

RUNNER'S SOLE



THE KANAWHA VALLEY ROAD RUNNER'S OFFICIAL NEWSLETTER

Tim Ligon, Editor

4th Quarter, 1994

THE PRESIDENT'S PAGE

As you know the fall of each year brings marathon season. If you have ever had the desire or itch to maybe, just once in your life run a marathon, the time is now. I am talking about the 99th running of the historic Boston Marathon, run on Monday April 17, 1995. To enter and participate in the Boston Marathon you must run a qualifying time in a Boston Athletic Association sanctioned marathon.

The 1994 "Almost Heaven Marathon" (AHM) run on Sunday, December 4, 1994, at 10 AM in the Kanawha City suburb of Charleston, WV is a Boston Marathon qualifier. The AHM start/finish is on 31st Street, adjacent to the WVU Medical Building at CAMC Hospital, Memorial Division (see the application in this issue). If you not in shape to run the 26.2 mile distance, you can participate in a three runner team. The AHM is a 8.7+ mile loop, flat with paved surface and each individual runs the loop three times. Each team member runs one loop in sequence, relay style. If you need extra applications, wish to volunteer to help on race day, or have questions, call me on 304-744-6502.

Now, if your a runner with any push at all, I am going to give you a tip of your lifetime. In April 1996 it will be the 100th running of the Boston Marathon. Between now and the 1996 race the build-up will be fantastic. Even you, the recreational runner, can participate and be part of the action if you plan in advance and train properly. Come out and get your feet wet

at the AHM and see how your body responds to the distance. Run just a portion of the AHM, you'll be close to home (and never more than 2.5 miles from start/finish or hospital) and you'll be supporting the efforts of the KVRRC.

If by chance I have "lit your fire", the following is information on Boston you need to know. You must be 18 or older on race day. To receive a race application, send a self addressed, fifty-two cent envelope to: Boston Athletic Association, PO Box 1995, Hopkinton, MA 01748. The qualifying times are listed in the accompanying table.

For travel information, contact Marathon Tours, 800-444-4097 or 617-242-7845. The 100th Boston Marathon is a MAJOR event, hotels/motels close to the course are already 35% booked for the 1996 Race.

Lets not forget there are local races every weekend that need your support. The '94-'95 "Winter Series" of races sponsored by the KVRRC is on the calendar. Kanawha City 10K, December 11, 1994; Frostdite 5-Miler, January 15, 1995; and the Valentine 5K, February 12, 1995. All races are on Sunday and start at 2:00 PM at the corner of Virginia Ave and 31st St in Kanawha City, registration is in the WVU-CAMC Building. Race entry fees are \$3 for KVRRC members and \$4 for non-members. These are low-key races geared to keep you motivated to run through the bad weather winter months.

I hope you, your family and friends will have a great Thanksgiving and Christmas Holiday Sea-

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sons. I wish each of you good health and the most prosperous New Year.

Continue to train, stay in shape, participate in the races and as always, thank you for your support.

Patrick and I will see you at the races.

Pat Board III

Boston Marathon 1994 Qualifying Times

Age Group	Men	Women
18 - 34	3:10	3:40
35 - 59	3:15	3:45
40 - 44	3:20	3:50
45 - 49	3:25	3:55
50 - 54	3:30	4:00
55 - 59	3:35	4:05
60 - 64	3:40	4:10
65 - 69	3:45	4:15
70 & Over	3:50	4:20

Qualifying times are based upon Boston Marathon Race Day age, age group on the day of your qualifying race may be different.

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From the Editor

Late again, it is getting to be a habit. The Runners Sole' looks a little different this edition. I have been getting free printing, but now I am not, so I need to lay-out differently to get the price down.

I want to echo Pat's urge to come out and run the AMH as an individual or as part of a team. The race needs lots of support, we came close to not having the AMH this year.

The calendar is already starting fill out for 1995, so keep on running.

Tim Ligon

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