

# RUNNER'S SOLE



KANAWHA VALLEY ROAD RUNNER'S CLUB OFFICIAL NEWSLETTER

Tim Ligon, Editor

2nd Quarter, 1992

## THE PRESIDENT'S PAGE

Can you believe the hot, summer races are just around the corner? Somebody once said "to rest is to rust". So I again I encourage you to train/run in the middle of the week so the weekend races will not deplete your body and mind. The KVRRC wants you to enjoy the races and not take three days to recover.

I thank the 1991-92 KVRRC Board of Directors and Tim Ligon, Editor of our newsletter. A great group of people with your interests in mind. I am proud to say these same talented people will be back with me, for the members of the KVRRC and other runners we can assist for the 1992-93 year.

The December 1<sup>st</sup> Almost Heaven Marathon, after years of struggling, is finally becoming a successful, polished event for the KVRRC. Two big factors are that more people can participate via the three person teams and the race is a Boston Marathon qualifier.

The three race Winter Series was successful in our efforts to motivate people to run in the bad weather months. On March 6<sup>th</sup>, we had our Awards Banquet, followed on the 7<sup>th</sup> by the Poca River 15K Run. The rainy skies parted in time for 142 runners to participate in the race. The complete Poca and Winter Series race results are listed in this newsletter.

The character of the KVRRC races, in my opinion, is at an all time high. As you know, we try to get involved each weekend to upgrade the local races for you. The KVRRC is a club run by people. Some of these "behind the scenes" people deserve a special thank you: Glen Jarrell for his everyday support; Don Barnette for his year around assistance (Don designs the logos for our races and just look at the design on the front of our newsletter); To all of the race sponsors who make our efforts possible. If you know someone who owns a business that might consider sponsoring one of our events, have them call me.

The KVRRC and John's Cyclery, the Schwinn Dealer in St. Albans, have again teamed together for the 5th Annual Kanawha-Teays Biathlon. It will be held May 17<sup>th</sup> at Hurricane High School with a 9am start. The race application is printed in this newsletter. The Biathlon is a 10K run followed by a 40K bike. Do not let the word biathlon scare you if you are not a runner and a biker, two person teams are allowed. Check the Biathlon application for details on team entry. Don has designed a new logo for this years biathlon shirt. If you decide not to participate, call me and come out on race day and help us continue to make the Kanawha-Teays Biathlon the quality event it has been.

**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    | 722-6307 |

**FROM THE EDITOR:**

And the survey says!: I conducted a quick survey of *The Runners Sole* readers during the Awards Banquet and before the Poca Race. Thanks to all who participated. I had 24 responses which is roughly 15% of the KVRN members. The results are as follows:

The *Runners Sole* has been issued on a quarterly basis since 2Q91. Previously, the frequency was once every two months. Which do you prefer?  
 36% Quarterly  
 64% Two Months

Is the Race Calendar complete enough to plan races effectively? Yes No  
 100% 0  
 95% 5%

Have you ever used the *Training Log* to aid in your training? Yes No  
 22% 78%  
 90% 10%

Should the *Training Log* be continued?

What regular features or columns would you like to see?  
 87% Local Race Report. A description of area race action with some results.  
 43% Rumor Corner. All the latest gossip on KVRN members.  
 74% Race Preview. A description of the course, etc. of up-coming runs.  
 57% Guest Writer. A new person each edition to write a column on a topic of their choice.  
 5% Other

The *Runners Sole* allows paid advertising as a way to decrease the cost of production. Would you like this practice continued?  
 95% Continue advertising  
 5% Discontinue advertising

The majority would like to see *The Runners Sole* every two months. There are cost and time issues that will need to be resolved, but I will work on this. I will update the status of this in the next issue.  
 I am glad the calendar meets all of your needs. I condensed the format when I came on board, and had to cut some of the information that had been listed.  
 The next two results are surprising; only 22% of those surveyed used the *Training Log*, but 90% want it to continue. A contradiction of sorts. (This quarters *Training Log* was written by Dan Connelly for the K-T Biathlon.)

Continued on page 4

**1992 RACE CALENDER**

RACE DIRECTORS SHOULD IMMEDIATELY CONTACT THE KVRN 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                                    |
|------------|-----|--|-------|------|---------------|--|
| 4 April 92 | Sat | 5K Run for the Young Child, Kan City Rec Cntr, 9am, Jane Stratton or Beth Bragg, Central Child Care of WV                        |       |      |               | 342-2544 or 340-3667                           |
| 11 Apr 92  | Sat | Coonskin Classic 10K & 2M, Coonskin Park, 10am, Scott Hollislaw  |       |      |               | 341-8000                                       |
| 18 Apr 92  | Sat | Cabell-Huntington 10 Miler, Harris Riverfront Park, 9am, Ed Towle  |       |      |               | 525-8127                                       |
| 19 Apr 92  | Sun | Babcock 10K Run, Babcock State Park, Mark Wylie 7:00 PM \$20, (incl. shoes)  |       |      |               | 1-800 CALLWVA or 438-6205 340-3550             |
| 25 Apr 92  | Sat | YWCA Athon '92 5K Run, YWCA on Quarrier St., 9am, Diane Lordan   |       |      |               | 1-800 CALLWVA or 897-5732 345-2200 or 344-5178 |
| 26 Apr 92  | Sun | 10K Mountain Run, Lost River State Park.   |       |      |               | 1-800 CALLWVA or 897-5732 345-2200 or 344-5178 |
| 2 May 92   | Sat | 5K Run for Victims, Kan City Rec Cntr, 9am, Deanna Corbin  |       |      |               | 747-4450 or 747-4420                           |
| 2 May 92   | Sat | WVSOM 10K, WVSOM, Lewisburg, 10am  |       |      |               | 348-6702 (wk)                                  |
| 9 May 92   | Sat | Union Carbide 10K Fitness Run (with a 10K Walk, 2M Walk and Arobathon), UC Tech Center, 9:30am, Dick Henderson or Barbara Hively |       |      |               | 768-5301                                       |
| 10 May 92  | Sun | Womens Run Against Cancer 5K Run & 1M Walk, Kanawha State Forest, 9am, Karen Fraiser   |       |      |               | 727-1335                                       |
| 16 May 92  | Sat | Spring Heel 5K, So. Charleston HS, 8am, Herk Nicely  |       |      |               | 744-6502                                       |
| 16 May 92  | Sat | Armed Forces Day 5K, So. Charleston City Hall, 8am, Mark Sadler  |       |      |               | 344-8342                                       |
| 17 May 92  | Sun | Kanawha-Teays Biathlon 10K/40K, Hurricane HS, 9am, Pat Board   |       |      |               | 614-633-5000 304-243-3880 345-5314             |
| 23 May 92  | Sat | Vandelia Gathering 10K, WV Cultural Center, 830am, Dennis Hamrick  |       |      |               | 345-8005 or 344-5328                           |
| 23 May 92  | Sat | 16th Elby's 20K Big Boy Classic, Wheeling Civic Center, 9am, Hugh Stobbs   |       |      |               | 1-800 CALLWVA or 259-5216 1-800 CALLWVA        |
| 6 Jun 92   | Sat | Symphony Weekend 5K, Univ of Charleston, 9am Open, 10am Corporate, Bonnie Lamb   |       |      |               | 345-8005 or 344-5328                           |
| 20 Jun 92  | Sat | Mountaineer Spirit Run 5M, CAMC-WVU Bldg, 8am, WVU Alumni Assoc., Sharon Jones or Sam Fox  |       |      |               | 1-800 CALLWVA or 259-5216 1-800 CALLWVA        |
| 20 Jun 92  | Sat | Blackwater 10K Savvis Run, Blackwater State Park, Pat Northheimer  |       |      |               | 1-800 CALLWVA                                  |
| 27 Jun 92  | Sat | Ridge Runner Races, 10K & Marathon, North Bend State Park  |       |      |               | 1-800 CALLWVA or 294-6000 304-465-5617         |
| 25 Jul 92  | Sat | Bear Hole 10K Road Race, Twin Falls resort State Park  |       |      |               | 1-800 CALLWVA or 522-0303 766-3706             |
| 1 Aug 92   | Sat | WV TAC 20K (Oak Hill - Fayetteville), Oak Hill High School, 8am, Fayette Co. Chamber of Comm.                                    |       |      |               | 1-800 CALLWVA or 522-0303 766-3706             |
| 1 Aug 92   | Sat | Beech Fork Games 10K, Beech Fork state Park, Dave Summers  |       |      |               | 1-800 CALLWVA or 522-0303 766-3706             |
| 8 Aug 92   | Sat | Thomas 5-Miler for Health, St. Albans Loop, 8am, Tina Caroli   |       |      |               | 1-800 CALLWVA or 583-7178 304-424-2786         |
| 8 Aug 92   | Sat | Annual Arocoma Story 10K Distance Run, Chief Logan State Park, Peggy Moseley   |       |      |               | 755-6504                                       |
| 15 Aug 92  | Sat | Parkersburg 1/2 Marathon   |       |      |               |  |
| 22 Aug 92  | Sat | Putnam Co Homecoming 5K, Wilbur Sigmon   |       |      |               |  |

## 1992 RACE CALENDER, Cont.

5 Sep 92 Sat **Charleston Distance Run** 1-800 CALLWVA  
 13 Sep 92 Sun **Annual Milk and Honey 10K Distance Run,** or 866-4111  
 Canaan Valley Resorts, Inc, John Northeimer  
 26 Sep 92 Sat **So. WV Fallfest Run, Camp Creek State Park,** 1-800 CALLWVA  
 David Bobbs or 425-9481  
 3 Oct 92 Sat **Rhone-Poulenc Run for the People, Dennis** 344-8342  
 Hamrick  
 17 Oct 92 Sat **WVCADV 10K, Kan City Rec Cntr, 9am, Lynn Fish** 765-2550 or  
 or Sue Julian 364-5463  
 18 Oct 92 Sun **Annual Pipestem 10K Run, Pipestem State** 1-800 CALLWVA  
 Park, Kathy Robertson or 466-1800

### The Presidents Page continued:

Keep your eye on the road race calendar and event schedule. Some old races have changed and some new races are popping-up. There are three race applications printed within that you can use to enter the race.

Again I ask that you support all the races and recruit a new member for the KVRRC. Call me with their address and I will mail them the most recent newsletter.

If you have a problem or need information, give me a call.

Patrick and I will see you at the races.

Pat Board III

### From the Editor, Continued:

The regular feature or columns question was interesting. I plan to add a Local Race Report and a Race Preview column. The Preview Column starts this issue and was written by John Maher. The preview is for the "Run WV Grand Prix" series. John was one of the 75 or so runners that competed in all four races last year. I will start the Local Race Report and Guest Writer next issue (I will be calling some of you to contribute!).

Advertising will continue. We all can sell advertising space. If you know of a business that may want to advertise with us, please get an order! Call me for details.

I got some nice feedback on my performance as editor. It is nice to know the work I am putting into this is appreciated. I will try to respond to the wishes of my readership as quickly as possible.

Tim Ligon

PS: Do not forget the Spring Forward Dry Ridge Classic Totally Fun 11.5M Run, Sunday morning, April 5th, 8am at the St. Albans Loop (Fire Station Side). This is the start of Daylight Savings Time so it will feel like 7am.

# The Training Log

## 6 Weeks Before the K-T Biathlon

This Quarters Training Log is written by Dan Connelly, the 1991 K-T Biathlon Champion. Dan's 1991 performance was 1:39:41 combined time; 35:55 for the run and 1:03:46 for the Bike. He has been a runner for 7 years and a biker for 2 years.

If you are a long-time runner or just starting cycling, I think you are in for a real treat. Cycling is a great way to add variety to your training schedule. The log below is designed for a runner with a decent mileage base who is relatively new to cycling. It will be no surprise to the seasoned runner that hill-work, intervals, as well as long rides are all important for building speed and endurance on the bike. Try to do one ride which concentrates in each of these areas every week.

The first week should be an easy week on the bike. Just get used to "spinning". Keep your cadence between 70 and 90 rpm (85 feels good to me, but find your own comfort zone). The first run/bike should be at a comfortable pace. Week 2 mileage is also low, but the intensity of each outing should be higher. Try some intervals on the bike: 5min hard / 1min recovery and/or 3min hard / 30sec recovery. Weeks 3, 4, and 5 build mileage base. During these weeks the bike workouts should be at race pace. Be sure to try the K-T Biathlon course at least once before race-day and practice the transition. Week 6 should be a taper.

### Week of April 6

Run: 20m Bike: 60m

Mon Run: 6m  
 Tue Rest  
 Wed Run: 10m Bike: 20m  
 Thu Run: 10m  
 Fri Rest  
 Sat Run: 4m Bike: 10m  
 Sun Bike: 30m

### Week of April 13

Run 22m Bike 65m

Mon Run: 8m  
 Tue Rest  
 Wed  
 Thu Rest  
 Fri Run: 10m Bike: 20m  
 Sat  
 Sun Run: 4m Bike: 35m  
 Bike: 10m

### Week of April 20

Run: 18m Bike: 90m

Mon  
 Tue Rest  
 Wed Run: 8m Bike: 30m  
 Thu Run: 8m Bike: 20m  
 Fri Rest  
 Sat Run: 10m  
 Sun Bike: 40m

### Week of April 27

Run 28m Bike 65m

Mon Run 7m  
 Tue  
 Wed Run:10m  
 Thu Rest  
 Fri Run: 7m  
 Sat  
 Sun Run: 4m  
 Bike: 30m  
 Bike: 10m

### Week of May 4

Run: 30m Bike: 110m

Mon Run: 9m  
 Tue Rest  
 Wed Run: 7m Bike: 15m  
 Thu Bike: 30m  
 Fri Run 8m  
 Sat Run: 6m Bike: 25m  
 Sun Bike: 40m

### Week of May 11

Run 15m Bike 60m

Mon Rest  
 Tue Run: 10m  
 Wed  
 Thu Run: 5m  
 Fri  
 Sat Rest  
 Sun Race  
 Bike: 30m  
 Bike: 20m  
 Bike: 10m

Tips: Check your equipment! Be sure all is in good working order. Examine tires for cuts and wear. Do not let a flat ruin all the work you've done. Do not forget your helmet, wear it in training. It will be mandatory in the race!

## RACE PREVIEW: THE WV GRAND PRIX RACE SERIES

By John Maher

### **The 1992 West Virginia Grand Prix**

Four the second year running, four of the preeminent road events in West Virginia will band together to form the West Virginia Grand Prix. Running from mid-April to early September, the series starts with the Huntington Distance Classic ten-miler, followed by the Elby's Classic 20K. After a summer break, it finishes up with the Parkersburg Half-Marathon and the Charleston Distance Run 15 miler. With 50.5 miles of running over four events, for an average of 12.6 miles per event, it's a comprehensive test of your endurance.

To qualify for prizes, you must run three of the four races. If you run four, all four races will count. Prizes are awarded in the Open, West Virginia and Masters divisions.

### **Huntington Distance Classic (10M), April 18**

The Huntington Distance Classic is the most runner-friendly course in the series. For the most part, it is flat and fast, but there is a major incline you must negotiate twice. You cross the Ohio River bridge at 5 miles, hit the turnaround at the bottom, and run right back up the bridge going the other way. It's an interesting sensation, especially if you're anticipating a flat course. Be sure to go over the finish of the course, because it can be confusing.

The competition is mostly local, although Chris Fox was in to claim the men's trophy last year, and Olympic Trials Marathon winner Janis Klecker won the women's. If you're looking for Grand Prix points, this race is a good place to start.

### **16th Annual Elby's Big Boy Classic 20K, May 23**

Of the four events on the WV Grand Prix, Elby's is the toughest, without question. Held on the Saturday of Memorial Day weekend, the weather is usually warm, sunny and humid. The race starts at 9:00, so temperatures are already on the rise when the gun goes off. The course is severely challenging, requiring the utmost in planning, preparation and concentration. No one ever beats the Elby's course. At best, you do well enough to talk yourself into a rematch. Lest that sound too foreboding, Elby's has the most fervent, wholeheartedly supportive and numerous spectators of any race short of the NYC Marathon to help you along. They're there for you, shouting your number and any other visible identifying characteristic ("Go 342, Nice shorts!") along with obvious lies (You're looking good!), at the points in the course when you need it most.

The course starts with about 2 miles on the flats, followed by ascent of the 29th street hill. Over a mile long, it gives you the first taste of what the day is going to be like. If you can stay in control on the way up, there's a long downhill which brings you to the 10K point on which you can really stretch out. You have to concentrate on running the flats hard before you hit the Wheeling Park hill at about 7 miles. This half mile, more gradual incline prepares you for the short but steep Chicken Neck Hill at 8.5 miles. After the descent from Chicken neck you've got another 1.2 miles before you hit the half mile long monster known as Wheeling Hill. At the crest, it's another 1.2 downhill miles to the finish. Over the entire course, the hills keep coming at you, so there is really no section of the course to get into a rhythm.

Time means nothing at Elby's. Hot weather can turn the race into a survival run. Run by effort, and don't mind the watch. If it's hot, remember to hydrate. The post race banquet and the party in Oglebay Park are excellent ways to decompress after the effort. A designated driver or a stay over Saturday night are recommended to the party bound.

### **Parkersburg Half-Marathon, August 15**

The Parkersburg Half-Marathon is the newest event among those in the Grand Prix. It's arguably the most competitive, highest profile event in the series. In its six years of existence, steady sponsorship and the direction of Dorsey Chevront have made this into one of the premier road races in the country.

The Parkersburg course is challenging, with rolling hills, but is a level below the intensity of the Charleston or Elby's courses. There is an incredible hill at 11.5 miles, but that's compensated for by the gentle downgrade to the last turn, where you swoop down narrow Market St. to the finish through the crowd. The course is variegated and the hills leave plenty of room for surging tactics.

The post race banquet is all-you-can-eat pizza, and the awards ceremony is held in the comfortable confines of the Smoot Theater, so post race relaxation is assured.

### **Charleston Distance Run (15M), September 5**

Three weeks is not a lot of time to recover from a half marathon, but it beats the two weeks which normally come between the Parkersburg race and the Charleston Distance Run. This year the extra week will give the race-weary an extra recovery interval to prepare for the longest race of the WV Grand Prix series. Charleston has the second toughest course and weather of the series behind Elby's so the extra recovery is well timed. It's the oldest race in the series, with this year being the twentieth running.

The key to success in Charleston is how well your fitness to run the hills leaves you for running the flats. The hills start with the ascent of Oakwood Road from mile 1.5 to 2.5, and continue with major upgrades at mile 3.5, mile 4 and mile 4.5. After six miles of them, finding a steady pace on the nine flat and usually warm miles to the finish is the determining factor for what kind of day it will be. The course is tough, but reasonable enough to run on before hand, so you can get in some specific training.

Once you get through the hills, the course is nearly flat. The infamous dip waiting for you at mile 13.5 will get your attention, as you descend into it to pass under the interstate and struggle out on the other side on legs which had thought the hills were over. For several years running now there have been pep bands as you emerge from the dip to spur you on, and it really helps. Once you get past the dip and the pep bands, you've entered the twilight zone of Piedmont Road, with the blazing sun and the distant tantalizing noises of Laidley Field. No matter what shape you're in, the gentle upgrade of the final approach to Laidley Field up Hansford St. requires extraordinary concentration. You see the entrance to the stadium from the bottom of the street, and it can be a long half mile if you overanticipate. At the top, there's the welcome sight of the track and a guaranteed flat three hundred meters brings you around, after they've announced your name over the PA.

Immediately after the race, you can kick back at the fruit and Gatorade cooldown tent and wait for Race Director Danny Wells to come in, if you've got that kind of patience. Don't wait too long, as the shuttle buses back to the start will take you back to the post race cooldown at 11:00, followed by the banquet at 1:00.

### **The Conclusion:**

Last year, with the potent organizational skills of Dorsey Chevront, the winners of the Grand Prix were announced at the CDR banquet, and they took home their prize money on the spot. Twenty five thousand dollars was awarded to winners in the overall, West Virginia and masters categories, as well as to winners of random drawings. The West Virginia Grand Prix has something for everyone, so take advantage of it. Entry is free; all you have to do is enter the individual races. Last year participants who ran all four received a quality t-shirt attesting to their participation. Information on the details of the Grand Prix can be obtained from Dorsey Chevront at (304) 424-2786

See John's training tips for the Grand Prix on page 19.

**OFFICIAL RESULTS - FROSTBITE 5-MILER**  
**January, 12 1992**

|    |            |       |              |                  |       |             |                |       |              |                 |       |             |
|----|------------|-------|--------------|------------------|-------|-------------|----------------|-------|--------------|-----------------|-------|-------------|
| 1  | G Baldwin  | 26:24 | Oval Champ   | 38 B Archer      | 35:24 | 3rd F 33-41 | 1 T Hughes     | 15:55 | Oval Champ   | 37 R Layfield   | 24:18 | 2nd M 51-59 |
| 2  | D Connelly | 27:30 | 1st M 24-32  | 39 C Young       | 35:25 |             | 2 G Baldwin    | 15:56 | 1st M 33-41  | 38 S MacDiarmid | 21:23 |             |
| 3  | T Lumadue  | 27:44 | 1st M 33-41  | 40 J Duvila      | 35:58 |             | 3 D Connelly   | 16:24 | 1st M 24-32  | 39 R Ranson     | 21:25 |             |
| 4  | B Shultz   | 28:51 | 2nd M 33-41  | 41 S Sears       | 35:59 |             | 4 J Maher      | 16:36 | 2nd M 33-41  | 40 B Gherke     | 21:29 | 2nd F 24-32 |
| 5  | S Chilling | 29:03 | M Mast Champ | 42 G Szego       | 36:01 |             | 5 B Shultz     | 17:18 | 3rd M 33-41  | 41 J Greenlee   | 21:38 |             |
| 6  | P Board IV | 29:26 | 1st M 15-23  | 43 R Hanna       | 36:28 |             | 6 P Board IV   | 17:19 | 1st M 15-23  | 42 R Varney     | 21:44 |             |
| 7  | J Shue     | 27:45 | 2nd M 24-32  | 44 L North       | 36:30 |             | 7 B Perry      | 17:26 | 2nd M 15-23  | 44 S Sears      | 21:45 | 2nd F 33-41 |
| 8  | R Plantz   | 29:48 | 1st m 42-50  | 45 S McDiarmid   | 36:33 |             | 8 J Shue       | 17:35 | 2nd M 24-32  | 45 G Simmerman  | 22:15 |             |
| 9  | M Heidelk  | 30:14 | F Champion   | 46 W Case        | 36:42 | 1st M 60&O  | 9 C Wood       | 17:45 |              | 46 J Timberlake | 22:29 |             |
| 10 | M Lightner | 30:23 | 3rd M 15-23  | 47 R Ranson      | 36:45 |             | 10 J Young     | 17:47 |              | 47 G Zdrojewski | 22:44 |             |
| 11 | J Young    | 30:28 | 3rd M 33-41  | 48 J Greenlee    | 36:50 |             | 11 T Ligon     | 17:48 | 3rd M 24-32  | 48 R Varney     | 22:46 | 3rd M 51-59 |
| 12 | R Athur    | 30:51 | 2nd M 42-50  | 49 M Anderson    | 37:22 | 2nd M 14&U  | 12 S Fox       | 18:03 | M Mast Champ | 49 P Radford    | 22:50 |             |
| 13 | J Sturgeon | 31:09 | 2nd M 15-23  | 50 J Timberlake  | 37:29 | Hvywt Chmp  | 13 J Roseberry | 18:24 |              | 50 G Stultz     | 23:02 |             |
| 14 | R Clark    | 31:32 | 2nd M 15-23  | 51 G Stultz      | 38:18 |             | 14 M Hunt      | 18:33 | Hvywt Chmp   | 51 R Cummings   | 23:34 |             |
| 15 | S Mierau   | 31:34 |              | 52 P Radford     | 38:27 |             | 15 R Arthur    | 18:42 | 1st M 42-50  | 52 G Lemma      | 23:54 | 3rd F 33-41 |
| 16 | N Zolla    | 31:38 |              | 53 R Armstrong   | 38:28 |             | 16 S Mierau    | 18:43 |              | 53 L North      | 23:59 |             |
| 17 | D Willard  | 31:47 | 3rd M 24-32  | 54 K Riggelman   | 38:40 | 1st F 13-23 | 17 G Phillips  | 19:01 | 2nd M 14&U   | 54 B Ramsey     | 24:08 |             |
| 18 | T Kaufman  | 31:49 |              | 55 P Kinneberg   | 38:46 |             | 18 N Zola      | 19:02 |              | 55 S Grubb      | 24:10 |             |
| 19 | J Riffle   | 32:01 | 3rd M 42-50  | 56 A Weber       | 39:04 |             | 19 D Willard   | 19:04 |              | 56 J Lucas      | 24:17 |             |
| 20 | T Ligon    | 32:03 |              | 57 E Zdrajewski  | 39:43 |             | 20 B Platt     | 19:10 |              | 57 R Brown      | 24:44 |             |
| 21 | B Platt    | 32:05 |              | 58 K Bailey      | 40:46 |             | 21 J Riffle    | 19:17 | 2nd M 42-50  | 58 T Kerner     | 24:49 |             |
| 22 | M Mayes    | 32:10 |              | 59 J Anderson    | 41:07 |             | 22 B Haynes    | 19:22 |              | 59 S Jones      | 25:22 |             |
| 23 | T Piercy   | 32:15 |              | 60 T Niven       | 41:28 | 2nd F 15-23 | 23 T Davis     | 19:25 | 3rd M 42-50  | 60 R Platt      | 25:30 |             |
| 24 | M Moore    | 32:41 | 1st F 33-41  | 61 A Castelle    | 41:44 |             | 24 M Moore     | 19:33 |              | 61 C Moore      | 25:44 | 3rd F 24-32 |
| 25 | G Phillips | 34:42 | 1st M 14&U   | 62 E Szego       | 42:15 | 1st F 42-50 | 25 W Gregory   | 19:34 |              | 62 R James      | 26:06 | 1st M 60&O  |
| 26 | W Gregory  | 32:46 |              | 63 B Ramsey      | 42:20 |             | 26 S Chilling  | 19:45 |              | 63 K Hartman    | 26:35 |             |
| 27 | L Ervin    | 32:53 | F Mast Champ | 64 A Nekoranec   | 42:24 |             | 27 G Taylor    | 19:57 |              | 64 S Lucas      | 26:50 | 1st F 14&U  |
| 28 | J Stuppio  | 33:05 | 1st M 51-59  | 65 J Lucas       | 42:40 |             | 28 L Ervin     | 19:59 | F Mast Champ | 65 C Shapiro    | 26:59 |             |
| 29 | D Wendell  | 33:11 |              | 66 R James       | 43:03 | 2nd M 60&O  | 29 B Johnson   | 20:13 |              | 66 A Castelle   | 27:56 | 1st M 14&U  |
| 30 | B Haynes   | 33:18 |              | 67 A Schoolcraft | 44:25 | 3rd F 15-23 | 30 C Young     | 20:30 | 1st F 33-41  | 67 G Castelle   | 27:57 |             |
| 31 | B Tone     | 33:53 |              | 68 D Walker      | 44:42 |             | 31 T White     | 20:39 | 1st M 51-59  | 68 A Castelle   | 28:27 |             |
| 32 | G Taylor   | 34:20 |              | 69 S Lucas       | 44:54 | 1st F 14&U  | 32 D Harold    | 20:49 |              | 69 B Harold     | 29:44 | 3rd M 14&U  |
| 33 | T Wright   | 34:34 | 2nd F 33-41  | 70 C Moore       | 46:04 | 1st F 24-32 | 33 A Stewart   | 20:50 |              | 70 B Wickline   | 31:24 |             |
| 34 | N Toothman | 34:37 |              | 71 J James       | 46:14 |             | 34 T Kaufman   | 20:52 |              | 71 N Burgess    | 34:07 | 1st F 51-59 |
| 35 | A Stewart  | 34:48 |              | 72 K Hartman     | 47:38 |             | 35 M Jeffery   | 21:00 | 1st F 24-32  | 72 Jim Burgess  | 34:07 | 2nd M 60 &O |
| 36 | B Johnson  | 34:54 |              | 73 L Mack        | 49:04 |             | 36 R Armstrong | 21:10 |              |                 |       |             |
| 37 | J Hall     | 35:22 |              |                  |       |             |                |       |              |                 |       |             |

**OFFICIAL RESULTS - VALENTINE 5K RUN**  
**February 19, 1992**

### KVRRC Winter Series Combined Race Results

Awards Presented at the KVRRC Awards Banquet, March 6, 1992

Overall Champion: Glen Baldwin 1:17:14  
 Female Champion: Liz Erwin 1:33:30  
 Male Masters Champion: Shawn Chillag 1:26:29  
 Female Masters Champion: Annette Castelle 2:01:45  
 Male 14 & Under: Gallahad Phillips 1:33:16  
   Male 15-23: Patrick Board IV 1:23:26  
   Male 24-32: Dan Connelly 1:18:34  
   Male 33-41: Bill Shultz 1:21:33  
   Male 42-50: Roger Arthur 1:28:41  
   Male 60 & Over: Ross James 2:03:40  
   Heavyweight: John Timberlake 1:48:12  
 Female 14 & Under: Stacy Lucus 2:10:36  
 Female 33-41: Marlene Moore 1:34:11

Outstanding Achievements: Winston Gregory

## 1992 KANAWHA-TEAYS BIATHLON

SUNDAY, MAY 17, 9AM 10K RUN AND 40K BIKE  
 HURRICANE HIGH SCHOOL

(ON RT 34 BETWEEN I-64  
 WINFIELD EXIT AND  
 HURRICANE)

INDIVIDUAL AND  
 TWO PERSON TEAM  
 COMPETITION

Proudly Sponsored by the Kanawha Valley Road Runners and  
 Johns Cyclery of St. Albans, Featuring:

**Schwinn** Miyata  
**TREK** Kestrel

# KANAWHA - TEAYS BIATHLON

## Sponsored by JOHNS' CYCLERY ST. ALBANS, WV

Date: May 17, 1992 at 9:00 am  
 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  
 Registration: Open to the first 250 registrations (150 ind., 50 teams). It will be cut-off once the limit is reached. Entry fees are not refundable, no exceptions.  
 Entry Fee: Before April 25, 1992, Individual = \$15.00 ; Teams = \$25.00  
 After April 25, 1992, Individual = \$20.00 ; Teams = \$30.00  
Make Checks Payable to Kanawha Valley Road Runners  
 19 Riverside Drive  
 South Charleston, WV 25303

Gifts: Screen printed T-shirts to all entrants.  
 Awards: Overall for the first 3 male and first 3 female.  
 Water: Water will be available at the start/finish and at intervals during the run stage. Water bottles are suggested for the bike stage. Refreshments and fruits will be available at the finish.  
 Information: Pat Board III (304) 744-6502 Dennis Hamrick (304) 344-8342  
 Paul Garrett (304) 925-3247 Rich Harper (304) 727-2180

Age Groups Male: 14 and under(2) 15 to 19(2) 20 to 24(2)  
 25 to 29(3) 30 to 34(3) 35 to 39(3)  
 40 to 45(3) 45 to 49(2) 50 to 59(2)  
 60 & over(2)  
 Female: 19 & under(2) 20 to 29(3) 30 to 39(3)  
 40 to 49(3) 50 and over(2)  
 Teams: Male(3) Female(3) Mixed(2)  
 [1 runner and 1 biker]

- Rules:
- All contestants must check in at the start/finish area at Hurricane High School parking lot between 8:00 and 8:50 am on May 17th.
  - 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 is 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 grounds for disqualification.

*Mountain  
Spirit  
Czech It!*

**West Virginia University  
Alumni Association**  
**MOUNTAINEER SPIRIT RUN**  
**Kanawha Valley Chapter**



Name \_\_\_\_\_ Age on May 17th \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone \_\_\_\_\_ Sex \_\_\_\_\_ T-shirt size \_\_\_\_\_  
 Age Group \_\_\_\_\_ Friend who will help at race \_\_\_\_\_

**WAIVER** READ CAREFULLY BEFORE SIGNING BELOW!

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' Cyclery, 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 from my participation in the above mentioned biathlon, in 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.

1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 Parent/Guardian if participant is under 18 \_\_\_\_\_ Date \_\_\_\_\_  
 Parent/Guardian if participant is under 18 \_\_\_\_\_ Date \_\_\_\_\_  
 In case of emergency, phone number \_\_\_\_\_

**Date:** June 20, 1992, 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, 1992, \$10.00 after  
**TAC Certified-5 MILE COURSE (HAT) 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 pewter and mountaineer statues. 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; heavy weight division.

|            |         |         |           |
|------------|---------|---------|-----------|
| 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 10 pairs of WVU Mountaineer-Penn State Football tickets 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.

\*\*\*\*\* **HONDA** **MAZDA** **MITSUBISHI**  
*Lester Raines*



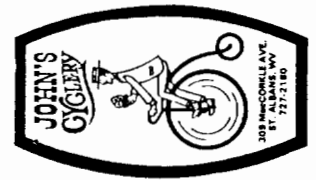
Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_ (Street) \_\_\_\_\_ (City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_  
 Phone \_\_\_\_\_ T-Shirt Size \_\_\_\_\_ (S-M-L-XL) \_\_\_\_\_  
 Heavy Weight Division 185# +  
 Wheelchair Division (- if you are in this category)

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  
 1523 Rambler Road  
 Charleston, WV 25314

For information, call Sharon Jones, Race Director, 345-8005 or Sam Fox, Co-Race Director, 344-5328  
 Make Checks Payable to: Kanawha Valley WVU Alumni Association



**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**



# Spring Heel 5K Run & 1 Mile Walk/Run

8:00 AM Saturday, May 16, 1992  
South Charleston High School  
Registration - 7:00 AM to 7:45 AM  
T-Shirts to the first 200 entries

Name \_\_\_\_\_ last \_\_\_\_\_ first \_\_\_\_\_ middle initial \_\_\_\_\_

Address \_\_\_\_\_ street \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

Age on May 16, 1992 \_\_\_\_\_ T-Shirt size \_\_\_\_\_

Entry fee must accompany each application

Registration fee- Children(12 & under)...\$7.00  
Adults.....\$8.00  
Race day.....\$10.00

Make checks payable to: Project Graduation  
Mail to: South Charleston High School  
ATTN: Herman Nicely  
Eagle Way  
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     | _____ | _____  | WHEELCHAIR         |       |        |
| (F) 40-44     | _____ | _____  | (L) Walk or 5K Run | _____ | _____  |
| (G) 45-49     | _____ | _____  |                    |       |        |
| (H) 50-54     | _____ | _____  |                    |       |        |
| (I) 55 & over | _____ | _____  |                    |       |        |

ADVANCE REGISTRATION SHOULD BE  
RETURNED BY APRIL 30, 1992

All proceeds benefit Project Graduation, South Charleston High School.

**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 for damages I may have against South Charleston High School, and any other individuals and organizations assisting with the run, for any and all injuries suffered by me in said event. I verify that I am physically fit and have sufficiently trained for the completion of this event.

Signature \_\_\_\_\_

Parent's signature if under 18 \_\_\_\_\_

**OFFICIAL RESULTS - POCA RIVER 15K RUN, 7MAR92**

|    |             |         |               |     |              |         |              |
|----|-------------|---------|---------------|-----|--------------|---------|--------------|
| 1  | T Hughes    | 50:39   | Ovall Champ   | 53  | P Waybriht   | 1:04:31 | 1st F 35-39  |
| 2  | G Baldwin   | 50:51   | 2nd M Oval    | 54  | B Herndon    | 1:04:44 | 3rd M 19&U   |
| 3  | T Howard    | 51:52   | 3rd M Oval    | 55  | G Jarrell    | 1:05:26 |              |
| 4  | J Maher     | 52:31   | 1st M 35-39   | 56  | B Johnson    | 1:05:36 | M Hwt Chmp   |
| 5  | F Waybriht  | 53:01   | M Mast Chmp   | 57  | C Leacngham  | 1:05:48 |              |
| 6  | T Lumadue   | 53:21   | 1st M 30-34   | 58  | J Pritt      | 1:06:04 |              |
| 7  | D Connelly  | 54:21   | 1st M 25-29   | 59  | R Clackler   | 1:06:09 |              |
| 8  | G Noga      | 54:34   |               | 60  | M Jones      | 1:06:17 |              |
| 9  | G Tacy      | 54:29   | 1st M 40-44   | 61  | A Stewart    | 1:07:05 | 1st F 40-44  |
| 10 | B Shultz    | 54:34   | 2nd M 35-39   | 62  | M Minarcik   |         |              |
| 11 | P Board IV  | 54:35   | 1st M 19&U    | 63  | N Slick III  |         |              |
| 12 | D Daniels   | 55:36   | 3rd M 35-39   | 64  | C Young      | 1:07:44 |              |
| 13 | S Chilag    | 56:27   | 2nd M 40-44   | 65  | H Henshaw    | 1:08:02 |              |
| 14 | Jim Young   | 56:40   |               | 66  | S Annand     | 1:08:03 |              |
| 15 | J Shue      | 57:24   | 2nd M 30-34   | 67  | P Ayers      | 1:08:30 |              |
| 16 | T Ligon     | 57:35   | 3rd M 30-34   | 68  | J Herlepp    | 1:08:31 |              |
| 17 | M Schwartz  | 57:49   | 1st M 20-24   | 69  | G Malone     | 1:08:44 | 3rd M 50-54  |
| 18 | M Heideik   | 58:02   | Ovall F Champ | 70  | B Gray       | 1:09:04 |              |
| 19 | S Fox       | 58:16   |               | 71  | M Jeffery    | 1:09:33 | 1st F 30-34  |
| 20 | G Shumaker  | 58:21   | 3rd M 40-44   | 72  | G Szego      | 1:09:38 |              |
| 21 | Joe Young   | 58:46   |               | 73  | G Kelly      | 1:10:00 |              |
| 22 | J Bostic    | 58:21   |               | 74  | R Hanna      | 1:10:12 |              |
| 23 | R Lutz      | 59:37   |               | 75  | G Kamka      | 1:10:21 |              |
| 24 | G Smith     | 59:48   |               | 76  | J Timberlake | 1:10:35 |              |
| 25 | K McCown    | 1:00:03 |               | 77  | W Case       | 1:11:07 | 1st M 60&O   |
| 26 | Joe P Young | 1:00:08 | 2nd M 19&U    | 78  | D Kay        | 1:11:30 |              |
| 27 | R Authur    | 1:00:11 | 1st M 45-49   | 79  | A Stewart    | 1:12:24 |              |
| 28 | J Sturgeon  | 1:00:12 |               | 80  | J Davila     | 1:12:25 |              |
| 29 | D Fields    | 1:00:27 | 1st M 50-54   | 81  | E Keiffer    | 1:12:38 |              |
| 30 | J Roseburry | 1:00:37 |               | 82  | T Hedrick    | 1:12:54 |              |
| 31 | S Hewitt    | 1:00:38 |               | 83  | L Eddy       | 1:13:00 | 1st F 25-29  |
| 32 | A Varlas    | 1:00:41 |               | 84  | W Auvil      | 1:13:21 |              |
| 33 | N Zoia      | 1:01:00 |               | 85  | M Combs      | 1:13:34 |              |
| 34 | N Stick     |         | 2nd F Oval    | 86  | D McClurg    | 1:14:50 |              |
| 35 | K Weed      | 1:01:09 |               | 87  | G Nichols    | 1:15:26 |              |
| 36 | R Haft      | 1:01:47 |               | 88  | J Steele     | 1:15:44 |              |
| 37 | T Kaufman   | 1:01:48 |               | 89  | S Kaz        | 1:15:58 | 2nd M 25-29  |
| 38 | H Bruner    | 1:02:03 |               | 90  | R Osborn     | 1:16:04 |              |
| 39 | K Tallman   | 1:02:16 | 2nd M 50-54   | 91  | J Nekoraneec | 1:16:26 |              |
| 40 | J Thompson  | 1:02:30 | 2nd M 45-49   | 92  | J Hypes      | 1:16:46 | 2nd M 60&O   |
| 41 | B Platt     | 1:02:34 |               | 93  | P Radford    | 1:17:00 |              |
| 42 | M Moore     | 1:02:44 | 3rd F Oval    | 94  | W Holcomb    | 1:17:30 |              |
| 43 | G Taylor    | 1:02:54 |               | 95  | T White      | 1:17:38 |              |
| 44 | N Stick II  |         |               | 96  | J Burgess    | 1:19:05 |              |
| 45 | J Bird      | 1:03:14 |               | 97  | B Adamson    | 1:19:11 |              |
| 46 | D Riffle II | 1:03:23 |               | 98  | R Robertson  | 1:19:37 |              |
| 47 | W Gregory   | 1:03:25 |               | 99  | D Dean       | 1:19:38 |              |
| 48 | B Haynes    | 1:03:27 |               | 100 | D Meeks      | 1:19:48 |              |
| 49 | B Patf      | 1:03:28 | 3rd M 45-49   | 101 | B Dennie     | 1:20:25 | 3rd M 60 & O |
| 50 | L Ervin     | 1:03:29 | F Mast Champ  | 102 | K Bailey     | 1:20:43 |              |
| 51 | J Riffle    | 1:04:00 |               | 103 | R Armstrong  | 1:21:23 |              |
| 52 | K Holley    | 1:04:09 |               | 104 | G Ward       | 1:21:31 |              |

# LEONORO'S

## Spaghetti House

FAMILY OWNED & OPERATED  
SINCE 1915

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- VEAL, CHICKEN & SAUSAGE DINNERS
- ANTIPASTOS & FRESH SALAD
- FRESH GRECIAN BREAD

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### 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.

**OFFICIAL RESULTS - POCA RIVER 15K RUN, CONT**

|                  |         |               |         |
|------------------|---------|---------------|---------|
| 105 D Michel     | 1:21:32 | 120 D Walker  | 1:27:29 |
| 106 A Castelle   | 1:21:43 | 121 K Moses   | 1:28:04 |
| 107 G Stultz     | 1:21:52 | 122 T Kerner  | 1:28:10 |
| 108 S Thompson   | 1:22:03 | 123 S Grubb   | 1:28:26 |
| 109 R Hitt       | 1:22:07 | 124 R James   | 1:28:29 |
| 110 B Ramsey     | 1:22:10 | 125 J Lucas   | 1:28:46 |
| 111 J Hicks      | 1:22:36 | 126 M Ancion  | 1:28:58 |
| 112 A Nekoranec  | 1:22:37 | 127 J Ancion  | 1:28:59 |
| 113 B Shiltz     | 1:23:19 | 128 H Hively  | 1:29:25 |
| 114 R Platt      | 1:23:27 | 129 E Collie  | 1:29:37 |
| 115 A Hansbarger | 1:25:00 | 130 K Lumaque | 1:32:28 |
| 116 B Warholfig  | 1:26:29 | 131 W Brunner | 1:32:30 |
| 117 T McQuain    | 1:27:03 | 132 M Haynes  | 1:33:02 |
| 118 B Lamb       | 1:27:19 | 133 N Bowling | 1:40:44 |
| 119 P Mosely     | 1:27:22 | 1st F 50-54   | 1:40:46 |
|                  |         | 2nd F 30-34   |         |

**Training Tips for the WV Grand Prix Races**  
by John Maher

**Overall-Hydrate!**

If there's on overall race tip to heed in the Grand Prix it's proper attention to hydration. Three of the four races are run in the warmer times of the year and temperatures have been seasonal. Temperatures over seventy degrees have been recorded at each event. Under those conditions you will not be able to drink enough during the run to maintain your fluid balance. The secret to avoiding dehydration with its potentially dangerous consequences, and its punishing effect on your body is to hydrate. Getting dehydrated in a long race can dramatically extend the time it takes you to recover, and a simple hydration strategy will avoid those painful consequences. **You should practice the following routine several times for your longer training runs during warm weather before you employ it on race day.** Drink a 10-12 once glass or two of water every waking hour starting twenty four hours before the race. At night, when the inevitable nocturnal consequences of this wake you, drink some more. Stop drinking about two hours before the race, and finish up with 6 ounces or so within a half hour of the start. Make sure to drink at every opportunity in the race.

For all of these races, running your long run on the Charleston Distance Run course will be adequate to give you the specific hill training and distance you need

**Elby's:** Practice charging hills of 6-10 minutes duration. The CDR hill and Mount Alpha are runs in the Valley that folks find useful. Nothing can really prepare you for the course itself, but those drills will acclimate you to quick recovery after hard climbing. There is really no place on the Elby's course to get into a rhythm. You have to be mentally prepared to put out maximum efforts throughout the race as the challenging uphills and downhill appear. Run within yourself and keep pushing is the way to reach a truce with this challenging beast.

**Charleston:** The double of Parkersburg and Charleston is a tough one. One ought to conclude training with the taper to Parkersburg, and spend the time between with recovery and a few well-chosen sharpening workouts. It's easy to get too tired by running too hard after Parkersburg, and there's not enough time to recover from any overindulgence.

**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:   | Date of Birth                                     |                  |               |
| Family Membership Names                                       | RENEWING MEMBERS:<br>CHANGE IN ADDRESS?<br>Yes No |                  |               |

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

**The WV Grand Prix Series**

**Cabell- Huntington Distance Classic, 10M**  
**Saturday, April 18, 1992**

**16th Annual Elby's Big Boy Classic, 20K**  
**Saturday, May 23, 1992**

**The Parkersburg Half-Marathon**  
**Saturday, August 15, 1992**

**20th Annual Charleston Distance Run, 15M**  
**Saturday, September 5, 1992**