

# RUNNER'S SOLE



KANAWHA VALLEY ROAD RUNNER'S CLUB OFFICIAL NEWSLETTER

Tim Ligon, Editor

4th Quarter, 1992

## THE PRESIDENT'S PAGE

Can you believe the summer of '92 is over and the cold weather, marathon season, and the Holidays are fast approaching. I am encouraging you to train in the middle of the week and let your body enjoy the races in 1993.

Congratulations to everybody who ran and finished the 20th Charleston Distance Run, 15 miles, in the humid heat for the second year in a row. The KVRRC was well represented; Todd Hughes, 10<sup>th</sup> place, 1:25:11; Glenn Baldwin, 20<sup>th</sup> place, 1:28:20; and Gwain Noga, 36<sup>th</sup> place, 1:30:59. The best effort for a KVRRC member was by Marlene Moore, 152<sup>nd</sup> place, 1:44:36. Roxanne Carte, 287<sup>th</sup> place, 1:53:59 also ran well. A first timer, Jim Riffle, 396<sup>th</sup> place, 1:59:04, also had an excellent race.

84 year old John Pianfetti, who is a charter member of the KVRRC, missed the Charleston Distance Run after 19 straight years. Lets all hope he feels better soon.

I think the four race WV Grand Prix Series has given road racing in WV a shot in the arm. Congratulations to Dorsey Chevront, the Grand Prix architect.

Last, but not least, a big thank you to Rhône-Poulenc and Dennis "Race" Hamrick for sponsoring Bill Roger's appearance at the CDR festivities. It is actions like this that continues to add 'chrome' on the CDR. The annual "Run for the

People" 10K road race, Saturday, Oct 3, at the WVRC in Institute, is sponsored by Rhône-Poulenc and will feature another appearance by Bill Rogers.

The Annual Almost Heaven marathon will run in Charleston on Sunday, December 6 at 10am. The AHM is a Boston Marathon qualifier. The course is three 8.7+ mile loops on the flats of Kanawha City, starting at the CAMC-WVU Building. If you do not want to run the marathon distance, find a couple of friends and run as a three member team, each running one loop. Divisions for teams are male, female, mixed and corporate. Sponsors for this race are needed. Give me a call if you know a potential sponsor. Volunteer help is also needed.

Keep your eye on the KVRRC Race Schedule and I urge you to continue support for the road races each weekend. I strongly believe that the backbone to the character of road racing is your running club. If you wish to contact the Great Teays Running Club, call Phil Radford, 757-6219.

I want to thank the people who advertise in our newsletter. If you or your business would like to join us, give me a call.

This will be the last issue before the Holidays, so to all a very Merry Christmas and the best in the New Year. Patrick and I will see you at the races.

Pat Board III



# RACE REVIEW: The Mountain Masochist 50-Miler

By Dennis Hamrick

After my "crash and burn" in the Charleston Distance Run, my thoughts turned to the end of October and my 4th ultra-run. For those who are not introduced to the ultra, it is a run well beyond the 26.2 miles of a marathon. On October 24, I am hopeful that I will be on the starting line of Mountain Masochist. The race is a very organized 50-Miler that owes its success to the Race Director, David Horten. Dave holds the record for running the entire Appalachian Trail, 1300 miles in 56 days. The race begins at 6:30am at the James River Visitor Center in Virginia.

Last year I ran the first 6-miles of hard road in a very relaxed mode. Conversation with other runners carried me to the beginning of the trails where relaxation is impossible. At mile 26 I have met with my crew that has extra clothes, shoes and other necessities for a race this long. Crew member Carl Newby suggested that I needed some Vaseline. My legs were fine and are not bothering me, I said. Then I was advised to look at the front of my shirt, where a big red eleven

extends from my chest downward. After a lube job and a shirt change, I continued on the course.

After mile 33 the course enters an area known as the "Loop". It is a 5 mile section of stream crossings, rocks, vertical climbs and then more rocks. I felt lucky to get through in 1:40. From this point it is the mental aspect of running that kicks in. There are so many reasons to quit and so very few to keep moving on. I would think of my family and friends, of only running shorter races, building a boat, anything to occupy my mind and to ignore the signals from my body.

With the 49th mile approaching, I knew the end was near. Fifty miles were behind me and the only thing in front was the finish. I was filled with emotions I've never had, I crossed the finish line in tears. The first thing after the race was a call to my wife. I told her I had finished and I was relieved it was over.

With the '92 CDR still a fresh memory, I am already thinking ahead to the next race. I guess that is why people call me "RACE".

# WALK/RUN West Virginia Coalition Against Domestic Violence for a SAFEER STATE OF FAMILY

Family violence is a crime that happens in staggering proportions in our country, our state, and our towns. The hideousness of family violence crosses all socio-economic, age, religious, sexual orientation, and cultural lines. Victims of family violence suffer a particular agony and experience an essential loss as the result of being abused by someone they love and trust in the one place where they should feel safe and secure - the home.

Your participation in the Walk/Run For A Safer State of family supports efforts of people in this state to end violence in our homes and families.

**Co-Sponsors:** ComputerLand; Bickley, Jacobs & Bankus; City National Bank; Bank of Gesseway; Days Inn of Sutton

**Date:** Saturday, October 17, 1992

**Start Time:** 8 a.m. Run starts at Kanawha City Rec. Center, 35th Street & Venable Ave.  
**Course:** Flat & fast on paved streets through Kanawha City

**Registration:** Pre-Registration must be post-marked by October 10, 1992. Race day registration opens at 8 a.m.

**Entry Fee:** \$10 before October 10, 1992

\$12 after October 10, 1992

Free t-shirt for all participants

**Awards &** 1st thru 3rd in the following categories:

<b>Divisions:</b>	14 and under	25 - 29	40 - 44	55 - 59
	15 - 19	30 - 34	45 - 49	60 and over
	20 - 24	35 - 39	50 - 54	

**Door Prizes • Fruit, drinks and refreshments available after the race.**

**Mail Check**

**Payable to:** WVCADV • c/o Lynn Fish • P.O. Box 85 • Sutton, WV 26601

For More Information Lyna Fish, 304/344-7403 (weekdays)

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Sex \_\_\_\_\_ F \_\_\_\_\_ M \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

10K Run \_\_\_\_\_ 5K Walk \_\_\_\_\_

T-Shirt size: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_

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 condition and fitness are adequate for me to participate in this event.

Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_

KVRRRC  
19 RIVERSIDE DRIVE  
SOUTH CHARLESTON, WV 25303

**ALMOST  
HEAVEN  
MARATHON**

SUNDAY  
DECEMBER 6, 1992  
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

STAMP

**MEYER AND PERFATER  
ATTORNEYS AT LAW**

PENTHOUSE - 405 CAPITOL STREET  
CHARLESTON, WV 25301

**(304) 344-9321  
1-800-766-2477**

*Representation in Automobile, Worker's  
Compensation and other Injury Claims*

# 1992 Almost Heaven Marathon

## Sponsored by Kanawha Valley Road Runners Club

DATE: DECEMBER 6, 1992  
SUNDAY

TIME: 10:00AM START

LOCATION: START/FINISH 31ST STREET;  
KANAWHA CITY, ADJACENT TO WVU  
MEDICAL BUILDING AT CAMC MEMORIAL  
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  
ROBIN BALDWIN 304-744-1482

LONG SLEEVE SHIRTS TO FIRST 250 ENTRIES

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

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:  
\$15 BEFORE RACE DAY.  
\$20 RACE DAY.  
TEAMS: \$45(\$15 EA) BEFORE RACE DAY.  
\$60(\$20 EA) RACE DAY.  
CORPORATE TEAMS: \$80 PER TEAM

MAKE CHECK PAYABLE TO :

KVRRC  
19 RIVERSIDE DRIVE  
SOUTH CHARLESTON, WV 25303

MAIL ENTRY TO:KVRRC,19 RIVERSIDE DRIVE, SOUTH CHARLESTON, WV, 25303

PRINT NAME: \_\_\_\_\_  
STREET \_\_\_\_\_  
CITY;ST;ZIP \_\_\_\_\_  
PHONE NO. \_\_\_\_\_  
CHECK ONE - INDIVIDUAL RUNNER: \_\_\_\_\_ TEAM MEMBER: \_\_\_\_\_  
T-SHIRT: S M L XL TEAM DIVISION: \_\_\_\_\_  
TEAM MEMBERS: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

I wish to enter the race and hereby release the KVRRC 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



- Race:** A race created by the West Virginia Association of Student Financial Aid Administrators (WVASFAA) in support of higher education. The value of going to college and the Collegiate Chase Scholarship Fund. The inaugural race was held in 1987.
- Date:** Sunday, October, 25, 1992 2:00pm
- Location:** Start/Finish & Staging area: King Community Center on Donnelly St.
- Course:** Five mile out and back from the KCC to the WV State Capitol.
- Awards:** Quality long sleeve T-shirt to registered runners. WVASFAA Graduation mug to the first 200 finishers. Trophies for overall winners and the following age groups: 20 & under, 20-29, 30-39, 40-49, 50-59, 60 & over. Other special awards to wheelchair, youngest and oldest finisher. Awards to the most finishers from the same college, high school, and company/organization.
- Award Ceremony:** King Community Center after the race.
- Packet Pick-up:** Town Center Mall, 3pm to 7pm, Saturday, October 24.
- Entry Fee:** \$8 if postmarked before October 22, 1992. \$9 after and race day. Make checks payable to Collegiate Chase.
- Registration:** By mail or at the King Community Center from 11:30am to 1:30pm.
- Information:** Send Entries to: The Collegiate Chase, Rt. 2, Box 150, Morgantown, WV 26505  
Carl Hadsel, Race Director 304-594-1403

# Tod J. Kaufman



I'm running up hollows in Kanawha County during this campaign for Circuit Judge to see as many of the people who helped elect me the first time I ran for public office as I can.

I don't pretend to tell you how nice it is to run the hollows on a cool fall night because you know yourself that it must be felt to be understood. Nevertheless, the enthusiasm I have for running carries over to my job as judge in that both have taught me challenging lessons about patience, about humility, about maturity and how much there is within ourselves and others that we don't yet know.

This "ad" is to say thank you very much for your support in the past -- both at races and certainly in public life. I want your vote on Tuesday, November 3rd. I need your vote!

Thank you,

*Paid for by the Committee to Re-elect Judge Tod J. Kaufman*

# LEONORO'S Spaghetti House

FAMILY OWNED & OPERATED  
SINCE 1915

WHOLESALE 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.



**Release and Waiver**

In consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive release and discharge WVASFAA and race sponsors, race officials, volunteers, and other individuals from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or damage of any kind or nature whatsoever extends to all claims of every kind or nature whatsoever foreseen, known, or unknown. The undersigned further grants full permission to THE COLLEGIATE and/or other agents authorized by them, to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose. Applications for minors will be accepted only with parents signature.

Signature of Runner \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent if Under 18 \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_ Chase 5-Mile Run \_\_\_\_\_ 2-Mile Walk

Last Name \_\_\_\_\_

First Name \_\_\_\_\_ MI \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Telephone \_\_\_\_\_

Sex \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ Age on Race Day \_\_\_\_\_

T-Shirt Size \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

**KVRRRC 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 \_\_\_\_\_

First \_\_\_\_\_ Middle \_\_\_\_\_

Sex \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ Age \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone No \_\_\_\_\_

Home: \_\_\_\_\_

Work: \_\_\_\_\_ Occupation \_\_\_\_\_

Student's School \_\_\_\_\_

Family Membership Names \_\_\_\_\_ Date of Birth \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**RENEWING MEMBERS:**

CHANGE IN ADDRESS?: \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_

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