

RUNNER'S SOLE



THE KANAWHA VALLEY ROAD RUNNER'S OFFICIAL NEWSLETTER

Tim Ligon, Editor

3rd Quarter, 1993

THE PRESIDENT'S PAGE

The hot summer is here, I hope you and your body are in shape to enjoy the fun. The KVRRC wants you to enjoy the races without suffering for your efforts.

Congratulations to KVRRC Board member Dennis "Race" Hamrick who in April, ran 358 miles from Raleigh, NC to Institute, WV in eleven days. Races's

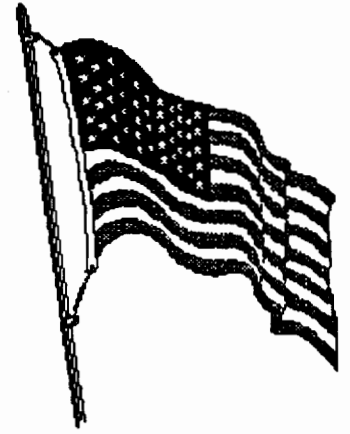
motivation was to establish an education fund for the children of a young co-worker who passed away. How about that?

Congratulations to KVRRC Member Glen Jarrell, who due to his efforts in assisting the KVRRC, was presented the 1993 John Pianfeti award given annually by the KVRRC.

On March 13, we woke up to the worst snow storm of the year and I was forced to postpone the Poca River 15K. The race was rescheduled and run successfully under sunny skies on May 15 with 111 runners finishing.

West Virginia's premier long distance race, the Almost Heaven

Continued on page 2



KANAWHA VALLEY ROAD RUNNERS : OFFICERS

Marathon, is planned for Sunday December 5, 10am on the flat and fast streets of Kanawha City. This race is a Boston Marathon qualifier. Also we will accept three runner teams.

Good luck in this years Charleston Distance Run (15-miles). This years race is on Saturday September 4, 8am. Do not forget a 5K (3.1-miles) is added. It will be started right after the 15-mile race. If you need information call 348-6464.

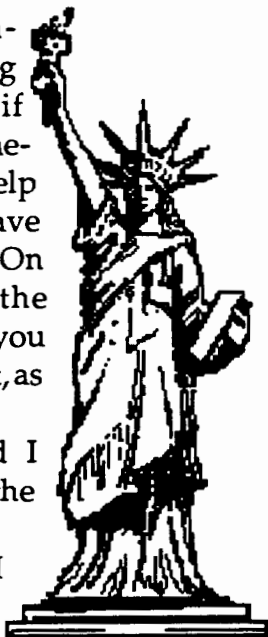
On Saturday July 17, I ask you to run and support the Great Teays 5K and Gene Fuller 1-mile Run/Walk at the Valley Wave Pool near Hurricane. The race and run/walk will start at 8am and your entry includes a free pass into the Wave Pool. The event is sponsored by the Great Teays Running Club, a great group of runners.

I ask you to support all of the races and introduce the sport of running for health and peace of mind to a friend or neighbor. This is a stressful world we live in and who knows, you may recharge someone's life.

I am constantly looking for sponsors, if you know someone that will help the KVRRC, have them call me. On behalf of the KVRRC, thank you for your support, as always.

Patrick and I will see you at the races.

Pat Board III



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From the Editor's Desk:



Welcome to the 3rdQ93 Runners Sole. You may have noticed a change in layout. The booklet style required extra work to staple so I am trying it this way to see how it goes. Any comments as for your preferences in layouts will be appreciated.

I have not been to many races this year, bad knees are taking its toll. I am still gearing up for the Charleston Distance Run. I consider this the race to attend despite the pain.

Thanks to Don Barnett for giving me some new fonts (typefaces) to use. It helps to break up the monotony of reading the same print.

Do not forget the Stider's All-comer's meets. The next one is July 13 and the championship is July 20. Both start at 6pm at Laidley Field.

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).

17-Jul-93	Sat	Great Teays 5K Run and 1M Run/Walk, Valley Park Wave Pool, W. Gregory	757-6435
7-Aug-93	Sat	WV 20 K Championship - Oak Hill to Fayetteville	
14-Aug-93	Sat	Thomas Hospital 5-Mile Run for Health, 8am, St. Albans Loop, Tina Caroli	766-3706
14-Aug-93	Sat	Arocoma Story 10K, Chief Logan State Park, 8am, Peggy Mosely & Evelyn Adams	
21-Aug-93	Sat	Parkersburg 1/2 Marathon, 3rd St. and Juliana, 8am, Dorest Chevront, Jr	304-424-2786
4-Sep-93	Sat	Charleston Distance Run (15-miles and 5K), Va St., 8am	348-6464
2-Oct-93	Sat	Run For the People (Rhône-Poulenc), WV Rehab Center, Institute, D. Hamrick	344-8342
9-Oct-93	Sat	Manna Meal 4-Mile Flash, Kanawha City Rec. Center, 9:30am, Dave Martin	925-7435
5-Dec-93	Sat	Almost Heaven Marathon, CAMC-WVU Bldg, Pat Board	744-6502

Watering the Bod

Scripps Howard News Service

During operation Desert Storm, troops were exhorted to drink three gallons of water a day to replace fluids lost in the 120 degree heat. No surprises there. Here's the kicker:



Millions of Americans who would rather sip coffee or colas than to visit the drinking fountain in their air conditioned offices are falling far short of their water intake needs. Border line dehydration (possible headaches or fatigue) is fairly common.

Water, constituting 60 to 70% of the body, is vital to almost every function, from blood flow and muscle contraction to healthy skin.

It lubricates the organs, joints, anything that moves, including the lungs. It is involved in thousands of chemical reactions. It ferries nutrients and oxygen to cells, sweeps away wastes through sweat and urine, helps digestion and metabolism, cools us, even prevents bladder infections.

The bodies 50 trillion cells are bathed in water, and blood is 90% water. When you become dehydrated, the blood thickens and the heart works harder to pump it.

Still, many of us find nature's cheap, calorie free drink boring or yucky. We don't realize at least 6 to 8 glasses (8 oz.) a day would help the body do its job and make us feel better, say dietitians.

Or we wrongly assume that coffee, colas or alcoholic beverages take the place of water.

It is not an even trade.

The sugar, caffeine or alcohol can upset the fluid balance, even help dehydrate you.

"Your body loses about three quarts of water a day," explained water specialist Jean Storlie of Verona, Wis. "You replace about a quart with out realizing it through foods that contain water. But you need to drink another two quarts of fluids."

"Fruit juices and milk are fine, but ideally the bulk of it should be water. It is our most essential and probably most overlooked nutrient. We can live longer without food than water."

Storlie - the "water lady" among US dietitians - is a sports nutrition specialist with a master degree in exercise physiology.

She noted the average American con-

Official Results 1993 Poca River 15K

T Howard	51:1	1993 Champ	57 V Ware	1:11:24	1st M 55-59
G Bladwin	51:11	2nd Oval	58 G Robertson	1:11:27	
P Board IV	52:27	3rd Oval	59 B Tone	1:11:28	
S Meddings	54:00	1st M 20-24	60 W Case	1:11:36	1st M 60&O
B Case	54:04	1st M 25-29	61 A Malone	1:12:01	1st F 20-24
R Plantz	54:15	M Master Ch	62 K Holley	1:12:02	
F Waybright	54:48	1st M 45-49	63 T White	1:12:05	
J Morris	55:07	1st M 30-34	64 P Radford	1:12:15	2nd M 60&O
J Bostic	55:39	2nd M 30-34	65 R Armstrong	1:13:01	
R Norman	56:16	2nd M 45-49	66 L North	1:13:46	2nd M 55-59
J Young	56:22	1st M 35-39	67 J Lemon	1:14:24	
D Gosnell	56:39	1st M 40-44	68 D Lauffer	1:14:32	
W K Munsey	56:48	2nd M 35-39	69 D McClure	1:14:33	
J Malone	57:44	3rd M 35-39	70 J Davila	1:14:55	
M Blake	58:33		71 D Criss	1:15:00	3rd M 25-29
H Bruner	58:48	2nd M 40-44	72 B Shiltz	1:15:01	
B Haynes	58:49		73 B O'Kelley	1:15:35	1st M 19&U
R Arthur	58:57	3rd M 45-49	74 J Bokal	1:15:36	
R Lutz	58:58	3rd M 30-34	75 E Zdrojewski	1:15:41	
J Sturgeon	59:09		76 P Durst	1:15:50	1st F 25-29
K Lencio	59:38	1993 F Champ	77 S Thompson	1:16:15	
B Shultz	1:00:09		78 D Hundley	1:16:22	
G Shumaker	1:00:15		79 R Rennie	1:16:41	
B Johnson	1:00:25	M Hvywt Ch	80 B Holcomb	1:16:45	
C Young	1:00:34	2nd F Oval	81 B Dennie	1:16:46	3rd M 60&O
M Moore	1:00:46	3rd F Oval	82 E Vecchio	1:16:49	
G Taylor	1:01:57	3rd M 30-34	83 T Beavers	1:16:50	
B Paff	1:02:05		84 G Stultz	1:17:03	3rd M 55-59
W Gregory	1:02:15		85 M Haynes	1:17:17	
B Blankenship	1:02:33		86 P Adams	1:17:50	
T Percy	1:02:34		87 E Kieffer	1:17:51	
K Olson	1:03:19		88 K Hartman	1:18:55	
D Goetz	1:04:09	2nd M 25-29	89 D Martin	1:18:56	
G Baker	1:04:14	1st M 50-54	90 B Lamb	1:19:29	
M Heishman	1:04:24		91 P Kinneburg	1:19:30	
J Rreifsteck	1:04:34		92 D Dean	1:20:03	
R Hull	1:04:36		93 R Osborne	1:20:12	
B Davis	1:04:37		94 M Plata	1:21:55	
S Hewitt	1:04:47		95 W Auvil	1:22:50	
R Workman	1:04:52		96 J Hicks	1:22:53	2nd F 40-44
A Stewart	1:05:08		97 M Hicks	1:22:54	
K Tallman	1:05:18	2nd M 50-54	98 J Martin	1:23:04	
R Carte	1:05:24	1st F 30-34	99 T McQuail	1:23:33	
R McKinney	1:05:41		100 E Hansbarger	1:25:31	
G Black	1:06:34		101 D Walker	1:26:03	
R Hanna	1:06:47		102 C Uuling	1:26:22	
G Teaney	1:06:50	3rd M 50-54	103 B Moore	1:27:17	
B Greer	1:07:01	F Master Ch	104 K Davis	1:27:18	
D Hamrick	1:08:19		105 S Casey	1:27:30	
J Lilly	1:08:27	1st F 35-39	106 R James	1:29:52	
M Burchett	1:08:42	2nd F 30-34	107 H Hively	1:31:58	
T Bailey	1:08:50		108 B Fretwell	1:33:44	
T Whitsburger	1:09:13		109 D Gibson	1:36:19	
R Brendler	1:09:50		110 G Phillips	1:36:20	
L McCall	1:10:37	1st F 45-49	111 R Stiwinter	1:43:30	1st F 50-54
R Raether	1:11:09				

sumes 45 gallons of soft drinks a year but only 15 gallons of plain old water.

Some people need extra amounts of water: infants, pregnant women, nursing moms, the elderly, athletes and people who exercise.

"Exercise blunts your thirst mechanism," warned Storlie. Someone doing

intense exercise in hot weather can lose up to three quarts an hour. A moderate workout can use up a quart an hour.

To drink more, try a schedule. Drink a glass of water in lieu of another beverage at meals, when you brush your teeth twice a day and before you go to bed. For the kids, make ice cubes with food flavoring.

The Athlete's Immune System

Paul Garrett

I recently read "Safeguarding The Athlete's Immune System" in the Penn State Sports Medicine Newsletter. What follows is a synopsis of that article. It quoted a survey of 2311 1987 LA Marathon runners by David Nieman, a professor of health at Appalachian State University. His research indicates that while moderate exercise may decrease the risk of getting sick. However, strenuous exercise may put you at risk for illness. It increases the body's circulating levels of cortisol and epinephrine. These two hormones have been linked with a weakened immune system.

Forty percent of the runners had a cold or flu in the two months preceding the marathon. Runners who logged more than 60 miles a week were twice as likely to get ill as those who ran 20 miles or less. Those people who ran the marathon on 20 miles a week had other problems I'm sure. In addition, during the week following the race, the risk of upper respiratory infection was six times greater for the marathoners than it was for a control group of runners who had not competed in the race.

Dr. Nieman had done three other studies with ultramarathon competitors. All the studies lead to the conclusion that severe exertion and heavy training increase the risk of

colds and flu. This happens during the training period and the two weeks after the endurance event. It would appear that the longer and harder you run the longer your immune system is affected. Dennis Hamrick are you paying attention.

Dr. Nieman believes that there are precautionary measures to help avoid upper respiratory tract infections. The six measures are listed below.

- Eat a well-balanced diet. There is good evidence that a low intake of calories is associated with diminished immune function. Do not try to lose weight during heavy training.
- Get sufficient sleep. Other research shows that a three-hour loss of sleep from your normal sleep schedule could be enough to impair immune function.
- Spread out strenuous workouts as widely as possible to allow as much time as possible to recover from the stress of the workout.
- Avoid overtraining and chronic fatigue. You can not perform as well when you are fatigued and you may be more prone to get a cold.
- Try to avoid contact with people suffering from colds and flu. Easy for him to say, he doesn't have kids in school.
- Try to keep other stresses to a minimum. Psychological stress is linked with sickness. Neirman says marital discord, work-related stress, and unusually heavy study loads can contribute to illness.

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MY FIRST RACE

Peggy Mosely

July 23, 1983, at the encouragement of my husband, I entered my first race. It was the Aracoma Story 10K Run in Chief Logan State Park.

After a phone conversation with Race Director, Lanny Stapleton, he convinced me that I could finish a 10K though I could only run 3-miles.

The morning of the race, dressed in a tank top, Pony running shoes, and rolled-up Jamaica shorts (remember when they were in?), I was ready to go.

Everyone was very excited. People were busy greeting each other, talking about running, racing and all about the course. I started mingling with the crowd, meeting a lot of very nice people. Out of 105 runners, I knew only one, Ronnie Martin from Man.

Finally we headed for the starting line. After observing what appeared to be Mexican jumping beans, warming-up, stretching, and doing all sorts of strange moves, I figured my chances of survival would be better in the back.

The gun sounded and everyone took off. I started running as fast as I could, not wanting to be last. I was delighted to see 8 or 10 walkers behind me.

My husband was at his designated spot with my water. After getting rid of the ball of cotton in my mouth, I proceeded to the 2-mile mark. I caught up with a lady and we decided to stay together and walk and run. We laughed, talked, and stopped at all the water stations. We were having a nice time.

Runners coming back shouted words of encouragement like "doing great" and "looking good!". I said, "Are they crazy?" I never felt worse or looked that bad before.

Into the fifth mile, my new friend wanted to remove her socks. She said I was going to win anyway. Since I could not figure this out, I waited on her. When we reached the 6-mile mark, I was feeling great and very excited. That's when my new friend took off and left me. I really did not appreciate it, especially since I waited for her to remove her socks!

The race was a tie between Tod Kaufman and Frank Stanley with a time of 34:45. Alan Doss was third in 36:13,

Ronald Lane was ninth with 37:44. My friend Lanny finished in 41:20; John Thompson in 42:06. The first female finisher was Vivian Coon in 48:30.

Much later in January, Earl Ray Tomblin presented then-senator Tod Kaufman with his trophy on TV.

I gave my trophy to my husband. It has it's own special place on the shelf. I took great care of my race shirt, hand washing until I collected a few more.

The great lady I met that day was Evelyn Adams. We have been friends for 10 years. Now Evelyn and I are co-race director for the Aracoma Story

10K. Unable to run due to an auto accident, she is walking and entering short runs. She has been an inspiration to us all.

These past years have been some of the best of my life. Running has been really great for me. I have rediscovered my love for the outdoors. I see things at dawn no one else could see (unless they were out running). It has renewed my strength in God and has kept me physically and mentally fit. With out that first race, I wonder what my life would be like today.

LEONORO'S *Spaghetti House*

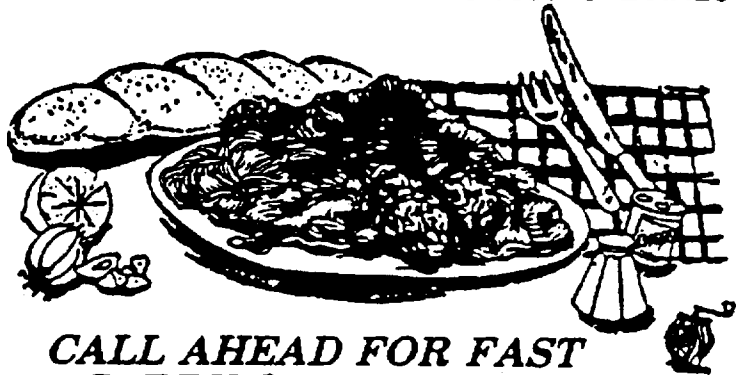
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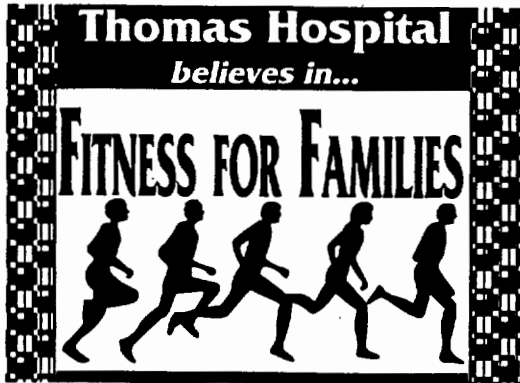
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1507 WASHINGTON ST. E.



13th Annual 5-Mile Run and 1.5-Mile Walk

Saturday, August 14th
8:00 a.m. St. Albans Loop

Sponsored by
Thomas Memorial Hospital
Entry Fees

The entry fee for the 5-mile run is \$8 if received by August 10, and is \$10 the day of the race. The entry fee for the 1.5-mile walk is \$6 if received by August 10, and is \$8 on August 14. A family of two or more people may register with one member paying full price and each additional person reducing the fee by \$1.

Awards

All runners and walkers will receive T-shirts. **Winners of the 5-mile race** includes Best Overall Male and Female; 2nd and 3rd Overall; Best TMH Male and Female Runners; Best Overall Male and Female in Masters Division; Best Male and Female in Heavyweight Division; Male and Female in Wheelchair Division; Oldest and Youngest Competitors; Corporate Team and a variety of Age Divisions will receive awards. **Winners of the 1.5-mile walk** (includes Best Overall Male and Female; 2nd and 3rd Overall; Oldest and Youngest) will also receive awards.

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.

ENTRY FORM

Name _____

Last First

Address _____

Street/Box Number

City State Zip Code

Phone _____

Age on August 14, 1993 _____

Male Female

Please mark the event you are entering:

Run Walk

shirt size S M L XL

Are you entering the
Heavyweight Division?

(males 185 lbs. and over)

(females 140 lbs. and 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 _____

Form # 100-10

