

# RUNNER'S SOLE



THE KANAWHA VALLEY ROAD RUNNER'S OFFICIAL NEWSLETTER

Tim Ligon, Editor

2<sup>nd</sup> Quarter, 1993

## THE PRESIDENT'S PAGE

I hope you have been working out, because the summer road races and the hot weather are close at hand. In our last issue I challenged you to get in shape and enjoy the summer races.

If you missed the KVRRC Annual Awards Banquet on March 12, you missed a good show. On behalf of the KVRRC, I thank again our fine banquet speakers; Danny Wells, Bonnie Lamb, and Dick Henderson. Also congratulations to the 1992-93 Winter Series combined time champions who received their awards at the banquet. I am proud to say the same group of people are still working for you. The same runners on the Board of Directors for the KVRRC will return for 1993-94.

On March 10, 1990 Bubby Dent won the Poca River 15K in 47:38 and Marlene Moore, 62:09, was the first female finisher in a total field of 141. Thanks to the "Blizzard of '93" that hit the Kanawha Valley in the early hours of Saturday, March 13, the '93

edition of the Poca River 15K was canceled. You will get a second chance to erase Bubby's and Marlene's record times as I have rescheduled the Poca River 15K for 8am, Saturday, May 15. If you were pre-registered for the March 13 run, just show up on May 15 and run the race.

If you have not heard, here is another cancellation. The 1993 Kanawha-Teays Biathlon, which had been run the past five years at Hurricane High School, has been canceled.

Runner participation is down at all of the races. I hope we are all involved in running road races because it is fun and it is an exercise that benefits our health and fitness. If you agree, I ask you to introduce running to a friend, neighbor or someone you work with and bring them to the next road race. We will continue the

*Continued on page 2.*

## Kanawha Valley Road Runners : Officers

|                  |                            |          |
|------------------|----------------------------|----------|
| Pat Board, III   | President/Treasurer        | 744-6502 |
| Paul Garrett     | VP/Membership Chairman     | 925-3247 |
| Annette Castelle | Secretary                  | 343-9371 |
| Robin Baldwin    | Director                   | 744-1482 |
| Dave Ellis       | Director                   | 344-4488 |
| Dennis Hamrick   | Director                   | 344-8342 |
| Bill Platt       | Director                   | 925-8863 |
| Jeff Lucas       | Director                   | 346-2040 |
| Dave Fields      | Director                   | 548-4761 |
| Tim Ligon        | Calender/Newsletter Editor | 722-6307 |



### From the Editor's Desk:

Welcome to the 1Q93 Runner's Sole. There is a change in the change for the WV Grand Prix Series. A fifth race, the Parkersburg 10K in June, is **NOT** added to the traditional four of the Cabell-Huntington 10-Miler, Elby's 20K Big Boy Classic, Parkersburg 1/2 Marathon, and the Charleston Distance Run. The managers of the WV Grand Prix have decided not to add the race at this time. They are looking to add this, or another race next year ('94).

I have worked on the calendar and corrected some earlier errors in the schedule. We have some good races coming-up. A new one is the Hills Miracle 5K Run/Walk for the Children on April 3rd. There are four Hills races in WV that day. The others are in Morgantown, Parkersburg, and Wheeling. All of the proceeds are for the benefit of the WVU Childrens Hospital.

The Spring Forward Run is still scheduled for April 4, at 8am, starting at the St. Albans Loop. This is a fun, 9.5 mile training/socializing run with no water stops, and all are welcome.

*Continued from page 1.*

effort to upgrade the character of the races and make the sport of running attractive and fun for you. I again ask you to recruit a new member for the club or find a race sponsor. Call me and we can talk about how you can help the KVRRC. Thank you for your support.

Patrick and I will see you at the races.

*Pat Board III*

## 1993 RACE CALENDAR

Race Directors should immediately contact the KVRRC regarding cancellation or rescheduling of events. Provide race information to: T. D. Ligon, 7 Valley St., St. Albans, WV 25177, 722-6307 (after 5pm).

| Date          | Day Race, Place, Time, Director  | Phone                    |
|---------------|--|--------------------------|
| 3-Apr-93 Sat  | Hills Children's Run 5K, Kanawha City Recreation Center, Dennis Hamrick  | 344-8342                 |
| 17-Apr-93 Sat | Cabell-Huntington Hospital 10-Miler, Harris Riverfront Park, 9am   |                          |
| 24-Apr-93 Sat | Union Carbide 10K Fitness Run, UCC Technical Center, 9:30am, Sharon Botkins  | 747-4507                 |
| 25-Apr-93 Sun | Crime Victims Fund 5K, Kanawha City Recreation Center, Deana Corbin  | 345-2200 or 344-5178     |
| 1-May-93 Sat  | 5K Run for the Young Child, Kanawha City Recreation Center, 9am, Beth Bragg  | 340-3667                 |
| 1-May-93 Sat  | WVSOM 10K Classic, Lewisburg, 10am, Sharon Howard  | 800-356-7836             |
| 8-May-93 Sat  | Spring Heel 5K, South Charleston HS, 9am, Herk Nicely<br>Babcock 10K   | 768-5301                 |
| 9-May-93 Sun  | CAMC Women's Run Against Cancer 5K Run or Walk, Kanawha State Forest, Karen Frashier   | 348-6702                 |
| 15-May-93 Sat | Poca River Run, Doc Bailey Road and Poca River in Cross Lanes, 8am, Pat Board  | 744-6502                 |
| 23-May-93 Sun | American Lung Association Clean Air Challenge 5K Walk, Coonskin Park, Shawn Chillag  | 342-6600                 |
| 29-May-93 Sat | 17th Elby's Big Boy Classic 20K, Wheeling Civic Center, 8:30am, Hugh Stobbs<br>Blugood Middle School 5K OK/5K 418 Federal St.                                      | 614-633-5000<br>327-1685 |
| 5-Jun-93 Sat  | Symphony Summerfest 5K, University of Charleston, 8am Open, 9am Corporate, Elizabeth, McConnell and Kathi Diehl<br>Robberson Marathon/10M/1M North Bend State Park | 925-5861 & 984-1211      |
| 12-Jun-93 Sat | Mountaineer Spirit Run 8, WVU-CAMC Bldg, 8am, Dee Hill   | 727-4895                 |
| 19-Jun-93 Sat | Parkersburg 10K, City Park, Dorey Chevront, Jr.  | 304-424-2786             |
| 17-July-93    | Great Tulepp 5K/1M Sun Wave Pool Park  |                          |
| 14-Aug-93 Sat | Thomas Hospital 5-Mile Run for Health, St. Abans Loop, Tina Caroli   | 766-3706                 |
| 21-Aug-93 Sat | Parkersburg 1/2 Marathon, 3rd St. & Juliana, 8am Dorey Chevront, Jr.   | 304-424-2786             |
| 4-Sep-93 Sat  | Charleston Distance Run (15 Miles), Va St., 8am  | 344-6464                 |
| 31 July-93    | Beauregard 10K - Twin Falls Park   |                          |

# Marathoning

By Bonnie Lamb

I love to run long, slow, distances. I can think, or listen to music, and time just doesn't exist. I have never lost that giddy feeling of finishing a marathon and I still stand in awe of the human body, being able to run 26.4 miles. If you ever want to feel the thrill and emotion of finishing your first marathon again, just go with a "first timer" and it will all come back.

I love marathons, however, I had never met limits until last year at the Marine Corp Marathon. Something told me I was biting off more than I could chew when the same training program I had been using for several years was not going as well as in the past. I keep diaries so I know where I should be and how I should feel. Maybe the problem was my daughter starting school, or me going back to school to expand my degree, or kayaking to much, or starting to play tennis on a fall team, or ALL of it together, but my body stopped at 17

miles. It refused to move another foot and I didn't push it. I know better. I wasn't upset about it, just a little disappointed that I didn't postpone this particular marathon until another time. But then I had never reached this point before so I thought I could do it. No problem, I'll write it down in my diary and it will be there for the next time, and there will be a next time.

I did get a chance to run the first half with a gal from New York and this was her first marathon. She had trained alone and was there by herself so we hooked up. Her boyfriend, who was a first place wheelchair winner, had given her the shaft the day before, so in the first few miles we talked about that and decided he wasn't worth ruining a marathon over. The next few miles were sightseeing around the capitol and all the monuments. When I felt I would not make it, we talked about that too, but she was feeling great and kept on going. I was able to find my way back to the finish

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## Official Results Frostbite 5-Miler, Race 2 of the Winter Series

|                      |                      |                    |                    |
|----------------------|----------------------|--------------------|--------------------|
| 1 Glen Baldwin       | 27:11 1st Oval Champ | 33 Gary Baker      | 36:34 1st M 51-59  |
| 2 John Maher         | 28:03 1st M 33-41    | 34 Lionel North    | 36:42 2nd M 51-59  |
| 3 Patrick Board IV   | 28:32 1st M 15-23    | 35 Roger Varney    | 36:52              |
| 4 Steve Fox          | 29:03 M Master Champ | 36 Tom White       | 37:29 3rd M 51-59  |
| 5 Ron Plantz         | 30:05 1st M 42-50    | 37 Frank Stark     | 37:44              |
| 6 Jerry Bostic       | 30:14 1st M 24-32    | 38 Diana Morris    | 37:49 1st F 42-50  |
| 7 Chuck Mallory      | 30:15 2nd M 33-41    | 39 Vic Ware        | 37:56              |
| 8 James Sturgeon     | 30:16 2nd M 42-50    | 40 Tom Treleven    | 37:58 2nd M 24-32  |
| 9 Shawn Chilling     | 30:48 3rd M 42-50    | 41 Eddie Boyd      | 38:07              |
| 10 Robbie Sockett    | 31:03 1st M 14&U     | 42 Gene Zdrojewski | 38:20              |
| 11 Roger Arthur      | 31:06                | 43 Phil Radford    | 38:30 1st M 60 & O |
| 12 Bernard Haynes    | 31:20 3rd M 33-41    | 44 Daniel Hundley  | 38:33              |
| 13 Steve Mierau      | 31:25                | 45 Bob Cummings    | 38:39              |
| 14 Gallahad Phillips | 31:41 2nd M 15-23    | 46 Jim Underhill   | 40:34              |
| 15 Mickey Stejduhar  | 32:05 3rd M 15-23    | 47 Steve Grubb     | 40:46              |
| 16 Bob Swartz        | 32:25                | 48 Ken Hartman     | 40:52              |
| 17 Marlene Moore     | 32:37 Female Champ   | 49 Ron Vamey       | 40:57              |
| 18 Jim Riffle        | 32:38                | 50 Alan Stegges    | 41:06              |
| 19 Arnold Stewart    | 33:00                | 51 Tim Beavers     | 41:09              |
| 20 Harry Bruner      | 33:05                | 52 Gary Phillips   | 41:13              |
| 21 Matt Losch        | 33:07                | 53 Ben O'Kelly     | 41:39 2nd M 14&U   |
| 22 W K Munsey        | 33:16                | 54 Jane Fleming    | 41:44 2nd F 14&U   |
| 23 Pam Waybright     | 33:21 F Master Champ | 55 Bonnie Lamb     | 42:03 1st F 33-41  |
| 24 Bill Platt        | 33:24                | 56 Bob Harrison    | 42:30              |
| 25 Winston Gregory   | 33:30                | 57 Rosemary Platt  | 42:42              |
| 26 Glenn Goldfarb    | 33:46                | 58 Gardner Stultz  | 43:13              |
| 27 Bruce Johnson     | 34:02 M Heavyweight  | 59 Bruce Moore     | 43:22              |
| 28 Fred Waybright    | 34:33                | 60 Wayne Boggess   | 44:17              |
| 29 Aaron Hill        | 34:41                | 61 Bill Ramsey     | 44:20              |
| 30 Rick Hanna        | 34:48                | 62 Danny Walker    | 45:38              |
| 31 Basil Smith       | 35:07                | 63 Bunny Cummings  | 52:12 3rd F 33-41  |
| 32 Dan Dooley        | 36:13                |                    |                    |

Five miles and I'm beat. That Dennis guy IS crazy!



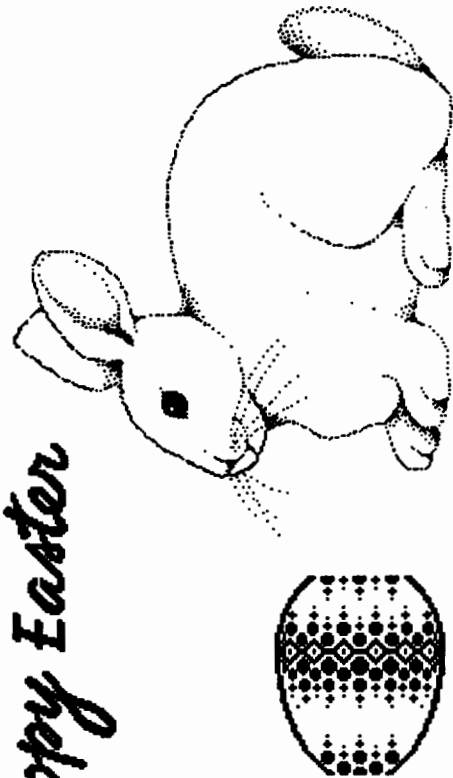
*Continued from page 4.*

line and wait for her to come up the long hill at 26 miles. I jumped in and for the last 385 yards we talked about the feelings she had on achieving her goal in spite of everything. Wow, what an experience. She did great and she was glad someone was there to welcome her in. I'm glad I was there too.

# Official Results Valentine 5K, Race 3 of the Winter Series

|            |           |       |                |             |            |
|------------|-----------|-------|----------------|-------------|------------|
| 1 Glen     | Baldwin   | 16.03 | 1st Oval Champ | 37 Greg     | 21.13      |
| 2 Ben      | Redman    | 16.52 | 1st M 15-23    | 38 Ian      | 21.50      |
| 3 John     | Maher     | 17.14 | 1st M 33-41    | 39 Paul     | 22.06      |
| 4 Steve    | Fox       | 17.25 | M Master Champ | 40 Ben      | 22.07      |
| 5 Shawn    | Dehaven   | 17.31 | 2nd M 15-23    | 41 Linda    | 22.10      |
| 6 Chuck    | Mallory   | 17.51 | 2nd M 33-41    | 42 Lionel   | 22.22      |
| 7 Jim      | Sturgeon  | 17.58 | 1st M 42-50    | 43 Phil     | 22.25      |
| 8 Jerry    | Bostic    | 18.01 | 1st M 24-32    | 44 Tom      | 22.30      |
| 9 Shawn    | Chillag   | 18.10 | 2nd M 42-50    | 45 Chuck    | 22.33      |
| 10 Mickey  | Stajduhar | 18.14 | 3rd M 15-23    | 46 Jeff     | 22.40      |
| 11 Galahad | Phillips  | 18.15 |                | 47 Gene     | 22.51      |
| 12 Gary    | Smith     | 18.17 | 3rd M 33-41    | 48 Diana    | 23.00      |
| 13 Bernard | Haynes    | 18.20 |                | 49 Tom      | 23.07      |
| 14 Roger   | Arthur    | 18.26 | 3rd M 42-50    | 50 Bob      | 23.11      |
| 15 Harry   | Brunner   | 18.54 |                | 51 Joe      | 23.30      |
| 16 W K     | Munsey    | 19.00 |                | 52 Bernie   | 23.58      |
| 17 Jim     | Riffle    | 19.06 |                | 53 Mike     | 24.13      |
| 18 Steve   | Mierau    | 19.07 |                | 54 Tom      | 24.28      |
| 19 Winston | Gregory   | 19.09 |                | 55 Ken      | 24.38      |
| 20 Bruce   | Johnson   | 19.11 |                | 56 Bill     | 25.04      |
| 21 Marlene | Moore     | 19.26 | Female Champ   | 57 Bruce    | 25.16      |
| 22 Roxanne | Carte     | 19.30 | 1st F 33-41    | 58 David    | 25.20      |
| 23 Matt    | Harvey    | 19.32 | 2nd M 24-32    | 59 Jane     | 25.59      |
| 24 David   | Goetz     | 19.39 | 3rd M 24-32    | 60 Bonnie   | 26.00      |
| 25 Tom     | Pearcy    | 19.42 |                | 61 Rosemary | 26.04      |
| 26 Arnold  | Stewart   | 19.48 |                | 62 Gary     | 26.06      |
| 27 Pam     | Waybright | 19.50 | F Master Champ | 63 Morgan   | 27.29      |
| 28 Dan     | Kay       | 19.56 |                | 64          |            |
| 29 Gary    | Shumaker  | 20.10 |                | 65          |            |
| 30 Rick    | Hanna     | 20.11 |                | 66 Jim      | 27.59      |
| 31 Dan     | Dooley    | 20.21 |                | 67 Bruce    | 28.09      |
| 32 Tom     | White     | 20.24 | 1st M 51-59    | 68 Dave     | 28.39      |
| 33 Gary    | Baker     | 20.25 | 2nd M 51-59    | 69 Crystal  | 29.06      |
| 34 Michael | Johnson   | 20.31 |                | 70 Bunny    | 30.09      |
| 35 Mike    | Blake     | 20.51 |                | 71 Mary     | 31.21      |
| 36 Jana    | Lilly     | 21.11 | 2nd F 33-41    | 72 Emmy Lou | 31.36      |
|            |           |       |                |             | 1st F 14&U |

# Happy Easter



*Mountaineer Spirit! Catch It!*



West Virginia University  
Alumni Association

## MOUNTAINEER SPIRIT RUN Kanawha Valley Chapter

Date: June 12, 1993, Saturday Open: To everyone  
Starting Time: 8:00 AM Registration Time/Place: 7:00 am at CAMC WVU Medical Bldg.  
Pre Registration Fee: \$10.00 before May 28, 1993, \$12.00 after  
TAC Certified: 5 MILE COURSE (Hwy) 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 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.

Lester Raines  
HONDA MAZDA MITSUBISHI



Official Entry Form

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ (as of 6/12/93)

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  
P.O. Box 1106  
Charleston, WV 25339-1063

For information, call Dee Hill, Race Director, 727-4895 or Carrie Webster 342-2559  
Make Checks Payable to: Kanawha Valley WVU Alumni Association

## The Capital City Striders

By John Maher

One of the most dynamic and accomplished running organizations in the state is based right here in Charleston. Using Laidley Field as their home base, the Capital City Striders offer the opportunity for youths 7-18 to train for and compete in a full range of track and field events through the AAU and TAC Junior Olympics program. A full complement of coaches assists the athletes in their specialized training.

Starting with indoor practice in early spring, their season continues with outdoor practice nightly from 6-8 PM at Laidley Field as weather allows. Beginning in June, they participate in a full slate of track meets, beginning with the Capital City Striders Invitational, continuing through the USA TF (formerly TAC) and AAU Regionals, and culminating for those who qualify with the National Championships. Both AAU and USA TF State Championships and the USA TF Regional Championships will be hosted by the

Striders at Laidley Field. Your support as a sponsor, volunteer or spectator is most welcome.

Membership for young folks is \$30.00 per child, or 50.00 per family. This covers the AAU and USA TF membership and state entry fees, insurance, T-shirt and invitational entry. A parent meeting for those interested in enrolling their children or learning more about the program will be held Monday, May 3, 1993 at 6:30 PM at Laidley Field.

The emphasis in the Striders program is on participation, allowing children and adolescents of all skill levels to train and compete to the best of their ability in a supportive team environment. The program offers the opportunity to develop athletic ability as well as ability to focus and work on long range goals.

The Striders also offer the opportunity for adult athletes to compete in Open (18-29), Sub Masters (30-39), Masters (40-49), and Grand Masters (50 and above) categories in the full range of track and field events. The Striders sponsor their Invitational meet and a series of All-Comers meets which are open to all. This year, the USA TF State

Championship will also include Open athletes for the first time. If running the roads gets stale, or if you can't face another routine track workout, be sure to check out the action in the 100, 200, 400, 800, 1500, 3000, 5000 meter runs and relays at these meets. The All-Comers meets are on Tuesday, so if that's your track night, come on out. There's a nominal fee for participation which goes to support the Striders.

The Striders motto is "Stride with Pride". Come out to practice or one of the meets and see it in action. Contributions are welcome, and for as little as \$25, you

can sponsor an event in one of the Strider hosted events. This entitles the sponsor to have their name placed on the program page for the event. For more information you can call Chip Ferrell (346-1733) or Paul Gilmer (345-0497).

The Striders' trips to the Regional and National Championships outside of Charleston are contingent on funding. Consider supporting them so they can supply young athletes with the opportunities of Meet competition, challenge, and see places to broaden their horizons.

See the Striders event schedule on the next page.

# The Poca River Run

**Rescheduled for May 15, 1993  
8:00 AM Start**

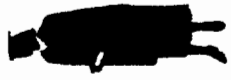
**If you forgot to pre-register before, do so now!**

## Striders 1992 Schedule Laidley Field, Charleston, WV

| Event   | Date (Time)                        | Participation | Location        |
|---|------------------------------------|---------------|-----------------|
| Practice  | Weekday evenings<br>(6:00-8:00 PM) | All ages      | Laidley Field   |
| Striders Invitational                             | June 12 (9:00 AM)                  | All ages      | Laidley Field   |
| All Comers Meet                                   | June 15 (6:00 PM)                  | All ages      | Laidley Field   |
| AAU State Championship                            | June 19 (9:00 AM)                  | Ages 7-18     | Laidley Field   |
| All-Comers Meet                                   | June 22 (6:00 PM)                  | All ages      | Laidley Field   |
| USA TF State Youth, Juniors and Open Championship | June 26 (9:00 AM)                  | All ages      | Laidley Field   |
| All-Comers Meet                                   | June 29 (6:00 PM)                  | All ages      | Laidley Field   |
| AAU Regional                                      | July 10 - 11 (9:00 AM)             | Ages 7-18     | Hammond, IN     |
| USA TF Regional                                   | July 8, 9, 10, 11                  | Ages 7-18     | Laidley Field   |
| All-Comers Meet                                   | July 13 (6:00 PM)                  | All ages      | Laidley Field   |
| All-Comers Championship Meet                      | July 20 (6:00 PM)                  | All ages      | Laidley Field   |
| USA TF National Championships                     | July 26 - Aug 1                    | Ages 7-18     | Baton Rouge, LA |
| AAU National Championship                         | Aug 4 - Aug 7                      | Ages 7-18     | Knoxville, TN   |

## Running, Health and Fitness

*It's a family thing*



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

8:00 AM Saturday, May 8, 1993 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 code (circle one)

Age on May 8, 1993 \_\_\_\_\_ T-Shirt Size: S M L XL

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   | _____ | _____  | Wheelchair         | _____ | _____  |
| (D) 30 - 34   | _____ | _____  | (L) Walk or 5K Run | _____ | _____  |
| (E) 35 - 39   | _____ | _____  |                    |       |        |
| (F) 40 - 44   | _____ | _____  |                    |       |        |
| (G) 45 - 49   | _____ | _____  |                    |       |        |
| (H) 50 - 54   | _____ | _____  |                    |       |        |
| (I) 55 & Over | _____ | _____  |                    |       |        |

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 organization 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 \_\_\_\_\_

# MEYER AND PERFATER ATTORNEYS AT LAW

PENTHOUSE - 405 CAPITOL STREET  
CHARLESTON, WV 25301

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

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

## POCA RIVER 15K

### New Date and Time!

Distance: 9.3 Mile Road Race  
Date/Time: Saturday, 8am, May 15, 1993  
Start/Finish: Cross Lanes, Doc Bailey Rd & Poca River  
Entry Fee: \$10/\$12 (Race Day)

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

Awards: Overall; Masters; Male Heavyweight  
Divisions: Male and Female  
19&U 30-34 45-49  
20-24 35-39 50-54  
25-29 40-44 55-59  
30-34 45-49 60&O  
Shirts to the first 120 entries!

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

### Waiver

**Must be signed or entry not accepted.**

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

# LEONORO'S Spaghetti House

FAMILY OWNED & OPERATED

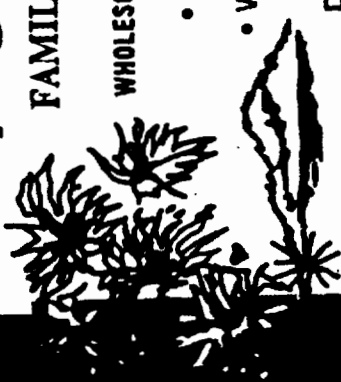
SINCE 1915

WHOLESOME AND AUTHENTIC ITALIAN FOOD

FEATURING:

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

DAILY LUNCHEON SPECIALS



CALL AHEAD FOR FAST  
CARRY-OUT SERVICE

**343-1851**

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

★ FREE PARKING IN REAR  
1507 WASHINGTON ST. E.

## 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: \_\_\_\_\_

Work: \_\_\_\_\_

Occupation \_\_\_\_\_

Student's School \_\_\_\_\_

Family Membership Names \_\_\_\_\_

Date of Birth \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### RENEWING MEMBERS:

CHANGE IN ADDRESS?  Yes  No

Make check payable to:

The Kanawha Valley Road Runners Club  
19 Riverside Dr.

So. Charleston, WV 25303