



## KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Tim Ligon, Editor

4th Quarter, 1991

### THE PRESIDENT'S PAGE

The 19th Annual Charleston Distance Run has come and gone. Not only did the runners have to battle 15 miles and hills, the heat and humidity was the worst it could be. If you just finished, consider yourself tough. Due to the conditions, your time should be slow and your place high. Congratulations to KVRRC members who did well: 13th, John Maher 1:27; 14th, Glenn Baldwin, 1:28; 16th, Fred Waybright, 1:29; 178th, Liz Ervin, 1:49; 193rd, Darlene Norman, 1:50; 242nd, Pam Waybright, 1:52. If you think the weather wasn't a factor, Dave Fields, Glen Jarrell and Jeff Shue withdrew, Mona Jeffrey and Roxanne Carte completed the walk. Also how about a "good job" to KVRRC member and race director Danny Wells. My "blue ribbon" award for this years race goes to Stacy Lucas, 1186th place, 2:58, the 13 year old daughter of KVRRC member Jeff Lucas. Stacy was the youngest female finisher in the race.

Last but not least, congratulations to Dorsey Chevront of the River City Runners Club in Parkersburg, WV. Via the "Run West Virginia Grand Prix Series", which connects individual running efforts in West Virginia's four biggest road races each year: Huntington; Wheeling; Parkersburg; and Charleston, to become eligible to win a share of prize money. I am not going to mention a great half-marathon on August 17th, and small items such as the race application and etc., but I believe Dorsey has given the sport of road racing in the "shot in the arm" to challenge all to improve the class and character of our own road races to his standards.

As you all know the fall of each year brings the marathon season, but I want to remind you that there is a great mixture of good 10K's and shorter races. To mention a few: how about Dennis "Race" Hamricks, 10K Run For the People and 2mile Fun Walk, October 5th, at Institute, WV, (see race application, this issue). Call "Race" Hamrick at 304-344-8342. Then there is the 5th annual Charleston Shuffle 5K and 1.5mile Walk with the 5K race starting at 10:30am in downtown Charleston. Call race director Bill O'Dell at 304-755-3341. Also a new 10K run and walk sponsored by West Virginia Coalition Against Domestic Violence starting at 9am at the Kanawha City Recreation Center (see race application, this issue). Call Sue Julian or Diana Reese at 304-765-2250.

## 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 Lucas	Director	346-2040
Dave Fields	Director	548-4761
Tim Ligon	Calender/Newsletter	722-6307

### FROM THE EDITOR:

Welcome to the 4th quarter edition of the Runners Sole. Since this is the last issue this year I will thank those who have aided in publishing this newsletter: Dorothy Dawson for speedy typing service, Pat Board for inspiration and information, and Paul Garrett for the membership list and mailing labels.

For those who followed the *Training Log* for the CDR I hope all went well. The results I have back from four people was favorable. One improved two minutes over last year, one remained the same, a first time CDR runner finished in <1:47, and I was 1.5 minutes slower than 1989 (a comparable year). Three of the four had their best placements. This months *Training Log* is for the upcoming Almost Heaven Marathon. With the training you have put in for the CDR, extending the mileage and lowering the intensity should provide the training needed for a good marathon.

We have a winner in the My First Road Race Contest. June Hicks of St. Albans has written a good first race experience than many can relate to. The story can be found on page 4. This wins June an extension of one year on her KVRRC membership. As a bonus, I have included the entry from our youngest writer, 8yr old Aaron Castelle.

T. D. Ligon

### My First Road Race The 5K Run for the Children, 1991 by Aaron Castelle

My first road race was in March, 1991, in Montgomery. It was the 5000 meter Run for the Children. My Dad said he would take me if I promised not to beat him (I beat him anyway).

When we were going there we stopped at a Tudor's Biscuit World. I ate two biscuits. Boy was that a mistake, in the race I had cramps and had to walk. When we got there we warmed-up some. After we warmed-up we got ready to start.

We started at the end of the pack. Then the gun went off. We passed a lot of people and finished the first mile in 9:45.

In the second mile I got cramps from my biscuits and all the people passed me back. Then I could never catch them again. At the end I sprinted and beat my Dad. My time was 33:56.

## 4th 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
5 Oct 91	Sat	Rhone-Poulenc 10K Run for the People, WV Rehab Center, 9am, D. Hamrick. See entry form in this issue	344-8342 or 747-6865
6 Oct 91	Sun	Mountwood Park 5K Run, off US 50 east of Parkersburg, 2pm, Dr A. Halmaker	428-7188
12 Oct 91	Sat	Humana 10K Lewisburg Run, Greenbrier Center, Lewisburg, 10am, Lee Scruggs	647-6015 or 647-6365
12 Oct 91	Sat	Charleston Shuffle, Charleston, 10:30am, Bill O'dell	7553341 or 341-0319
19 Oct 91	Sat	Manna Meal 4 Mile FLASH, KCRC, 9:30am, Dave Martin. See entry form in this issue	925-1995
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, 930am (for W. D. ...)	357-1277
26 Oct 91	Sat	GE Race for Safety 5K Run, 5K Walk and 1/2M Childrens Run, Parkersburg City Park, 8:30/9am, Jim Shreeves	424-5701 or 424-5888 or 485-4601
2 Nov 91	Sat	WVCADY 10K Run & 2M Walk, KCRC 9am, Sue Julian or Diane Reese (In memory of Alicia McCormick). See entry form in this issue	765-2250 (wk) or 364-5465
10 Nov 91	Sun	Columbus Marathon	614-433-0395
28 Nov 91	Thu	Turkey Trot 5K, City Park, Parkersburg, 9am	424-4393
1 Dec 91	Sun	Almost Heaven Marathon, CAMC-WVU Bldg, 10am, Pat Board. See entry form in this issue	744-6502
8 Dec 91	Sun	Kanawha City 10K, CAMC-WVU Bldg, 2pm, Pat Board	744-6502
22 Dec 91	Sun	Mistletoe 5K Run, Pleasants Co. Park, St. Marys, 230pm	
3 NOV 91	SUN	5K - ST. ANN'S H.S. 2PM	631-7522
9 NOV 91	SAT	5K - SPANISHBURG WV	425-1222
12 Jan 92	Sun	Frosbite 5-Miler, CAMC-WVU Bldg, 2pm, Pat Board	744-6502
9 Feb 92	Sun	Valentine 5K, CAMC-WVU Bldg, 2pm, Pat Board	744-6502

### EXTENDED RACE CALENDER

## My First Road Race

## The Carbide fitness Run April 1979

by June Hicks

I believe there are certain things that happen in a person's life that brings about changes in their lifestyle. For some running and fitness have always been a part of their daily life, others begin because they are told to do so for health reasons. The turning point for me - - my jeans did not fit! Not just one pair, it seemed my whole wardrobe had shrunk.

Under the cover of darkness, in the dead of winter, when most people are snug in their homes, my fitness program began. Dressed in K-Mart sweats (whoever heard of Lifa) and shoes, I was ready. I circled the local high school track so many times that winter I felt like a southern West Virginia vulture over a road kill.

Then one fateful day in spring I read an article in the newspaper concerning a road run. Not just any road run, the Carbide Fitness Run. What if it was 6.2 miles, hadn't I just ran 5 miles on the track the night before? Undaunted, I mailed in my entry fee and happily awaited race day.

RACE DAY!! the weather is perfect, the crowd enthusiastic, and the only foreseeable problem--HILLS! Not just inclines, but HILLS! Why Hadn't I checked this race course out?

The first mile, down hill, no problem. Then came Montrose Drive. Don't look up! If I do, I will be overwhelmed. Remember to lift those knees. I have stopped talking (a rare occurrence) and begin to concentrate on the water stop located on the top of this mountain. I make it to the water stop and do just that--STOP. The volunteers, in the space of a few minutes, became dear friends. Back on the road again, I feel confident until I reached back entrance to the Tech Center. At this point I have begun to question my sanity. Did I really pay money to do this? if I ever finish this I will never do it again.

If you have ever run the Carbide course, there is a slight down hill between the 4 and 5 mile marks. You can see and hear the finish line. This is a cruel hoax perpetuated on first-time runners. Then you turn left and here comes Timberland. This area used to be a park where peopled laughed an played, now it is filled with gasps and moans of disbelief. This is where the word "walk" begins to bounce in my head.

Then someone shouts my name, I hear cheering, my head lifts and spirit soars. It is done--I am a finisher!

That first run took sixty minutes, and I have run farther and faster since, but I won "something" that day no one can take away from me, Self-Confidence.

**McJunkin**  
CORPORATION

Shamblin Stone, Inc.



**NT**  
NATIONAL TRAVEL SERVICE

**USAIR**

## 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 OVERBALL MALE AND FEMALE  
1ST THRU 3RD IN THE FOLLOWING:

14 and UNDER	25 to 29
15 to 19	30 to 34
20 to 24	35 to 39
40 to 44	45 to 49
50 to 54	55 to 59
60 and OVER	

**SMITH**  
FATHERSON CO., INC.  
NEW BALANCE

**AB**

**FMC**

**JETWAY**

1ST AND 2ND WHEELCHAIR MALE AND FEMALE  
1ST MASTER MALE AND FEMALE  
1ST AND 2ND RHONE-POULENC RUNNER

1ST AND 2ND WHEELCHAIR MALE AND FEMALE  
1ST AND 2ND REHAB CENTER 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) 344-8342 [HOME] or (304) 747-6536 [WORK] OR BONNIE BLASHFORD AT (304) 747-6422



# The Training Log

## 8 Weeks Before the Almost Heaven Marathon

This program is designed to enable a moderate mileage runner to complete the Almost Heaven Marathon, on Sunday Dec 1. The weekly mileage starts at 30, maximizes at 55 on week 6 then a two week taper before the run. Track work and hill repeats are still included to add strength and speed to your primary endurance training.

### Week of Oct 7 Week 1 Total = 30

Mon Rest Day  
Tue 1M easy, 4x1M at 85% of race pace with 440 Rec (ex: an 8min/M - 3.5hr marathon pace would be 8min X 0.85 = ~6:50/M training pace), 1M cool down.  
Wed 4M easy running  
Thu 2M easy, 6 Hill Repeats w/ down hill Rec, 1Ms easy running  
Fri Rest Day  
Sat 1M easy warm-up, 3miles at your 10K race pace, 1M cool down  
Sun 10M easy running

### Week of Oct 14 Week 2 Total = 35

Mon Rest Day  
Tue 1M easy, 4x1M at 85% of race pace with 440 Rec, 1M cool down.  
Wed 6M easy running  
Thu 2M easy, 8 Hill Repeats w/ down hill Rec, 1M easy  
Fri Rest Day  
Sat 1M easy warm-up, 3miles at your 10K race pace, 1M cool down  
Sun 12M easy running incorporating 6M at marathon pace

### Week of Oct 21 Week 3 Total = 40

Mon Rest Day  
Tue 1M easy, 4x1M at 80% of race pace with 440 Rec, 1M cool down.  
Wed 8M easy running  
Thu 2M easy, 8 Hill Repeats w/ down hill Rec, 1M easy  
Fri Rest Day  
Sat 1M easy warm-up, 3miles at your 10K race pace, 1M cool down  
Sun 15M easy running incorporating 8M at marathon pace

### Week of Oct 28 Week 4 Total = 50

Mon Rest Day  
Tue 1M easy, 4x1M at 80% of race pace with 440 Rec, 1M cool down.  
Wed 8M easy running  
Thu 10M moderate running incorporating 4 fast miles  
Fri Rest Day  
Sat 1M easy warm-up, 3miles at your 10K race pace, 1M cool down  
Sun 20M easy running incorporating 12M at marathon pace

# ALMOST HEAVEN MARATHON

SUNDAY

DECEMBER 1, 1991

10:00 AM

26.2 MILES, SPONSORED

BY

KANAWHA VALLEY ROAD  
RUNNERS CLUB

INDIVIDUAL RUNNER

OPEN TEAM - MALE

OPEN TEAM - FEMALE

MIXED TEAM

MASTERS TEAM - MALE

MASTERS TEAM - FEMALE

CORPORATE TEAM

# 1991 Almost Heaven Marathon

## Sponsored by Kanawha Valley Road Runners Club

**DATE:** DECEMBER 1, 1991  
SUNDAY

**TIME:** 10:00AM START

**LOCATION:** START/FINISH 31ST STREET;  
KANAWHA CITY, ADJACENT TO WVU  
MEDICAL BUILDING AT CAMC MEMO-  
RIAL HOSPITAL; CHARLESTON, WV

**COURSE:** 26.2 MILES, TAC CERTIFIED.  
3 LOOP COURSE, FLAT, MOSTLY  
RESIDENTIAL AREA. THE COURSE IS BOUNDED  
BY 57TH STREET ON THE EAST AND THE C&P  
BOAT RAMP ON THE WEST. THERE WILL BE  
WATER STOPS AT EACH END OF THE COURSE  
AND AT THE START/FINISH LINE. THE RACE  
COURSE WILL CLOSE AFTER 4 1/2  
HOURS(2:30PM) FOR AWARDS BANQUET.  
SHOWERS ARE AVAILABLE IN THE WVU MEDI-  
CAL BUILDING ADJACENT TO FINISH LINE.

**AWARDS CEREMONY/BANQUET** AT 2:30PM ON  
4TH FLOOR OF WVU MEDICAL BLDG., HOT/  
COLD DRINKS, BRING A COVERED DISK TO  
ADD TO THE MEAL. \$1.00 CHARGE FOR NON-  
RUNNERS NOT BRINGING A DISH.

**COURSE RECORDS:**

1989 **BUBBY DENT** 2:32:21  
1989 **ELAINE WILMOUTH** 3:14:27

**RACE INFO:**

**PAT BOARD III** 304-744-6502  
**PAUL GARRETT** 304-925-3247  
**DENNIS HAMRICK** 304-344-8342  
**FRED WAYBRIGHT** 304-744-1608  
**ROBIN BALDWIN** 304-744-1482

**SHIRTS TO FIRST 250 ENTRIES**

**AWARDS: INDIVIDUAL RUNNERS**  
1ST FIVE MALE OVERALL  
1ST THREE FEMALE OVERALL  
1ST MASTERS RUNNER(M,F)  
**MALE** 19&UNDER(2) 20-24(2) 25-29(2) 30-34(2) 35-39(2) 40-44(2) 45-49(2) 50-59(3) 60 & OVER(2)  
**FEMALE** 19&UNDER(2) 20-24(2) 25-29(2) 30-34(2) 35-39(2) 40-44(2) 45-49(2) 50&OVER(2)

**TEAMS**

3 RUNNERS PER TEAM, TEAM ENTRIES MUST  
BE MAILED TOGETHER. TEAM AWARDS FOR  
EACH MEMBER OF TEAM. TEAM AWARDS 1ST  
& 2ND IN EACH DIVISION. EACH TEAM MEMBER  
WILL RUN ONE LOOP, 8.7 MILES.  
**DIVISIONS:** MENS, WOMENS, MIXED, MASTERS  
MENS, MASTERS WOMENS, CORPORATE  
MENS, CORPORATE WOMENS.

**REGISTRATION & ENTRY**

**INDIVIDUAL RUNNER:**

\$10 IF RECEIVED BY NOV.1,1991  
\$15 AFTER 1STAND RACE DAY.  
**TEAMS:** \$45(\$15 EA) BY NOV.1,1991  
\$60(\$20 EA) 24TH THRU RACE DAY.  
**CORPORATE TEAMS:** \$80 PER TEAM

**MAKE CHECK PAYABLE TO :**

**KVRRRC**  
**19 RIVERSIDE DRIVE**  
**SOUTH CHARLESTON, WV 25303**

MAIL ENTRY TO:KVRRRC,19 RIVERSIDE DRIVE, SOUTH CHARLESTON, WV, 25303  
PRINT NAME: \_\_\_\_\_  
STREET \_\_\_\_\_  
CITY,ST,ZIP \_\_\_\_\_  
PHONE NO. \_\_\_\_\_  
RACE DAY AGE \_\_\_\_\_  
CHECK ONE - INDIVIDUAL RUNNER: \_\_\_\_\_ TEAM MEMBER: \_\_\_\_\_  
T-SHIRT: S M L XL TEAM DIVISION: \_\_\_\_\_  
TEAM MEMBERS: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

I wish to enter the AHM and hereby release the KVRRRC from any liability for injury or accident from my participation. I verify that I am physically fit and have sufficiently trained for this event.

Signature: \_\_\_\_\_

(Parents signature required if contestant is under 18 yrs)

# ALMOST HEAVEN MARATHON

A BOSTON MARATHON QUALIFIER  
SPONSORED BY  
KANAWHA VALLEY ROAD RUNNERS  
CLUB

'A RACE PUT ON BY RUNNERS;  
FOR RUNNERS.'

BY  
WEST VIRGINIA'S LARGEST  
ROAD RUNNERS CLUB

## LODGING CLOSE TO START/FINISH.

KNIGHTS INN	304-925-0451
RED ROOF INN	304-925-6953
MOTEL SIX	304-925-0471
EXECUTIVE INN	304-345-4521
KANAWHA CITY MOTOR LODGE	
	304-344-2461

### The Training Log - Continued

#### Week of Nov 4 Week 5 Total = 45

Mon Rest Day  
Tue 1M easy, 4x1M at 80% of race pace with 440 Rec, 1mile cool down.  
Wed 8M easy running  
Thu 10M moderate running incorporating 4 fast miles  
Fri Rest Day  
Sat 1M easy warm-up, 3miles at your 10K race pace, 1mile cool down  
Sun 15M at marathon pace

#### Week of Nov 11 Week 6 Total = 55

Mon Rest Day  
Tue 1mile easy, 4x1mile at 80% of race pace with 440 Rec, 1mile cool down.  
Wed 8M easy running  
Thu 10M moderate running incorporating 4 fast miles  
Fri Rest Day  
Sat 1M easy warm-up, 3miles at your 10K race pace, 1mile cool down  
Sun 20M at marathon pace

#### Week of Nov 18 Week 7 Total = 40

Mon Rest Day  
Tue 1mile easy, 4x1mile at 80% of race pace with 440 Rec, 1mile cool down.  
Wed 8M easy running  
Thu 5M moderate to fast running  
Fri Rest Day  
Sat 5M moderate to fast running  
Sun 10miles easy running

#### Week of Nov 25 Week 8 Total = 45

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

**Notes:** In the previous Training log, specific times were included to aid in reaching a time goal. For the marathon there is no set time goals, but you should strive to do your best. A rule of thumb guide for a marathon time is to double your Charleston Distance Run time, ie a 1:30 CDR runner should be able to run a 3hr marathon and a 2hr CDR runner a <4hr marathon. Use this race pace for training when specified (in many cases this may be slower than your normal short run pace). The goal of running at race pace is to get the "feel" for the pace so it can become subconscious to maintain in the race. The most important thing in having a good marathon is keeping even mile splits the entire run. Never run faster than your goal until after you pass the half-way mark, 22 miles (believe me, half-way is NOT 13 miles!).

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.

# 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.

APPLICATION  
\$8 IF POSTMARKED BY OCTOBER 12  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
Zip: \_\_\_\_\_

Divisions: Check one

19 & under-M \_\_\_\_\_ F \_\_\_\_\_

20-29-M \_\_\_\_\_ F \_\_\_\_\_

30-39-M \_\_\_\_\_ F \_\_\_\_\_

40-49-M \_\_\_\_\_ F \_\_\_\_\_

50-59-M \_\_\_\_\_ F \_\_\_\_\_

60 & over-M \_\_\_\_\_ F \_\_\_\_\_

Masters-M \_\_\_\_\_ F \_\_\_\_\_

Mens Heavyweights:

190lb. class \_\_\_\_\_

200lb. class \_\_\_\_\_

210lb. class \_\_\_\_\_

Women's Special:

140 & up \_\_\_\_\_

Make check payable to:

"Manna Meal" and mail to:

David Martin

5007 Chesterfield Ave. SE

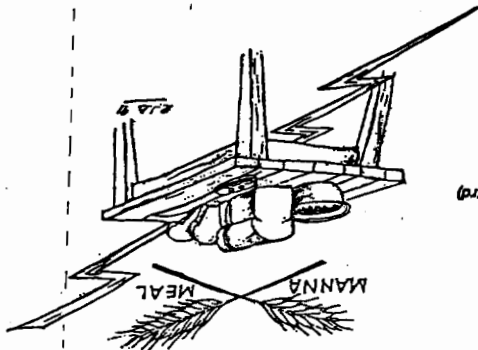
Charleston, W.V. 25304

Waiver: I hereby waive all claims  
against Manna Meal, sponsors or any  
personnel for any injury I might  
suffer in this event. I attest that  
I am physically fit and prepared for  
this event.

Signature \_\_\_\_\_

Parents or guardian's signature if  
less than 18 years of age: \_\_\_\_\_

MANNA MEAL  
FOUR-MILE FLASH  
Saturday, October 19, 1991  
9:30 a.m.



\*Kanawha City Rec. Center  
\*Stew and Cornbread Luncheon (11 am.)  
\*Door Prizes

\*Trophies:

#20-29-(M&F)

#30-39-(M&F)

#40-49-(M&F)

#50-59-(M&F)

#60 & over (M&F)

Masters (M&F)-1st only

#190 lb. class-men (1st only)

#200 lb. class-men (1st only)

#210 & over-men (1st only)

#140 & over-women-(1st, 2nd & 3rd)

\*Shower Facilities

\*All proceeds to benefit

Manna Meal (so please tell your

friends)

\*T-shirts to first 200

applicants

\*Water Stations

A WORD ABOUT US:

Manna Meal feeds 150-200

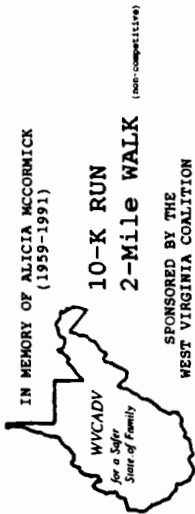
hungry people breakfast

& lunch every day in the

city of Charleston.

Sponsored by:

EASTERN AMERICAN ENERGY SYSTEMS



**10-K RUN**  
**2-Mile WALK**

(non-competitive)

SPONSORED BY THE  
WEST VIRGINIA COALITION  
AGAINST DOMESTIC VIOLENCE

With Co-Sponsors: McDONOUGH CAPERTON INSURANCE GROUP  
THE BANK OF GASSAWAY  
HAMILTON BUSINESS SYSTEMS

DATE: SATURDAY, NOVEMBER 2, 1991

TIME: 9am START

LOCATION: KANAWHA CITY RECREATION CENTER  
3511 Veselie Avenue, Charleston, (304)765-6444

ENTRY FEE: \$10 BEFORE OCTOBER 15TH

\$12 AFTER OCTOBER 15TH

COURSE: FLAT AND FAST ON PAVED STREETS

1ST THRU 3RD IN THE FOLLOWING CATEGORIES:

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

CONTACT: SUE JULIAN OR DIANE REESE

WVCA DV TEAM COORDINATORS

(304)765-2250

!!! SHIRTS TO FIRST 150 ENTRIES !!!

REGISTRATION FORM: RUN/WALK FOR A SAFER STATE OF FAMILY

Detach. Mail with check to: WVCA DV, PO Box 85, Sutton, WV 26601

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ SEX:  F  M

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

10-K RUN \_\_\_\_\_ 2-MILE WALK \_\_\_\_\_

T-SHIRT SIZE: SMALL \_\_\_\_\_ MEDIUM \_\_\_\_\_ LARGE \_\_\_\_\_ XLARGE \_\_\_\_\_

WAIVER

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 West Virginia Coalition Against Domestic Violence or their representatives. I attest that my physical conditions and fitness are adequate for me to participate in this event.

Signature \_\_\_\_\_

Parent's Signature (if under age 18) \_\_\_\_\_

*The Presidents Page, continued from page 1*

Yes, the 1991 "Almost Heaven Maraihon" will be held on December 1st, Sunday at 10:00 a.m. in Kanawha City with the start and finish on 31st street adjacent to the WVU Medical Building at CAMC Hospital (see race application, this issue). If you are not in shape to run a marathon, you can participate as a runner on a three person team. This is a Boston Marathon Qualifier. I still need sponsors and volunteers. If you need race applications, give me a call at 304-744-6502.

The 1991-92 "Winter-Series" will be held on the following dates: Sunday, December 8, 1991 - Kanawha City 10K; Sunday January 12, 1992 - Frostbite Five Miller; Sunday, February 9, 1992 - Valentine 5K. All of these races have a 2:00 p.m. starting time on Virginia Avenue near the WVU Building at CAMC Hospital on 31st street in Kanawha City. Entry fee is \$3.00 for members and \$4.00 for non members.

I hope you will continue to train, stay in shape and support the week-end road races and the KVRRC.

Patrick and I will See you at the races.

Pat Board III

**KVRRC MEMBERSHIP APPLICATION**

New Member	Yes	No	Date:
<b>Type of Membership</b>			
Regular (\$8.00)	Full Time Student (\$5.00)	Family (\$12.00)	Contributing*
*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:	Occupation		Student's School
Family Membership Names			
Date of Birth			<b>RENEWING MEMBERS:</b>
1.			CHANGE IN ADDRESS?:
2.			Yes No
3.			
4.			

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