

RUNNER'S SOLE



THE KANAWHA VALLEY ROAD RUNNER'S OFFICIAL NEWSLETTER

Tim Ligon, Editor

2nd Quarter, 1994

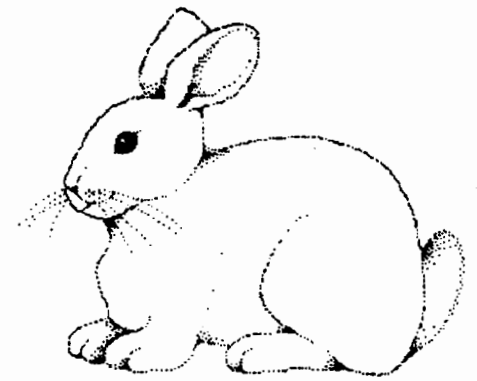
THE PRESIDENT'S PAGE

I hope you are cranking the miles, because the hot summer races on the roads are not far away. I once said, "to rest is to rust", so I encourage you to train/run in the middle of the week so you will not be the topic of conversation on the weekend.

Even though the weather was not perfect at the Frostbite 5-Miler, I was disappointed with the runner turnout/support for the 1993-94 KVRRC "Winter Series" of races (re-

sults in this issue). In the three races we averaged only 52 entries per race. Also, in last years Almost Heaven Marathon only 12 of the 70 individual runners, or 17%, were from the Charleston area. I guess you have noticed that some of the better races have been dropped from the race calendar and runners support is one of the reasons. It is just not worth the effort.

Now for the good news. You are



Happy Easter

the first to know. It is not official yet, but I am working with the Charleston Parks and Recreation Department in a joint effort to have the first annual "Kanawha Valley Moonlite 5-Miler" road race on Kanawha Boulevard on Saturday, July 23 at 9:30 p.m. This years race would be linked to the City of Charleston's, 200-year BiCentennial Celebration. I will keep you informed on this race.

Continued on page 2

Presidents page, continued

The Kanawha Valley Road Runners Club Annual Awards Banquet will be held on Wednesday, April 20, 1994 at 5:30 p.m. at Rose City Cafeteria in South Charleston. Come as you are, young and old, it is a family affair. Bring a friend and introduce him/her to the world of road racing. The speaker for this years banquet will again be Danny Wells, race director for the Charleston Distance Run 15-Miler. I want to remind you there is a 5-K race blended with the longer race. The main speaker will be Dorsey Cheuvront from Parkersburg, WV, who is the race director for the "Parkersburg Home Coming" Half-Marathon and also the mastermind behind the five race series, the West Virginia Grand Prix. I am convinced that Dorsey's efforts have "jump started" the sport of road racing in the state of West Virginia by motiving people to continue running. If you run, I am sure it will be interesting to hear what he has to say.

As always, we will also be presenting the awards for the KVRRC 1993-94 "Winter Series" combined time Champions (listed in this issue). This years banquet is on Wednesday the week between the Huntington 10-Miler, April 16, which is the first race of the 1994 West Virginia Grand Prix and the Carbide Fitness Festival April 23, which has one of West Virginia's best 10K's you will ever run. Applications for these races are available, keep your eye on the race schedule in this issue.

Anyone interested in planning a race should contact Tim Ligon at 722-6307 after 6:00 p.m. He keeps the road race schedule for the KVRRC. When two races are run on the same day within the Charleston, Parkersburg, Huntington and Beckley area nobody is the winner. As in the past we are attempting to maintain a "clearing house" for this area of West Virginia.

I am going to ask those of you who have not paid your KVRRC dues to do so and I am going to implement the 1994 KVRRC membership drive. Help a friend cope with everyday problems of life by introducing them to the work of health and fitness via

KANAWHA VALLEY ROAD RUNNERS : OFFICERS

PAT BOARD, III	PRESIDENT/TREASURER	744-6502
ANNETTE CASTELLE	SECRETARY	
ROBIN BALDWIN	DIRECTOR	744-1482
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JEFF LUCUS	DIRECTOR	346-2040
DAVE FIELDS	DIRECTOR	548-4761
TIM LIGON	CALENDER/NEWSLETTER EDITOR	722-6307

running and your association with the KVRRC. Give me a call or talk to me at a race and I will mail them a newsletter.

If you know anyone who owns a business that might be interested in advertising with the KVRRC via putting his/her company business logo on the back of the race shirts, give

me a call and we will talk about it.

Hang tough this summer, come out and be a part of the fun and action. Just say no to the television set.

Patrick and I will see you at the races.

Pat Board III

1994 RACE CALENDAR

Race Directors should immediately contact the KVRRC regarding cancellation or rescheduling of events. Provide race information to:

T. D. Ligon, 7 Valley St., St. Albans, WV 25177, 722-6307 (after 5pm).

9-Apr-94 Sat	Emmanuel Baptist Church Fitness Days 5K Run and Walk, Kanawha City Rec. Cntr., 11am	342-4998
16-Apr-94 Sat	Cabell-Huntington 10-Miler, Harris Riverfront Park	526-2052
23-Apr-94 Sat	Spring Fitness Festival, UCC Technical Cntr, 9:30am, T. D. Ligon and J. Maher	747-3635 day 722-6307 eve
7-May-94 Sat	Spring Heel 5K Run and 1-Mile Walk, So. Charleston HS, 8am, Herk Nicely,	768-5301
14-May-94 Sat	Poca River 15K, Doc Bailey Rd and Poca River in Cross Lanes, 8am, Pat Board	744-6502
21-May-94 Sat	Hill's Run For The Children - TENTATIVE	
28-May-94 Sat	Elby's Big Boy Classic, Wheeling, WV, Hugh Stobbs	242-7322
18-Jun-94 Sat	Parkersburg 10K, Parkersburg City Park, Doresy Cheuvront, Jr	424-2786
25-Jun-94 Sat	Mountaineer Spirit Run, CAMC-WVU Bldg, Elizabeth Pellegrin	345-3002
16-Jul-94 Sat	Great Teays 5K Run & 1-Mile Run/Walk, Valley Wave Pool, Hurricane, W. Gregory	757-6435
23-Jul-94 Sat	Charleston Bicentennial 5K,	348-6860
20-Aug-94 Sat	Parkersburg 1/2 Marathon, Doresy Cheuvront, Jr	424-2786
3-Sep-94 Sat	Charleston Distance Run	

From The Editor

It sure is fun getting back into shape. After taking a few months off I am back on the roads a couple times a week. Conditioning is so easy



to lose and so hard to gain. Any of you out there who getting back to good running shape remember to take it easy, injuries will do more damage than gained by going to fast - to soon.

The Poca River 15K is on the calender for May 14. An application is included in this issue. The traditional date has been in March, but after the snow-out last year it was best to move this forward in the year. I hope all of you can make it because it is one of the oldest and best 15K's around.

The City of St. Albans is going all out on a "Riverfest" over the Fourth of July weekend. No runs are confirmed as yet but there will be bicycle and canoe races. Perhaps in the future we can make a biathlon or triathlon (canoe-run-bike) out of this.

Tim Ligon

Poca River 15K Road Race

May 14, 1994
8:00 AM

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

Kanawha Valley Road Runners Club Annual Awards Banquet

Rose City Cafeteria
South Charleston, WV
5:30 pm, April 20, 1994

Speakers

Danny Wells, Race Director
Charleston Distance Run

Dorsey Chevront, Race Director
Parkersburg Homecoming Half Marathon
Director, West Virginia Grand Prix

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Compensation and other Injury Claims*

KVRRRC MEMBERSHIP APPLICATION

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

Type of Membership:

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

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

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

Family Membership Names / Date of Birth

1 _____ 2 _____
3 _____ 4 _____

Make check payable to:

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

1993 - 94 Winter - Series Combined Time Champions

MALE COMBINED TIME CHAMPIONS

Overall Champion	Sterling Beane	1:18:15
Male Masters	Gary Smith	1:24:40
Male 14 & Under	Ben O'Kelly	1:33:50
Male 15-23		
Male 24-32	Jim Spurlock	1:48:29
Male 33-41	Glenn Baldwin	1:20:21
Male 42-50	Jim Sturgeon	1:30:22
Male 51-59		
Male 60 & Over	Phil Radford	1:49:15

FEMALE COMBINED TIME CHAMPIONS

Female Champion	Marlene Moore	1:33:23
Female Masters	Diana Morris	1:51:53
Female 14 & Under		
Female 15-23	Stacy Lucus	2:11:51
Female 24-32		
Female 33-41	Bonnie Lamb	2:10:43
Female 42-50	June Hicks	2:06:20
Female 51-59		
Female 60 & Over		

The Third West Virginia Senior Sports Classic June 18, 1994 Charleston, WV

The Senior Sports Classic is comprised of 15 Track and Field events, including, 5K and 10K races. All Seniors, 55 or older are eligible to compete.

The first three finishers in all events are eligible

to compete in the National Games, held in San Antonio, Texas in May 1995.

For more information and/or entry forms, contact Nemo Nearman, 755-9151 or 925-6148.

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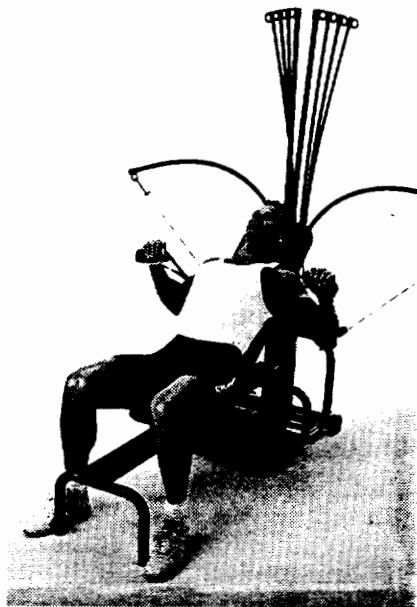
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you.

THE DAYS OF SUMMER ARE ON THEIR WAY; HOW TO KEEP FROM RUNNING DRY

Replacing the fluid you lose during exercise can improve your athletic performance and reduce the risk of heat stress. But thirst is a poor guide to how much fluid you need; By the time you feel thirsty you may already be dehydrated, and you can quench your thirst without meeting your body's fluid requirements. Here are tips for tanking up - especially important if you're exercising the heat, or if you sweat heavily.

****Drink water before exercise, and water, diluted fruit juice, or sports drinks during exercise.**

****During exercise, drink about eight ounces of fluid every 20 minutes. Cold drinks are absorbed most rapidly.**

****If you exercise strenuously for more than an hour, or moderately for more than two hours, you can benefit from the energy in a drink that contains carbohydrates. Be sure the carbohydrate content doesn't exceed 8 percent by weight; more than that will slow**

absorption and may cause stomach cramps. Most sports drinks are in the 6 percent to 8 percent range; so is fruit juice diluted half-and-half with water.

****To be safe, avoid drinks with caffeine, alcohol, or carbonation. Alcohol and caffeine are thought to have a dehydration effect. Carbonated drinks tend to make you feel full, making it difficult to drink enough.**

****Your muscles take up carbohydrate for refueling most efficiently in the hour or two after exercise. If you have another tennis match or some other activity later in the day, take the opportunity to replenish your energy reserves with high-carbohydrate beverages such as undiluted juices or punch. If refueling isn't a priority, drink just to replenish fluids. Your next meal or two will take care of the rest.**

This article was taken from Consumer Reports - August 1993

Official Results

Frostbite 5-Miler, January 16, 1994

1 Sterling Beane	29.06	1st Oval Champ	19 Guy Skeens	38.46
2 Glenn Baldwin	29.08	1st M 33-41	20 Tim McClung	38.46
3 Tom Lumadue	29.55	2nd M 33-41	21 Tammi Wright	39.09 1st F 33-41
4 John Maher	30.03	3rd M 33-41	22 Phil Radford	39.38 1st M 60 & Over
5 Bob Swart	31.21		23 Jim Spurlock	40.07 2nd M 24-32
6 Bernard Haynes	31.35		24 Gene Zdrojewski	41.05
7 Dan Rollins	31.42		25 Dianna Morris	41.37 F Master Champ
8 Gary Smith	32.04	M Masters Champ	26 Ken Hartman	42.16
9 Ernie Shreve	32.04	1st M 24-32	27 John Palmer	42.38
10 Bruce Johnson	32.21		28 Ken Tallman	44.15 2nd M 51-59
11 Shawn Chillag	33.39	1st M 42-50	29 Bonnie Lamb	46.02 2nd F 33-41
12 Jim Sturgeon	33.46	2nd M 42-50	30 Bill Ramsey	46.39
13 Arnold Stewart	34.23		31 Jerry Hicks	47.46
14 Marlene Moore	34.30	F Champion	32 June Hicks	47.47 1st F 42-50
15 Jim Riffle	34.31		33 Melvin Hicks	47.48
16 Ben O'Kelly	34.31	1st M 14 & Under	34 Jeff Lucas	48.34
17 Gary Peyton	36.10	1st M 51-59	35 Stacy Lucas	49.28 1st F 15-23
18 Dan Kay	36.27		36 Stacy Hale	53.34 3rd F 24-32

Official Results

Valentines 5K, February 13, 1994

1 Eric Chandler	16.16	Oval Champ	34 Jim Riffle	22.52
2 Sterling Beane	16.50	1st M 15-23	35 Bill Davidson	23.01
3 Sawne Armstrong	16.54	2nd M 15-23	36 Phil Radford	23.43 1st M 60 & Over
4 Glenn Baldwin	17.30	1st M 33-41	37 Wayne Racy	23.46
5 Bruce Johnson	18.35	2nd M 33-41	38 Dianna Morris	23.48 F Masters Champ
6 Bernard Haynes	18.45	3rd M 33-41	39 Gene Zdrojewski	24:04
7 Bob Swartz	18.57		40 Lionel North	24:19 2nd M 60 & Over
8 Jerry Bostic	19.00	1st M 42-50	41 Daniel Hundley	24:22
9 Shawn Chillag	19.13	M Masters Champ	42 Ken Hartman	24:54
10 Gary Smith	19.17		43 John Palmer	25.00
11 Jim Sturgeon	19.19	1st M 42-50	44 Bonnie Lamb	25:09 1st F 33-41
12 Ben O'Kelly	19.33	1st M 14 & Under	45 Tom McQuain	25:42
13 Marlene Moore	19.40	F Champion	46 Tom White	25:52 2nd M 51-59
14 Susie Graham	19.49	1st F 24-32	47 Jim Underhill	26:09
15 Harry Bruner	19.53	2nd M 42-50	48 Dave Begley	26:10
16 Jeff Cable	19.59	2nd M 24-32	49 Jeff Lucas	26:18
17 Lisa Calef	20.02	1st F 15-23	50 June Hicks	26:28 1st F 42-50
18 Arnold Stewart	20.15	3rd M 42-50	51 Monica Null	26:37
19 Ken Tubbs	20.29		52 Bill Ramsey	27:07
20 Steve Plimmer	20.51		53 Jerry Hicks	27:42
21 Fred Bonnett	20.58		54 Stacy Lucas	28:14
22 Pam Miltzenberger	21.01	2nd F 15-23	55 Sharon Jones	29:02
23 Lew Zellerman	21.06	3rd M 24-32	56 Cindy Kelly	29:10
24 Amy Chandler	21.09	3rd F 15-23	57 Rosemary Platt	30:20
25 Jody Sovine	21.33	3rd M 15-23	58 Bill Platt	30:23
26 Glenn Goldfarb	21.37		59 Debbie Hicks	31:36
27 Eddie Morris	21.57		60 Ed Halstead	31:38
28 Melvin Hicks	22.00		61 Bill Igo	32:07
29 Mike Mays	22.21		62 Margie Zdrojewski	33:57
30 Jim Spurlock	22.25		63 Al Perry	37:41
31 Tim McClung	22.44		64 Lisa Perry	37:42
32 Guy Skeens	22.45		65 Brad Thomas	37:43
33 Chuck Moyers	22.51	1st M 51-59		

POCA RIVER 15K

Saturday, May 14, 1994 8:00 AM

Sponsored by the Kanawha Valley Road Runners Club

Distance: 15K (9.3 Mile) Road Race
Start/Finish: Cross Lanes at End of Doc Bailey Road & Poca River
Entry Fee: \$10/\$12(Race Day)
Race Director/Information: Pat Board / 744-6502

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

Awards:

Overall; Masters; Male Heavyweight;
Age Divisions: Male & Female

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

Shirts to the first 120 entries.

Name: _____ Age: _____ Sex: _____

Street: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Shirt Size M L XL

WAIVER:

Must be signed or entry will not be accepted.

In consideration of the acceptance in the 1994 Poca River 15k Road Race, for myself, my heirs, executors, and administrators, I hereby release any and all runners, the sponsors, or the county or state in which the race is contested. I attest and verify to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete and no physician or qualified individual has advised me against competing in the 15k race.

Signature _____

(Parent or guardian if under 18 years of age)

ROAD RUNS

AMERICAN SPOKESMAN

April 9 - Emmanuel Baptist Church Run, 5K and 10K walk, 11 a.m., Kanawha City Community Center, 342-4888.

April 14 - Prediction Run or Walk, 5K, 6 p.m., Middlebourne, WV, 728-2881.

April 14 - Spring Run, 5K, 6:15 p.m., Bluefield State College, 327-4868.

April 16 - Cabell Huntington Hospital Distance Classic, 10 miles and 3 miles, 9 a.m., Harris Riverfront Park, Huntington. First in West Virginia Grand Prix of Running. Cabell Huntington Hospital Distance Classic, Cabell Huntington Hospital, 1340 Hal Greer Blvd., Huntington, WV 25701. Betty Jordan 334-2832.

April 16 - Ramp Run, 10K, 9 a.m., Richmond, Maxine Corbett, 58 Oakwood Ave., Richmond, WV 26362, 846-6798.

April 23 - Spring Fitness Festival, 10K run, 9:45 a.m., 10K walk 8 a.m., 2 mile fun run/walk, 9:30 a.m., 90 minute aerobathon, 9:15 a.m., Carbide Technical Center, South Charleston. Union Carbide Corp., 17th Annual Spring Fitness Festival, c/o The Carbide Office, P.O. Box 8361, South Charleston, WV 25383. Tim Ligon 747-3638 (day) or 722-6387 (night). Proceeds go to local chapter of Make-a-Wish Foundation.

April 24 - Lost River State Park run, 10K run and 1 mile run, 1 p.m., Mathias. Lost River State Park, Route 2, Box 24, Mathias, WV 26012, 897-5372.

April 28 - David S. Roth Memorial, 5K run, 5K walk, 1-mile fun run, 6 p.m., Concord College, Athens. Roger F. Sheppard, Concord College, Box 52, Athens, WV 24712, 394-5388.

May 1 - Pittsburgh Marathon and 10K run, 8:30 a.m. (412) 745-3773.

May 14 - Poca River Run, 15K, 8 a.m., Dec Bailey Bend and Poca River, near Cross-Lanes. Pat Board, 748-8888.

May 16 - Volunteer Run, 5K, 10K, Run/Walk, 1.6 miles, 9 a.m., Mineral Wells, WV. Pete McMillan, 489-2828.

July 18 - Richwood Scenic Mountain Triathlon (run, bike, swim), Richwood.

July 18 - Great Teays Run, 5K run and 1 mile run/walk, 8 a.m., Valley Wave Pool, Hurricane. Winston Gregory 757-6435.

July 16 - Huntington Bank Fairmont Run, 10K and 5K, 9 a.m., Robert Steele, P.O. Box 586, Fairmont, WV 26034, 367-2320.

July 16-23 - YMCA Corporate Cup, sponsored by Charleston Family YMCA. Includes running at Laidley Field. 340-3527.

July 23 - Mad Ann Bailey, Charleston Bicentennial Moonlight run, 5 miles, 9:30 p.m., Charleston Parks and Recreation, 200 Baker Lane, Calo Park, Charleston, WV 25302, 348-6860.

July 23 - Putnam County Fair, 10K run, 8 a.m., Putnam County Park Fairgrounds, Eleanor, Putnam County Fair Inc., P.O. Box 955, Eleanor, WV 25070. Roger Arthur 586-3245.

July 30 - Bear Hole Road Race, 10K (9 a.m.) and 5K (8:30 a.m.), Twin Falls Resort State Park, Mullens, P.O. Box 1022, Mullens, WV 25882, 794-4000.

July 20 - Midmasters Outdoor track and field championships (30 and over), Marshall University track, Huntington, WV. David Stooke, 736-8474.

July 4 - Thomas Memorial Hospital Fitness Walk, 1 mile walk, 8 a.m., St. Albans, WV, 25177.

Aug 1 - Aracoma Story, 10K run and 2 mile walk, 9 a.m., Chief Logan State Park, Logan. Peggy Mosley.

Aug 13 - Aracoma Story, 10K run and 2 mile walk, 9 a.m., Chief Logan State Park, Logan. Peggy Mosley.

Aug 20 - Camden-Clark Parkersburg Half Marathon, 8 a.m., Parkersburg. West Virginia Grand Prix series. Dorsey Chevront Jr., P.O. Box 718, Parkersburg, WV 26102.

Aug 20 - Wings and Wheels, 5K fun run, 5K fun walk, 9 a.m., Beulah Ann Baptist Church, Milton. Wings and Wheels, Box 812, Milton, WV 25541.

Sept. 3 - Charleston Distance Run, 15 miles and 5K, 8 a.m., Charleston. West Virginia Grand Prix series. Danny Wells, 348-6464.

Sept. 10 - Putnam County Lions 5K, 9 a.m., Valley Wave Pool, Hurricane. Wilbur Sijmon, 21 Eldorado Acce, Hurricane, WV 25526, 757-4485, after 4:30 p.m.

Sept. 25 - Camp Creek State Park, 10K run, 8 a.m., near Princeton.

Oct 2 - Run for the People, 10K, 9 a.m., West Virginia Rehabilitation Center, Institute. Bill Rodgers featured runner. Dennis Hamrick, 125 Angel Terrace, Charleston, WV 25314, 344-8342 or 747-6865.

Oct. 8 - Dream Run 94, 5K race/walk, 9 a.m., at St. Albans Loop, money-raiser for Make A Wish Foundation, P.O. Box 8596, South Charleston, WV 25303; information: 766-0322.

Oct. 15 - 5K walk, 10K run, beginning at Kanawha City Community Center, sponsored by the West Virginia Coalition Against Domestic Violence. Robin Coakley, 558-0070.

Oct. 23 - Marine Corps Marathon, Washington, D.C. (703) 640-2225.

Oct. 29 - Second annual Great Pumpkin Run at Kanawha State Forest, 5K run and mile walk. Call Deborah Mattingly at 348-6062.

May 28 - Elby's Big Boy Classic, 20K, 8:30 a.m., Wheeling Civic Center. Second in West Virginia Grand Prix series. Big Boy Classic 20K, Hugh Stobbs, race director, P.O. Box 1044, Wheeling, WV 26003. (614) 633-5000. Additional events: 1-mile competitive Big Boy Run, 1-mile Big Boys Fun Run for kids 12-and-under, 1-mile Charity Health Walk.

May 28 - Bluefield Mountain Festival, 10K run, 8 a.m.; 5K run-walk, 9:30 a.m.; fun run, 10:30 a.m. Bluefield Wellness Regional Center, 418 Federal St., Bluefield, WV 24701, 327-1695.

June 4 - Marietta Memorial Classic. 10K run, 1-mile fun run, 5K competitive walk, 9 a.m., Washington Fairgrounds, Marietta, Ohio. (614) 374-1726.

June 11 - Ridge Runner Races, marathon, 7 a.m.; 10-mile run, 9:30 a.m.; and 1 mile fun run, 9 a.m., North Bend State Park, Cairo, North Bend State Park, Route 1, Box 271, Cairo, WV 26037, 643-2931 or 1-800-CALL-WVA.

June 17-18 - West Virginia Senior Sports Classic (55 and older), Charleston. Archery, badminton, softball, basketball, bowling, cycling, golf, horseshoes, racquetball, shuffleboard, swimming, table tennis, tennis, track and field, race walk, road race, triathlon and volleyball. Nemo.

June 18 - Mountain State Classic, 10K, 8 a.m., Parkersburg High School. West Virginia Grand Prix series. West Virginia 10K championship. Mountain State Classic, P.O. Box 1948, Parkersburg, WV 26102. Dorsey Chevront Jr. 424-2786.

June 18 - Mall Run, 5K, 8 a.m., Ashland (Town Center Mall), Ky. (406) 329-8361.

June 19 - Stonewall Jackson Lake Run, 10K run and 5K walk, 8 a.m., Joe Turner, Route 2, Box J, Jane Lew, WV 26378, 884-7956.

June 25 - Mountaineer Spirit Run, 5 miles, 8 a.m., WVU Education Building at CAMC, Memorial Division, Charleston. Elizabeth Pellegrin, 345-3002. Proceeds to Kanawha Valley Chapter of WVU Alumni Association's scholarship fund.

July 2 - Kanawha-Coal Riverfest, 5K run and 1-mile walk, 8 a.m., St. Albans Loop, KCR, June Hicks, 2525 Lakeview Dr., St. Albans, WV 25177, or 727-3441.

July 2 - Milton Heritage, 5K run, 1 mile walk, 9 a.m., Milton Elementary School, Richard Pierce 733-4941.

July 4 - Peachtree Road Race, 10K, Atlanta, Ga. (404) 231-9064.

July 16 - Great Teays Run, 5K run and 1 mile run/walk, 8 a.m., Valley Wave Pool, Hurricane. Winston Gregory 757-6435.

July 16-23 - YMCA Corporate Cup, sponsored by Charleston Family YMCA. Includes running at Laidley Field. 340-3527.

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Sept. 3 - Charleston Distance Run, 15 miles and 5K, 8 a.m., Charleston. West Virginia Grand Prix series. Danny Wells, 348-6464.

Sept. 4 - Town of Man, 5 mile run and 2 mile walk, 2 p.m., Man. Peggy Mosley.

Sept. 25 - Camp Creek State Park, 10K run, 8 a.m., near Princeton.

Oct. 23 - Marine Corps Marathon, Washington, D.C. (703) 640-2225.

Nov. 6 - New York City Marathon. (212) 860-4455. Fax: (212) 860-9754.

Nov. 13 - Columbus Marathon, Columbus, Ohio. (614) 433-0395.

Dec. 4 - Almost Heaven Marathon (includes 3-member team relay), 10 a.m., Charleston. Pat Board: 744-6502.

Aug 13
Cherry River 10K
Richwood 8AM

Aug 13
KENOVA 5K 9AM

Sept. 10 - Big Money 10K run and 1.4-mile Sister Anne Run, Stowsville, 8 a.m. Stewart Bradford, 384-652-7881, after 5 p.m.

Sept. 25 - Camp Creek State Park, 10K run, 8 a.m., near Princeton.

Oct. 1 - Run for the People, 10K, 9 a.m., West Virginia Rehabilitation Center, Institute. Bill Rodgers featured runner. Dennis Hamrick, 125 Angel Terrace, Charleston, WV 25314, 344-8342 or 747-6865.

Oct. 8 - Dream Run 94, 5K race/walk, 9 a.m., at St. Albans Loop, money-raiser for Make A Wish Foundation, P.O. Box 8596, South Charleston, WV 25303; information: 766-0322.

Oct. 15 - 5K walk, 10K run, beginning at Kanawha City Community Center, sponsored by the West Virginia Coalition Against Domestic Violence. Robin Coakley, 558-0070.

Oct. 23 - Marine Corps Marathon, Washington, D.C. (703) 640-2225.

Oct. 29 - Second annual Great Pumpkin Run at Kanawha State Forest, 5K run and mile walk. Call Deborah Mattingly at 348-6062.