

RUNNER'S SOLE



THE KANAWHA VALLEY ROAD RUNNER'S OFFICIAL NEWSLETTER

Tim Ligon, Editor

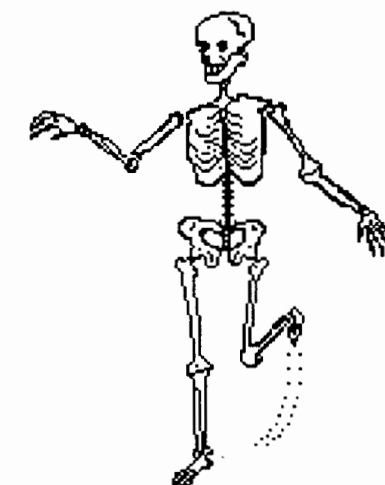
4TH Quarter, 1993

THE PRESIDENT'S PAGE

Congratulations again to Dorsey Chevront of the River City Runners Club in Parkersburg, WV, the mastermind of the "Run WV Grand Prix Series" which connects individual running efforts in WV's four biggest road races each year: Huntington's 10-miler, Wheeling's 20K, Parkersburg half-marathon, and Charleston's 15-miler. This series, along with a mixture of shorter races state wide, has continued to give road racing in WV the

energy and character this sport needs to survive.

The 1993 "Almost heaven Marathon" will be run on Sunday, December 5, 1993 at 10am in the Kanawha City suburb of Charleston. The start/finish is on 31st Street, adjacent to the WVU Medical Building at CAMC Hospital, Memorial Division (see application in this issue). The race course is flat and is a Boston Marathon qualifier. If you are not in shape to run the



distance, you can participate as part of a three person team. The course is three 8.7+ mile loops, so each member runs one loop in relay fashion. I still need sponsors and volunteers. If you need extra applications give me a call at 304-744-6502. Last year we had runners from 18 states and Canada.

The 1993-94 "winter Series" of races sponsored by the KVRRC has been

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scheduled for the following dates: Kanawha City 10K, December 12, 1993; Frostbite 5-miler, January 16, 1994; and the Valentine 5K, February 13, 1994. All are Sunday afternoon runs and begin at 2pm on Virginia Ave, near the WVU-CAMC building in Kanawha City. Entry fees for the "Winter Series" are \$3 for KVRRC members and \$4 for non-members. These are low key races geared to help motivate you through the bad weather months.

Each year there are new races. The first Annual 5K Great Pumpkin Race and one-mile walk sponsored by the CAMC Physical Therapy Department will be run at Kanawha State Forest, on Saturday, October 30 1993 at 9am, for more information call Vernon Cepeda at 348-6062.

Congratulations to the Charleston Distance Run Committee for another good effort, as always in this years "America's 15-miler". I know there was a problem with the awards, but putting on a large race is not an easy task. How about the addition of the 5K race? I think it is a great idea. If you wondered why Dr. Tom Percy did not run this years race, he was at the hospital the night before, as a patient.

Again I urge you to train/run throughout the bad weather months, as I am a firm believer that exercise is the answer to everyday stresses of life and along with the apple, good health. If you must reduce your mileage and cross train in a health club (weights, swimming, etc.). If interested, stop in at Universal Health Club in St. Albans, 722-6341, and talk to Harvey or Larry, KVRRC members receive discounted memberships. Also if you are looking for exercise equipment for your home, KVRRC member Mike Taylor is the new manager of Fitness Pro, 727-3440, in St. Albans, stop in and look around.

As always, thank you for your support of the KVRRC. If you know someone that will help sponsor an event or advertise in the newsletter, give me a call and I will talk to them.

Patrick and I will see you at the races.

Pat Board III

KANAWHA VALLEY ROAD RUNNERS : OFFICERS

PAT BOARD, III	PRESIDENT/TREASURER	744-6502
PAUL GARRETT	VP/MEMBERSHIP CHAIRMAN	925-3247
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TIM LIGON	CALENDER/NEWSLETTER EDITOR	722-6307



From the Editor's Desk:



Welcome to the 4th Q93 Runners Sole. No complaints on the new format so I will continue in this fashion. The newsletter is real late and I apologize for the tardiness. Often, time do these things slip away.

I hope all are running well, I am taking some time off and do not plan to run much until the first of the year. Which brings me to the "Fall Back Dry Ridge Classic". Those who have run this before knows it starts at 8am on the Sunday at the end of EDST (October 31 this year). This year I will not be there to lead you on the course but feel free to run without me. The course starts at the St. Albans Loop and in the fall goes down 6th Ave/Washington St., across Spruce St. to Kanawha Terrace, then east to Green Valley Drive. At the fork, go right and up "Big Bertha" to Dry Ridge and run all the way back, down College Hill and around the Loop. Have Fun!



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).

30-Oct-93	Sat	The Great Pumpkin Race 5K, Kanawha State Forest, 9am, Vernon Cepeda	348-6062
30-Oct-93	Sat	The GE Run for Safety 5K, Parkersburg City Park, 9:10am	304-863-7455
31-Oct-93	Sun	The Collegiate Chase, 5-miler, King Community Center, Charleston, 2pm, Carl Hadsell	304-594-1403
17-Oct-93	Sun	Pumkin Run 10K, Pipestem State Park	800-CALLWVA
7-Nov-93	Sun	Man Fall Festival 5-miler, Man City Hall, 2pm, Peggy Moseley or Evelyn Adams	
25-Nov-93	Thu	Thanksgiving Day Run 5 miler, Beckley YMCA, 9am, Tim kanagy	304-252-0715
5-Dec-93	Sun	Almost Heaven Marathon, CAMC-WVU Bldg, Pat Board	744-6502
12-Dec-94	Sun	Kanawha City 10K, CAMC-WVU Bldg, 2pm, Pat Board	744-6502
16-Jan-94	Sun	Frostbite 5-Miler, CAMC-WVU Bldg, 2pm, Pat Board	744-6502
13-Feb-94	Sun	Valentine 5K, CAMC-WVU Bldg, 2pm, Pat Board	744-6502
16-Apr-93	Sat	Spring Fitness Festival, UCC Technical Cntr, 9:30am	