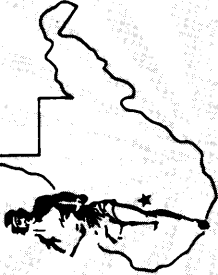


# THE RUNNERS SOLE



Kanawha Valley Road Runners Official Newsletter

Ray N. Joens, Editor

1983

January-February

## THE PRESIDENT'S PAGE

The advent of The Runners Sole is only the beginning of proof that the KVRN is a quality, growing organization that has a lot to offer its members. But before we on the Board of Directors know what to offer, we need suggestions from you. In the past, the procedure has been to hold a monthly Board of Directors meeting where ideas are discussed and decisions are made. Then, at the annual membership meeting the Board of Directors is elected. I want to turn that around. I want to return control of this club to you, its members. I want to see you at our monthly meetings where your ideas and recommendations can be heard and discussed.

Ideas that have been discussed at past Board of Directors meetings include holding a speedwork clinic, providing a running gear trade table, purchasing club running aids, putting together a club scrapbook, and sponsoring more club events such as fun runs, evening outings, and similar activities. We need input from you on these ideas as well as new ones. Please help us out. I not only welcome but encourage your participation in your club. Bill O'Dell

by Dr. Alfred K. Pfister, M.D.

It has been known for several decades that elevation of the blood serum cholesterol is the strongest parameter associated with an increased risk for the development of coronary artery disease. The greater the level of serum cholesterol, the greater the risk of coronary artery disease. Coronary artery disease (coronary atherosclerosis, or atherosclerotic heart disease) risk increases proportionately with each decade of life. Higher values of serum cholesterol predispose not only to increased risk of coronary disease but also to premature development of the disease in man. Although there are intrinsic biological factors in man which determine his serum cholesterol concentration, the most important factor is the total amount of dietary cholesterol consumed. To substantially reduce the serum cholesterol, one must ingest a diet containing no more than 250 mg. of cholesterol a day or, basically, the amount of cholesterol found in one egg. Prospective trials have given suggestive, although not conclusive, evidence indicating that reduction of serum cholesterol reduces coronary artery disease.

More recently, the emergence of high High Density Lipoprotein-cholesterol as an important protective factor in coronary artery disease has become apparent. The HDL-cholesterol constitutes a fraction (about 20-25%) of the total serum cholesterol. Unlike total serum cholesterol, the higher the HDL-cholesterol level, the less likely the chance in developing coronary artery disease. If one has a low HDL-cholesterol, there is a greater risk of developing coronary artery disease.

Several factors are known to influence HDL-cholesterol. Generally, women have a higher level, genetically, than men. The most recognized and probably best studied of the factors has been that of aerobic exercise. One study indicated that the more aerobic miles run per week, the higher the HDL-cholesterol. Sedentary individuals have the lowest value. Another study indicated that walking alone would produce modest HDL-cholesterol elevation. There is evidence, however, that this benefit is short-lived and that high HDL-cholesterol values induced by aerobic exercise returned to normal within a few days after cessation of aerobic exercise. The effect of aerobic exercise on the HDL-cholesterol is more pronounced in men than in women.

From the current state of the art, what kind of advice can be offered to runners and others? Aerobic exercise based on running, generally, more than 20 to 30 miles per week, plus a diet low in cholesterol, appears to be epidemiologically successful. Further prospective studies on the serum concentration of HDL-cholesterol in long distance runners have not been published. Most investigations are short-term studies, that is, over a period of several months. Perhaps 5 to 10 years from now, the relevance of aerobic exercise in these markers, total cholesterol and HDL-cholesterol, will assume vast importance.

(If any of our readers has questions concerning the medical aspects of running, jogging or exercise physiology, please send them to the Editor for answer in subsequent Newsletters. Editor)

\* \* \*

SEASONS GREETINGS

The Board of Directors and officers of the KVRR extend their best wishes for a Merry Christmas and a Happy New Year to our KVRR membership. May 1983 produce more runners, more members and improved PR's for the KVRR.

KANAWHA VALLEY ROAD RUNNERS

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- William O'Dell . . . . . President
- Annette Castelle . . . . . Secretary
- Gary Smith . . . . . Treasurer

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- Don Barnett
- Annette Castelle
- Carol Clark
- David Copeland
- Ray Dockery
- David Fields
- Jim Jones
- Bill O'Dell
- Al Pfister
- Worley Stout

FROM THE EDITOR:

The Runners High continues to elude me! I've read about it. I've heard about it. But what is it anyway? Who knows what it is? Where do you look for it? How do you find it? I'm beginning to think it's a myth - a hoax - a figment of some runner's imagination - a fictional state of self-induced euphoria.

Now, the Runners Low - I've found that! I know what that is! That's my feeling after running 10 miles in 90° heat and 85% humidity. My lungs burn. My heart pounds. My pulse throbs. My legs ache. My feet are sore. I gasp for air. I'm wet from head to foot. My eyes burn. My mouth is dry. My throat is parched. But I keep going! I continue the eternal quest for the Runners High. I've got to find it! But, again, not today. I'm exhausted. It's all over. I've got to stop. My run is finished and so am I. I concede defeat. I've failed again. Maybe tomorrow. A new course, different shoes, no socks, a new sweatband, no shirt. I'll try anything! That Runners High - it's out there somewhere - that silent, euphoric state of contemplative ecstacy. Tell me it's not a delusion. Too many runners have talked about it. It can't be a delusion!

But for the day my run is over. I'm walking now - cooling down. My body is recovering. My physiological functions are nearing normal limits. My body fluids are being replenished. My blood chemistry adjusts to normalcy. I'm beginning to feel better. An inner peace descends - new emotions arise - a sense of tranquility emerges - I feel great! I know that I've done something difficult - something hard - something that many others should do but don't. I've done something special. I've become a member of a very special group of mankind. I share a camaraderie with a very elite breed of God's creation - runners. Those who know the pain of driving and pushing themselves to the outer limits of human endurance. Sure, most runners run better than I. Most are faster than I. Most can run longer and farther than I. Most have a more efficient running style than I. But all are runners, they and I. We are all together - an elite band of enthusiasts who share in a common bond of uncommon goals and commitment - all imbued with the same extraordinary sense of purpose, dedication, self-discipline and sacrifice.

But, alas, that Runners High. Why can't I find it? I still don't know what it is - or where it is, or if, indeed, it is at all. But I'll keep on. I won't give up. I'll keep trying - day after day, run after run, pain after pain, mile after mile.

That Runners High - I've got to find it! Maybe some day I will. But until I do - like runners everywhere - I'm high on running! What greater consolation can there be? Ray N. Joens

#### RECIPE FOR BETTER NUTRITION AND HEALTH

by Carol Clark

Because I am a vegetarian, I am frequently exposed to questions and comments such as "That looks like dog food!" and "Are you sure you're getting enough protein, dear?" from friends and family as they peer into the depths of my brown paper bag or my kitchen cupboards. I would like to point out some of the health benefits of a vegetarian diet and will spare you harangues on needless slaughter, economics and the ecology. In this article, I will be referring to an ovo-lacto-vegetarian diet, one which excludes meat but includes eggs, milk, yogurt, cheese, and other dairy products.

Studies have shown that the death rate from coronary heart disease is highest in those countries where the most animal products are consumed. Vegetarians have been shown to have lower levels of cholesterol in their blood and lower rates of certain types of cancer as opposed to those who eat meat.

In an Australian study, blood pressures of vegetarians 30 to 79 years old were "significantly lower" than those of meat-eaters. A recent study of health profiles of one thousand North Americans found that the healthiest were those on a vegetarian diet and who ran for exercise. Next were vegetarians who did not run, followed by non-vegetarians who ran and, lastly, by non-vegetarians who did not run. As far as diet and exercise are concerned, your best bet could be to be a vegetarian runner!

A vegetarian athlete may increase his chances of maximum performance because of his diet. Swedish athletes tested for endurance on stationary bicycles lasted three times longer when eating a diet high in vegetables and grains but low in protein than when eating a high meat diet. Paavo Nurmi, the "Flying Finn", trained on a vegetarian diet and set twenty world running records between 1920 and 1932.

It is not difficult to get enough protein on a vegetarian diet, especially, because our bodies require much less protein than we have been led to believe. When eating vegetable proteins you only need to remember some simple principles of combining proteins. Many of the foods we eat everyday are complementary proteins. There are three combinations: (1) beans with grains (a peanut butter sandwich, beans and cornbread), (2) beans with nuts or seeds (perhaps a nut loaf) or (3) grains with milk (macaroni and cheese, quiche, meatless lasagna, pizza, cereal with milk). The protein in milk and eggs is more efficiently used than that in meat, fish or poultry, so a little goes a long way.

Generally, a vegetarian who consumes eggs and milk need not worry about getting enough vitamins and minerals. Vitamin B12, the only vitamin which must be obtained from an animal source, is included in eggs and milk. Because of the tendency to eat more fruits and vegetables on a vegetarian diet, the vegetarian actually has a better chance of getting necessary vitamins and minerals, as well as more dietary fiber, less fat, less cholesterol, fewer additives and chemicals, as well as less salt and refined sugar.

The word "vegetarian" was derived from the Latin word which means "whole, sound, fresh or lively," and was chosen to describe a mentally and physically vigorous person. A vegetarian diet may not guarantee that you will run faster, jump higher, never get cancer or live to be 103. However, increasing the protein you get from plant sources and decreasing the meat in your diet could have great rewards by merely giving you a healthier lifestyle and a good foundation for a long and healthy life. To your health!

\* \* \*

#### THE RUNNERS SOLE

The views and opinions expressed in The Runners Sole are those of the authors and do not necessarily reflect those of the Kanawha Valley Road Runners, its officers or Board of Directors.

#### IF THE HAT FITS, WEAR IT

by Ray Dockery

In the 1980 Olympic games, much discussion centered around blood-doping. The purists believed that blood-doping was occurring and should be banned. It is only natural that jealousy toward faster runners would produce another scandal. This time, the pettiness of some runners has gone too far! The first complaints occurred in California and, only recently, did the overtones reach Charleston. The issue is racing hats. Yes, racing hats. Supposedly, racing hats produce faster times for certain runners. As one who wears a racing hat, I'm very concerned that the running community not misunderstand the purpose or benefit of this apparel.

For most runners, the hat is simply a means of security or to keep their hair in place or, possibly, to keep warm. But those who are willing to work and experiment with the newest models of racing hats - bike hats - have seen improvement in their running times. It is true that bike hats, if worn properly, create a draft, much like auto racing cars, that will actually provide assistance. However, it is also true that if worn improperly bike hats can hinder the runner or even cause severe leaning to counteract the drafting effect. Wearing the bike hat properly is very difficult to master and requires much practice.

The concern and criticism which many runners in Charleston have voiced is simply unjustified. Bike hats can be purchased at a variety of places and, beginning January 3, 1983, I'll be giving lessons in their proper use and care. Within a few weeks, each of you can reap the benefits of wearing bike racing hats. I can guarantee an improvement of 5 to 12 seconds per mile in your next 10K race. Let's not outlaw bike hats - let's utilize them!

\* \* \*

#### BOARD OF DIRECTORS MEETING

The January meeting of the KVRB Board of Directors will be on Thursday, January 27, 1983 at the National Track and Field Hall of Fame at 7:00 p.m. The February meeting will be held on Thursday, February 24, 1983 at the same place.

RACE CALENDAR

March 26, 1983  
 Saturday  
 Coonskin Classic, 10,000  
 Meter Run  
 RE: 8:30 - 9:30 a.m.  
 ST: 10:00 a.m.  
 SP: Coonskin Lodge  
 EF: Not Available  
 RD: Michael Fisher  
 Kanawha Co. Parks  
 and Recreation  
 Charleston  
 345-8000 (0)

March 19, 1983  
 Saturday  
 Run for Children, 10K & 5K  
 RE: 1:00 P.m.  
 ST: 2:00 P.m.  
 SP: Tech Field House  
 EF: \$5.00  
 RD: Bob Scholl  
 344-5631 (H)  
 442-3167 (O)

RE: Registration Time  
 ST: Starting Time  
 SP: Starting Point  
 EF: Entry Fee  
 RD: Race Director

Dec. 31, 1982  
 Friday  
 2nd Annual New Year's  
 Ever, 5K  
 RE: None  
 ST: 11:50 p.m.  
 SP: Washington &  
 Greenbrier Sts.  
 EF: None  
 RD: Kathy Hastings  
 Annette Castelle  
 343-3779 or 343-9371

Dec. 19, 1982  
 Sunday  
 KVRRC Fun Run  
 RE: None  
 ST: 2:00 p.m.  
 SP: University of Charleston  
 EF: None  
 RD: Jim Jones  
 345-0087

Looking Ahead:

COGS 10K - April 9  
 Carbide 10K - April 16

March 27, 1983  
 Sunday  
 Spring Chicken, 5K  
 RE: 1:00 P.m.  
 ST: 2:00 p.m.  
 SP: Kanawha State Forest  
 EF: \$1.00 Members  
 \$2.00 Non-members  
 RD: KVRRC  
 343-9371

Race directors should immediately contact the Road Runners Club regarding cancellation or rescheduling of events. Please provide any information regarding events to:

George or Annette Castelle (949-6400 (O) - 343-9371 (H))  
 124 West View Drive  
 Charleston, West Virginia 25311  
 343-9371 (evenings)

Jan. 15, 1983  
 Saturday  
 Frostbite Frolic, 8K  
 RE: 8:00 a.m.  
 ST: 9:00 a.m.  
 SP: WVU Medical Education  
 Building, Kanawha City  
 EF: No entry fee for runners  
 joining or renewing their  
 KVRRC Membership. Otherwise:  
 \$1.00 Members/\$2.00 Non-members  
 RD: Al Pfister  
 744-1859

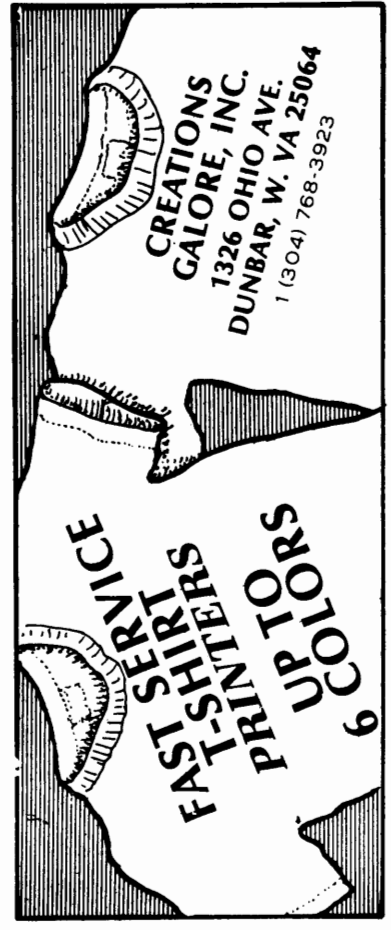
Jan. 30, 1983  
 Sunday  
 Run for Don  
 RE: 12:30 - 1:45 p.m.  
 ST: 2:00 p.m.  
 SP: Hall of Fame  
 EF: \$5.00, \$6.00 same  
 day  
 RD: Jim Jones  
 Hall of Fame  
 345-0087 8:30-5:00

Feb. 13, 1983  
 Sunday  
 Valentine 5K, 1 Mile  
 RE: 1:00 P.m.  
 ST: 2:00 P.m.  
 SP: WVU Medical-Education  
 Building  
 Kanawha City  
 EF: \$1:00 Members  
 \$2:00 Non-members  
 RD: KVRRC

Feb. 26, 1983  
 Saturday  
 Poker Card Fun Run  
 RE: 1:00 p.m.  
 ST: 2:00 p.m.  
 SP: WVU Medical-Education  
 Building  
 Kanawha City  
 EF: \$1:00 Members  
 \$2:00 Non-members  
 RD: Don Barnette  
 COMMENT: Runners who run  
 any distance (1/4 to 7 miles)  
 within a one hour limit -  
 Mech. Awards

March 10, 1983  
 Friday  
 KVRRC Annual Dinner  
 RE: 6:00 p.m.  
 SP: Rose City Cafeteria  
 South Charleston  
 EF: Dutch Treat  
 Info: Annette Castelle  
 343-9371 (H)  
 949-6400 (O)

March 19, 1983  
 Saturday  
 Poca River, 10K  
 RE: 9:00 a.m.  
 ST: 10:00 a.m.  
 SP: Poca River on Doc  
 Bailey Road  
 (I-64, Cross Lanes  
 Exit 1, Big Tyler  
 Road to Doc Bailey  
 Road)  
 EF: \$2.00 Members  
 \$3.00 Non-members  
 RD: Worley Stout  
 925-8125



SPEEDWORK - PART 2

MAINTENANCE

by Ray Dockery

In the last issue, we began a three-part series on speedwork for road runners and discussed a speed building program. This issue provides a maintenance program for the increased speed which our speed building program has developed.

A maintenance program in speedwork is the week-to-week, month-to-month process of keeping the body in tune for road racing. It keeps the body in touch with a racing pace so that the muscles, tendons, and ligaments aren't suddenly surprised on race day.

Once you have reached the level of speedwork that is reasonable for you, it is essential that your expectations be realistic and that your weekly workouts don't abuse your physical and mental well-being. Vary your workouts. Don't expect your times to continually improve. Change locations - run on different tracks and courses to avoid the syndrome "if it's Tuesday, I must wear my grey suit." Take a break when you start dreading the track. Run somewhere else.

The winter months are great times on the track. You need not worry about speed or even effort. Just concentrate on some faster than normal workouts. You'll probably run slower than your 10K pace but that's alright. Do be careful not to overdress and be sure to warm-up and warm-down more than usual. When Spring comes, you will be ready to increase the tempo of your track workouts without the soreness and mental grief runners usually encounter.

In the final article of the next issue, we will look at a fine-tuning program which will bring us to peak efficiency on race day.

\* \* \*

NOVEMBER KVRR BOARD OF DIRECTORS MEETING

Although several matters were discussed and placed on the agenda for future meetings, the KVRR Board of Directors approved the following at the November KVRR Board of Directors Meeting:

- Agreed to hold a general membership meeting in January. Details will be provided to the membership by special mailing.
- Technical assistance for non-KVRR sponsored road running events will be made available by the KVRR. Please submit requests for technical assistance to the KVRR Board of Directors.

DON'T BE POLITE

by Dave Fields

What I'm about to suggest may seem crass and uncouth but it works! This is the time of year when sinus problems plague just about everyone and runners are no exceptions. I've found that when running in the dark, when I focus my eyes on a street light or car headlights, a fluttering circular image appeared around the light. I thought it was just the glare of the lights, but I also noted that it did not occur all the time. I also noticed it more on my morning runs. The first time this occurred was about five years ago on an evening run, and shortly after I felt faint and fell.

I was naturally concerned and consulted a running friend who was a physician. After some discussion, he determined that I had a history of sinus problems and suggested I stop being polite. Following his advice, I now run a mile or two and, in true outdoor fashion, place a thumb to each nostril and begin to clear the nasal passages. By the middle of my run, the problem is gone. Incidentally, so as not to be untidy, I use my right hand glove as a handkerchief and the left for my mouth. Only on long runs do I get confused but, by twenty miles, I no longer care. I figure wiping with the wrong glove is a risk I can live with. Tylenol presents a far greater risk. One **afterthought, know where your running partners are at all times.**

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HYPOTHERMIA

Reprinted below from the The Nor'wester are two checklists for hypothermia. And if it's raining on race morning, read them again.

Signs and Symptoms

- Intense shivering.
  - Disorientation or decrease in judgment - that "drunk-like" feeling.
  - Poor coordination. A change in stride may be the first clue.
  - Stiffness in joints and muscles.
  - Slow or slurred speech.
  - Overwhelming fatigue.
  - Clumsiness: a drifting running gait or even stumbling/falling.
- What to Wear
- Think layers. This will trap air, thus insulating.
  - The inner layer or skin layer should be a woven nylon or polypropylene (Lifa). These fabrics draw sweat away from the skin.
  - The outer layer. You know about gore-tex, right?
  - Don't wear cotton. It will hold sweat next to your skin and conduct heat away from your body.
  - Pay attention to the body's most sensitive receptors; ears, fingers, and toes. If you can keep these anatomical parts warm, your tolerance to the cold will increase.
  - Wear a wool ski hat. 30 to 40% of the body heat can be lost through the head.

\* \* \* \* \*

NEW MEMBERS

October

Eddie St. Clair, St. Albans  
Dannie Walker, Charleston  
Linda Elliott, Charleston

November

Deborah Shamblyn, Charleston  
Dain McCallister, So. Chas.  
Thomas Miller, Charleston  
Arnie Margolin, Charleston

**BIRTH** They're finally here. Shoes that treat infants in a very grown-up manner.

**ANNOUNCEMENT.** Since performance means as much to toddlers as world-class athletes, Nike introduces the Tyro and Lil Nipper. Both built to the foot shape common to most babies. With an extra wide toe box. A lacing system for proper fit and easy removal.

Tyro is a terrific first shoe, with good ankle support and tapered sole. Lil Nipper delivers the same comfort with a rubber toe cap for even greater durability. Tyro and Lil Nipper. We couldn't be more proud.



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- HUNTINGTON MALL
- GRAND CENTRAL MALL



AMEX

1983 MEMBERSHIP RENEWALS DUE

Membership renewals for 1983 are due in January, 1983. A membership application is provided below. Those members who have not renewed their memberships by February 1, 1983 will be removed from the mailing list. Those members who joined or renewed after August, 1982 automatically receive a 1983 membership.

\* \* \* \* \*

# Kanawha Valley ROAD RUNNERS

The Kanawha Valley Road Runners (KVRR) invite you to join a growing and helping group of runners. We currently have more than 200 members and expect to double this number during the next year by offering services which will be beneficial to all types of runners. Some of the benefits of club membership are:

1. Development of a club run--this run will provide other runners and race directors a "showcase" for how races ought to be conducted.
2. Bi-monthly meetings which will include lectures, discussions, movies, and trade sessions.
3. Development and sharing of training strategies for novice to experienced runners.
4. Bi-monthly mailings of a newsletter which will include upcoming events which receive the KVRR's endorsement. This mailing also will include race results plus dates, times, and meeting places for training runs and special events.
5. Discount to club members from athletic stores.

Running has brought to the Kanawha Valley a wide assortment of runners/joggers. Whatever you consider yourself, we believe there is a place for you in our club. Please join with us in promoting running. If you are interested, mail the application below to: P.O. Box 2282, Charleston, WV, 25328, and enclose a check for \$5.00 single membership or \$9.00 family.

**KVRRC MEMBERSHIP APPLICATION**

(Check One) New Member Yes  No  Date \_\_\_\_\_

Type of Membership: Regular (\$5) \_\_\_\_\_ Full Time Student (\$3) \_\_\_\_\_ Family (\$9) \_\_\_\_\_  
Contributing \_\_\_\_\_ (Includes one of above memberships plus contribution to Club).

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Sex: M:  F:  Age: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Office Phone: ( ) \_\_\_\_\_ Zip: \_\_\_\_\_

Occupation: \_\_\_\_\_ Student's School: \_\_\_\_\_

Family Membership Names: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ RENEWING MEMBERS  
1. \_\_\_\_\_ NOTE HERE IF CHANGE IN ADDRESS  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_

MAKE CHECK PAYABLE TO: THE KANAWHA VALLEY ROAD RUNNERS CLUB  
MAIL TO: P. O. Box 2282  
Charleston, West Virginia 25328