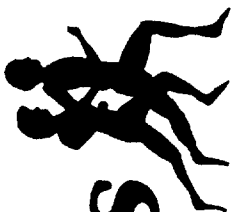


RUNNER'S SOLE



KANAWHA VALLEY ROAD RUNNER'S CLUB OFFICIAL NEWSLETTER

Tim Ligon, Editor

3rd Quarter, 1992

THE PRESIDENT'S PAGE

The world of road racing in the State of West Virginia is at an all time high. The road race schedule in and around Charleston is as crowded as it has ever been. Blended with some great races in Huntington, Wheeling and Parkersburg, the running events are fantastic in the area. You runners are lucky athletes, you can pick and choose the race you want to run each weekend.

What is left for 1992? The Parkersburg Half Marathon on August 15, the Charleston Distance Run (15 miles of the best kept secret) on Sept 5, and the Dec. 6, Almost Heaven Marathon - right here in Charleston. These three races are mixed with some quality 5K, 5M and 10K races, so maintain your weekly training schedule and come out on the weekend to have some fun.

The winners (there are no losers) of the 1992 West Virginia Grand Prix will be determined at the Parkersburg Half Marathon and the Charleston Distance Run. If you need a race application for Parkersburg or have a question about the Grand Prix, call Dorsey Chevront at 304-424-2786. Race applications for the Charleston Distance Run can be obtained by calling 348-6464 and leave a message, as Mary Johnson is not working this years race.

I hope you are in good shape to run in the hot weather ahead. Summer is here and 1992 is half gone. Behind us have been some great races and performances by runners and volunteers including the 5th Annual Kanawha-Teays Blathlon held on May 17. John's Cyclery and the KVRRC teamed together again for one of the sickest biathlons ever. The mixture of great weather, fantastic volunteers and the elimination of the Cow Creek section of the bike course made this years race the best ever.

Someone should write an article titled "Heavyweight Champions". What ever happened to the heavyweight runner? Over the past two or three years I have been approached by several runners, weighing in the 190-200lb range, demanding a heavyweight division in the races. Slowly, the race directors answered the call and have been adding this division in most races: 185+lbs for male and 140+lbs for female. The problem now is the heavyweight runners, male and female, will not enter the heavyweight divisions. They either choose to run in an age division or not to enter at all. A race director is lucky if five males and one female heavyweight enter a race. Now the questions faced by the race director is should the expense of the extra award division be supported for only a small group of runners?

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 Lucus	Director	346-2040
Dave Fields	Director	548-4761
Tim Ligon	Calendar/Newsletter	722-6307

FROM THE EDITOR:

Welcome to the 3Qtr 92 Runners Sole. New for this edition is a Race Preview column. Rosemary Platt has written on the K-T Biathlon and Bonnie Lamb on the Symphony Run. I hope you will read and enjoy.

John Maher has written an article on the Capitol City Striders. This is fine organization that encourages running for our youth. John has been actively involved with the Striders for the past two summers as an assistant coach and trainer.

I watched with interest the WV Mountain Classic bicycle race. On Saturday I chased them from Poca to the Capitol (it was easy, I was in my car) and on Sunday I watched from the Capitol Bleachers. I saw a lot of KVRRC members and other runners taking in the show. It is great to show support for an event of that nature. Perhaps next year we can get more involvement in the form of an organized volunteer effort.

T. D. Ligon

The Presidents Page, cont. from page 1

Each year I get a number of calls from runners moving into the area, becoming new members of the club, and asking what races I recommend and etc. They always tell me where they are from, where they work, where they live and they ask who can they run with. I never thought much about the runner who trains alone and is the object of frustration resulting from the motorist's verbal (and sometimes mechanical) harassment, not to mention the safety factor. For the new area runner, I suggest you run a few races and introduce yourself to the runners that finish close to your speed and see if you can join their group during the week for training runs.

Keep your eye on the road race calendar in this newsletter. There are some new races being planned for this year and next. We will try to keep you updated as fast as we can. I ask you to support the races and to recruit a new member for the KVRRC. Call me with the new recruits address and I will send them the latest Runners Sole or better still, bring them to your next race.

Patrick and I will see you at the races.

Pat Board III

1992 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 26177, 722-6307 (AFTER 5PM)

DATE	DAY	RACE, PLACE, TIME, RACE DIRECTOR	INFORMATION
4 Jul 92	Sat	Proud to be an American 5K & 1.5M Walk, SAHS, 8am, Patty Chandler	722-3310 or 727-5002
11 Jul 92	Sat	Women's Distance Festival 5K, Parkersburg City Park, 8:30am, Judy Chichester or N. Phillips	422-6684 or 422-4158
18 Jul 92	Sat	Great Teays 5K Run and Gene Fuller 1M Walk, Valley Wave Pool, Hurricane, 8am, Jim Young or Phil Radford. See Application in this issue	562-5532 or 757-6219
25 Jul 92	Sat	Bear Hole 10k Road Race, Twin Falls resort State Park	1-800 CALLWVA or 294-6000
1 Aug 92	Sat	WV TAC 20K (Oak Hill - Fayetteville), Oak Hill High School, 8am, Fayette Co. Chamber of Comm.	304-465-5617
1 Aug 92	Sat	Beech Fork Games 10K, Beech Fork state Park, Dave Summers	1-800 CALLWVA or 522-0303
8 Aug 92	Sat	Thomas 5-Miler for Health, St Albans Loop, 8am, Tina Caroli. See Application in this issue	766-3706 or 766-3700
8 Aug 92	Sat	Annual Arcoma Story 10K Distance Run, Chief Logan State Park, Peggy Moseley	1-800 CALLWVA or 583-7178
15 Aug 92	Sat	Parkersburg 1/2 Marathon, 3rd St. % Juliana, 8am, Dorsey Cheuvront	304-424-2786
22 Aug 92	Sat	Putnam Co Homecoming 5K, Wilbur Sigmon	755-6504
5 Sep 92	Sat	Charleston Distance Run, 8am, D. Wells	348-6464
12 Sep 92	Sat	Wine Cellar Classic 10K, Wine Cellar Park, Dunbar	
13 Sep 92	Sun	Annual Milk and Honey 10K Distance Run, Canaan Valley Resorts, Inc, John Northeimer	1-800 CALLWVA or 866-4111
26 Sep 92	Sat	So. WV Fallfest Run, Camp Creek State Park, David Bobbs	1-800 CALLWVA or 425-9481
3 Oct 92	Sat	Rhone-Poulenc Run for the People, WV Rehabilitation Center, Institute, 9am, Dennis Hamrick. See Application in this issue	344-8342 or 747 6856
17 Oct 92	Sat	WVCADV 10K, Kan City Rec Cntr, 9am, Lynn Fish or Sue Julian	765-2550 or 364-5463
17 Oct 92	Sat	ARH Highlands 5K Run, Allegheny Regional Hospital, Covington, VA, 9am	703-862-6606
18 Oct 92	Sun	Annual Pipestem 10K Run, Pipestem State Park, Kathy Robertson	1-800 CALLWVA or 466-1800
5 Dec 92	Sat	Jingle Bell Run for Arthritis, Wheeling Civic Center	
6 Dec 92	Sun	Almost Heaven Marathon, CAMC-WVU Bldg, 10am, Pat Board	744-6502

KVRRC Winter Series			
13 Dec 92	Sun	Kanawha City 10K, CAMC-WVU Bldg, 2pm, Pat Board	744-6502
17 Jan 93	Sun	Frostbite 5-Miler, CAMC-WVU Bldg, 2pm, Pat Board	744-6502
14 Feb 93	Sun	Valentine 5K, CAMC-WVU Bldg, 2pm, Pat Board	744-6502



ST. ALBANS
Proud To Be An American
5K DISTANCE RUN
1.5 MILE WALK

- SPONSORS
 ★ ONE VALLEY BANK
 ★ NEWBROUGH PHOTOGRAPHY
 ★ BRALEY & THOMPSON
 ★ CASDORPH & CURRY

Saturday
 July 4th, 1992
 8:00 A.M.

RACE REVIEW:
THE KANAWHA-TEAYS BIATHLON
 By Rosemary Platt

Near perfect weather greeted over 100 athletes take to the roads for the 5th Annual Kanawha-Teays Biathlon. The 10K Run/40K Bike was attended by runners and bikers from several states.

KVRRRC members were well represented in the event, taking 2 of the top 5 men's and 3 of the top 4 women's Over All Awards. 1991 Champion Dan Connelly was edged out by seven seconds to take second place in 1:39:14. Bill Shultz, the Biathlons first race director, was third with a time of 1:41:31. Second, third and fourth place women were also KVRRRC runners. Marlene Moore finished the course in 2:00:03 for second, Mary Heidelek in third at 2:05:27 and Diana Morris fourth at 2:15:06.

Other Kudos' go to Tim Ligon, winning the 30-34 age group, 1:48:14, in his first biathlon. "Bullet" Bob Denney was the oldest finisher placing first in the 60+ age group posting a 2:21:07.

Women we well represented in strength, if not in numbers. Mona Jeffery took first in the 30-39 age group with a 2:24:45 and Annette Castelle was first in 40-49, posting a 2:51:13 in her first biathlon.

The team of Roxanne Carte and Vicki Hunt won the Female Team division with a combined time of 2:04:34. Tom Lumadue and Steve Broglio joined to win the Male Team division in 1:32:41. Mixed Team Honors went to Rosemary and Bill Platt for finishing third in 2:01:57.

Congratulations to all who competed and made the 5th Kanawha-Teays Biathlon a success.

THE SYMPHONY SUMMERFEST 5K
 By Bonnie Lamb

When the Symphony League decided to plunge into a three day event at their first meeting last fall, I grabbed Saturday morning for the former Pops' Run. Anyone who has run that race for the last eleven years can testify to the heat they had to endure for a 1pm and 2pm race. I know it was worth the change. Saturday, June 6, turnout to be a great to hold the race. I have tried to accomplish, mostly with success, all of the suggestions presented over the past five years by runners. This by far was the biggest hurdle, since Symphony Sunday was always on.....Sunday. I hope it will stay on Saturday.

Slowly the race has made progress trying to change the demands of runners and competition. This year changes were moving to Saturday morning, changing the course to get away from traffic and speed bumps. TAC certified course, adding a masters' division, getting the best designed T-shirt so all will have an "award", and the Light-Hearted Leg Races for those who love humor. Suggestions under consideration for next year are: moving into 5yr age groups, and combining the Open and Corporate Cup Races for one race, scored separately.

One area of the progress is in the participation of ladies in the race. When I started keeping records four years ago, the women were at 28% of finishers, in 1991 it rose to 32% and this year 42%. It is certainly wonderful to see and show good progress in this area.

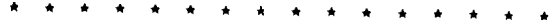
The changes in the course must have paid off because the winning time by Bill Block was blistering 15:34. Todd "Turbo" Hughes was second in 16:04. KVRRRC members Tom Lumadue, Dan Connelly, Fred Waybright, Bill Chandler, David Daniels, Bill Shultz, Bob Shwartz and Pat Board IV all finished in the top 15 and under 17 minutes. Kathy Weed won the Womens division in 19:04, followed by Marlene Moore in 19:21. Roxanne carte won the 30-39 division in 19:27. The Corporate Cup Division I was dominated by CAMC. The "A" team won overall and the "C" and "D" teams took second and third. In Corporate Division II, Shuman, Annand and Poe were first, Cambell, Woods and Bagley second. Total finishers in the Open Race was 235, there were 8 teams in the Corporate Race.

Thanks to all of the volunteers and Pat Board for helping on race day. Thanks to all the runners who have made this the best 5K road race in the Kanawha Valley.



ENTRY FORM

Name _____
 First _____ Last _____
 Address _____
 Street, Box Number _____
 City _____ State _____ Zip _____
 Phone _____ Age (as of 7-4-92) _____
 Male _____ Female _____
 Are you entering the Heavyweight Division? Yes No
 (Males 105 lbs. and over)
 (Females 140 lbs. and over)
 Are you entering in the Wheelchair Division? Yes No



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 the City of St. Albans 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 _____ Date _____



The Training Log

This quarters column will focus in on Pats' comment about new area runners. Below is a list groups that have regular scheduled training runs. This list is by no means complete but covers my knowledge. If you know of other groups, give me a call and I will add them to a later edition.

The Tallman Track Club, named after veteran runner Ken Tallman, gets together everyday to run. (I should warn you that this can be a very competitive group.) If you want to gain speed and endurance, run with these guys. The group meets every weekday at 5:15pm and at 7am Saturdays at the University of Charleston (UC) parking lot in front of the pool building. The Mon, Wed, Fri and Sat runs cover a variety courses, including "Mount Alpha".

Tuesday: Track work at Laidley Field. Meet the group at the UC for the run over to, or at 5:30 at Laidley Field.

Thursday: Meet at UC at 5pm for a 10mile run down Kan. Blvd/Kan. Turnpike to Montrose drive and back.

Sunday: "Tis the season to run Charleston". 7am on Va St. at the Holiday Inn to run the Charleston Distance Run Course.

The Great Teays Running Club has at least two scheduled runs a week. This group is a little more laid back and covers wide range of running skills. Anyone should be able to find someone at their level.

Tuesday: Track work at Hurricane High School. Meet between 5-5:15pm for warm-up and then track starts.

Saturday: A run over a variety of courses, locations and distances. Since the location changes every week, call Winston Gregory at 757-6435 for details on that weeks adventure.

The St. Albans Loop Running Club: A loose collection of people that meet at the St. Albans Loop between 5 and 5:30pm weekdays for runs in and around St. Albans and Nitro. A very laid back group that really enjoys running for pleasure and companionship. I mentioned a "loose collection" because this is not organized as it once was. The regulars of June & Jerry Hicks, Carol & Betty Young and Ruth Heidenreich have changed their running habits and do not necessarily run from the Loop anymore. I can not guarantee that anyone will show-up, but from my experience there will be someone running around for you to join-up with.

1992 KANAWHA-TEAYS BIATHLON - Official Results

May 17, 1992

1 T. Rust	1:39.07	OvAll Champ	34 C. Peal	2:04.11
2 D. Connelly	1:39.14	2nd OvAll	35 J. Joseck	2:04.18
3 B. Shultz	1:41.31	3rd OvAll	36 M. Heideck	2:05.27
4 D. McGlone	1:44.11	4th OvAll	37 D. Grouse	2:05.53
5 R. McCallister	1:46.51	5th OvAll	38 J. Rogers	2:06.41
6 T. Ligon	1:48.14	1st M 30-34	39 R. Kyle	2:09.35
7 I. Laursen	1:48.31	2nd M 30-34	40 K. Lockhart	2:10.21
8 G. Brown	1:48.38	1st M 40-44	41 H. Kirk	2:10.51
9 M. Sweptson	1:49.51	1st M 35-39	42 P. Bryan	2:11.24
10 S. Mierau	1:50.01	2nd M 35-39	43 B. Ragan	2:12.33
11 R. Lutz	1:51.54	2nd M 40-44	44 C. Lewis	2:14.45
12 M. Schieler	1:52.30	1st M 25-29	45 G. Black	2:14.55
13 R. Jarvis	1:53.25	3rd M 30-34	46 D. Morris	2:15.08
14 R. Richardson	1:54.26	1st M 45-49	47 D. Walker	2:15.40
15 L. Dietrick	1:54.30	F Champion	48 H. Heger	2:17.14
16 D. Wendell	1:55.41	2nd M 25-29	49 P. Sandhop	2:18.18
17 G. Shumaker	1:55.43	3rd M 40-44	50 B. Dennis	2:21.07
18 C. Wright	1:57.52	2nd M 45-49	51 P. Hughes	2:22.22
19 M. Brown	1:57.59	4th M 30-34	52 R. Hackworth	2:22.51
20 Marty Moore	1:58.47	1st M 20-24	53 M. Jeffery	2:24.35
21 J. Ruch	1:59.08	5th M 30-34	54 D. Craigo	2:24.59
22 G. Teaney	1:59.20	3rd M 45-49	55 P. Aubry	2:27.08
23 J. Stephens	1:59.30	4th M 40-44	56 P. Williams	2:28.59
24 S. Chilag	1:59.46	2nd F Champ	57 T. Poole	2:29.09
25 MarleneMoors	2:00.03	2nd F Champ	58 D. Ellis	2:30.28
26 D. Stewart	2:00.59	3rd M 35-39	59 C. Shapero	2:31.09
27 C. Jordan	2:01.39	3rd M 35-39	60 L. Chevalier	2:34.04
28 W. Gregory	2:01.49	3rd M 25-29	61 M. Johnson	2:34.35
29 T. O'Leary	2:02.18	3rd M 25-29	62 G. Danie	2:37.18
30 D. Kendra	2:03.05	1st M 50-59	63 M. Scouler	2:37.36
31 C. Williamson	2:03.45	1st M 50-59	64 R. Hager	2:39.18
32 B. Love	2:03.53		65 A. Castele	2:51.13
33 M. Harvey	2:03.54			

MIXED TEAM

1 J. Pellegrin - J. Griffen	1:54:35	1st
2 C. Slaughter - C. Slaughter	2:01:40	2nd
3 R. Platt - B. Platt	2:01:57	3rd
4 G. Chapman - V. Holsinger	2:03:14	4th
5 M. Taylor - A. Taylor	3:03:49	
6 J. Gatskie - C. Moore	2:05:19	
7 A. Malloy - C. Kelley	2:06:31	
8 G. Jordan - T. Surface	2:17:55	
9 K. Mann - R. Heidenreich	2:16:04	
10 J. Haynes - M. Haynes	2:21:12	

1992 KANAWHA-TEAYS BIATHLON - Official Results

May 17, 1992

FEMALE TEAM

1 R. Carte-V. Hurl 1:56:46 1st

MALE TEAM

1 T. Lumadue - S. Broglio 1:32:41 1st
 2 P. Beard IV - S. Means 1:37:04 2nd
 3 K. Tallman - L. Hager 1:45:58 3rd
 4 J. Bradbury - T. Samples 1:46:09 4th
 5 T. Gilson - J. Wells 1:48:40
 6 W. Thomas - D. Young 1:49:09
 7 L. Robinson - M. Berger 1:50:39
 8 J. Young - D. Kidd 2:03:13
 9 S. Erskine - D. Lambert 2:06:14
 10 J. Jividen - A. Spaulding 2:07:44
 11 L. Smith - M. Zubic 2:11:45
 12 B. Haynes - B. Allison 2:17:57
 13 J. Burgess J. Hicks 2:29:22
 14 J. Stratton - S. Cassidy 2:36:17
 15 C. Adams - D. Gillman 2:44:32

The Capital City Striders

By J M 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 from 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 TAC and AAU Regionals, and culminating for those who qualify with the National Championships.

The emphasis in the Striders program is on participation, allowing children of all levels of ability to train and compete to the best of their ability in a supportive team environment. The program offers children the opportunity to develop their athletic ability as well as their 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. The Striders sponsor their invitational meet and a series of All-Comers meets which are open to all participants. The remaining All-Comers meets are scheduled for June 23 and 30, starting at 6:00 PM at Laidley Field, with the championship on July 21 at the same location starting at 5:00.

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, which 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).

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

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

Great Teays 5k Run and Gene Fuller 1-mile Run/Walk

Sponsored by Putnam General Hospital
Awards from "Touch of Class" in Hurricane



Date: July 18, 1992
 Time: 8:00 a.m. start both races
 Place: Valley Wave Pool, Hurricane, W.V.
 Course: Parking Lot and Running Trail
 Entry Fee: \$8.00 pre-registration--\$9.00 late fee 5k only
 1-Mile Run/Walk \$5.00
 Each runner and walker will receive 1 Wave Pool
 pass plus T-Shirt.
 Awards: Top 3 male and female finishers, at least 2 in each
 age group, male and female masters winners, and
 heavyweight division (200+ lbs.).
 Special Awards: First male and female Putnam County
 finishers will receive the Joe Varian Award.

Age groups for both males and females -- 5K only:

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

Name _____ Sex _____ Age _____
 Address _____

Phone _____ T-Shirt size: Sm. Med. Lg. X-Lg.
 Race entered: 5k 1-mile run/walk (please circle)

In consideration of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators waive, release and forever discharge any and all rights and claims which I may hereafter accrue to me against Putnam General Hospital, Putnam County Parks and Recreation, and Great Teays Running Club and all officials involved in the 5k Run or 1-mile Run/Walk while traveling to and from the event, and participating; or its respective officers, agents, representatives, successors and/or assigns for any and all injuries suffered by me at this event. I attest and verify that I am physically fit and have trained for the race. (Application must be signed by entrant.)

Signature _____ Parents Signature _____
 (required if under 18 yrs. old)

Mail entry form and fee to: Great Teays Running Club
 P. O. Box 16,
 Teays, W.V. 25569

Make Checks payable to: Great Teays Running Club
 Race Directors: Jim Young 562-5532 Phil Radford 757-6219



For nearly 4 years, Tod Kaufman has been a fair minded, hard working Judge.

Even though you don't need to have a sub- 1:20 Charleston Distance Run and six sub- 2:50 marathons under your belt to be a good Judge, it doesn't hurt to have a Judge who knows what energy and commitment is all about.

**RE-ELECT TOD J. KAUFMAN
 JUDGE OF THE KANAWHA COUNTY CIRCUIT
 COURT**

— DEMOCRAT —

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



**Fitness
For
Families**

Saturday,
August 8, 1992

**5-MILE RUN
8:00 a.m.**

**1.5-MILE WALK
8:05 a.m.**

St. Albans Loop
St. Albans, West Virginia

T-Shirts for
Runners, Walkers & Volunteers

ENTRY FORM

Name _____

Last First

Address _____

Street/Box Number

City State Zip Code

Phone _____

Age on August 8, 1992 _____

Male Female

Please mark the event you are entering:

Run Walk

shirt size S M L XL

Are you entering the Masters Division?

(age 40 and over)

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? team name _____

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 18 _____

INFORMATION

DATE: Saturday, August 8, 1992

START/FINISH: The run will begin at 8 a.m. in the parking lot at the loop in St. Albans. The walk begins at 8:05 a.m. and to qualify for awards, entrants must walk the 1.5 mile course.

COURSE: The course features a route through the St. Albans area. (See map inside.) The run and walk courses end at the loop parking lot. Course will be officially monitored.

FACILITIES: Restrooms are located in the St. Alban's Fire Department. 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.

ENTRY FEES:

● The entry fee for the 5-mile run is \$8 if received by August 4, and is \$10 the day of the race.

● The entry fee for the 1.5-mile walk is \$6 if received by August 4, and is \$8 on August 8.

● Families of two or more may register with the first member paying full price and others reducing entry fee by \$1 for each additional person.

PLEASE MAKE CHECKS PAYABLE TO:

Thomas Memorial Hospital's Fitness Event and mail 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.

AWARDS:

All runners and walkers will receive T-shirts. Winners of the 5-mile race and 1.5-mile walk will receive glass mugs. Refreshments will be available after the race in the Fire Station.

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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.

The 6th Annual "Run for the People"

10K Run and 2-Mile Walk

RACE BEGINS

9:00 AM

Long-sleeved T-shirts, running gloves and hats to all registered runners and walkers.

WALK BEGINS

9:05 AM

A random drawing for:

**Two (2) round trip
airline tickets from
US Air**

Start and Finish at the West Virginia
Rehabilitation Center, Institute, WV

will be held after the Race/Run.
Individuals must be present to win.



Make checks payable to:
10K "Run for the People" '92

RACE AND WALK

ENTRY FEE \$10.00

SAME DAY REGISTRATION

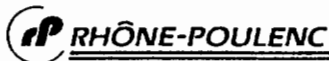
\$12.00

TEAM ENTRY FEE

(5-person team)

\$50.00

Sponsored by



Mail to:

Dennis R. Hamrick, Jr. 304-344-8342 (H)
125 Angel Terrace 304-747-6865 (W)
Charleston, West Virginia 25314

Run/Walk Registration Form:

Name _____

Address _____

City _____

State _____

Zip _____

Sex _____ Age _____

Please check appropriate box(s):

Shirt Size S M L XL

Run Walk

Team Wheelchair

Rehab Runner RP Runner

WAIVER: I, the undersigned, do hereby release and hold harmless all companies, volunteers and anyone associated with the 10K "Run for the People" Run/Walk. I further state that I am in good health and have trained for this event.

Signature _____

Date _____