



Michael C. Pyryt

1987

January-February

The President's Page

I hope your Holidays were Happy. Best wishes, good health, and a prosperous New Year, 1987, to you and your family. I urge you to stay in shape and on the road through the bad weather. Your body will thank you in the Spring and early Summer.

On December 6, 1986, the KVRRC sponsored the 9th Annual Almost Heaven Marathon. Bill O'Dell, the race director, did an excellent job again this year. On behalf of Bill O'Dell, I want to thank Carroll Young, Paul Garrett, Don Barnette, Mike Province, JoAnn Urofsky, and the KVRRC members and other race volunteers who helped/worked on race day. I also want to thank Dewayne Harless, Winston Gregory, Jack Adkins and the rest of the Great Teays Running Club members that supported us on race day. A big thank you to the City of Charleston, the Charleston Police Department, Mayor Mike Roark, Paula Walker of WVU Medical Center and last, but not least Charles Dennie of Executone who was a contributing sponsor. To the above and anybody I missed, THANK YOU.

We had a field of 100 runners, less no shows, with 64 finishers. This Year's Almost Heaven Marathon was won by Joe Barker from Ashland, Kentucky, (2:37:44). The first female was Darlene Norman from Charleston, West Virginia, (3:17:24, 18th place overall).

Marathons have fantastic stories. How about Joe Taylor from St. Albans who showed up to run 15 plus miles. At 20 miles he felt so good he just went on and finished, (4:11:22, 49th place overall). My hat is off to Ray Counts of Charleston, West Virginia, he ran his first Marathon ever, (3:09:12, 10th place

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	744-0575
Carroll Young	Vice President	727-9844
JoAnn Urofsky	Secretary	345-3996
Paul Garrett	Membership Chairman	925-3247
Bill O'Dell	Director	744-4918
Don Barnett	Director	744-0816
Mike Province	Director	744-6466
Carol Graham	Director	744-5148
Mike Pyryt	Newsletter	776-5592

Dave Fields	Alternate	
Dave Copeland	Alternate	
Gary C. Smith	Newsletter,	
	Race Calendar	744-1099

FROM THE EDITOR:

During the past two months, I fulfilled some running goals and fantasies by completing the New York City Marathon on November 2, 1986 and the Honolulu Marathon on December 7, 1986. Both marathons were special. Each provided its own lessons and experiences. I hope that my account of these two great races captures some of the flavor, feelings, and excitement.

The biggest challenge of the New York City Marathon is gaining entry. An individual must belong to The Athletics Congress (TAC), request an application with a \$3.00 processing fee and self-addressed envelope, complete the application with \$15.00 entry fee, then pray that one's application is either one of the first 7500 received or is selected by lottery.

After gaining entry, the next challenge is picking up the racing number. I waited in line for two hours before gaining admission to the Sheraton Centre to pick up my number. I received my number and race packet after completing several computer-monitored security checks. The packet included a T-shirt, running shorts, a racing cap, a Lindt chocolate bar, a poster, a NYC Marathon newspaper, and a ticket to the pasta party.

I attended the pasta party located at the Jacob K. Javits Convention Center. Over two tons of assorted Ronzoni pastas were consumed. Perrier and Beer supplemented the meal. Most notable about the party were the number of runners from Italy, France, and the Caribbean.

I arrived at Ft. Wadsworth at 7:30 A.M. wearing an old pair of sweats, turtleneck, and garbage bag as protection from the 50 degree weather and slight drizzle. Three hours of people watching, intermittent aerobics, increasing nervousness, went quickly. The gates to the Verrazano-Narrows Bridge were opened at 10:30 A.M. and runners flooded the area, cramming up against each other like sardines. At 10:50 A.M., a canon was fired, balloons were released, and the odyssey began.

I reached the starting line at 2:30 and the first mile at 12:30. Things seemed to open up and I began to pick up the pace upon entering Brooklyn at Mile 2. Runners as far as the eye could see and crowds lined the entire course. Water stops began at Mile 3 and ERG was served every other mile beginning with Mile 4. My Solidarnosc T-Shirt was appreciated by the crowd that lined the entrance to Pulaski Bridge at Mile 13. I was feeling great until I saw my half-marathon time and realized I was slowing down. The fade continued through Queens and into Manhattan. I really started to hurt after crossing the Willis Avenue Bridge at Mile 20. I survived the Bronx, hobbled through Harlem, and entered Central Park at Mile 23. At this point, every incline seems like Mt. Everest and Central Park provides rolling terrain. I attempted a final burst and finished in 4:26:29, a PR but slower than anticipated. I cherish the beautiful bronze medal that I received for finishing the New York City Marathon.

After New York, my training weeks for Hawaii consisted of 2, 6, 20, and 23 miles respectively. I traveled to Hawaii with the Raleigh County Road Runners, leaving Charleston at 7:40 A.M. and arriving in Honolulu at 5:40 P.M. on Wednesday, December, 3rd. (There is a five hour time difference between Charleston and Honolulu). On Thursday Morning, I ran in the Diamond Head Duet, a 4.6 mile couples race. My partner, Sylvia Kelso from Townsville, Australia, cruised the course in 32:50 while I struggled in at 38:50. It took me two minutes to pick up my race number on Thursday Evening in contrast to my ordeal in New York. Diamond Head beckoned on Friday with an 8-mile run, walk, and climb. Friday afternoon provided my first encounter with Coral, a painful experience. The Aloha Tower was the scene of the Carbo-loading party and international T-shirt exchange. Saturday, I prepared for the Marathon by snorkeling in Hanalei Bay and drinking guava nectar.

I arrived and checked-in at 4:30 A.M. Sunday morning. At 6:00 A.M., a canon was fired and fireworks signalled the beginning of the Honolulu Marathon. Temperature at race time was an unseasonably cool 59 degrees. The first four miles from the Aloha Tower in downtown Honolulu into Waikiki went by quickly. The Hula Dancers provided stimulation for the long trek on Kalaniana'ole Highway. Water stops along the course were an absolute delight with enthusiastic volunteers, sponges soaked in cold water, defized cola, and water. The scenery along the course was awesome and the gentle breeze provided some relief from the ever-increasing temperature. Although it's exciting to see the lead runner, it's also demoralizing to be at 10 miles when the top runner is at 20 miles. The constant stream of runners kept the motivation up. The toughest part of the Honolulu Marathon is a 1.3 mile stretch on the back side of Diamond Head Road. The top of Heartbreak Hill is at the 40K mark. Then it's a downhill to the finish line in Kapiolani Park. I ran more conservatively in Hawaii but also more consistently. I finished in 4:19:53, another PR. I proudly wear my shell lei and Honolulu Marathon Finisher T-Shirt.

Mike Pyryt

President's Page (Continued)

overall) at 35 years old. How about Vernon Hess of Charleston (4: 19: 39, 54th place overall). I have to mention 54 year old Robert F. Fletcher from Houston, Texas, (3:04:50, 8th place overall) and Sy Mah, 60 years old from Toledo, Ohio, running his 441st Marathon (4:11:53, 51st place overall) and going to Baltimore, the next day to run another marathon. How about Sy as an after dinner speaker? But the Blue Ribbon performance in my opinion was 41 year old Ken J. Royston from Virginia Beach, Virginia, (2:49:03, 4th place overall). He ran up Tom Lumadue's (2:46:51, 3rd place overall) back all day. CONGRATULATIONS TO EVERYBODY!!!!

I want to remind you that your 1987 membership is due now. Try to bring a new member/runner into the club with you. The 86/87 "Winter-Series" is alive and running. Race Number 2, the Frostbite 5-miler will be run on January 18, 1987. Paul Garrett is the race director. Race Number 3, the Valentine 5-k will be run on February 15, 1987. Johann Urofsky is the race director. Both of these races start at 2:00 PM near the West Virginia University Medical Building, CAMC Memorial Division in Kanawha City.

Mark your calendars for March 6, 1987. The KVRRC annual awards banquet will be Friday at 5:30 PM at Rose City Cafeteria in South Charleston. Bring your family and friends. Come out and join us. We put on a good show. The next day Saturday, March 7, 1987, is the 15-K Poca River Run at 10:00 AM. Don Barnette, 744-0816, is the race director. We are looking for a sponsor to help with this race's expenses. Let us hear from you. Attention Race Directors and Sponsors-- do we have your race on the KVRRC schedule of events (race calendar)? Every year there are more road races and fitness-oriented events scheduled for the public. Because of this increase, it is harder to avoid scheduling races on the same day or weekend. A goal of KVRRC is to act as a information center by maintaining an on-going race calendar for the runner which is also available to sponsors (event organizers). When planning your event, please call Gary Smith, 744-1099, after 6:00 PM, at least 3 months before your race or as soon as possible. Our bi-monthly KVRRC newsletter will be read by 300 plus runners in 1987. Your race application or advertising can be printed in the newsletter. You can contact Mike Pryt, 776-5592, for assistance. The KVRRC newsletter is not responsible for date, time changes or cancellations made in race scheduling. After the printing of each newsletter, race brochures and applications supersede all information.

There might be bigger clubs and there might be better clubs but we are trying. Support the KVRRC. We will be stronger than ever in 1987. We are working hard to improve Road Racing (Running) in our area, a sport that has been good to all of us. Patrick and I will see you at the races.

Pat Board III

TO BE AWARDED AT THE KVRRC AWARDS BANQUET, MARCH 6, 1987

1. KVRRC Member with MOST DAYS for 1986
2. KVRRC Member with MOST MILES for 1986
3. KVRRC Member with MOST RACES for 1986

Submit Totals to Paul Garrett (925-3247)

ALMOST HEAVEN MARATHON: December 6, 1987: RESULTS

Place	Time	Name	Hometown
1	2:37:44	Joe Barker	Ashland, KY
2	2:38:57	Don Wilson	St. Albans, WV
3	2:46:53	Tom Lumadue	Ravenswood, WV
4	2:49:03	Ken J. Royston	Virginia Beach, VA
5	2:59:59	Jimmy Moore	North Olmstead, OH
6	3:00:40	Arthur Fisher	Elkview, WV
7	3:03:36	Billy Joe Belcher	Elkview, WV
8	3:04:50	Robert F. Fletcher	Houston, TX
9	3:06:03	Mike Mayes	South Charleston, WV
10	3:09:12	Ray Counts	Charleston, WV
11	3:11:41	Gregory A. Ervin	Akron, OH
12	3:11:45	Randy E. Swepston	Laurelville, OH
13	3:11:59	Chuck Behrens	Washington, PA
14	3:12:49	Timothy L. Slavic	Ellwood City, PA
15	3:13:02	Douglas J. Miller	Olmsted Twp., OH
16	3:15:32	Gary Gribble	Lenexa, KS
17	3:17:13	Jim Hamrick	Clendenin, WV
18	3:17:24	Darlene Norman-F	Charleston, WV
19	3:19:56	Joni Adams-F	South Charleston, WV
20	3:20:42	Tom Schumacher	Elkins, WV
21	3:21:02	Neil Swepston	Chillicothe, OH
22	3:23:41	Walter R. Perry	Willow Wood, OH
23	3:24:04	Walter Bollech	Rochester, NY
24	3:27:04	David L. Buch	Ephrata, PA
25	3:27:04	Gabriel G. Szego	Charleston, WV
26	3:28:12	Jeff Dorfman	Leawood, KS
27	3:29:20	Clarence E. Miller	Big Chimney, WV
28	3:29:56	Phillip Yin	Nitro, WV
29	3:32:17	Vic Ware	Charleston, WV
30	3:37:16	Ken Fisher	St. Louis, MO
31	3:37:42	Wayne Barte	Wheeling, WV
32	3:39:24	Robert C. Cole	Lost Creek, WV
33	3:41:26	Dave Rudy	Morehead, KY
34	3:41:27	Jerry R. Herndon	Cabin Creek, WV
35	3:45:14	Did Not Turn In Stick	
36	3:46:42	A. Compton Reeves	Athens, OH
37	3:46:42	Robert A. Cohen	Leawood, KS
38	3:46:43	Victor M. Rocha	Kansas City, MO
39	3:47:00	John W. Sheets	Charleston, WV
40	3:47:35	Mike Pollock	Huntington, WV
41	3:50:27	Peter Butler	St. Paul, MN
42	3:51:34	H.A. Sonny Coleman	South Charleston, WV
43	3:53:09	Bob Mullins	Belle, WV
44	3:56:44	Tim J. Young	Waterloo, NY
45	3:57:53	Joe H. Burgess	South Charleston, WV
46	4:00:09	Owen O. Ellison	Sophia, WV
47	4:01:52	Michael G. Metz	Waldorf, MD
48	4:05:12	Diana Haddox-F	Huntington, WV
49	4:11:22	Joe Taylor	St. Albans, WV
50	4:11:47	Fred B. Buchanan	Amherst Dale, WV
51	4:11:53	Sy Mah	Toledo, OH
52	4:17:14	Ted P. Haddox, Jr.	Huntington, WV
53	4:17:19	Don Miller	Kenna, WV

CLUB T-SHIRTS AND CLUB JACKETS WILL SOON BE AVAILABLE AT
 TAN'N'BODY
 506 Chesnut Street
 South Charleston

Kanawha City 10K Results (continued)

10	0:36:11	Jessie Skiles	22
11	0:36:52	Ron Plantz	38
12	0:37:04	Don Jeffery	29
13	0:37:24	Todd Owens	24
14	0:37:30	James Shock	16
15	0:37:40	Mike Hunt	31
16	0:37:41	Patrick Board	13
17	0:37:50	David Daniels	32
18	0:38:11	Ray Dockery	44
19	0:38:18	Bill Shultz	32
20	0:38:28	Mark Robinson	36
21	0:38:31	Steve Taylor	29
22	0:38:40	Harry Brunner	38
23	0:38:42	Mike Degroat	26
24	0:38:48	Roger Arthur	39
25	0:38:53	Gary Peyton	44
26	0:39:04	Bill O'Dell	35
27	0:39:36	Fred Potter	35
28	0:39:39	Harold Edwards	32
29	0:39:43	Tom Barnett	40
30	0:39:46	Gerald Green	42
31	0:39:55	Mike Province	39
32	0:40:18	Winston Gregory	39
33	0:40:51	Jim Hamrick	52
34	0:41:04	Roy Collier	29
35	0:41:05	Gary Craig	40
36	0:41:34	Diana McClure	40
37	0:41:37	Bill Heizer	46
38	0:41:44	Gabriel Szego	46
39	0:42:50	Lanny Robinson	28
40	0:42:58	Dennis Hamrick	28
41	0:43:08	Linda McCall	40
42	0:43:27	Robert Jackson	17
43	0:43:29	Annette Zizzi	24
44	0:43:30	Ray Counts	35
45	0:43:38	Lionel North	53
46	0:43:43	Tim Basford	38
47	0:43:45	Ted Philyaw	35
48	0:43:47	Jim Lemon	33
49	0:43:52	Steve Zekon	37
50	0:43:54	Tony Green	30
51	0:44:12	Jack Adkins	50
52	0:44:24	Robert Dennis	59
53	0:44:44	Joe Nekoranec	33
54	0:45:11	Bob Hurley	33
55	0:45:11	Dewayne Harless	29
56	0:45:49	Joe Burgess	46
57	0:46:01	Keith Ratliff	24
58	0:46:06	Dennis Brady	37
59	0:46:06	Sarah Sears	28
60	0:46:30	Scott Hunter	34
61	0:46:42	Tom Dawson	52
62	0:46:44	Carl Levander	25
63	0:47:00	Betty Young	49

54	4:19:39	Vernon Lee Hess	54	Charleston, WV
55	4:20:39	Norm Frank	55	Rochester, NY
56	4:29:00	David Riggs	33	Beckley, WV
57	4:29:03	Pete Torrico II	37	Beaver, WV
58	4:29:50	Tom O'Neil	52	Ashland, KY
59	4:29:50	Jon C. Taylor	35	Huntington, WV
60	4:33:39	Jeff Wise	30	Atwater, OH
61	4:35:23	Adolfo M. Torres	36	St. Albans, WV
62	4:38:18	Jack Wise	51	Coraopolis, PA
63	5:36:18	Did Not Turn In Stick		
64	5:48:38	Did Not Turn In Stick		

Who Helped Who
 by Mike Hunt

I consider myself something of a "veteran" marathoner. I ran two marathons on the same day, my first and my last, some two years ago. So now all I can do is be a volunteer.

I worked the one- and five-mile splits of the Almost Heaven Marathon this year with Fred Potter. We had a big clock in the back of a pick up truck, and the runners didn't look nearly as cold as I felt going from Mile 1 to Mile 5.

We took the clock back to the finish line and got it set up there. I wanted to get some miles in and help someone finish, maybe their first marathon. I ran from the finish back to the 20 Mile mark, passing some of the back of the pack runners and giving encouragement.

I can remember the leaders passing in the other direction and shouting encouragement to Don Wilson in second place. I told him that the leader looked bad, but I think he knew I was lying from the first word.

At the 20 Mile mark, I talked to Fred Waybright and looked for someone in trouble. I watched the girls give water, Gatorade, and encouragement to the first and last runners alike. I'll never forget watching Sy, in his 44th marathon, go by.

When I saw sop to get water, instead of running and drinking, I figured he needed help. We had gone over a mile before I asked if this was his first marathon. After he told me it was his 48th, I wondered why I was "helping" him.

His name was Gary Gribble from Kansas City, where he runs an Athlete's Foot store. He was talking about completing the Ironman in Hawaii in October, as well as another marathon in November. The time passed quickly as he amazed me with his stories, and before I knew it we were past the 26 Mile mark. All I wanted to do was to get some miles in and help someone finish. What an easy way to get twelve miles in, but "Who Helped who?"

Kanawha City 10K: December 14, 1986: RESULTS

Place	Time	Name	Age
1	0:31:41	Frank Lewis	34
2	0:33:47	John Maher	32
3	0:34:01	Tim Howard	30
4	0:34:09	Don Wilson	33
5	0:34:18	Fred Waybright	39
6	0:34:35	Tom Eckel	33
7	0:35:19	Jeremy Eggleston	16
8	0:35:29	Leonard Hager	33
9	0:35:57	Bill Belcher	25

SCHEDULE OF EVENTS
JANUARY - FEBRUARY 1987

RT: Registration Time
 ST: Starting Time
 SP: Starting Place
 EF: Entry Fee

January 18, 1987

Sunday
 Frostbite 5-Miler
 RT: 1:00 PM
 ST: 2:00 PM
 SP: WVU Bldg., CAMC Memorial
 EF: \$2.00/\$3.00
 RD: Paul Garrett (925-3247)
 2nd of Winter Series
 SEE AD THIS ISSUE

March 6, 1987

Friday
 Annual KVRRC Banquet
 RT: 5:30
 SP: Rose City Cafeteria
 South Charleston
 EF: Dutch Treat

March 15, 1987

Sunday
 Run for the Children 5K/10K
 RT: 1:00PM
 ST: 2:00PM
 SP: WV Tech Field House
 Montgomery, WV
 EF: \$6:00
 RD: Robert Scholl
 (442-3167)
 (776-8190)

March Coonskin
 April Loudendale Lions Run
 April COGS Classic
 April Carbide

Race Directors should immediately contact
 the KVRRC regarding cancellation or
 rescheduling of events. Please provide
 race information to:

Gary C. Smith
 250 F Street
 South Charleston
 West Virginia
 25303
 744-1099 (after 6PM or
 weekends)

February 15, 1987

Sunday
 Valentine 5-K
 RT: 1:00 PM
 ST: 2:00 PM
 SP: WVU Bldg., CAMC Memorial
 EF: \$2.00/\$3.00
 RD: JoAnn Urofsky (345-3996)
 3rd of Winter Series
 SEE AD THIS ISSUE

March 7, 1987

Saturday
 Poca River 15-K
 RT: 9:00 AM
 ST: 10:00 AM
 SP: Doc Bailey Rd./Poca River
 EF: \$5.00/\$6.00
 RD: Don Barnette (744-0816)

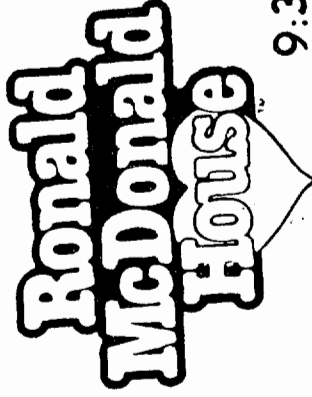
March 21, 1987

Saturday
 Run for The Ronald McDonald
 House 10K and 5K Fun Run
 RT: 8:00AM
 ST: 9:30AM
 SP: University of Charleston
 EF: \$7.00/\$8.00
 RD: Charleston Catholic Key Club
 Mike Allen (342-8415)
 SEE AD THIS ISSUE

LOOKING AHEAD

SECOND ANNUAL
RUN FOR

The



AWARDS:

Top finishers overall in
 mens and womens categories
 and top finishers in each
 age group.

Top finisher in each of the
 fun categories in the 5k
 fun run will receive a
 prize.

Age Groups:

- I 14 & under
- II 15 - 19
- III 20 - 29
- IV 30 - 37
- V 38 - 45
- VI 46 - 51
- VII 52 - 59
- VIII 60 & above

9:30 a.m.

University of Charleston
 King Gymnasium

10k run
 5k fun run

SATURDAY, MARCH 21, 1987

Sponsored By:

CHARLESTON CATHOLIC KEY CLUB



Entry Fee - \$7.00/\$8.00

Call 342-8412 for more information.

KANAWHA VALLEY ROAD RUNNERS

*****WINTER SERIES*****

64	0:47:12	Phil Radford	54
65	0:47:16	Carroll Young	50
66	0:47:32	Larry Ballard	44
67	0:47:36	John Timberlake	38
68	0:47:38	Diana Morris	36
69	0:48:02	James Woodrum	29
70	0:48:18	Mona Jeffery	26
71	0:48:41	Hatem Hossino	41
72	0:50:40	Ellen Szego	40
73	0:50:43	Otto Drescher	57
74	0:51:14	Hank Glass	30
75	0:51:15	Bob Marshburn	43
76	0:51:40	JoAnne Pitzer	25
77	0:51:41	David Bassett	47
78	0:52:23	Laura Heiser	30
79	0:54:05	Sharon Jones	31
80	0:55:39	Mary McQuicken	29
81	0:55:39	Steve Brock	41
82	0:56:56	JoAnn Urofsky	27
83	0:56:58	Mike Pyryt	33
84	0:59:29	JoAnn Dawson	52
85	1:00:00	Al Blumberg	60
86	1:02:01	Billy Riddle	20

race one: Kanawha City 10K
December 14, 1986
Gary Smith 744-1099

race two: Frostbite 5-miler
January 18, 1987
Paul Garrett 925-3247

race three: Valentine 5K
February 15, 1987
JoAnn Urofsky 345-3996

All races are on certified courses at 2:00 pm. on Sundays.

SIARI & REGISTRATION:

WVU Medical Building, CAMC Memorial Division

ENTRY FEE:

\$2.00 for members and \$3.00 for non-members.

CATEGORIES (men and women):

14&under 15-23 24-32
33-41 42-50 51-59
60&over wheelchair

AWARDS:

1st overall, 1st deep in each category.
At the KVRRC banquet, an award will be given for the best combined time in all races for each category.

KVRRC MEMBERSHIP APPLICATION

(Check One) New Member Yes No Date _____
Type of Membership: _____
Regular (\$8) _____ Full Time Student (\$5) _____ Family (\$12) _____
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
2. _____ IN ADDRESS
3. _____
4. _____

MAKE CHECK PAYABLE TO:
MAIL TO:

THE KANAWHA VALLEY ROAD RUNNERS CLUB
P. O. Box 2282
Charleston, West Virginia 25328



A FAREWELL TO RUNNERS

I've always wanted to write a piece for the Runner's Sole-- not because I have any great words of wisdom to bestow on you, or any learned advice I thought you should be privy to--but because I knew Gary and Mike, as the RS editors, needed material. (Yes, this is a hint to all aspiring writers). As it happens, my best intentions got away from me and my sole submission is to be an open letter from me to you.

The time has come for me to say goodbye to my friends in West Virginia. I've accepted a new job that will keep me in Syracuse, New York for the next few years.

But before I go, I wanted to tell you how much you've meant to me. You've cheered me on at the end of races, kept me from falling during runs and races, and made me want to keep challenging myself. Each time I hit the wall during training--feeling as if it were time to hang up my shoes and shorts for good--you were there to encourage me and keep me running.

My favorite runs were group runs with the CAMC bunch on Saturdays and with the group that starts from Kathy Hastings' house on Sundays at 8:00 AM. Kathy, Mike Pyryt, and Jerry Herndon are the backbone of that group. And how can I forget my favorite races: The Great Teays 10K, The WV 20K Championship run from Oak Hill to Fayetteville, The Autumn Gold Classic, and for some unknown reason, The Charleston Distance Run. Finally, at the finish line of nearly every race, the ubiquitous Pat Board and timer.

A friend of mine asked if I would keep running even after I moved. My reply then, and now, is that running is the only thing I'm sure I'll keep doing when I move. I hope to be back for the Distance Run. Until then, I'll miss you.

JoAnn Urofsky

SEE YOU AT THE KVRRC AWARDS BANQUET, March 6, 1987, at 5:30 PM
SEE YOU AT THE POCA RIVER 15K RUN, March 7, 1987 at 10:00 AM