

KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Tim Ligon, Editor

3rd Quarter, 1991

THE PRESIDENT'S PAGE

Can you believe the 1991 is half gone and I ask you what are you doing for your health and fitness? If you are in good shape and work-out on a daily basis, how about influencing a friend, tell him/her about running and how it has affected your life. Also, introduce your friend to the KVRRC and how we work to improve the quality and character of the road races for you.

The 4th Annual Kanawha-Teays Biahon, held on May 19th, was a great success. Our thanks to our sponsor, Rich Harper of John's Cyclery, located in St. Albans (see *add in this issue*). The weather was great and the volunteer support was fantastic. The Biahon was won by Dan Connelly of Charleston, in 1:39:47. The complete Official Results are printed in this issue.

Congratulations to the following: In the Spring KVRRC member Fred Waybright won the TAC National Master Championship in the Wolfpack 50-Mile Road Race, Columbus, Oh, with a time of 5:55. KVRRC members Shawn Chitag, 6:38, and Ron Plantz, 7:34 joined with Fred to win the Team Championship. Two other KVRRC members ran this race; Bill Chandler (completed, no time given) and Dave Fields (withdrew).

Planning ahead, the 1991 edition of the Almost Heaven Marathon will be held on Sunday, December 1st. This is a three loop flat course and a Boston Marathon qualifier. If the Marathon is not your best race, participate as a member of a three person team. Each team member runs one of the 8.7mile loops. We are considering adding an Ultra, 50K or 31miles, to this race. Applications will be out soon.

Continued on page 15

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	344-8341
Bill Platt	Director	925-8863
Jeff Lucius	Director	346-2040
Dave Fields	Director	548-4761
Tim Ligon	Calender/Newsletter	722-6307

FROM THE EDITOR:

Thanks to everyone who complimented on the last issue. At the same time I apologize for its tardiness. I hope to overcome the problems with the last edition and have this in your hands before the first of July.

I am interested in obtaining contributions from members for this newsletter. To encourage this I am putting on a contest titled "My First Race Experience". I want you to write a story describing your first road race. It should be less than one type-written page (I will type for publication so hand written is acceptable). To get this off the ground I have written my first race experience (found latter in this issue) - be creative and try to be truthful! The winner will receive a years free membership to the KVRRC. I will be the Judge, Jury and Hangman for the contest.

The Mountain State Wheelers (a Bicycling Club) is sponsoring a section of the Elk River Rails to Trails conversion. The section is called the Coonskin Mile and runs along the Elk River from Coonskin Park to Barlow Drive. They have work parties scheduled on Saturday mornings at 8am and Wednesday evenings at 6pm. They can use some help. If interested call Dave Strawn at 965-6744. The trail will be available to runners as well as bicyclers and walkers.

T. D. Ligon

4th of July, 1991	8:00am	Starting Time
City of St. Albans Proud to be an American 10K run and 1.5mile Walk		
Sponsored by:	Orders	Newbrough
One Valley Bank	Construction	Photography
For more information contact Patty Chandler, 722-3310 or 727-5002		
Starts and Ends at SA High School	7:00am	Registration Time

3RD QUARTER 1991 RACE CALENDER

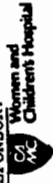
RACE DIRECTORS SHOULD IMMEDIATELY CONTACT THE KVRRC REGARDING CANCELLATION OR RESCHEDULING OF EVENTS. PROVIDE RACE INFORMATION TO:

T. D. LIGON, 7 VALLEY ST., ST. ALBANS, WV 25177, 722-6307 (AFTER 5PM)

DATE	DAY	RACE	PLACE, TIME, RACE DIRECTOR	INFORMATION
4 Jul 91	Sat	Proud to be an American 5K & 1.5M Walk	St. Albans High School, 8am, Patty Chandler, See ad in this issue.	722-3310 or 727-5002
14 Jul 91	Sun	Mountain State Games Biathlon, 5K Run/20K Bike, Rittler Park, 9am, B. McCracken and J. Joy		743-4481 and 522-2453
20 Jul 91	Sat	Great Teays 5M, Valley park, Wave Pool, 8am, Winston Gregory, See Race Form in this issue.		757-6435
20 Jul 91	Sat	Memorial Classic 10K Run - 5K & 1M Fun, Indian Acres Park, 830am, M. Miller		614-374-1726
27 Jul 91	Sat	Charleston Shuffle 5K, 8am, Bill O'Dell		755-3341 or 341-0319
27 Jul 91	Sat	8th Bear Hole Road Run 10K, Twin Falls State Park		800-CALL WVA
3 Aug 91	Sat	Oak Hill-Fayetteville 20K, Oak Hill Chamber of Commerce		
3 Aug 91	Sat	Beech Fork Games 10K, Beech Fork State Park		800-CALL WVA
10 Aug 91	Sat	Thomas Hospital 5M Run for Health, St. Albans Loop, 8am, Tammy Chandler, See Race Form in this issue.		766-3700
10 Aug 91	Sat	9th Arocama Story 10K, Cheif Logan State Park, 9am, Peggy Mostly or E. Adams		583-7168 or 752-6729
17 Aug 91	Sat	Parkersburg 1/2 Marathon, TAC US National Championship, WV Grand Prix Race		424-2786
17 Aug 91	Sat	Generals Cup 5K, Jacksons Mill (Weston) WV, Conrad Neely		341-6438
31 Aug 91	Sat	19th Charleston Distance Run 15M, 8am, WV Grand Prix Race, Mary Johnson		348-6464
15 Sep 91	Sun	Milk and Honey 10K, Canaan Valley State Park		800-CALL WVA
21 Sep 91	Sat	WV Honey Festival 3M, City Park, Parkersburg WV		422-4158
28 Sep 91	Sat	So. WV Fall Fest 10K Run, Camp Creek State Park		800-CALL WVA
29 Sep 91	Sun	5th Annual 5M Collegiate Chase & 2M Walk, King Community Center, 930am, C. Haedel		293-2121 or 594-1403
29 Sep 91	Sun	Great Race 10K, Pittsburg, Pa, 9am		

GREAT TEAYS 5 MILE RUN & 1 MILE WALK

SPONSOR:



Putnam General Hospital

Family Resource Center - Teays

EXTENDED RACE CALENDAR

5 Oct 91 Sat Rhone-Poulenc 10K Run for the People, WV 344-8342 or Rehab Center, 9am, D. Hamrick, See Race Form in 747-6536
this issue.

19 Oct 91 Sat Manna Meal 4 Mile FLASH, KCRC, 9:30am, 925-1995
Dave Marlin

19 Oct 91 Sat WVCADV 5K, Charleston, Sue Julian 364-5465 or 765-2250 (wk)

20 Oct 91 Sun 14th Pumpkin Run 10K, Pipestem State Park 800-CALL WVA

26 Oct 91 Sat Autumn Gold Classic 10K & 2M, Belle WV, 357-1277
930am

10 Nov 91 Sun Columbus Marathon 614-433-0395

1 Dec 91 Sun Almost Heaven Marathon, CAMC-WVU Bldg, 744-6502
2pm, Pat Board

8 Dec 91 Sun Kanawha City 10K, CAMC-WVU Bldg, 2pm, Pat Board 744-6502

12 Jan 92 Sun Frobbite 5-Miler, CAMC-WVU Bldg, 2pm, Pat Board 744-6502

9 Feb 92 Sun Valentine 5K, CAMC-WVU Bldg, 2pm, Pat Board 744-6502

Date/Time: July 20th, 8 a.m.

Place: Valley Wave Pool Park

Course: The course is gently rolling through the countryside and Valley Park. Each mile is marked and splits are given at 1 and 3 miles.

Entry Fee: \$8 early registration ---\$9 day of race
All entrants will receive a T-Shirt

Awards: BEAUTIFUL TOUCH OF GLASS AWARDS WILL BE GIVEN EACH ENTRANT WILL BE GIVEN A WAVE POOL PASS

Special awards to the top five males and top three females. First place masters, both male and female. Awards given to the top finishers in each age group (at least two) depending on the number of entries. The Joe Varian award will be given to the first male and female from Putnam County.

Information: Jim Rogers 562-5592 --Jim Young 562-5532 or Kenny Mann 727-5514

AGE GROUPS 5 mile

Men	Women	Top 2
Under 14	Under 20	Heavyweight (200 lbs.)
15-19	20-29	
20-24	30-39	
25-29	40-49	
	50 over	
	60-over	
	45-49	

Mail form & check to: Great Teays Running Club
P.O. Box 16, Teays, WV 25569

Name _____

Address _____

City _____ County _____

Sex: Male _____ Female _____ Age: (As of July 20, 1991) _____

T-Shirt Size: (circle one) S M L XL

In Consideration of the acceptance of this entry, I waive all rights and claims for damage that I or my heirs may have against The Great Teays Running Club or their representatives and assigns. I attest that I am physically fit and have sufficiently trained for this event.

Signature _____

(if runner is under 18)
Parent/Guardian _____



JOHN'S
CIGERY

308 McCORKLE AVE.
ST. ALBANS, WV
727-2180

Schwinn

TREK

Miyata

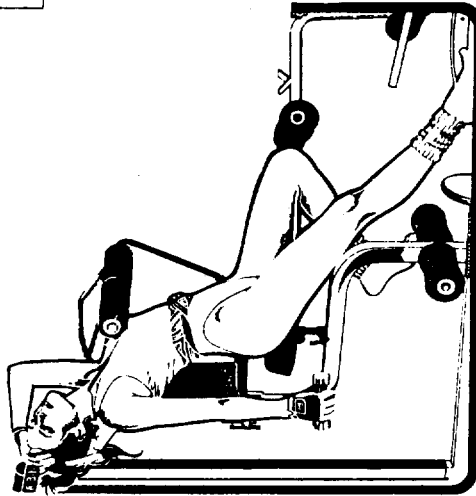
Kestrel

South Charleston Community Center

Fitness and Fun!

The Largest Recreation Center in the State

- Health Club - Free Weights and Camstar® Equipment
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- Sun Deck
- Dance Aerobics
- Mixed Level Aerobics
- Water Aerobics
- Exercise Classes
- Meeting Rooms
- Catering for up to 500
- Swimming Lessons



Something for
Everyone

**We are Here to
Stay!**

744-4731

My First Road Race: St. Albans Town Fair 10K, July 1979

by Tim Ligon

My running career started on the Memorial day week-end of 1979 in Myrtle Beach, S.C. Up to this point my major physical activity was lunch time Frisbee® on the front lawn of St. Albans High School (to my dismay it was not a letter sport). Little was I aware the impact that week-end would have on my life.

Friends at the Hotel included Brian Sloan and Rick Henderson, two good runners who convinced me to take a run on the beach with them. Two things clearly came to me during this run: these guys can run and get you in great shape (if you can hang with them).

Back home I continued running 3 to 4 times a week, and often I would run behind (very far behind) other SA runners such as David Cline, John Fraizer and Bill Posey, the training program we adhered to was simple: drink beer and run (it took me the next two years to discover that reversing the order improved performance). My favorite training run at the time was to go from my house on High St. to where the pavement ended, cut across the field and creek into Arbourland, out to W. Main St. then back up High St. (in the subsequent 12 years of running up High St. it has not gotten any easier). One day Dave Cline said I should run the SA Town Fair 10K Race that was to be held in July. I modestly declined saying I wasn't up to that type of running and what exactly is a K? But the idea lingered in my mind until the night before the race.

At 9pm on the eve of the race, I got the idea that if I could run the course in less than an hour I would enter the race in the morning, so off I went. For those who do not remember the course it started at the YMCA (now Holstiens Auto Repair), around the loop and up College Hill, up Dry Ridge, down City Park, to Walnut St, to Washington St/6th Ave. to the Finish at the YMCA. My time that evening was slightly under 59 minutes. I was in the race.

The morning came. I skipped breakfast, put on my shorts and my best running shoes (Converse Cross Countries - heavy, hard and ugly compared to today's shoes). I went to the start, entered for \$6, got my nice T-Shirt and was ready to go. As I novice, I did not understand what "warm-up" meant. But noticing a lot of runners running around I decided to run around also. On my little jaunt I ran into Dave Cline, whom I decided to follow, figuring he knew what I should be doing. I learned a valuable lesson - never warm-up with anyone better than you to before a race. For Dave, 3 miles was just to loosen-up, for me it was a training run!

As the runners were gathering for the start, Dave took a position on the front row, I decided to stay in the back. The race started and the adrenalin was flowing. I chugged up the Hill and the Ridge, passing a handful people to my surprise. (I suppose that High St. training was paying off). I then blasted down City Park (they don't get any steeper than this) and continued on. I was feeling good at the four mile mark when things got a little slower. I was losing pace and being passed by "old men and little girls", a crush to a 20 year old ego. But things were looking-up, in the distance I could see the finish line.

Then it happened, the course went right at Webbs Gulf, along the railroad to "B" St., then left at 6th Ave to the finish, adding what seemed to be mile to what I thought was the course (in reality less than 0.5mile). Don't you just hate it when you can see the finish line but then have the course detour around it! My finish time was 48+ minutes and I was very satisfied upon doing so well compared to the night before. Dave won the race in 32+ minutes. All-in- all a very good beginning, but a long road was still ahead.

The Training Log

8 Weeks Before the Charleston Distance Run

This program is designed to take the 2:10 to 2:20 15miler to sub 2 hours. Before starting this program it is important to know your current level of running. You should be able to run a 5K race in 21 to 25 minutes and a 10K race 44 to 48 minutes. Your base weekly mileage (over the last 4 weeks) should be between 25 and 30.

Week of July 8 Week 1 Total = 30

Mon Rest Day
 Tue 1 mile easy, 4x440 in 105s w/400 Rec. 4x220 in 50s w/200 Rec. 1 mile cool down. OPTION: 1 mile easy, 3 miles at best effort, 1 mile cool down
 Wed 4 miles easy running
 Thu 1 mile easy, 6 x 60s Hill Repeats w/ down hill Rec, 2 miles easy running
 Fri Rest Day
 Sat 1 mile easy warm-up, 4x1mile in 7:45min, 440 Rec, 1 mile cool down
 Sun 10 miles easy running

Week of July 15 Week 2 Total = 33

Mon 3 Miles easy Running
 Tue 1 mile easy warm-up, 4x440 in 100s w/440 Rec. 4x220 in 50s w/220 Rec. 1 mile cool down. OPTION: 1 mile easy, 3 miles at best effort, 1 mile cool down
 Wed 4 miles easy running
 Thu 1 mile easy, 6 x 60s Hill Repeats w/ down hill Rec, 2 miles easy
 Fri Rest Day
 Sat 1 mile easy warm-up, 4x1mile in 7:45min, 440 Rec, 1 mile cool down
 Sun 10 miles easy running

Week of July 22 Week 3 Total = 36

Mon 4 Miles easy Running
 Tue 1 mile easy warm-up, 4x440 in 95s w/440 Rec. 4x220 in 50s w/220 Rec. 1 mile cool down. OPTION: 1 mile easy, 3 miles at best effort, 1 mile cool down
 Wed 4 miles easy running
 Thu 1 mile easy, 8 x 60s Hill Repeats w/ down hill Rec, 2 miles easy
 Fri Rest Day
 Sat 1 mile easy warm-up, 4x1mile in 7:30min, 440 Rec, 1 mile cool down
 Sun 12 miles easy running incorporating 3 miles at a faster pace

Week of July 29 Week 4 Total = 38

Mon 4 Miles easy Running
 Tue 1 mile easy warm-up, 4x440 in 90s w/440 Rec. 4x220 in 45s w/220 Rec. 1 mile cool down. OPTION: 1 mile easy, 3 miles at best effort, 1 mile cool down
 Wed 6 miles easy running incorporating 2 hard miles
 Thu 1 mile easy, 8 x 60s Hill Repeats w/ down hill Rec, 2 miles easy
 Fri Rest Day
 Sat 1 mile easy warm-up, 4x1mile in 7:00min, 440 Rec, 1 mile cool down
 Sun 12 miles easy running incorporating 6 miles at a faster pace

The Training Log - Continued

Week of Aug 5 Week 5 Total = 40

Mon Rest Day
 Tue 1 mile easy warm-up, 6x440 in 85s w/440 Rec. 4x220 in 45s w/220 Rec. 1 mile cool down. OPTION: 1 mile easy, 3 miles at best effort, 1 mile cool down
 Wed 6 miles easy running incorporating 3 hard miles
 Thu 1 mile easy, 10 x 60s Hill Repeats w/ down hill Rec, 3 miles easy
 Fri Rest Day
 Sat 1 mile easy warm-up, 2x2mile in 14:00min, 880 Rec, 1 mile cool down
 Sun 15 miles moderate running

Week of Aug 12 Week 6 Total = 40

Mon Rest Day
 Tue 1 mile easy warm-up, 8x440 in 85s w/440 Rec. 1 mile cool down. OPTION: 1 mile easy, 4 miles at best effort, 1 mile cool down
 Wed 6 miles in 42-45 minutes (7:00 to 7:30/mile pace or best effort)
 Thu 1 mile easy, 10 x 60s Hill Repeats w/ down hill Rec, 3 miles easy
 Fri Rest Day
 Sat 1 mile easy warm-up, 2x2mile in 14:00min, 880 Rec, 1 mile cool down
 Sun 15 miles moderate running

Week of Aug 19 Week 7 Total = 24

Mon Rest Day
 Tue 1 mile easy warm-up, 4x440 in 80s w/440 Rec. 1 mile cool down. OPTION: 1 mile easy, 1 mile at best effort, 1 mile cool down
 Wed 4 miles in 28 minutes (7:00/mile pace or best effort)
 Thu 4 miles easy running
 Fri Rest Day
 Sat 1 mile easy warm-up, 2x2mile in 14:00min, 880 Rec, 1 mile cool down
 Sun 8 miles easy running

Week of Aug 26 Week 8 Total = 33

Mon Rest Day
 Tue 6 miles easy running
 Wed 6 miles easy running
 Thu Rest Day
 Fri Rest Day or 3 miles easy running
 Sat RACE
 Sun 3 miles easy running or walking

Notes: Know your abilities! If any of the runs do not feel right - STOP. Adjust to how you feel (you can train harder if you wish - but avoid injuries!). Remember, this is only a guide.

Road races can be substituted for any of the Saturday track runs.

If you try this program (or modified for your training) let me know how it worked.

The writer and the KVRRC take no responsibility for injuries or illness developed from using this guide.

For more details on structuring a training program, refer to *The Self-Coached Runner* or other good running literature available at local bookstores.



HEALTH

with THOMAS

Saturday, August 10, 1991

5-MILE RUN
8 a.m.

1.5-MILE WALK
8:05 a.m.

St. Albans Loop
St. Albans, West Virginia

T-Shirts for
Runners, Walkers, Volunteers

START/FINISH: The run will begin at 8 a.m. in the parking lot at the loop in St. Albans. The course is through the St. Albans area and will end back at the loop parking lot. The walk starts at 8:05 a.m.

COURSE: This year's course features a route through the St. Albans area. (See map on back.)

FACILITIES: Rest room facilities will be available in the Fire Station. Parking is provided on the lots adjoining the loop.

SPLITS/WATER STATIONS: Times will be given at the 1-mile, and 3-mile marks. Two water stations will be available on the course.

KANAWHA-TEAYS BIATHLON - Official Results

May 19, 1991

Rank	Name	Event	Time	Rank	Name	Event	Time
1	D. Connelly	1:39:47	Oval Champ	51	K. Lockhart	2:05:44	
2	A. Mayberry	1:39:53	2nd Oval	52	J. Bradley	2:05:51	
3	A. Patrick	1:40:59	3rd Oval	53	J. Reifsteck	2:06:10	
4	J. Roden	1:41:08	4th Oval	54	M. Jeffrey	2:06:12	3rd Female
5	D. Wilson	1:43:02	5th Oval	55	R. Workman	2:06:17	
6	D. Jeffrey	1:43:03	1st M 30-34	56	H. Glass	2:07:06	
7	L. Hager	1:43:06	1st M 35-39	57	G. Hall	2:07:34	
8	T. Rist	1:44:27	1st 25-29	58	S. Foster	2:08:05	
9	R. McCallister	1:45:14	2nd M 30-34	59	S. Annand	2:08:33	
10	D. Muil	1:46:17	2nd M 25-29	60	T. Gilkeson	2:09:10	
11	E. Clark	1:46:58	1st M 40-44	61	J. Young	2:10:15	
12	B. Platt	1:49:07	2nd M 35-39	62	D. Wendell	2:10:59	
13	R. Lutz	1:49:02	2nd M 40-44	63	No Stick	2:11:29	
14	J. Petrosky	1:49:53	1st M 20-24	64	D. Keating	2:12:35	
15	G. Shumaicher	1:50:03	3rd M 35-39	65	D. Kidd	2:12:35	
16	G. Brown	1:50:04	3rd M 40-44	66	D. Thistlethwaite	2:13:57	
17	G. Dupler	1:52:22	3rd M 30-34	67	J. Summers	2:15:50	4th Female
18	L. Deitrick	1:52:23	Female Champ	68	R. Jones	2:15:54	
19	B. Schwartz	1:52:27	4th M 30-34	69	K. Poole	2:15:59	
20	S. Mierau	1:52:53	4th M 35-39	70	D. Grubb	2:16:00	
21	D. McGlone	1:52:54	3rd M 5-29	71	H. Hager	2:16:39	
22	T. Bailey	1:53:19	5th M 30-34	72	J. Crist	2:17:49	
23	K. Rexroad	1:53:43		73	C. Lewis	2:18:08	
24	M. Robinson	1:53:55		74	D. Morris	2:18:14	1st F 40-49
25	C. Wright	1:53:57	1st M 45-49	75	T. Houck	2:18:16	
26	M. Samples	1:53:57		76	No Stick	2:20:30	
27	G. Taylor	1:54:15		77	P. Bryan	2:20:33	
28	T. Stuechelli	1:54:34		78	T. Poole	2:20:53	
29	J. Bostic	1:54:55		79	L. Smith	2:21:02	
30	C. Jordan	1:55:36	5th M 35-39	80	T. Tindler	2:21:43	
31	C. McCracken	1:56:10		81	J. Fry	2:21:50	
32	J. Stephens	1:56:26		82	R. Platt	2:22:12	1st F 30-39
33	J. King	1:57:26	1st M 15-19	83	G. Lemma	2:22:38	2nd F 30-39
34	No Stick			84	M. Reed	2:22:45	
35	M. Moore	1:57:33	2nd Female	85	W. Dailey	2:23:07	
36	R. Richardson	1:58:40		86	D. Ellis	2:23:26	
37	C. Williamson	1:59:24		87	No Stick	2:24:48	3rd F 30-39
38	B. McCracken	2:00:23	2nd M 45-49	88	P. Williams	2:25:53	
39	J. Joseck	2:00:36		89	T. Owens	2:32:54	1st M 60&O
40	W. Gregory	2:01:00		90	B. Dennie	2:42:48	
41	G. Teaney	2:01:28	3rd M 45-49	91	L.C. Young	2:44:01	
42	D. Stewart	2:01:36		92	D. Hartless	2:45:12	
43	D. Kendra	2:01:53		93	M. Anderson	2:45:14	
44	T. Samples	2:01:58		94	J. Anderson	3:13:00	
45	C. Peal	2:02:38		95	D. Walker	3:14:09	
46	B. Ruben	2:04:08		96	M. Kelly	3:14:23	
47	J. Rodgers	2:04:09	2nd M 50-59	97	D. L. Heishman		
48	J. Bradbury	2:04:13					
49	D. Paul Finn	2:04:45					
50	B. Davison	2:04:48					

ENTRY FORM

Name _____ Last _____ First _____
 Address _____ Street/Box Number _____
 City _____ State _____ Zip Code _____

Phone _____
 Age On August 10, 1991 _____
 Male _____ Female _____

Please mark event you are entering:
 Run _____ Walk _____
 shirt size S M L XL

Are you entering the
 Heavyweight Division? _____
 (males 185 lbs. & over) _____
 (females 140 lbs. & over) _____

Are you a TMH employee? _____
 Are you entering the
 Wheelchair Division? _____

Are you entering the
 Corporate Team Division? _____
 Corporate Team Division requires
 3 to 5 members and a \$50 entry fee per team

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 Thomas Memorial Hospital, 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 if under age 18 _____

ENTRY FEES:
 • The entry fee for the 5-mile run is \$8 if received by August 7, and is \$10 the day of the race.

• The entry fee for the 1.5-mile walk is \$6 if received by August 7; \$8 on August 10.

PLEASE MAKE CHECKS PAYABLE TO: Thomas Memorial Hospital's Run and Walk. Mail them to Community Relations Department, Thomas Memorial Hospital, 4605 MacCorkle Avenue, S.W., South Charleston, WV 25309. Race day registration will be held from 7 a.m. - 7:45 a.m. in the St. Albans Fire Department.

KANAWHA-TEAYS BIATHLON - Official Results

May 19, 1991

MALE TEAM

1	P. Board - J. Broglio	1:34:22	1st
2	J. Shock - T. Durst	1:35:34	2nd
3	D. Daniels - J. Means	1:35:50	3rd
4	B. Shultz - M. Broglio	1:40:27	4th
5	J. Pellegrin - B. Davis	1:45:07	
6	S. Hunt - R. Hunt	1:46:01	
7	R. Brotherton - R. Kimble	1:47:51	
8	B. Stewart - J. Stratton	1:49:51	
9	R. Hull - J. Gaiskie	1:54:17	
10	R. Hackworth - W. Thomas	1:56:02	
11	J. Pritt - G. Smith	1:56:32	
12	B. Powell - M. Mangano	1:58:49	
13	K. Wines - R. Kenle	1:59:21	
14	B. Bailey - R. Harper	2:00:59	
15	B. Rinehart - R. Rinehart	2:03:05	
16	R. Jarvis - D. Hughart	2:03:15	
17	L. North - K. Dixon	2:10:43	
18	J. Lucas - S. Phillips	2:13:35	
19	S. Davis - C. Lee	2:25:11	
20	T. Thistlethwaite - G. Barie	2:28:10	
21	G. Briscoe - E. Vecchio	2:29:12	

KANAWHA-TEAYS BIATHLON - Official Results

May 19, 1991

FEMALE TEAM

1	R. Carie-V. Hunt	1:56:46	1st
2	P. Waybright-H. Steel	1:57:22	2nd
3	J. Ebarb-J. Meehan	2:33:47	3rd
4	P. Baria-C. Smith	2:35:37	
5	J. Gerivig-K. Davis	2:38:28	

KANAWHA-TEAYS BIATHLON - Official Results

May 19, 1991

MIXED TEAM

1	W. Aderson - J. Anderson	1:47:55	1st
2	P. Townsend - Y. Hager	1:51:04	2nd
3	T. O'Leary - K. Bunn	2:01:18	3rd
4	K. Mann - R. Heidenreich	2:10:45	4th
5	J. Butterfield - J. Holstein	2:15:08	
6	J. Lucas - G. Phillips	2:16:25	
7	T. Surface - S. Seidler	2:17:21	
8	P. Palmer - J. Coen	2:35:38	

LEONORO'S

Spaghetti House

FAMILY OWNED & OPERATED
SINCE 1915

WHOLE SOME AND AUTHENTIC ITALIAN FOOD
FEATURING:

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



CALL AHEAD FOR FAST
CARRY-OUT SERVICE

343-1851

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

★ FREE PARKING IN REAR
1507 WASHINGTON ST. E.



1991 10K RUN FOR THE PEOPLE AND 2 MILE FUN WALK
 SATURDAY, OCTOBER 5 AT 9:00 AM
 RACE WILL START AND FINISH AT THE WEST VIRGINIA REHABILITATION CENTER
 AT INSTITUTE, WV

RACE FEE AND WALK FEE - \$8.00 (\$10.00 DAY OF RACE)
 CORPORATE AND OPEN TEAM FEES-\$50.00
TAC-CERTIFIED LOOP COURSE-10K
 2 MILE FUN WALK COURSE
 LONG SLEEVE SHIRTS TO ALL PARTICIPANTS
 FREE RUNNING GLOVES, HATS, PIZZA HUT PIZZA AND PEPSI PRODUCTS

DEFENDING CHAMPION - BILL RODGERS, WILL BE BACK!
WHEELCHAIR CHAMPION - JACK COAKLEY, WILL ALSO BE BACK!

SHOWER FACILITIES • COMPUTERIZED RESULTS • SPLIT TIMES

AWARDS FOR THE RACE ARE AS FOLLOWS:
 1ST THRU 4TH OVERALL MALE AND FEMALE
 1ST THRU 2ND IN THE FOLLOWING:
 14 and UNDER 25 to 29 40 to 44 55 to 59
 15 to 19 30 to 34 45 to 49 60 and OVER
 20 to 24 35 to 39 50 to 54
 1ST AND 2ND WHEELCHAIR, MALE AND FEMALE
 1ST MASTER, MALE AND FEMALE
 1ST AND 2ND RHONE-POULENC RUNNER
 1ST AND 2ND HEAVYWEIGHT, MALE (175+); & FEMALE (140+)

MAKE CHECKS PAYABLE TO: RUN FOR THE PEOPLE
 MAIL TO: DENNIS R. HAMRICK JR.; 125 ANGEL TERRACE; CHARLESTON, WV 25314

NAME: _____ AGE: _____ SHIRT SIZE: _____
 ADDRESS: _____ BIRTHDATE: ____/____/____
 CITY: _____ STATE: _____ ZIP CODE: _____
 MALE _____ FEMALE _____ INDIVIDUAL _____ OPEN TEAM _____ CORPORATE TEAM _____
 RHONE-POULENC RUNNER: _____ REHAB. RUNNER: _____ WALKER: _____
 HEAVY WEIGHT: MALE _____ FEMALE _____ WHEELCHAIR: MALE _____ FEMALE _____

WAIVER
 I, the undersigned, take full responsibility for my participation in the RUN FOR THE PEOPLE AND/OR FUN WALK. I state that I am in good physical condition and have trained for the event in which I have indicated.

SIGNATURE OF PARTICIPANT: _____ DATE: ____/____/____
 (Parent or Guardian if under 18)

CONTACT: DENNIS R. HAMRICK JR. (304) 344-8042 [HOME] or (304) 747-6536 [WORK] OR BONNIE BLASHFORD AT [304]-747-6422



The Presidents page, continued from page 1

The 1991-92 Winter Series will be held on the following:
 Sunday, 8 Dec 1991 - Kanawha City 10K
 Sunday, 12 Jan 1992 - Frostbite Five Miler
 Sunday, 9 Feb 1992 - Valentine 5K.
 All of these races have a 2pm starting time and start/finish at the CAMC-WVU Building.
 The Poca River 15K will be held in March 1992.

The 19th Charleston Distance Run (15M) will be 31 Aug 91, with an 8am start. If you need an application or have a problem, call Mary Johnson, 348-6464. KVRRC member Danny Wells is the Race Director, 348-5122.

There are established races almost every weekend. I hope you will continue to support these races and the KVRRC.

Patrick and I will See you at the races.

Pat Board III

KVRRC MEMBERSHIP APPLICATION

New Member	Yes	No	Date:
Type of Membership	Regular (\$8.00)	Full Time Student (\$5.00)	Family (\$12.00)
*Includes one of above memberships plus contribution to Club.			
Last Name	First	Middle	Sex M F
Street Address	City	State	Zip
Telephone No	Home:	Work:	Student's School
Family Membership Names			
Date of Birth			
RENEWING MEMBERS: CHANGE IN ADDRESS?: Yes No			

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