

RUNNER'S SOLE



THE KANAWHA VALLEY ROAD RUNNER'S OFFICIAL NEWSLETTER

Tim Ligon, Editor

1st Quarter, 1994

THE PRESIDENT'S PAGE

Happy New Year to you, your family and friends. I hope you exceeded all the goals you set for 1993. I am reminded of an old saying "I never felt better until I gave up hope". Again, for the year 1994, I am going to challenge you for a commitment of diet and training and I will guarantee you success in your efforts.

On behalf of the Kanawha Valley Road Runners Club membership, I want to thank all of our contributing

sponsors who support our efforts to promote the sport of road racing. Also, the KVRRC is saying good-bye and good luck to Vice-President Paul Garrett and family, who is moving to Texas.

The 19th annual Almost Heaven Marathon was run on December 5. This marathon offers a flat three-loop, certified course, a post race banquet and the opportunity for everybody to participate on three run-

ner teams. Thanks to our contributing sponsors and the race day volunteers. The show would not go on without them. The AHM official race results are printed in this issue.

Race #1, the Kanawha City 10K, of the 1993-94 Winter Series sponsored by the KVRRC, was run on December 12. The results are printed in this issue. Race #2, The Frostbite 5-Miler on January 16,

Continued on page 2



Presidents page, continued

and Race #3, the Valentine 5K on February 13, are run on Sundays and begin at 2:00 PM. Race day registration only is at CAMC-WVU section of the hospital in Kanawha City. Entry fee for these races are \$3.00 for members and \$4.00 for non-members.

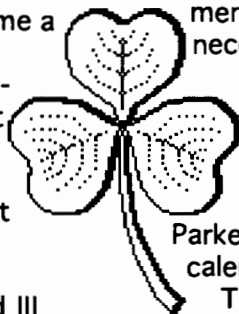
The 1994 Poca River 15K, 9.3 miles, is scheduled for May 14, at 8:00 A.M. This is the oldest race on the roads in the Charleston area.

As always, thank you for your continued support of the KVRRC. I still believe the life of the sport of running on the roads is your local running club. If you know someone that will sponsor a race or advertise in this newsletter, give me a call and I will contact them.

In an effort to say something different, how about "Good Luck" to everybody in the year 1994.

Patrick and I will see you at the races.

Pat Board III



KANAWHA VALLEY ROAD RUNNERS : OFFICERS

PATBOARD,III	PRESIDENT/TREASURER	744-6502
ANNETTECASTELLE	SECRETARY	
ROBIN BALDWIN	DIRECTOR	744-1482
DAVE ELLIS	DIRECTOR	344-4488
DENNIS HAMRICK	DIRECTOR	344-8342
BILL PLATT	DIRECTOR	925-8863
JEFF LUCUS	DIRECTOR	346-2040
DAVE FIELDS	DIRECTOR	548-4761
TIM LIGON	CALENDER/NEWSLETTER EDITOR	722-6307



From the Editor's Desk:



Welcome to the 1Q94 Runners Sole. I have forgotten to place the Membership Application Form in the last few issues. Please check your membership expiration date on the mailing label and renew if necessary. Your yearly fee goes a long way in supporting the Club.

The race calender is starting to fill out with the spring races. If you know of any races not on the schedule give me a call. The Poca River 15K is on May 14. This date worked out well after the snow delay last year.

The '94 WV Grand Prix is set and now includes the Parkersburg 10K to make a five race series. Dates are listed in the calender. I talked with Doresy Chevront on Jan. 12 and confirmed.

The Carbide Fitness Festival has undergone a change. With Dick Henderson's move to the Statehouse and a huge cut back in corporate funding, change is necessary. The four events (10K Race, 10K Walk, 2-Mile Fun Run/Walk and 90 minute Aerobathon) are directed by a volunteer committee, led by John Maher and a charity tie-in with the Make-a-Wish Foundation is established. The events will proceed as usual with a luncheon afterwards. Mark your calenders for April 23 and help support the Make-a-Wish Foundation.

1994 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).

16-Jan-94	Sun Frostbite 5-Miler, CAMC-WVU Bldg, 2pm, Pat Board	744-6502
13-Feb-94	Sun Valentine 5K, CAMC-WVU Bldg, 2pm, Pat Board	744-6502
16-Apr-94	Sat Cabell-Huntington 10-Miler, Harris Riverfront Park	526-2052
23-Apr-94	Sat Spring Fitness Festival, UCC Technical Cntr, 9:30am, T. D. Ligon and J. Maher	747-3635 day 722-6307 eve
14-May-94	Sat Poca River 15K, Doc Bailey Rd and Poca River in Cross Lanes, 8am, Pat Board	744-6502
28-May-94	Sat Elby's Big Boy Classic, Wheeling, WV, Hugh Stobbs	242-7322
18-Jun-94	Sat Parkersburg 10K, Parkersburg City Park, Doresy Chevront, Jr	424-2786
25-Jun-94	Sat Mountaineer Spirit Run, CAMC-WVU Bldg, Elizabeth Pellegrin	345-3002
16-Jul-94	Sat Great Teays 5K Run & 1-Mile Run/Walk, Valley Wave Pool, Hurricane, W. Gregory	757-6435
20-Aug-94	Sat Parkersburg 1/2 Marathon, Doresy Chevront, Jr	424-2786
3-Sep-94	Sat Charleston Distance Run	

Poca River 15K Road Race

May 14, 1994 8:00 AM

Race starts at the junction of
Doc Bailey Road and Poca
River in Cross Lanes

FITNESS PRO

Health & Exercise Equipment

101 Mac Corkle Avenue, SW
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722-3440

M-F 10-6
Sat 10-5

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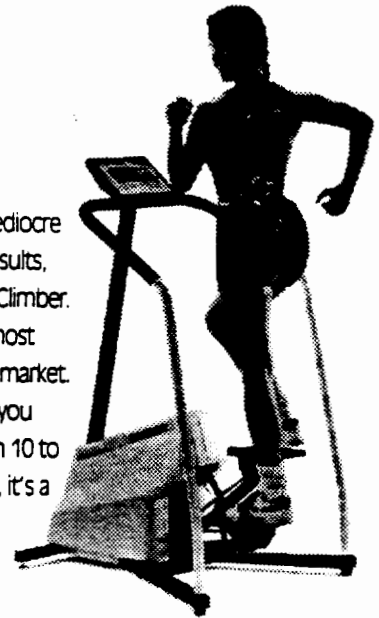
Michael L. Taylor, Manager
1-800-953-3440

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Run the 1993-94

"Winter Series"

January 16, 1994, Frostbite 5-miler

February 13, 1994, Valentine 5K

All are Sunday, 2pm races starting at 31st Street and Virginia Avenue in Kanawha City. Registration at the WVU-CAMC Bldg.

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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.

Official Results

Almost Heaven Marathon, December 5, 1993

1 Paul Saldanha	2:39:23	Champion	36 Richard Frazier	3:32:21
2 Scott Clark	2:47:23	2nd Over all	37 Richard Brendler	3:33:38
3 Dave Armour	2:49:03	3rd Over all	38 Charles Kielkopof	3:33:43
4 Eric Nygaard	2:49:34	4th Over all	39 James Riffle	3:35:31
5 Bob McNaught	2:51:15	5th Over all	40 Joni Adams	3:39:18 3rd F over all
6 George Aulenbacher	2:52:42	1st M 20-24	41 Tim Mathews	3:44:51
7 Hubert Winegardner	2:55:15	1st M 35-39	42 Carlos Rife	3:46:19
8 Stephen Godale	2:56:49	2nd M 20-24	43 Don McGinty	3:46:45
9 John Spangler	2:58:33	2nd M 35-39	44 Dan Jackson	3:51:33
10 James Sturgeon	2:58:39	M Masters Champ	45 William Holcomb	3:53:49
11 Mark Sullivan	2:59:56	1st M 30-34	46 Norm Taylor	3:55:13
12 Joe Spencer	3:00:31	3rd M 35-39	47 Chris Knapp	3:56:14 1st F 25-29
13 Bill Phillips	3:01:40	2nd M 30-34	48 Tim Slavie	4:01:40
14 Phil Sipos	3:02:41	1st M 40-44	49 James Grisamer	4:04:19
15 Bruce Johnson	3:03:19	3rd M 30-34	50 Roy Elder	4:07:43
16 Doc Weiss	3:03:58	1st M 45-49	51 Lorraine Turner	4:09:51 F Masters Champ
17 Wayne Vereb	3:04:31	2nd M 40-44	52 Henry Hager	4:10:32
18 Stanley Bunston	3:05:08	2nd M 45-49	53 Joe Bertini	4:13:29
19 Kevin O'Grady	3:06:11	4th M 30-34	54 Robin Sullivan	4:14:58 1st F 30-34
20 Neil Swepston	3:06:44		55 Jerry Herndon	4:15:24
21 Bob Fleming	3:14:56	1st M 50-59	56 Richard Freeman	4:16:09
22 Rufus Dingess	3:17:09		57 Clement Martin	4:16:10
23 Richard Goldfaden	3:18:27	4th M 35-39	58 Joe Burgess	4:17:05
24 Marlene Moore	3:19:39	F Champion	59 Randolph Smith	4:17:36
25 Terry Harbin	3:23:35	3rd M 40-44	60 Dennis Hamrick	4:18:21
26 Clay Shaw	3:24:05	4th M 40-44	61 Lois Berkowitz	4:19:00 1st F 40-44
27 Ron McKinney	3:24:58	3rd M 45-49	62 Jim Loggins	4:22:53
28 Cheyenne Brazeika	3:26:05	4th M 45-49	63 Jerry Snider	4:25:32
29 Joe Simoni	3:26:16	2nd M 50-59	64 Rich Pahner	4:35:45
30 Joe Payment	3:26:57	5th M 40-44	65 JoAnne Pitzer	4:44:10 2nd F 30-34
31 Sunny Smith	3:27:44	2nd F over all	66 Ed Burnham	4:50:03
32 Jim Burdette	3:30:20		67 James Lindblade	4:55:24
33 Marc Berkman	3:31:49		68 Ernie Pouttu	4:57:18
34 John Ruch	3:31:53		69 Gerry Dennis	5:05:35 2nd F 40-44
35 Danny Jones	3:32:02		70 Tom Pebworth	5:05:36

Male Open Team

1 Graham, Alander, Koviach	2:30:00
2 Nau, Armentano, Trapp	2:32:53
3 Maher, Munsey, Wilson	2:36:53
4 Kellar, Arnold, Cosgrove	2:50:05
5 Midkiff, Porter, Thompson	3:01:02
6 Adkins, Grey, Sayre	3:03:45
7 Kay, Dawson, Gray	3:18:23

Mixed Team

1 Gregory, Lutz, Wilmoth	2:52:52
2 Wright, Wright, Dodge	2:54:41
3 Moore, Wright, Stewart	3:02:50
4 Bungard, Palmer, Simoni	3:45:01
5 Ferrel, Short, Short	3:45:17

Female Open Team

1 Pflum, Schaechter, Breitenstein	3:11:50
2 Mora, Schade, Williams	3:24:09
3 Adams, Gray, Boswell	3:38:55

Male Masters Team

1 Plantz, Waybright, Chillag	2:47:41
2 Bucy, Smart, Sanvulian	3:07:10
3 Sheets, Ware, Baker	3:16:04

Male Corporate Team

1 Percy, Harnes, Chandler	2:45:17
2 George, Coffield, Chase	3:01:41

KVRRC MEMBERSHIP APPLICATION

New Member: ___ Yes ___ No **Renewing members: Change in address?** ___ Yes ___ No **Date:** _____

Type of Membership:

Regular (\$8.00) Full Time Student (\$5.00) Family (\$12.00) Contributing*

*Includes one of above memberships plus a contribution to the Club.

Last Name _____ First _____ Middle _____ Age _____
 Street Address _____ City _____ State _____ Zip _____
 Telephone No, Home _____ Work _____ Sex: M F Student's School _____

Family Membership Names / Date of Birth

1 _____ 2 _____
 3 _____ 4 _____

Make check payable to:

The Kanawha Valley Road Runners Club, 19 Riverside Dr., So. Charleston, WV 25303

Official Results Kanawha City 10K, December 12, 1993 *1st of the KVRRC Winter Series*

1 Sterling Beane	33:25	1st Oval Champ	27 Vernon Redman	43:57
2 Dan Connelly	33:28	1st M 24-32	28 Gary Peyton	44:21 2nd M 51-59
3 Glenn Baldwin	33:43	1st M 33-41	29 Rick Ranson	44:33
4 Bernard Haynes	35:36	2nd M 33-41	30 Bob Cummings	45:39 3rd M 51-59
5 Gary Smith	36:19	M Masters Champ	31 Phil Radford	45:54 1st M 60 & over
6 Kevin Williams	36:25	1st M 15-23	32 Jim Spurlock	45:57 2nd M 24-32
7 Glen Morris	36:41	3rd M 33-41	33 Jeff Stratton	46:17
8 Dan Rollins	36:59		34 Lionel North	46:34 2nd M 60 & over
9 Jim Sturgeon	37:17	1st M 42-50	35 Diana Morris	46:49 F Masters Champ
10 Bruce Johnson	37:20		36 John Palmer	47:22
11 Bill Shultz	37:29		37 Harry Bruner	47:37
12 John Reifsteck	37:32		38 Jackie Abourizk	47:38 1st F 24-32
13 Bob Swartz	37:38		39 Ken Hartman	49:23
14 Shawn Chillag	37:56	2nd M 42-50	40 Sharon Jones	51:29 1st F 33-41
15 Roger Arthur	38:05	3rd M 42-50	41 June Hicks	52:05 1st F 42-50
16 Gallahad Phillips	38:05	2nd M 15-23	42 Jerry Hicks	52:06
17 Arnold Stewart	38:29		43 Melvin Hicks	52:07
18 Steve Mieran	38:34		44 Bill Ramsey	52:20
19 Marlene Moore	39:13	F Champion	45 Eugene Estep	53:04 3rd M 24-32
20 Ben O'Kelly	39:46	1st M 14 & under	46 Emil Martin	53:13
21 Bob Drain	40:01		47 Dave Begley	53:36
22 Tim McClung	40:14		48 Stacy Lucas	59:09 1st F 15-23
23 Bill Paff	40:52		49 Jeff Lucas	59:10
24 Fred Bonnett	42:29		50 Bonnie Lamb	59:12 2nd F 33-41
25 Gary Baker	43:10	1st M 51-59	51 Bunny Cummings	61:42 3rd F 33-41
26 Steve Plimmer	43:30		52 Beth Spradling	61:54