

KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Tim Ligon, Editor

2nd Quarter, 1991

THE PRESIDENT'S PAGE

We are running into spring and summer 1991, I hope you are in shape and ready for hot weather.

This is the first KVRRC newsletter since November 1990. You should note the **change in editors**. I welcome our new editor, Tim Ligon, who can be reached at 722-6307 (home after 5pm). **Thanks to our past editor**, Gary Smith, on behalf of all the members for his years of excellent service.

I thank all the runners who participated, and the volunteers who helped, that made the 1990 Almost Heaven Marathon, the 1990-91 'Winter Series' of races, and the 1991 Poca River 15K the success they were.

A big "Thank You" to Bonnie Lamb, Danny Wells and Shawn Chillag who were our speakers at our annual awards banquet in March. It was "A Good Show". If you did not attend, you were missed.

I thank Bill O'Dell and Bill Shultz, who has served on the KVRRC Board of Directors and welcome our new Director, Jeff Lucas.

Congratulation to Robin Baldwin who will receive the 1990 John Pianfetti award for her support/assistance to the KVRRC.

If you have already looked at the race calendar for 1991, we are loaded with races. Also some race applications are included, cut these applications out and enter the races.

Continued on page 19

Kanawha Valley Road Runners : Officers

Pat Board, III	President/Treasurer	744-6502
Paul Garrett	VPI/Membership Chairman	925-3247
Annette Castelle	Secretary	343-9371
Robin Baldwin	Director	744-1482
Dave Ellis	Director	344-4488
Dennis Hamrick	Director	344-8341
Bill Platt	Director	925-8863
Jeff Lucus	Director	346-2040
Dave Fields	Director	548-4761
Tim Ligon	Calendar/Newsletter	722-6307

FROM THE EDITOR:

For the less observant folks, this issue of *The Runners Sole* marks the beginning for a new Editor. I have taken the task following a remarkable job by Gary Smith. I thank Gary for a job well done, appreciated, and for leaving me everything needed to get off and running with this issue.

In the transition the Jan-Feb and the Mar-Apr issues have been lost. Instead I have put together a 2nd Quarter 1991 issue (although a week late) and will keep this quarterly format at least for the rest of the year. This format has some advantages (including cost) and I hope to keep you as well informed on races and activities with four issues a year as with six.

As with most editors I will impart my own style to the newsletter while hanging onto old traditions. There will be more format and style changes as I learn more about putting the newsletter together (and figure out how to use all of the software I have).

I want you to notice that we have 5 race applications and one advertisement in this issue. These items are "revenue enhancements" for the Newsletter and the KVRRC. If you are a race Director and would like to have your application published, give Pat or I a call. I am also urging members to recruit an advertiser, again call Pat or I for details. One of my goals as editor is to make *The Runners Sole* profitable for the club (currently it costs more to make and distribute than it brings in).

If you have any concerns about the Newsletter, please let me know. I want to publish a great newsletter and I can always use your help.

T. D. Ligon

SPECIAL EVENT

THE 4TH ANNUAL KANAWHA - TEAYS BIATHLON

10K RUN FOLLOWED BY A 40K BIKE

MAY 19, 1991 9AM

HIRRICANE HIGH SCHOOL, HURRICANE, WV

SPONSORED BY JOHN'S CYCLERY AND THE KVRRC

2ND 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
6 Apr 91	Sat	Young Child 5K, Central Child Care of WV, KCRC, 9am, Jane Stratton	342-2544 or 340-3667 846-6790
		Feast of the Ramson 10K Run & 5K Walk, 9am, Richwood Chamber of Commerce	
7 Apr 91	Sun	Cherry Blossom 10 Miller, Washington D.C.	301-371-5583
		Athens Marathon, Athens Oh, R. Vancko	615-592-2195
13 Apr 91	Sat	Union Carbide Fitness Festival 10K, S. Chas Technical Center, 9:30am, D. Henderson	747-4450
15 Apr 91	Mon	Boston Marathon	508-435-6905
20 Apr 91	Sat	Cabell Huntington Hospital 10M, Harris River Front Park, 9am, E. Toivle	525-8127
		Manna Meal 10K & 2Mile, D. Martin	925-1995
		Citizens Bank 10K, Pikeville, Ky, 10am	606-437-2708
		Stress Reliever 10K Run & 5K Walk, KCRC, 10am, M. Walker	744-8597
21 Apr 91	Sun	Crime Victims Fund 5K, KCRC, 2pm, D. Corbin	345-2200
27 Apr 91	Sat	Run for Life 5K, KCRC, 9am, B. O'Dell	755-3341
28 Apr 91	Sun	10K Mountain Run, Lost River State Park	800 CALL WVA
4 May 91	Sat	Buffalo Heritage 5K & 2M, Buffalo (Putnum) High, 9am, See Race Form in this Issue	586-3245
		Kirk Kelly 10K Run & 4K Fun, D. Vadala	776-1020
		WVSOM 10K Classic, 10am, Lewisburg WV ^(PAB)	412-422-6535
5 May 91	Sun	City of Pittsburgh Marathon	768-5301
11 May 91	Sat	Spring Heel 5K Run & 1M Walk, 8am, H. Nicely, See Race Form in this Issue	
		Babcock 10K Run, Babcock State Park	800 CALL WVA
12 May 91	Sun	Mothers Day 5K Run & 1M Walk, Kan. State Forest, 9am, K. Frasher	348-6702 (weekdays)
17 May 91	Fri	Sundown Showdown, 7pm, P. Board	744-6502
18 May 91	Sat	Armed Forces/Law Enforcement Appreciation 5K Run, SCCH, 8am, See Race Form in this Issue	744-3434
19 May 91	Sun	Kanawha - Teays Biathlon 10K Run+40K Bike, Hurricane High School, 9am, P. Board	744-6502
		See Race Form in this Issue	
25 May 91	Sat	15th Elbys Big Boy Classic 20K, H. Stobbs	243-3880
1 Jun 91	Sat	North Bend State Park Ridge Runner Marathon, 10K, 3M & 1M	643-2931
2 Jun 91	Sun	Charleston Symphony 5K, 1pm B. Lamb	424-7748
8 Jun 91	Sat	Mountain State Classic 10K & 4K Walk (formerly Parkersburg Road Run), 8:30am	
15 Jun 91	Sat	Mountaineer Spirit Run-5M, CAMC WVU Med. Bldg, 8am, See Race Form in this Issue	344-3814
22 Jun 91	Sat	Sarvis 10K Run, Blackwater Falls State Park	800 CALL WVA

EXTENDED RACE CALENDER

13 Jul 91 Sat Charleston Shuffle 5K, B. O'Dell 755-3341
 4 Jul 91 Sat Proud to be an American 5K, St. Albans HS, 722-3310 or
 8am, P. Chandler 727-5002
 20 Jul 91 Sat Great Teays 5M, Valley park Wave Pool, 8am 757-6435
 3 Aug 91 Sat Oak Hill-Fayetteville 20K, Oak Hill Cham Comm
 10 Aug 91 Sat Thomas Hospital 5M Run for Health, SA Loop, 766-3700
 8am, T. Chandler
 10 Aug 91 Sat 10th Arocoma Story 10K, Cheif Logan State 583-7168 or
 Park, 9am, P Mosly or E. Adams 752-6729
 17 Aug 91 Sat Parkersburg 1/2 Marathon 424-2786
 31 Aug 91 Sat 19th Charleston Distance Run 15M, M. Johnson 348-6464

SPECIAL EVENT

RUN WEST VIRGINIA GRAND PRIX

20 Apr 91 Sat	Cabell Huntington Hospital 10M & 5K, E. Toivle	525-8127
24 May 91 Sat	15th Elbys Big Boy Classic 20K, H. Stobbs	243-3880
17 Aug 91 Sat	Parkersburg 1/2 Marathon	424-2786
31 Aug 91 Sat	19th Charleston Distance Run 15M, M. Johnson	348-6464

OFFICIAL RESULTS - KANAWHA CITY 9K

December 9, 1990

1	D. Miller	27:50	43	B. Cummings	39:04	
2	G. Baldwin	29:41	44	M. Anderson	39:10	2nd M 14&U
3	J. Shock	30:07	45	L. Forb	39:14	
4	T. Bailey	30:13	46	B. Fretwell	39:15	3rd M 51-59
5	P. Board IV	31:27	47	S. Sears	39:25	1st F 24-32
6	F. Waybright	31:32	48	D. Johnson	39:29	
7	J. Skiles	31:45	49	W. Case	40:20	
8	D. Gosnell	32:38	50	L. Smith	40:22	1st M 60&O
9	G. Kanika	33:10	51	V. Acharya	40:23	
10	K. Kniseley	33:11	52	Unkown		
11	G. Smith	33:23	53	C. Moyers	41:17	
12	H. Bruner	33:26	54	J. Adkins	41:28	
13	R. Arthur	33:32	55	B. Brown	41:34	
14	J. King	33:39	56	C. Young	41:37	
15	J. Seaman	33:56	57	J. Underhill	42:14	
16	J. Reifsteck	34:10	58	P. Radford	42:16	
17	N. Zola	34:30	59	J. Fleming	42:25	F Masters
18	T. Owens	34:33	60	D. Morris	42:25	3rd F 33-41
19	S. Macdiarmid	34:37	61	G. Osborne	42:48	
20	J. Young	34:31	62	B. Young	43:08	1stF 51-59
21	S. Turk	34:43	63	J. Anderson	43:35	
22	C. Young	34:45	64	E. Szego	45:36	1st F 42-50
23	B. Platt	34:56	65	B. Ramsey	46:05	
24	T. Percy	35:33	66	J. Vineyard	46:07	
25	G. Phillips	35:33	67	A. Castelle	46:15	
26	J. Dress Jr	35:41	68	Unkown		
27	W. Gregory	35:50	69	R. Platt	47:04	
28	S. Samples	35:56	70	R. James	47:37	2nd M 60&O
29	G. Baker	35:58	71	W. Stout	47:53	3rd M 60&O
30	G. Szego	35:59	72	D. Walker	47:56	
31	M. Moore	36:02	73	P. Mosley	48:07	2nd F 51-59
32	T. Wright	36:11	74	S. Jones	48:29	
33	B. Scheffres	36:28	75	J. Lucas	48:30	
34	S. Riner	36:34	76	B. Lamb	48:31	
35	D. Hamrick	37:29	77	C. Fulton	48:46	
36	G. Simmerman	37:43	78	M. Ancion	49:12	
37	D. Cole	37:45	79	J. Ancion	49:13	
38	D. Wendell	37:57	80	J. Timberlake	50:34	
39	K. Bailly	38:22	81	S. Stout	51:48	
40	M. Stump	38:25	82	C. Smith	53:25	
41	K. Tallman	38:31	83	A. Doss	59:52	3rd F 51-59
42	G. Castelle	38:58	84	J. Herndon	59:53	

15th Annual Big Boy Classic



Saturday, May 25, 1991
9:00 AM — Wheeling, WV
U.S. MEN'S 20K CHAMPIONSHIP
 (7th CONSECUTIVE YEAR)



\$27,500 IN PRIZE MONEY

INCENTIVES: Male or Female course record \$1,000
 American Record \$5,000.
AWARDS: Prize Money—Men's Overall—1st \$5,000; 2nd \$2,500;
 3rd \$1,250; 4th \$750; 5th \$500. Women's Overall—1st
 \$5,000; 2nd \$2,500; 3rd \$1,250; 4th \$750; 5th \$500.

AWARDS BANQUET:
 FREE—All entrants receive a long sleeve T-shirt
 and Ticket to Awards Banquet catered by Big Boy
 Restaurants.

TAC U.S. MEN'S 20K CHAMPIONSHIP \$7,500 —
 1st: \$2,000 3rd: \$1,000 5th: \$700 7th: \$400 9th: \$200
 2nd: \$1,500 4th: \$ 600 6th: \$500 8th: \$300 10th: \$100

For entry form send a self-addressed stamped envelope to:
 Mr. Hugh Stobbs, Chairman
 15th Annual Big Boy Classic
 P.O. Box 1046
 Wheeling, WV 26003 OR phone (614) 633-5000

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____

CONTINUED - 1990 ALMOST HEAVEN MARATHON

December 2, 1990

OFFICIAL RESULTS - 1990 ALMOST HEAVEN MARATHON

December 2, 1990

		MALE-FEMALE MIXED TEAM	
1	P. Waybright, J. Sanders, D. Duncun		2:49:52
2	M. Moore, D. Connelly, B. Platt		2:53:35
3	S. Sears, T. Pearcy, T. Kaufman		2:57:40
4	L. Ervin, J. Dress, P. Sizemore		2:59:02
5	M. Skaggs, V. Ware, J. Jenkins		3:08:15
6	K. Webb, S. Riner, D. Wendell		3:09:32
7	G. Szego, G. Szego, E. Szego		3:22:51
8	V. Manchin, L. Smith, J. Taylor		3:51:31
9	J. Butterfield, B. Warholfing, J. Coen		3:54:21

FEMALE CORPORATE TEAM

1	R. Platt, L. Wilcox, C. Costa	3:31:21
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OFFICIAL RESULTS - FROSTBITE 5-MILER

January, 13 1991

1	J. Cunningham	26:09	Oval Champ	32	J. Adkins	36:24	3rd M 51-59
2	S. Perfater	27:21	1st M 15-23	33	L. Forb	36:27	
3	G. Baldwin	27:31	1st M 24-32	34	D. Wendell	36:37	
4	J. Shock	27:37	2nd M 15-23	35	G. Castelle	36:49	
5	M. Blake	28:07	1st M 33-41	36	M. Webb	36:55	
6	P. Board IV	29:10	3rd M 15-23	37	C. Smith	36:57	1st F 15-23
7	D. Gosnell	29:25	2nd M 33-41	38	M. Skaggs	36:59	F Masters
8	J. Skiles	29:47	2nd M 24-32	39	D. Morris	38:01	1st F 42-50
9	G. Smith	29:58	3rd M 33-41	40	J. Flemming	38:02	2nd F 42-50
10	G. Kamka	30:28	M Masters	41	J. Gladwell	38:28	
11	S. Foster	30:43	3rd M 24-32	42	H. Rogers	38:33	
12	H. Bruner	30:45	1st M 42-50	43	J. Weehan	38:37	1st F 24-32
13	R. Arthur	30:50	2nd M 42-50	44	P. Radford	38:52	2nd M 14&U
14	J. Bostic	30:58		45	M. Anderson	39:00	
15	B. Platt	31:47		46	J. Underhill	39:06	
16	J. Dress	31:49	3rd M 42-50	47	A. Castelle	39:39	
17	T. Owens	32:00		48	C. Young	39:47	
18	T. Kaufman	32:09		49	J. Anderson	40:22	
19	C. Young	32:23	F Oval	50	B. Young	40:35	1st F 51-59
20	J. Chitester	33:11		51	P. Mosely	41:56	2nd F 51-59
21	M. Lawrence	33:15		52	D. Walker	44:04	
22	B. Schelfres	33:25		53	M. Ancion	45:17	
23	C. Young	33:26	M HeavyWt	54	J. Ancion	47:05	
24	M. Stump	34:31		55	J. Lucas	47:37	
25	G. Phillips	34:36	1st M 14&U	56	B. Ramsey	47:53	1st F 14&U
26	J. Seaman	35:03		57	C. Bruner	50:21	3rd M 14&U
27	S. Baker	35:05	1st M 51-59	58	E. Comstock	50:34	2nd F 24-32
28	G. Samples	35:17		59	M. Burdette	50:35	
29	K. Bailey	35:20		60	T. Haddad	50:39	
30	L. North	35:55	2nd M 51-59	61	P. Wright		
31	V. Acharya	36:18					

1	G. Baldwin	2:35:14	Oval Champ	28	G. Cattrel	3:39:22	2nd M 40-44
2	T. Marcott	2:37:55	2nd Oval	29	C. Rife	3:42:01	
3	T. Lumadue	2:45:05	3rd Oval	30	C. Kielkopf	3:43:00	3rd M 50-59
4	T. Miller	2:46:34	4th Oval	31	S. Young	3:45:01	
5	H. Edwards	2:47:13	5th Oval	32	D. Morris	3:48:53	
6	L. Zaremsky	2:53:05	1st M 35-39	33	B. Fleming	3:50:37	F Masters
7	A. Doss	2:55:44	1st M 30-34	34	D. Berry	3:50:38	
8	M. Casey	2:57:13	M Masters	35	K. Berry	3:51:52	
9	S. Robinson	3:02:38	1st M 45-49	36	K. Wines	3:54:36	
10	T. Miller	3:03:59	2nd M 35-39	37	D. Yahle	3:54:40	
11	R. Swebston	3:05:26		38	P. Galupo	3:56:35	
12	D. Tarstewitz	3:08:07	1st M 50-59	39	J. Sturgeon	3:57:42	
13	T. Dannels	3:10:25	2nd M 30-34	40	D. Hamrick	3:58:53	
14	G. Ervin	3:13:30	1st M 40-44	41	W. Holcomb	4:00:19	
15	D. Daniels	3:14:32		42	J. Milhoun	4:01:04	2nd Female
16	J. Thompson	3:14:51	2nd M 45-49	43	B. Dudley	4:01:05	
17	N. Swebston	3:21:07		44	H. Hager	4:04:21	
18	L. Frazier	3:21:13		45	C. Williamson	4:12:00	
19	M. Clark	3:21:26	1st Female	46	E. Apel	4:12:05	3rd Female
20	K. Tallman	3:25:37	2nd M 50-59	47	C. Gerkin	4:12:37	1st F 45-49
21	D. Robbins	3:26:54	1st M 60&O	48	J. Herndon	4:13:24	
22	S. Foster	3:26:56	1st M 25-29	49	J. Cleary	4:13:25	
23	D. Gaquin	3:30:57		50	M. G. Smith	4:15:03	
24	R. Hull	3:30:00		51	R. Cairns	4:32:36	
25	M. Paxton	3:33:54	1st M 19&U	52	M. Pollock	4:35:30	
26	Greg Helbig	3:36:38		53	B. Lamb	4:37:01	1st F 35-39
27	J. Reisinger	3:37:59					

MALE OPEN TEAM

1	J. Stuppio, J. Sloan, T. Ellison	2:43:12
2	B. Ruhland, M. Mayes, H. Brunner	2:46:53
3	D. Stump, B. Henry, M. Kuhn	2:47:07
4	G. Smith, S. Annand, B. Schwartz	2:53:25
5	W. Anderson, J. Yevura, J. Rogers	3:04:54
6	P. Fraley, J. Carrol, J. Bradley	3:08:54
7	G. Castelle, G. Kamka, F. Adkins	3:11:51
8	L. North, A. Weber, J. Greenlee	3:20:21
9	J. Stratton, D. Christy, M. Hoffman	3:21:07
10	G. Blank, R. Hanna, K. Cooper	3:28:50
11	J. Underhill, D. Spears, D. Fox	3:28:50

FEMALE OPEN TEAM

1	R. Carte, J. Fleming, M. Jeffrey	3:21:56
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MALE MASTERS TEAM

1	F. Waybright, S. Chilliag, R. Plantz	2:21:38
2	J. Turner, L. Tenney, C. Hatfield	2:42:31
3	W. Gregory, R. Lutz, R. Authur	2:49:04
4	L. Robinson, J. Sheets, G. Jarrell	2:52:14

BUFFALO HERITAGE DAYS 5K RUN AND 2 MILE WALK
SPONSORED BY BUFFALO HIGH SCHOOL
 With Sponsors: PUTNAM GENERAL HOSPITAL
 AND PEPSI



Date: May 4, 1991
 Time: 9am Start
 Location: Buffalo (Putnam) High School, Route 62, Buffalo WV
 Entry fee: \$8 in advance, \$9 day of the event
 Make Checks Payable to:
 Buffalo High School Heritage Days
 P. O. Box 40
 Buffalo, WV 25033
 Contact: Roger or Jean Authur, Home# 586-3245, Work# 755-4381
 or Malinda Tennant at BHS, 937-2553

AWARDS

Walk: 1st Place Male and Female
 Oldest and Youngest Walker

5K Run: 1st place Female and Male over all
 2 Male and 2 Females from Each of the Following age Groups
 (No Duplicates)

14 & Under	30-34
15-19	35-39
20-24	40-44
25-29	45-49
	50-54
	55-59
	60 & Over

SHIRTS TO FIRST 100 ENTRIES!

NAME: _____ AGE: _____
 ADDRESS: _____ SEX: M F
 CITY: _____ STATE: _____ ZIP: _____
 Telephone: _____ Shirt Size: S M L XL

WAIVER

In consideration of the acceptance in the 1991 Buffalo Heritage Day 5K Run and 2 Mile walk, for myself, my heirs, executors and administrators, I hereby release any and all runners, the sponsors, or county or state in which the race is contested. I attest and verify to the best of my knowledge, my physical conditions and fitness are adequate for me to safely compete and no physician or other qualified individual has advised me against competing in the 5K run or 2 Mile Walk.

SIGNATURE: _____
 (Parent or Gaurdian if under 18 years of Age)

Friend who will help Volunteer. Name _____ T-ShirtSize _____

OPEN TO FIRST 150 INDIVIDUALS AND 50 TEAMS
 ENTRY FEE: \$15.00 INDIVIDUAL \$25.00 TEAM
 After May 5, 1991 \$20.00 INDIVIDUAL \$30.00 TEAM
 MAKE CHECKS PAYABLE TO: Kanawha Valley Road Runners
 19 Riverside Drive
 South Charleston, WV 25303

WAIVE STATEMENT

In consideration of the acceptance by the sponsors of my entry in the Kanawha-Teays Biathlon, for myself, my heirs, executors and administrators, I hereby release and forever discharge the County of Putnam, the State of West Virginia, Johns' Cycler, and the Kanawha Valley Road Runners, along with all sponsors and producers of this event, their agents, representatives, successors, and assignees, from all liabilities, actions, claims, demands, damages, costs and expenses, which I may now or in the future have against any of them arising out of my participation in the above mentioned biathlon, en route to or from the event, and including but not limited to all injuries that may be suffered by me.

I attest and verify that to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in the distances of this biathlon and that no physician or other qualified individual has advised me against competing in any portion of this biathlon.

I agree to abide by the rules and regulations of this event, including, but not limited to, providing a bicycle in proper mechanical condition, wearing an ANSI or SNELL hard shell protective helmet during the bike competition of this event.

READ CAREFULLY BEFORE SIGNING
 SIGNATURE (IF TEAM, BOTH MUST SIGN)

1. _____ Date _____
 2. _____

"KANAWHA - TEAYS BIATHLON"

SPONSORED BY "JOHNS' CYCLERY" ST. ALBANS, WV



Race Info:
Rich Harper
(304) 727-2180

DATE: May 19, 1991
 TIME: 9:00 am - START
 DISTANCE: 10k Run - 40k Bike
 LOCATION: Hurricane High School, Rt. 34, Hurricane, WV
 RACE DIRECTOR: Pat Board III (304) 744-6502
 RACE COMMITTEE: Kanawha Valley Road Runners
 PRE-REGISTRATION: Open to first 250 registrations (150 individual, 50 teams)
 REGISTRATION will be cut-off once the 250 limit is reached.
 ENTRY FEES ARE NON-REFUNDABLE - NO EXCEPTIONS
 Individual - \$15.00
 Teams - \$25.00
 After May 5, 1991 - Individual - \$20.00 Teams - \$30.00
 CHECKS PAYABLE TO: Kanawha Valley Road Runners
 GIFTS: Screen Printed T-Shirts to all entrants
 AWARDS: Overall - First (3) male and female

AGE GROUPS - MALE	TEAMS	AID STATIONS:
14 AND UNDER (2)	15 TO 19 (2)	Water will be available before and after the event and at regular intervals
25 TO 29 (3)	30 TO 34 (3)	during the run stage. A water bottles is suggested for the bike stage.
40 TO 44 (3)	45 TO 49 (2)	Refreshments and fruits will be available at the finish and awards will be
60 & OVER (2)	60 & OVER (2)	given out immediately after all participants have-completed the race.
19 & UNDER (2)	19 & UNDER (2)	
40 TO 49 (3)	40 TO 49 (3)	
50 & OVER	50 & OVER	
20 TO 29 (3)	20 TO 29 (3)	
30 TO 39 (3)	30 TO 39 (3)	
50 TO 59 (2)	50 TO 59 (2)	

RACE INFORMATION: Pat Board III (304) 744-6502 Bill Platt (304)925-8863
 Dennis Hamrick (304) 344-8342 Paul Garrett (304) 925-3247
 RULES: 1. ALL CONTESTANTS MUST CHECK IN AT THE START/FINISH AREA AT THE HURRICANE HIGH SCHOOL PARKING LOT BETWEEN 8:00 AND 9:00 A.M. RACE MORNING.
 2. ALL COMPETITORS BIKES AND HELMETS MUST PASS A SAFETY INSPECTION BEFORE THE RACE.

- ALL ENTRANTS UNDER 21 YEARS OF AGE MUST BE ACCOMPANIED BY PARENT OR GUARDIAN.
- SUPPORT TEAMS ARE NOT NECESSARY AND ONLY COMPETITORS WILL BE ALLOWED IN THE TRANSITION AREA. BIKE RACKS WILL BE AVAILABLE. NO SUPPORT VEHICLES WILL BE ALLOWED ON COURSE!!!!
- PROTECTIVE HEADGEAR IS REQUIRED DURING THE BIKE STAGE
- BIKERS ARE INDIVIDUALLY RESPONSIBLE FOR OBEYING ALL TRAFFIC SIGNS AND REGULATIONS. (RIDE WITH TRAFFIC). YOU ARE SOLELY RESPONSIBLE FOR THE CONSEQUENCES OF ANY INFRACTION.
- NO DRAFTING OTHER BIKES OR ANY OTHER VEHICLES WILL BE ALLOWED. MINIMUM FOLLOWING DISTANCE FOR BIKES: 2 LENGTHS.
- NO CYCLIST MAY WEAR HEADPHONES, HEADSETS, ETC., THAT MAY INTERFERE WITH NORMAL HEARING.
- FAILURE TO COMPLY WITH ANY OF THE ABOVE RULES WILL BE GROUND FOR DISQUALIFICATION.

ENTRY FORM

Name _____
 Address _____
 City _____
 State _____ Zip _____
 Telephone: Work _____ Home _____
 Sex: Male _____ Female _____
 T-Shirt Size _____
 Age on Race Day _____



OVER - SIGN WAIVER STATEMENT

5th Annual Governor's Cup 10K Run Series

- March 24 Cooper's Rock Challenge 10K
- Cooper's Rock State Forest
- April 28 10K Mountain Run
- Lost River State Park
- May 11 Babcock 10K Run
- Babcock State Park
- June 22 Sarvis 10K Distance Run
- Blackwater Falls State Park
- Bear Hole Road Race
- July 27 Twin Falls Resort State Park
- Beech Fork Games 10K Run
- Aug. 3 Beech Fork State Park
- Aug. 10 Aracoma Story 10K Run
- Chief Logan State Park
- Sept. 15 Milk & Honey 10K Distance Run
- Canaan Valley Resort State Park
- Sept. 28 Southern W. VA. Fallfest Run
- Camp Creek State Park
- Oct. 20 Pumpkin Run
- Pipestem Resort State Park

West Virginia
A Welcome Change

To register for the Governor's Cup Series, call Tammy Kent - 1-800-CALL WVA or write WV Div. of Tourism & Parks, Parks & Rec., Capital Complex, Bldg. 6, Charleston, WV 25305.

OFFICIAL RESULTS - POCA RIVER 15K RUN, CONT'

105	G. Stultz	1:16:55		125	D. Gillman	1:23:29
106	J. Hypes	1:17:49	M 2nd 60&O	126	J. Butterfield	1:24:38
107	K. Winters	1:18:05		127	P. Palmer	1:24:39
108	E. Hansbarger	1:18:27	M 3rd 60&O	128	R. James	1:24:54
109	No Stick			129	B. Harold	1:25:21
110	H. Rogers	1:19:04		130	J. Lucas	1:26:14
111	W. Auvil	1:19:05		131	B. Shiltz	1:27:16
112	B. Brown	1:19:17		132	H. Hively	1:27:17
113	J. Coen	1:19:48		133	P. Mosley	1:28:36
114	B. Young	1:20:17	F 1st 50-54	134	A. Nekoranec	1:28:47
115	B. Young	1:20:19		135	J. Ancion	1:32:02
116	B. Lamb	1:20:21	F 2nd 35-39	136	M. Ancion	1:32:03
117	T. McQuain	1:20:35		137	A. Doss	1:33:22
118	B. Warhottig	1:21:14		138	B. Ervin	1:33:23
119	K. Moses	1:22:25	F 1st 19&U	139	H. Robertson	1:34:57
120	G. Isner	1:22:39		140	E. Cawley	1:35:10
121	R. Hess	1:23:00		141	P. Wright	1:40:10
122	J. Hicks	1:23:23	F 1st 45-49	142	J. Pauley	1:40:11
123	J. Mandevill	1:23:24		143	J. Thompson	1:41:25
124	K. Townsend	1:23:25		144	J. Herrndon	1:41:33

1. _____
Parent/Guardian signature if under 18

2. _____
(Medical Problem) (Emergency contact) (Phone)

OFFICIAL RESULTS - VALENTINE 5K RUN February 17, 1991

1	J. Maher	16:11	M Oval Champ	19	G. Phillips	19:23	1st M 14&U
2	S. Perfater	16:23	1st M 15-23	20	C. Young	19:39	F Oval Champ
3	G. Baldwin	16:25	1st M 24-32	21	R. Comer	20:10	
4	M. Grass	16:33	2nd M 24-22	22	S. MacDiarmid	20:43	
5	B. Cox	16:45	1st M 33-41	23	J. Adkins	21:34	2nd M 51-59
6	M. Blake	16:48	2nd M 33-41	24	S. Samples	22:40	
7	J. Shock	17:08	2nd M 15-23	25	P. Radford	22:48	3rd M 51-59
8	D. Gosenell	17:27	3rd M 33-41	26	J. Underhill	22:34	
9	P. Board IV	17:37	3rd M 15-23	27	T. McQuain	23:43	
10	J. Young	18:03		28	J. Lucas	25:01	M. HeavyWt
11	S. Foster	18:16		29	B. Ramsey	25:39	
12	G. Smith	18:29		30	R. Platt	26:15	1st F 33-41
13	H. Brunner	18:43	M. Masters	31	J. Ancion	27:10	
14	R. Authur	19:02	1st M 42-50	32	M. Ancion	27:17	F. Masters
15	M. Lightner	19:13		33	H. Robertson	30:07	
16	W. Gregory	19:19	2nd M 42-50	34	E. Comstock	30:48	2nd M 14&U
17	G. Kamka	19:23	1st M 51-59	35	P. Wright	31:12	
18	J. Dress	19:24	3rd M 42-50				

Spring Heel

5K Run

& 1 Mile Walk/Run

8:00 AM Saturday, May 11, 1991

South Charleston High School

Registration - 7:00 AM to 7:45 AM

T-Shirts to the first 200 entries



OFFICIAL RESULTS - POCA RIVER 15K RUN, 9MAR91

Rank	Name	Age	Sex	Event	Time	Name	Age	Sex	Event	Time
1	J. Maher	51:16	M	Oval Champ	1:07:09	B. Haynes	53	M	Oval Champ	1:07:09
2	D. Duncan	51:44	M	2nd Oval	1:07:09	G. Szego	54	M	2nd Oval	1:07:09
3	B. Chandler	53:12	M	3rd Oval	1:07:28	H. Henshaw	55	M	3rd Oval	1:07:28
4	F. Waybright	53:14	M	Masters	1:07:43	L. Scruggs	56	M	Masters	1:07:43
5	G. Baldwin	53:37	M	4th Oval	1:07:45	K. Wines	57	M	4th Oval	1:07:45
6	M. Blake	54:06	M	5th Oval	1:07:55	J. Sturgeon	58	M	5th Oval	1:07:55
7	B. Hopkins	54:34	M	1st 25-29	1:07:56	D. Johnson	59	M	1st 25-29	1:07:56
8	G. Noga	54:45	M	1st 40-44	1:08:03	W. Case	60	M	1st 40-44	1:08:03
9	D. Daniels	54:58	M	1st 35-39	1:08:11	M. Stump	61	M	1st 35-39	1:08:11
10	H. Edwards	55:36	M	2nd 35-39	1:08:16	P. Bond	62	M	2nd 35-39	1:08:16
11	S. Chilling	56:01	M	2nd 40-44	1:08:35	A. Stewart	63	M	2nd 40-44	1:08:35
12	B. Shultz	56:13	M	3rd 35-39	1:08:48	J. Adkins	64	M	3rd 35-39	1:08:48
13	P. Board IV	56:25	M	1st 19&U	1:08:52	V. Acharya	65	M	1st 19&U	1:08:52
14	S. Foster	56:37	M	2nd 25-29	1:08:58	R. Carie	66	M	2nd 25-29	1:08:58
15	D. Gosnell	57:43	M	1st 50-54	1:09:12	M. Jeffery	67	M	1st 50-54	1:09:12
16	J. Young	57:55	M	2nd 50-54	1:09:17	S. Kaz	68	M	2nd 50-54	1:09:17
17	L. Hager	58:13	M	3rd 30-34	1:09:29	S. Sears	69	M	3rd 30-34	1:09:29
18	T. Danna	59:02	M	1st 30-34	1:09:31	D. Wendell	70	M	1st 30-34	1:09:31
19	J. Hemlepp	59:17	M	2nd 30-34	1:09:31	T. Cecil	71	M	2nd 30-34	1:09:31
20	R. Arthur	59:44	M	3rd 40-44	1:09:43	G. Willis	72	M	3rd 40-44	1:09:43
21	R. Luiz	59:59	M	1st 50-54	1:09:56	K. Bailey	73	M	1st 50-54	1:09:56
22	L. Robinson	1:00:37	M	3rd 30-34	1:10:08	M. Gleason	74	M	3rd 30-34	1:10:08
23	G. Jarrell	1:00:38	M	1st 45-49	1:10:14	G. Castelle	75	M	1st 45-49	1:10:14
24	H. Bruner Jr.	1:00:52	M	2nd 45-49	1:10:18	P. Ayers	76	M	2nd 45-49	1:10:18
25	S. Hewitt	1:01:05	M	3rd 45-49	1:10:37	W. No Stick	77	M	3rd 45-49	1:10:37
26	K. Tallman	1:01:09	M	1st 50-54	1:11:14	L. North	78	M	1st 50-54	1:11:14
27	T. Kauffman	1:01:10	M	2nd 50-54	1:11:28	A. Weber	79	M	2nd 50-54	1:11:28
28	J. Sheels	1:01:11	M	3rd 50-54	1:11:40	D. Harold	80	M	3rd 50-54	1:11:40
29	T. Wright	1:01:15	F	1st Oval F	1:11:43	R. Armstrong	81	F	1st Oval F	1:11:43
30	N. Zola	1:01:24	M	2nd Oval F	1:13:02	D. Harless	82	M	2nd Oval F	1:13:02
31	J. Malone	1:01:37	M	3rd Oval F	1:13:22	R. Scholl	83	M	3rd Oval F	1:13:22
32	M. Moore	1:01:47	F	1st Oval F	1:13:45	M. Jones	84	F	1st Oval F	1:13:45
33	L. Ervin	1:02:07	F	2nd Oval F	1:13:48	E. Keiffer	85	F	2nd Oval F	1:13:48
34	K. Holly	1:02:13	M	3rd Oval F	1:14:03	R. Fretwell	86	M	3rd Oval F	1:14:03
35	B. Davis	1:02:14	M	1st 50-54	1:14:46	J. Young	87	M	1st 50-54	1:14:46
36	W. Gregory	1:02:26	M	2nd 50-54	1:14:47	J. Burgess	88	M	2nd 50-54	1:14:47
37	J. Thompson	1:02:50	M	3rd 50-54	1:14:51	T. Harris	89	M	3rd 50-54	1:14:51
38	G. Kamka	1:02:52	M	1st 50-54	1:15:05	J. Greenlee	90	M	1st 50-54	1:15:05
39	S. Turk	1:03:02	M	2nd 50-54	1:15:13	R. McCracken	91	M	2nd 50-54	1:15:13
40	J. Woolfitt	1:03:19	M	3rd 50-54	1:15:16	J. Jones	92	M	3rd 50-54	1:15:16
41	R. Comer	1:03:25	M	1st 50-54	1:15:44	M. Skaggs	93	M	1st 50-54	1:15:44
42	J. Sanders	1:04:01	F	2nd 50-54	1:15:41	F. Adkins	94	F	2nd 50-54	1:15:41
43	R. Hull	1:04:13	M	3rd 50-54	1:15:44	C. Young	95	M	3rd 50-54	1:15:44
44	D. McAmis	1:04:14	M	1st 50-54	1:16:09	No Stick	96	M	1st 50-54	1:16:09
45	R. Gray	1:04:38	M	2nd 50-54	1:16:10	R. Blosser	97	M	2nd 50-54	1:16:10
46	G. Taylor	1:05:26	M	3rd 50-54	1:16:21	D. Meeks	98	M	3rd 50-54	1:16:21
47	V. Ware	1:05:56	M	1st 50-54	1:16:22	B. Bird	99	M	1st 50-54	1:16:22
48	D. Hamrick	1:06:09	M	2nd 50-54	1:16:25	100 M. Combs	100	M	2nd 50-54	1:16:25
49	C. Young	1:06:13	M	3rd 50-54	1:16:31	101 P. Radford	101	P	3rd 50-54	1:16:31
50	T. White	1:06:14	M	1st 50-54	1:16:34	102 B. O'Dell	102	B	1st 50-54	1:16:34
51	J. Riffle	1:06:28	M	2nd 50-54	1:16:34	103 S. Thompson	103	S	2nd 50-54	1:16:34
52	G. Baker	1:06:36	M	3rd 50-54	1:16:48	104 D. Cavender	104	D	3rd 50-54	1:16:48

Name last first middle initial

Address street city state zip

Age on May 11, 1991 T-Shirt size

Entry fee must accompany each application

Registration fee- Children(12 & under) ..\$6.00
 Adults.....\$7.00
 Race day.....\$8.00

Make checks payable to: Spring Hill Junior High School

Mail to: Spring Hill Junior High School

ATTN: Herman Nicely

5100 Ohio Street

South Charleston, West Virginia 25309

-select one category-

5K RUN MALE FEMALE 1 MILE WALK/RUN MALE FEMALE

(A) 13-19 _____ _____ (J) 12 & under _____ _____

(B) 20-24 _____ _____ (K) 13 & over _____ _____

(C) 25-29 _____ _____

(D) 30-34 _____ _____

(E) 35-39 _____ _____

(F) 40-44 _____ _____

(G) 45-49 _____ _____

(H) 50-54 _____ _____

(I) 55 & over _____ _____

WHEELCHAIR
 (L) Walk or 5K Run _____

ADVANCE REGISTRATION SHOULD BE
 RETURNED BY APRIL 30, 1991

RELEASE OF RESPONSIBILITY...In consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims I may have against Spring Hill Junior High School, and any other individuals and organizations assisting with the run, for any and all injuries suffered by me in said event. I certify that I am physically fit and have sufficiently trained for the completion of this event.

Signature _____

Parent's signature if under 18 _____

*MOUNTAINEER
Spirits
Catch It!*

West Virginia University
Alumni Association

MOUNTAINEER SPIRIT RUN
Kanawha Valley Chapter



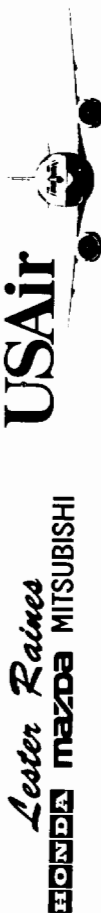
Date: June 15, 1991, Saturday Open: To everyone
Starting Time: 8:00 AM Registration Time/Place: 7:00 am at CAMC WVU Medical Bldg.
Pre Registration Fee: \$9.00 before June 9, 1991, \$10.00 after
TAC Certified: 5 MILE COURSE (flat) Where: Kanawha City, starts near Charleston Area Medical Center, WVU Medical Building

Awards Runners will receive a four color race t-shirt and will be eligible for awards of jugs and mountaineer statuettes. Runners are eligible for only one award. Awards for overall winners and 1st, 2nd and 3rd runners, and three deep in each age group, wheelchair division, male and female; masters division, male and female.

14 & under	25 - 29	40 - 44	55 - 59
15 - 18	30 - 34	45 - 49	60 & Over
19 - 24	35 - 39	50 - 54	

Drawings All runners will be eligible for drawings consisting of pairs of WVU Mountaineer Football tickets, season pass for two and merchant gift certificates. Also, USAir is giving a trip for two to anywhere in the continental United States. Runners must be present to receive drawing.

Special Drawing Only for pre-registered runners.



Name _____ Sex _____ Age _____ (as of 6/15/91)
Address _____ (Street) _____ (City) _____ (State) _____ (Zip)

Phone _____ T-Shirt Size _____ (S-M-L-XL) Wheelchair Division (✓ if you are in this category)

In return for permission by the WVU Alumni Association to participate in the Mountaineer Spirit Run - 5 Mile Run, I release the Association, its members, volunteers, co-sponsors and other participants from any claim for injury or loss that occurs to me or my child/ward or anyone on his or her behalf. I therefore attest and verify that I am physically fit and have sufficiently trained for this event.

Signature _____ (parents signature required if contestant is under 18 years old)

Mail entry form and fee to: Mountaineer Spirit Run
1104 S. Homewood Drive
Charleston, WV 25314

For information, call Rod Hoylman, Race Director, 344-3814 or Sharon Jones, 345-8005
Make Checks Payable to: Kanawha Valley WVU Alumni Association

LEONORO'S
Spaghetti House

FAMILY OWNED & OPERATED
SINCE 1915

WHOLE SOME 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

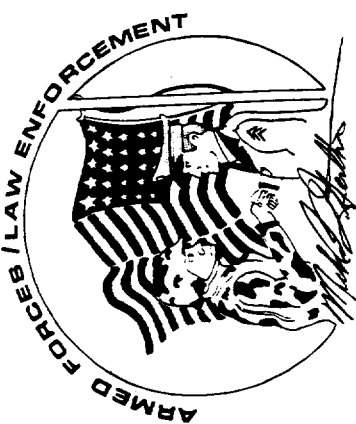
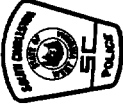
343-1851

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.

ARMED FORCES / LAW ENFORCEMENT APPRECIATION DAY
 SATURDAY, MAY 18, 1991 8:00 AM
 SOUTH CHARLESTON CITY HALL



5K Run

80. CHARLESTON, W.V.
 MAY 18, 1991

FREE BLOOD PRESSURE AND CHOLESTEROL SCREENING

All proceeds go to the Fraternal Order of Police.
 Entry Fee Must Be Enclosed With Application

TROPHY TO TOP FINISHER IN EACH GROUP

14 and under	male & female
15 to 19	male & female
20 to 25	male & female
26 to 30	male & female
31 to 35	male & female
36 to 40	male & female
41 to 50	male & female
51 and over	male & female

***Plus trophies to top male & female finishers in all categories. Law enforcement, wheelchair & heavy weight.

ARMED FORCES / LAW ENFORCEMENT APPRECIATION 5 K RUN

Official Entry Form:

NAME _____ Mail Entry Form to: _____
 Address _____ South Charleston Police Dept
 City/State _____ 4th Ave and D Street
 Telephone _____ South Charleston, Wv 25303
 Male _____ Female _____ Age _____ Attn: Sgt. Mark Sadler
 T-Shirt Size- S _____ M _____ L _____ XL _____
 Entry Fee -- \$8.00 before May 10, 1991
 \$10.00 After May 10, 1991
 Make Checks Payable to: Fraternal Order of Police Lodge 85 (Tax Deductable)

WAIVER OF RESPONSIBILITY:

In consideration of your accepting this entry form, I, the undersigned, due here and forever release and all rights that I, my heirs, their successors, executors and administrators may have against the Chemical City Fraternal Order of Police Lodge 85, the City of South Charleston, the City of South Charleston Police Department and any and all other individuals, companies, corporations or organizations assisting or sponsoring this event. for any and all injuries suffered by me in this event. I verify that I am physically fit and have sufficiently trained for this event.

Signature (Must be signed by parent if under 18 years old) _____ Date _____

*** T-Shirts will have the above "logo" on the front. Extra T-Shirts can be purchased for \$10.00. State size and number on application and enclose \$10.00 fee for additional shirts. Each runner will receive shirt with entry.

The Presidents Page, continued from page 1

How about the "Run West Virginia Grand Prix", the idea of Dorsey Cheuvront, Race Director of the Parkersburg Half Marathon. This racing series brings together four of the biggest races in the state of West Virginia: The 10-Mile Cabell Huntington Hospital Distance Classic on April 10, Elby's Big Boy 20K Classic in Wheeling on May 25, The Parkersburg Half-Marathon on August 17, and the 15 Mile Charleston Distance Run on August 31. If you run three of these you can be eligible to win a share of \$28,000 that will be distributed to 77 different runners in different divisions vs. your combined time.

I remind you that the 4th Annual Kanawha-Teays Biathlon sponsored by John's Cycler of St. Albans, WV and the KVRRC on Sunday Morning, May 19 at 9:00 will start and finish in front of Hurricane High School, Hurricane, WV. This Biathlon is a 10K Run and a 40K Bike. If you are only a runner or a biker you can enter as a two-person team. Come out and participate. It is a great event, you might get the biathlon "Bug". The application is in this issue or you can call me (304)744-6502. I can use all the volunteer help I can get.

I urge you to stay in shape, take care of your health and introduce running to a friend and tell him/her about the KVRRC. Your support, as always, is fantastic. Recruit a new member for the KVRRC.

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 M F	Age
Street Address	City		State	Zip
Telephone No Home:	Occupation		Student's School	
Work:				
Family Membership Names				Date of Birth
1.				RENEWING MEMBERS:
2.				CHANGE IN ADDRESS?
3.				Yes No
4.				

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