

RUNNER'S SOLE



THE KANAWHA VALLEY ROAD RUNNER'S OFFICIAL NEWSLETTER

Tim Ligon, Editor

3rd Quarter, 1994

THE PRESIDENT'S PAGE

I hope you are in shape, because we are all suffering from a "big time" heat wave. It is summer and I again urge you to run in the middle of the week so you can enjoy the races on the weekends. I just glanced at the race schedule and there are approximately 20 races you can choose to participate in between now and the Almost Heaven Marathon on Sunday, December 4.

Congratulations to KVRRC member June Hicks, who was the race director for the July 2, Kanawha-Coal Riverfest 5K road race and one mile walk in St. Albans. If you ran this race it will be easy for you to say June had her "ducks in a row". If you did not run this race you just might have missed one of the top ten races in the State for 1994. This was one of the few races that was not out to

make money and from the day June started to work on this race, the only thing she had on her mind was, "what would be the best for the runners".

Don't give up, the character of road racing is still as strong as ever in West Virginia. Keep your eye on the race schedule. To mention a few good races; The Great Teays 5K and walk on July 16, at the Wave Pool in

Continued on page 2

Hurricane; on July 23, you can double up and run Roger Arthur's Putnam County Fair 10K in Eleanor, WV, at 8:00 a.m., and at 9:30 p.m. you can run the Charleston Bicentennial Moonlight "Mad Anne Bailey" 5-Miler on Kanawha Boulevard. This evening road race is sponsored by the Kanawha County Parks and Recreation Department. Call Harmon Marks at 348-6860 for information.

Another great race is the Camden-Clark Parkersburg Half Marathon in Parkersburg, on August 20. Race director Dorsey Cheuvront will again have all of the super stars from over the world at the Half Marathon for you to run with. This is race number four in the West Virginia Grand Prix Series. Race number five of the Grand Prix is the Charleston Distance Run, 15 miles on September 3. If you don't want to run the 15 miles, there is a 5K race run at the same time. If you have a question concerning the Charleston races or need an application, you can call 348-6464.

Also, on October 1, "Race" Hamrick is again putting together the 8th annual Run For The People 10K at Institute, WV. As always, "Race" will have his long time friend Bill Rogers in for this race. Bill Rogers just might be the Arnold Palmer of road racing. He is a fantastic person, so stay in shape and come out and be a part of the action.

As you know, the fall of each year brings the marathon season. I am beginning to crank on the December 4, Almost Heaven Marathon that is run annually in the Kanawha City section of Charleston, WV. The course for the AHM is a 8.7+ mile loop you run three times. This course is certified, all flat and a Boston Marathon qualifier. I remind you that if you are interested but not in shape, you can participate in the AHM as part of a three runner team, each runner

KANAWHA VALLEY ROAD RUNNERS : OFFICERS

PAT BOARD, III	PRESIDENT/TREASURER	744-6502
ANNETTE CASTELLE	SECRETARY	
ROBIN BALDWIN	DIRECTOR	744-1482
DAVE ELLIS	DIRECTOR	344-4488
DENNIS HAMRICK	DIRECTOR	344-83425
GLEN JARRELL	DIRECTOR	344-8615
BILL PLATT	DIRECTOR	925-8863
JEFF LUCUS	DIRECTOR	346-2040
DAVE FIELDS	DIRECTOR	548-4761
TIM LIGON	CALENDER/NEWSLETTER EDITOR	722-6307

runs a 8.7+ mile loop. I need sponsors and volunteers for the AHM. As always I will keep you informed with the progress of this years AHM.

Looking ahead, the 1993-94 KVRRC "Winter Series" of races will again follow the AHM. If you would like to cross train in a health club, take time out to stop in Universal Health Club in St. Albans. Tell them I sent you. KVRRC members are offered reduced memberships. Also, if you are considering some type of exercise quipment for your home,

talk to KVRRC member Mike Taylor, who is manager of Fitness Pro in St. Albans, at 727-3440. They carry a quality line of exercise equipment.

Thank you for your continued support of the KVRRC. Bring a friend or a neighbor to the races with you. It does not make a difference if they are fast or slow, come out and have a good time.

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).

6-Aug-94	Sat	Thomas Hospital 5-Mile Run for Health, St Albans Loop	768-3706
13-Aug-94	Sat	Aracoma Story 10K Run & 2 Mile Walk, Chief Logan State Park, 9am, Peggy Mosely	1-800-CALLWVA
20-Aug-94	Sat	Wings and Wheels 5K Fun Run & 5K Walk, Beulah Ann Baptist Church, PO Box 812, Milton, WV	
20-Aug-94	Sat	Camden-Clark Parkersburg 1/2 Marathon, Dorey Cheuvront, Jr	424-2786
3-Sep-94	Sat	Charleston Distance Run 15M and 3M, 8am, Charleston Civic Center, Danny Wells	348-6464
10-Sep-94	Sat	Putnam Co Lions 5K, Valley Wave Pool, 9am, Wilbur Sigmon	757-6405
24-Sep-94	Sat	GE Race for Safety 5K Run, Parkersburg City Park, 8:30am, Diana Davis	863-7455
25-Sep-94	Sun	Camp Creek State Park 10K, 8am	1-800-CALLWVA
1-Oct-94	Sat	Run for the People 10K, WV Rehab Center, 9am, Institute, WV, Dennis Hamrick	344-8342 or 747-6865
22-Oct-94	Sat	Healthy Spirit 5k Run and Childrens Races, UCC Tech Center, S. Charleston, 3pm, Tim Ligon and Robin Baldwin	747-3635 or 747-5269
4-Dec-94	Sun	Almost Heaven Marathon, CAMC-WVU Bldg, 10am, Charleston, WV, Pat Board	744-6502

From The Editor

The Editor has writers
block.



LEONORO'S

Spaghetti House

FAMILY OWNED & OPERATED
SINCE 1915

WHOLESOME AND AUTHENTIC ITALIAN FOOD

FEATURING:

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



**CALL AHEAD FOR FAST
CARRY-OUT SERVICE**

343-1851

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

★ **FREE PARKING IN REAR**

1507 WASHINGTON ST. E.

FITNESS PRO

Health & Exercise Equipment

101 Mac Corkle Avenue, SW
St. Albans, WV 25177

722-3440

M-F 10-6

Sat 10-5

We are WV's Home Fitness
Experts

Michael L. Taylor, Manager
1-800-953-3440



**ONLY
\$950**

Better than
Soloflex or
Nordic Gold

SALE



PERFATER AND PERFATER ATTORNEYS AT LAW

**1221 VIRGINIA STREET, EAST
CHARLESTON, WV 25301**

(304) 344-8777

1-800-444-4113

*Representation in Automobile, Worker's
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 E 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

SCHWINN BOWFLEX PRO

meet
more
muscle
for less
money.

SCHWINN
CYCLING AND FITNESS

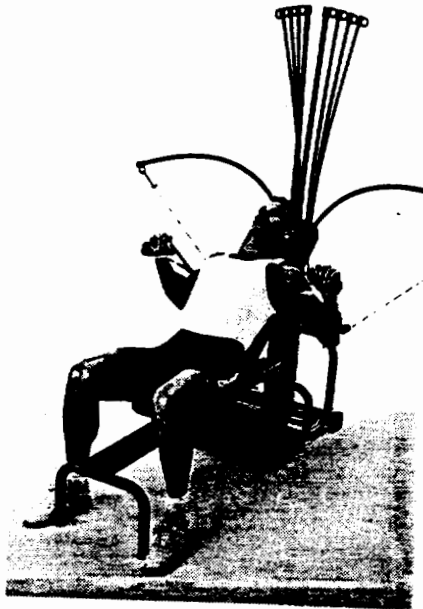
TREK USA

MONGOOSE
PERFORMANCE BICYCLES

ASK FOR:

RICHARD HARPER

Telephone (304) 727-2180



we're
pulling
for
you.

Official Results

Poca River Run, May 14, 1994

1 Glen Baldwin	51.18	Oval Champ	58 Vic Ware	1.10.32	1st M 55-59
2 Bill Chandler	52.52	2nd Oval	59 Ron Raether	1.10.43	
3 Gwain Noga	54.02	3rd Oval	60 John Hall	1.11.01	1st M 60 & over
4 Bill Shultz	54.43	1st M 35-39	61 Dan Kendra	1.11.28	
5 Jeff Morris	54.43	1st M 30-34	62 Paul Ayers	1.11.47	
6 W. K. Munsey	55.41	2nd M 35-39	63 David Berry	1.11.48	
7 William Chase	56.11	1st M 25-29	64 Phil Radford	1.11.59	2nd M 60 & over
8 Don Wilson	56.14	M Masters Champ	65 Linda McCall	1.12.28	1st F 45-49
9 Mike Kingston	56.39	3rd M 35-39	66 John Lemon	1.13.16	
10 Bruce Johnson	56.49		67 William Holcomb	1.13.47	
11 Shiela Poole	57.02	94 F Champ.	68 Walt Chase	1.13.48	3rd M 60 & over
12 Nazzi Zola	57.42	1st M 40-44	69 Mike Taylor	1.14.15	
13 Jim Sturgeon	57.49	2nd M 40-44	70 Brian Platt	1.14.16	
14 Dan Rollins	57.53	2nd M 30-34	71 John Paul Bokal	1.14.47	2nd M 25-29
15 Tom Aluise	57.58	3rd M 30-34	72 Jose Davila	1.115.04	
16 Mike Ryan	58.06	1st M 19 & under	73 Diana Morris	1.15.37	1st F 40-44
17 Bernard Haynes	58.14		74 Gene Zdrojewski	1.15.38	
18 Finn Pincus	58.46		75 Don McClure	1.15.48	
19 Les Miller	58.56		76 Robert Hartman	1.15.58	
20 John Malone	59.04		77 Phil Adams	1.16.15	
21 Tod Kaufman	59.18	3rd N 40-44	78 Robert Fretwell	1.17.06	
22 Rick Lutz	59.51		79 Dan Clarkson	1.17.26	M HY WT Champ.
23 Phillip Waters	1.00.03		80 Marilee Haynes	1.17.27	
24 Roger Arthur	1.00.07	1st M 45-49	81 Bob Cummings	1.18.18	
25 Marlene Moore	1.00.15	2nd F Champ.	82 George Robertson	1.18.45	
26 Harry Bruner	1.00.32	2nd M 45-49	83 Dan Hundley	1.18.46	
27 Dave Fields	1.00.51	1st M	84 Noah Stick, Jr.		
28 Ben O'Kelly	1.00.55	2nd M 19 & U	85 Paul Perfater	1.20.23	
29 Dennis Cottrill	1.01.06		86 Bruce Moore	1.20.49	
30 Andrew Jensen	1.01.07		87 David Cummons	1.21.30	
31 Arnold Stewart	1.01.27	2nd N 50-54	88 Noah Stick, III		
32 Tom Percy	1.01.37		89 Laura Chevalier	1.22.04	1st F 25-29
33 Winston Gregory	1.02.05	3rd N 45-49	90 Bob Allender	1.22.29	
34 Jim Riffle	1.03.08	3rd M 50-54	91 Ronny Hager	1.22.44	
35 John Reifsteck	1.03.30		92 Dean Lauffer	1.23.18	
36 Aniela Malone	1.03.40	3rd F Champ.	93 George Adams	1.23.19	
37 Noah Stick	1.04.02		94 Don Harless	1.23.56	2nd M 55-59
38 Todd Witsberger	1.04.04		95 Gallie Ward	1.23.57	
39 Steve Plimmer	1.04.29		96 Herb Hively	1.24.08	
40 Greg Taylor	1.04.41		97 Susan Dent	1.24.21	2nd F 40-44
41 Bill Love	1.04.47		98 Gary Karastury	1.24.22	
42 Ron McKinney	1.05.05		99 Jim Martin	1.24.28	
43 Audrey Wood	1.05.25	1st F 30-34	100 June Hicks	1.24.32	1st F 50-54
44 Liz Ervin	1.05.46	F Masters Champ.	101 Stacy Lucas	1.24.33	1st F 19 & under
45 Rick Hanna	1.06.16		102 Sharon Jones	1.25.04	2nd F 35-39
46 Roxanne Carte	1.06.21	2nd F 30-34	103 Bill Ramsey	1.25.19	
47 Jana Lilly	1.06.58	1st F 35-39	104 Charles Urling	1.25.34	
48 Thomas Bailey	1.06.59		105 Larry Suber	1.25.50	
49 Ben Scheffres	1.07.05		106 Robert Harrison	1.26.14	
50 Rick Good	1.07.30		107 Ross James	1.31.26	
51 Richard Workman	1.07.44		108 Gary Baker	1.33.42	
52 Holly Holyman	1.08.12	1st F 20-24	109 Bunny Cummings	1.40.48	
53 Curtis Freed	1.08.33		110 April Hartman	1.40.55	
54 Richard Brendler	1.08.44		111 Toni Phillips	1.44.10	
55 James Withrow	1.08.50		112 Gary Phillips	1.44.12	
56 Melvin Hicks	1.08.59		113 Kathryn Cantrell	1.45.51	
57 Dennis Hamrick	1.09.31		114 Theresa Rhee	1.48.50	1st F 55-59