10am Pat Board, 744-6502
3 Apr 93	Sat	Hills Children's Run 5K, Kanawha City Recreation Center, Dennis Hamrick, 344-8342
24 Apr 93	Sat	5K Run for the Young Child, Kanawha City Recreation Center, Beth Bragg, 340-3667
17 Apr 93	Sat	Cabell-Huntington Hospital 10-Miler, Harris Riverfront Park, 9am
1 May 93	Sat	Union Carbide 10K Fitness Run, UCC Technical Center, 9:30am, Sharon Botkins or Barbara Hively, 747-4420
29 May 93	Sat	17th Elby's Big Boy Classic 20K, Wheeling Civic Center, Hugh Stobbs, 304-243-3880
12 June 93	Sat	Parkersburg 10K, City Park, Doresy Chevront, Jr, 304-424-2786
21 Aug 93	Sat	Parkersburg 1/2 Marathon, 3rd St. & Juliana, 8am Doresy Chevront, Jr, 304-424-2786
4 Sep 93	Sat	Charleston Distance Run (15 Miles), 8am, 344-6464

Kanawha Valley Road Runner's Club

Awards Banquet

Friday, March 12, 1992

Rose City Cafeteria

SPORTS MASSAGE

IS FOR THE RUNNER WHO WANTS:

- IMPROVED PERFORMANCE

- QUICK RECOVERY FROM INJURY

- REDUCED MUSCLE SORENESS,

ALLOWING FASTER RETURN TO

MAXIMUM TRAINING LEVELS

FOR MORE INFORMATION, SERIOUS
RUNNERS MAY CONTACT:

LINDA

MARY

SODARO

FANNIN

744-8959

744-6920

CERTIFIED MASSAGE THERAPISTS

Official Results of the Dec 6 Almost Heaven Marathon

Individual Open

1 Glen	Baldwin	2:35:15	1st Oval Champ	36 Marybeth	Casey	3:25:38
2 D. Scott	Clark	2:44:27	2nd Oval Champ	37 John	Spangler	3:32:28
3 Chip	Brand	2:46:56	3rd Oval Champ	38 Steve	Bush	3:34:23
4 Donald	Pierce	2:49:49	4th Oval Champ	39 Michelle	Casey	3:34:57
5 Tim	Miller	2:54:30	5th Oval Champ	40 Eddie	Danford	3:35:34
6 James	Sturgeon	2:56:07	M Master	41 Tom	Husman	3:37:00
7 Phil	Sipos	2:56:28	1st M 40-44	42 Dan	Jackson	3:37:02
8 Shawn	Chillog	2:57:21	2nd M 40-44	43 Rick	Freeman	3:37:37
9 Mark	Stenberg	2:57:22	1st M 35-39	44 ED	Forrest	3:42:00
10 Wayne	Vareb	2:57:56	3rd M 40-44	45 Claudia	Davidson	3:42:30
11 Neil	Sweepston	3:04:06	1st M 30-34	46 Brenda	Burton	F Master Champ
12 Mark	Sweepston	3:04:15	2nd M 35-39	47 Walter	Perry	3:44:14
13 Ed	Pytharch	3:04:26	1st M 45-49	48 Nick	Taylor	3:44:17
14 Randy	Sweepston	3:05:03	4th M 40-44	49 Terry	Peters	3:44:49
15 Tim	Brewer	3:05:44	1st M 25-29	50 George	Malone	3:44:58
16 Greg	Ivin	3:07:04	2nd M 45-49	51 Joe	Bertini	3:45:38
17 Bob	Cibik	3:07:18	3rd M 45-49	52 Gordon	Hartshorn	3:46:50
18 David	Daniels	3:07:29	3rd M 35-39	53 Dan	Daniel	3:47:49
19 Robert	Nurre	3:07:38	5th M 40-44	54 David	Billick	3:49:38
20 Mark	Graham	3:08:01	4th M 35-39	55 Dennis	Hamrick	3:52:57
21 Bud	McNellie	3:08:14	1st M 50-59	56 Henry	Hager	3:53:51
22 Gary	Black	3:10:53		57 Jack	Shnitz	3:54:14
23 June	Schalaba	3:11:12	1st Female Champ	58 Bill	Platt	3:55:43
24 James	Catherine	3:12:52	2nd M 25-29	59 Marth	Clement	3:59:42
25 Jeff	Benson	3:12:57		60 George	Robertson	4:00:01
26 Doug	Petzel	3:13:03	1st M 20-24	61 Stephen	Thompson	4:00:06
27 Greg	Seblink	3:14:40		62 Jeffery	Ragp	4:00:07
28 Marlene	Moore	3:17:36	2nd Female Champ	63 Julie	Hug	4:00:41
29 Bruce	Johnson	3:18:48	2nd M 30-34	64 Noel	Bowling	4:09:25
30 Robert	Coburn	3:19:58		65 Lora	Munsel	4:12:37
31 Sunny	Smith	3:21:37	3rd Female Champ	66 Joe	Morgovich	4:22:50
32 Mike	Schwartz	3:21:41	2nd M 20-24	67 Jerry	Herrdon	4:22:53
33 Jack	Withers	3:23:27		68 Ronny	Hager	5:17:26
34 Joe	Taddeo	3:23:43	3rd M 20-24	69 Gary	Phillips	5:17:27
35 Jim	Riffe	3:24:17		70 Stevy	Madden	5:17:27

Male Open Team

1 Hughes, Lumadue, Hughes	1:32:48
2 Patric, Liefman, Patric	2:35:26
3 Williams, Kovac, Clappert	2:37:50
4 Rosenbaum, Westermeyer, Minoque	2:46:35
5 Bostic, Young, Ligon	2:47:21
6 Dodge, Dufresno, Peizel	2:53:59
7 Dotson, Ryan, Ryan	2:54:05
8 Hull, Authur, Davis	2:54:16
9 McCracken, Davila, North	3:18:39
10 Blackwell, Vineyard, Moore	3:51:28

Male/Female Mixed Team

1 Schoude!, Stumps,Yager	2:50:33
2 Lutz, Gregory, Carte	3:03:33
3 Skaggs, Wines, Jenkins	3:10:40
4 Hicks, Hicks, Hicks	3:39:00

Male Corporate Team

1 Percy, Haynes, Lucas	3:11:51
------------------------	---------

Female Open Team

1 Schaechter, Breitenstein, Wagner	3:13:53
2 Moore, Ramsey, Lucas	3:35:23
3 Cummings, Schade, Moore	3:44:57
4 Collins, Poundstone, Phillips	3:47:43
5 Durst, Davis, Haynes	3:50:38

Male Masters Team

1 Waybriht, Tallman, Plantz	2:51:08
-----------------------------	---------

Female Masters Team

1 Wiekle, McCall, Waybriht	3:15:16
2 Newton, Edelman, Scarbo	4:08:28

Mixed Corporate Team

1 Platt, Szego, Grubb	3:44:53
-----------------------	---------

Congratulations to all finishers!

Official Results of the Dec 13 Kanawha City 10K

The First of Three in the KVRRC Winter Series


1 Glen	Baldwin	35:14	1st Oval Champ	24 Phil	Radford	47:40	1st M 60&Over
2 John	Maher	35:51	1st M 33-41	25 Big	Turkey	48:06	
3 Fred	Waybright	36:21	M Master Champ	26 Diana	Morris	48:23	
4 Steve	Fox	36:31	1st M 42-50	27 Jim	Underhill		
5 Chuck	Mallory	37:39	2nd M 33-41	28 Big	Turkey, Jr	49:15	
6 James	Sturgeon	38:15	2nd M 42-50	29 Gene	Zdrojewski	49:26	
7 Mickey	Stajduhar	38:32	1st M 15-23	30 Bob	Cummings	50:45	
8 Roger	Arthur	38:37	3rd M 42-50	31 Steve	Grubb	52:00	1st M 51-59
9 Steve	Mierau	38:45	3rd M 33-41	32 Ron	Varney	52:10	
10 Shawn	Chillag	39:03		33 Fred	Bonnett	52:27	
11 Gallehad	Phillips	39:12	2nd M 15-23	34 Bruce	Moore	52:28	1st M 14&Under
12 Bernard	Haynes	39:29		35 Ben	O'Kelly	52:35	
13 Arnold	Stewart	41:11		36 Jeff	Lucas	52:36	
14 Matt	Harvey	41:50	1st M 24-32	37 Jeff	Anderson	52:50	
15 Bill	Love	41:55	2nd M 24-32	38 Greg	Rosenrance	53:09	
16 Marlene	Moore	41:57	Female Champ	39 Ken	Hartman	53:42	
17 Jim	Riffle	41:59		40 Bill	Ramsey	54:13	1st F 33-42
18 Patrick	Sizemore	42:41	M Heavyweight	41 Rosemary	Platt	54:16	
19 Pam	Waybright	43:19	F Master Champ	42 Bob	Hanson	55:05	1st F 14&Under
20 Greg	Simmerman	43:20	3rd M 24-32	43 Stacy	Lucas	55:13	
21 Rick	Egnore	45:11		44 Gary	Phillips	58:21	
22 Roger	Varney	46:43		45 Ross	James	60:32	
23 Melinda	Staggs	47:15	1st F 42-50	46 Bunny	Moore		

The KVRRC Winter Series Continues...

The Frostbite 5-Miler
Sunday, January 17, 1993

The Valentine 5K
Sunday, February 14, 1993

All Races start at 2pm at the CAMC-WVU Building

 Larry Robinson, owner of Universal Health Club in St. Albans, invites the members of the KVRRC to cross-train at WV's finest health club at discounted membership rates. Stop by for a "look see" and talk with Larry or Harvey. "Patrick and I both totally recommend this facility." Pat Board III

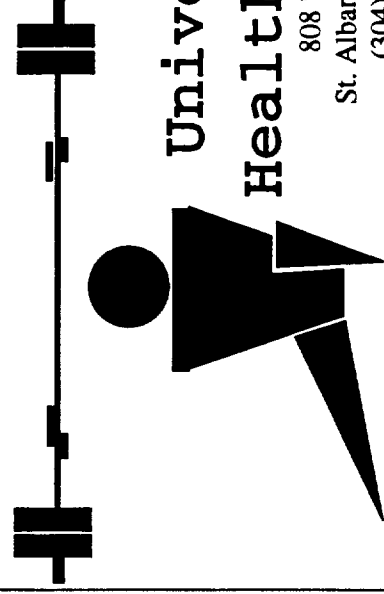
UNIVERSAL HEALTH CLUB FITS YOUR LIFESTYLE

Personalized Fitness Programs	Modern Exercise Equipment
Computerized Aerobics Machines	Aerobicycle
Free Weights	Rowing Machine
Stair Climbers	Treadmills
Calibrated Skin Fold Measurement	Successful Diet Programs
Wolfe System Tanning Beds	Men's and Women's Locker Rooms
Desert Dry Sauna	Health Food Bar
Private Showers	Relaxing Steam Room
Pro Shop	Vitamins, Supplements

The best thing about Universal Health Club is that we fit your lifestyle. Open seven days a week, we're designed for the busy person on the go...

Open: Saturday, 9am to 3pm; Sunday, 9am to 2pm
Weekdays from 6am to 10pm.

You can work-out before work, on your lunch, after work or any time in between!



**Universal
Health Club**

808 "B" Street
St. Albans, WV 25177
(304) 722-6341

FITNESS is our #1 Priority

POCA RIVER 15K

Distance: 9.3 Mile Road Race
Date/Time: Saturday, 10am, March 13, 1993
Start/Finish: Cross Lanes, Doc Bailey Rd & Poca River
Entry Fee: \$10/12 (Race Day)

Send Checks Payable to: KVRRC
19 Riverside Dr.
So. Charleston, WV 25303

Awards: Overall; Masters; Male Heavyweight

Divisions: Male and Female
19&U 30-34 45-49
20-24 35-39 50-54
25-29 40-44 55-59
30-34 45-49 60&O

Shirts to the first 120 entries!

Name: _____ Age: _____ Sex: _____
Street: _____
City: _____ State: _____ Zip: _____
Telephone: _____ Shirt Size: S M X XL

Waiver

Must be signed or entry not accepted.

In consideration of the acceptance in the 1993 Poca River 15K Road Race, for myself, my heirs, executors, and administrators, I hereby release any and all runners, sponsors, or the county 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)

MEYER AND PERFATER ATTORNEYS AT LAW

PENTHOUSE - 405 CAPITOL STREET
CHARLESTON, WV 25301

(304) 344-9321
1-800-766-2477

*Representation in Automobile, Worker's
Compensation and other Injury Claims*

LEONORO'S Spaghetti House

FAMILY OWNED & OPERATED
SINCE 1915

WHOLESOME AND AUTHENTIC ITALIAN FOOD

FEATURING:

- SPAGHETTI • RIGATONI • RAVIOLI
- LASAGNA • STUFFED SHELLS
- VEAL, CHICKEN & SAUSAGE DINNERS
- ANTIPASTOS & FRESH SALAD
- FRESH GRECIAN BREAD

DAILY LUNCHEON SPECIALS



CALL AHEAD FOR FAST
CARRY-OUT SERVICE

343-1851

Mon - Thurs: 11:00 AM - 8:30 PM
Fri: 11 AM - 9 PM; Sat: 3 PM - 9 PM
CLOSED SUNDAYS

★ FREE PARKING IN REAR
1507 WASHINGTON ST. E.

KVRRRC 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 M F Age _____

Street Address _____

City _____ State _____ Zip _____

Telephone No: _____

Home: _____

Work: _____ Occupation _____

Student's School _____

Family Membership Names Date of Birth

1. _____

2. _____

3. _____

4. _____

RENEWING MEMBERS:

CHANGE IN ADDRESS?: Yes No

Make check payable to:

The Kanawha Valley Road Runners CLUB
19 Riverside Dr.

So. Charleston, WV 25303