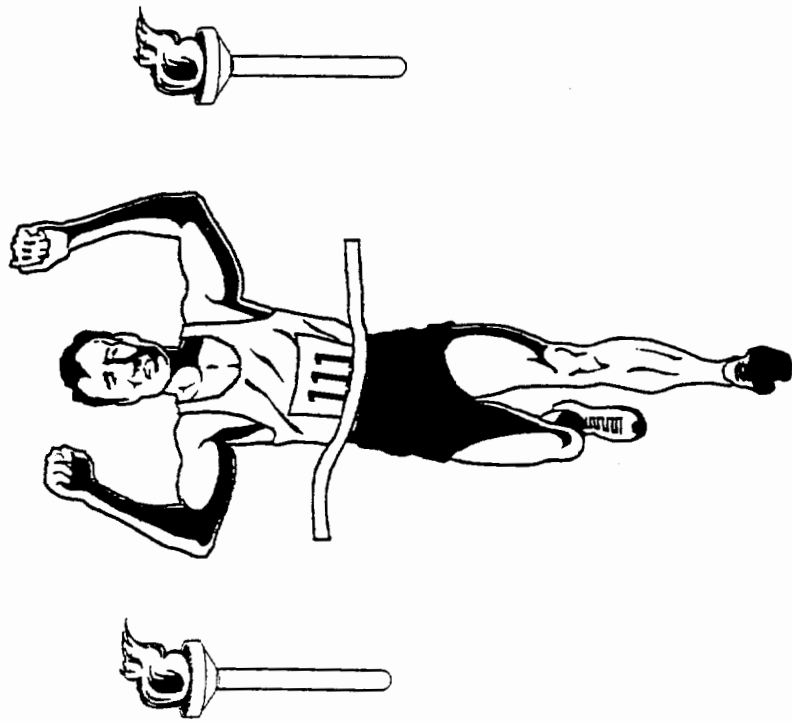


The Runner's Sole



Kanawha Valley Road
Runners' Official Newsletter

First Quarter "1998" Jan.-Feb.-March

The Runner's Sole

It's Been a Long Time!

Well, I don't know the last time a KVRR's newsletter was mailed on time or the last time we actually had a KVRR membership, but WE DO NOW! I would like to thank W.K. Munsey, Pat Board, Robin Baldwin, Don Barnett, and many others who have worked hard to revitalize the KVRR club. I would also like to thank all of you who have come out this winter to either run or volunteer your time to help make the



On November 30, 1997, we held the 20th Almost Heaven Marathon and the Team Relay (results included.) Mike Dudley, from Morgantown, set a new men's course record of 2:24:38, and with a time of 2:24:38, and from the women's division. Other good times were turned in by local runners Glenn Baldwin (2:45:44,) Bruce Johnson (2:56:16,) Duane Dombek (3:12:04,) Arnold Stewart (3:29:50,) and many others who completed the 26.2 mile marathon or ran on a three-person team. The race and corresponding awards were held in the Kanawha City's Charleston Area Medical Center. Special thanks go out to Don Barnett, Pam Waybright, Jerry Herndon (who makes sure that everyone gets ALL they want to eat.) and

Bob Fleming. Bob not only spent many hours helping to set up for the awards' banquet, but also was kind enough to donate the roses for our women's overall champion, so when in need of a florist, contact Bob at Fleming Floral (help those who help you.)

Well, it's 1998, and once again we have started the year off with the Annual Winter Series Road Races. Our SK Frostbite was on January 18th, February 22nd was the 5-mile Valentines Day Sweetheart Dash, and on March 15th we finished with the Spring Fling Road Run. All the results for these three runs are included in the newsletter, and awards for the overall winners in each division will be presented at this year's Poca River 15 K on Saturday, May 9. All runners who ran all three of these races will receive a special winter series T-shirt. Thanks again to all of you, see you at the races!



FW

To put your add in
here, contact Fred at
744-1608

1998 Winter Series

Kanawha Valley Road Runners 1998 Winter Series Champions

Chris Parsons	Male Champion	1:16:09
Jessica Taylor	Female Champion	1:34:34
Steve Brunner	14+Under Male	1:46:26
Tia Sturgeon	14+Under Female	1:53:59
Shawn Greene	15-19 Male	1:17:31
Nancy Buchanan	15-19 Female	2:07:05
Scott Clark	20-29 Male	1:21:36
Kelly McGraw	20-29 Female	1:38:12
Glenn Baldwin	30-39 Male	1:18:22
Duane Dombek	40-49 Male	1:24:32
Melanie Vickers	40-49 Female	2:10:41
Jim Raffle	50-59 Male	1:37:04
Chuck Moyer	60+Over	1:57:04
Dennis Cavender	Heavyweight Champion	1:39:25

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1998 Winter Series

	5K	5M	10K	Total Time
Chris Parsons	16:17	26:39	33:13	1:16:09
Shawn Greene	16:26	26:40	34:25	1:17:09
Glenn Baldwin	16:51	27:21	34:10	1:18:22
Larry Taylor	16:32	28:07	34:22	1:19:01
Brent Jarrell	16:57	28:24	35:15	1:20:36
Scott Clark	17:39	28:14	35:43	1:21:36
Dane Dombek	18:12	29:45	36:35	1:24:32
Les Miller	17:51	29:36	38:49	1:25:36
Aaron Kaylor	18:24	30:28	38:13	1:27:05
Shawn Chillag	19:36	30:33	38:28	1:28:37
Harry Brunner	18:58	32:16	39:46	1:30:20
James Sturgeon	20:12	32:46	40:17	1:33:15
Jessica Taylor	19:50	32:49	42:35	1:34:34
Mike Keane	19:45	33:56	43:49	1:36:50
Jim Raffle	20:56	34:03	42:45	1:37:04
Tammy Jeffery	21:47	34:20	42:44	1:38:11
Kelly McGraw	20:49	34:39	43:24	1:38:12
Dennis Cavender	22:03	35:45	43:37	1:39:25
Mark Truelove	21:26	34:35	44:11	1:40:12
Arnold Stewart	21:09	34:15	50:50	1:46:14
Steve Brunner	20:08	36:49	49:29	1:46:26
Tony Greene	22:55	37:31	48:25	1:48:11
Kelly Castleberry	23:53	37:51	47:36	1:48:40
Tia Sturgeon	26:10	38:17	49:32	1:53:59
Jill Maynor	24:36	40:06	49:54	1:54:36
Chuck Moyer	26:20	40:32	50:52	1:57:04
Robert Shaffer	24:59	42:14	53:39	2:00:12
Tammy Johnson	25:56	43:34	57:57	2:05:47
Nancy Buchanan	25:02	43:49	58:54	2:07:05
Melanie Vickers	27:47	45:58	57:36	2:10:41
Larry Pack	30:23	46:47	58:09	2:15:19
Becky O'Fiesh	29:08	47:14	59:35	2:15:57

The 1997 Almost Heaven Marathon & Team Relay

November 30, 1997
Charleston, West Virginia

"Official Results"

Fred F. Waybright, Race Director: *Fred F. Waybright*
Sponsored by the Kanawha Valley Road Runners Club

Almost Heaven Marathon Course Records

Male: Bubby Dent, 2:32:21 — 1989

Female: Kathy Lencio, 3:10:15 — 1996

1. Mike Dudley	M	27	2:24:38 - New Course Record
2. Howard Nippert	M	32	2:29:47
3. Ed Frohnapple	M	42	2:42:38
4. Glenn Baldwin	M	38	2:45:44
5. Stephen Godale	M	28	2:54:52
6. Bruce Johnson	M	38	2:56:16
7. Gerold Hutchinson	M	38	2:57:46
8. Richard Hoopes	M	43	2:58:21
9. Kam Shin Lee	M	28	3:05:09
10. Craig Shaifer	M	38	3:06:55
11. Andrew Jones	M	33	3:09:18
12. Doris Windsand-Dausman	F	41	3:09:42 - New Course Record
13. Aaron Kaylor	M	21	3:09:47
14. Joe Dean	M	37	3:10:14
15. Duane Dombek	M	48	3:12:04
16. John Affleck	M	33	3:13:23
17. Susan McGhie	F	27	3:20:03
18. Walter B. Blair	M	66	3:21:06
19. Jack Thornton	M	33	3:22:03
20. James Miller	M	53	3:22:12
21. Anthony Lope Trone	M	46	3:23:15
22. John Robinette	M	31	3:23:37
23. Unknown Finisher			3:25:10
24. Larry Zaremsky	M	42	3:27:16
25. Arnold Stewart	M	53	3:29:50
26. Unknown Finisher			3:31:30
27. Marc Berkman	M	47	3:33:10.4
28. Jeff Ziol	M	36	3:33:10.9
29. Rocky Holly	M	44	3:33:28
30. Raymond Renaud	M	54	3:33:50
31. Paul Stanis	M	43	3:38:07
32. Doris Hoopes	F	42	3:40:28
33. David Reinhart	M	27	3:41:10

1997 Almost Heaven Marathon & Team Relay

34. Larry Goff	M	40	3:42:01
35. Ron McKinney	M	50	3:42:10
36. James Ruffe	M	53	3:45:21
37. Sonny Farley	M	53	3:45:37
38. George E. Stump	M	60	3:48:51
39. Aaron R. Aragon	M	40	3:49:33
40. Lori Davison	F	41	3:49:39
41. Brad Cramer	M	48	3:49:40
42. Unknown Finisher			3:49:43
43. Unknown Finisher			3:49:43.06
44. Homer S. Williams, Jr.	M	39	3:50:23
45. John B. Witt	M	53	3:50:58
46. Cary Cone	M	48	3:53:47
47. Will L. Bobinger	M	43	3:57:09
48. Jim Warner	M	49	3:58:22
49. Patricia Melin	F	34	3:58:51
50. Bill Jennings	M	58	3:59:02
51. Larry Greulich	M	46	3:59:32
52. Mike Pomeroy	M	35	3:59:52
53. Divara Kaylor	M	19	4:00:25
54. Todd Fulks	M	36	4:02:39
55. Jason D. Dutton	M	25	4:07:37
56. Donnie L. Adkins, Jr.	M	27	4:09:05
57. Dennis Hamrick	M	39	4:10:01
58. Mary Milnarck	F	50	4:12:23
59. Fred Fry	M	50	4:15:04
60. Sandy Zanchl	F	46	4:15:30
61. Vance Golden	M	50	4:19:31
62. Don Wilson	M	63	4:20:55
63. Milton Webb	M	41	4:23:06
64. Mike Pollock	M	51	4:27:01
65. Doug Ferriss	M	55	4:29:41
66. Jan Ench	F	43	4:30:26
67. Robert Trigg	M	53	4:32:44
68. Dale Zanchl	M	47	4:35:54
69. Robert Rhinehart	M	22	4:46:01
70. Carol Krider	F	41	4:46:58
71. Eugene Barker	M	67	4:48:55
72. Gayle Godfrey	F	55	4:48:57
73. Unknown Finisher			4:49:01
74. Alford Claiborne	M	53	4:49:34
75. Carol Westerman	F	59	4:50:00
76. Ray Sharenbrock	M	64	4:52:06
77. Nancy Broadbridge	F	44	4:54:34
78. Burt Carlson	M	72	4:57:35
79. Robert Shimmel	M	67	5:04:56
80. Don Lang	M	63	5:17:31
81. Bronson Hartman	F	40	5:20:00
82. Larry Olster	M	50	5:20:00
83. Tim English	M	49	5:46:20
84. Jerry Herndon	M	59	5:50:00

ROAD RUNNING

Kanawha Valley Road Runners Club

Road race schedule

- May 3 — Revco-Cleveland Marathon and 10K. Call: 1-800-467-3826.
 3 — Pittsburgh Marathon and 10K, 8:30 a.m. Call: (412) 647-7866.
 9 — Poca River 15K, 8 a.m. at end of Doc Bailey Road in Cross Lanes. Call: Pat Board at 744-6502.
 10 — Biltmore Estate 15K Classic, limit 1,000 runners, cost: \$38.50. Write: P.O. Box 877, Fletcher, N.C., 28732.
 23 — Big Boy Classic 20K, second race of the Grand Prix Series, 8:30 a.m. Call: Hugh Stobbs at 242-7322.
 30 — Vienna River Road 5-miler run and 5K walk, 5K at 8 a.m., 5-miler at 8:30 a.m. Call: Louis Molinaro at 295-5088 or Norma Phillips at 422-4158.
 June 6 — North Bend Ridge Runners races, North Bend State Park, marathon at 7 a.m., 10-miler at 9:30 a.m. Call: 643-2931 or 1-800-CALL WVA.
 13 — Mountain State Classic 10K, 10K at 8 a.m. at Parkersburg High, kids races ages 5-11 at 9:15 a.m. Call: 424-7748.
 16 — Will E. Long 5K run and walk, 7 p.m. at Sellars Road in Middlebourne. Call: Kermit Long at 758-2081 after 7 p.m.
 20 — Mountaineer Spirit 5-miler, 8 a.m. at CAMC-WVU building in Charleston. Call: Sam Sutton at 345-7336.
 26-27 — Relay For Life, 3 p.m. at Laidley Field, individuals and eight runner teams. Call: Army McMann at 344-3611.
 July 4 — Kanawha-Coal Riverfest 5K and 1-mile walk, 8 a.m. City Hall in St. Albans.
 11 — Children's Therapy Clinic 5K, 5K run, race walk and fun walk, 8 a.m. at Columbia Gas parking lot in Charleston. Call: Nemo Nearman at 348-6439 or 925-6148.
 11 — Rattlesnake 50K, 31-mile trail run, 6:30 a.m. at Kanawha State Forest swimming pool parking lot in Charleston. Call: Dennis Hamrick at 344-8342.
 11 — Ritter Park 5K, 8:30 a.m. at Ritter Park shelter in Huntington. Call: Rick Abel at 696-5954 or 529-6882.
 11 — Women's Distance Festival, 5K run and walk, men's 1-mile run and kid's races (ages 10-and-under), City Park in Parkersburg. Men's 1-mile run at 8 a.m., women's 5K run at 8:30 a.m., women's 5K walk at 8:35 a.m., kid's races at 9:30 a.m. Call: Joe Corra at 863-8459 or 422-4158.

18 — Great Teays 5K and Gene Fuller 1-mile run-walk, 8 a.m. at Hurricane wave pool. Call: Winston Gregory at 727-2967 or Connie Young at 562-5532.
 28 — Jug Handle 5K run and walk, 7 p.m. at Sellars Road in Middlebourne. Call: Kermit Long at 758-2801.
 Aug. 1 — Thomas Memorial Hospital 5-mile Run for Health and 1-mile walk, 8 a.m. at City Hall in St. Albans. Call: JoAnn Isaac at 766-3707.
 8 — Greater Clarksburg 10K, third race of the Grand Prix Series. Call: 622-4735.

22 — Camden-Clark Parkersburg Half Marathon, USATF men's and women's championship, 8 a.m., 2-mile Family Fun Run at 8:15 a.m. Call: 424-2786.
 23 — Shoney Bear Trot and junior half marathon children's races. Call: 424-2786.
 Sept. 5 — Charleston Distance 15 Mile and 5K Run, fourth race in the Grand Prix Series. Call: Danny Wells at 1-800-982-6397 or 348-6464.

7 — The Smoot Mile, 9:30 a.m. Call: Dorsey Chevront at 422-8926.
 26 — G.E. Race For Safety 5K run and walk, Clarksburg, 8:30 a.m., kids races at 9:45 a.m. Call: 863-7455 or 863-7540.
 27 — Pittsburgh Great Race, 5K at 8:30 a.m., 10K at 9:30 a.m. Call: (412) 255-2493.
 Oct. 10 — Lubeck Volunteer Fire Department race, 5K walk at 6:30 a.m., 5-mile run at 8:45 a.m. Call: Dale McMahan at 863-8405.
 11 — Chicago Marathon. Call: (312) 243-0003.

18 — Toys For Tots, 5K, 10-miler, 1-mile walk at 9 a.m. at Kanawha State Forest swimming pool parking lot in Charleston. Call: Rick Dobson at 776-0637 or Leif Irgens at 346-3743.
 25 — Great Pumpkin 5K and 1-mile walk, 9 a.m. at Kanawha State Forest swimming pool parking lot in Charleston. Call: Debra Mattingly at 344-5886 or 348-6062.
 25 — Marine Corps Marathon, Quantico, Va. Call: (800) 786-8762.
 Nov. 1 — New York City Marathon. Call: (212) 423-2249.
 8 — Columbus Marathon. Columbus, Ohio. Call: (614) 433-0395.
 26 — Parkersburg Turkey Trot, 3-mile run and walk, 9 a.m. at City Park in Parkersburg. Call: 424-4280.

POCA RIVER 15K

Saturday, May 9, 1998 8:00 AM

Sponsored by the Kanawha Valley Road Runners Club
OLDEST ROAD RACE IN WEST VIRGINIA

Distance: 15K (9.3 Mile) Road Race
 Start/Finish: Cross Lanes at end of Doc Bailey Road at Poca River new bridge
 Entry Fee: \$12
 Race Director/Information: Pat Board 304 744-6502

Make Checks Payable to: KVRRC
 Send Checks to: 19 Riverside Drive
 South Charleston, WV 25303

Awards: M/F Overall, Masters: Male Heavyweight

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

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

WAIVER: Must be signed or entry will not be accepted.
 In consideration of the acceptance in the Poca River 15K Road Race, for myself, my heirs, executors, and administrators, I hereby release any and all runners, the 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)

1998 KVRRC MEMBERS

John Pianfetti
Chuck Moyers
Aaron Kaylor
Bob Coffield
Susie Coffield
Larry Pack
Harry Brunner
Beth Brunner
Steve Brunner
Tony Greene
Mike Keane
Melanie Vickers
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John H. Holstein
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Jim Wilson
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John Reifsteck
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Mark Truelove
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Daniel Greene
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Tia Sturgeon

KANAWHA ROAD RUNNERS

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Bill Shultz Director
Dave Fields Director
W.K. Munse Director

KVRRC MEMBERSHIP APPLICATION

(check one) New member? Yes No
Type of Membership: Regular(\$10) Family(\$15)
Contributing (Includes one of the other memberships plus contribution to club) Full Time Student(\$5)
Last Name: First Name:
Sex: M. F. Age: Home Address:
City: State: Zip:
Home Phone: () Office Phone: ()
Occupation:

Student's School:

Family Membership Names: Date of Birth **RENEWING MEMBERS**

1. Note here if change in address
2. Make checks payable to:
3. Kanawha Valley Road Runners
4. Club

Mail to: P.O. Box 729, Charleston, West Virginia 25323