



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor

1989

January-February

THE PRESIDENT'S PAGE

I hope your holidays were the best you have ever had! Best wishes for a healthy and prosperous New Year to you and your family. Again I urge you to stay in shape and run through the bad weather. Your body will thank you in the spring and summer.

On behalf of race director Bill O'Dell I want to thank everybody who ran or volunteered to help with the December 3rd Almost Heaven Marathon. The weather was terrible but as always your support is fantastic.

The 1989-90 'Winter Series' of races is alive and running. The Kanawha City 10K was held on December 10th. Plan to run the Frostbite 5-Miler on January 14, 1990 and the Valentine 5K on February 11, 1990. See the results of the Almost Heaven Marathon and the Kanawha City 10K in this issue.

The KVRRC Annual Awards Banquet will be held March 9, 1990 beginning at 6:00PM at the Rose City Cafeteria in South Charleston, WV. I invite you to bring your family, next door neighbor or even a new member for the KVRRC and have a fun evening out. Our main speaker is Dr. Shawn Chillag. Be part of the action, be a part of the KVRRC.

As always the next day will be the Poca River 15K, 9.3 miles of rolling countryside near Cross Lanes. Yes we have started talking about another Kanawha-Teays Biathlon to be held in May of 1990. Also I want to urge all race directors to contact Gary Smith, 757-0817 as early as you can so we can keep our 1990 race calendar as accurate as possible and continue our ongoing effort to have as little conflict between races as possible.

KVRRC member Jerry Herndon is a marathon machine. Jerry has compiled an information list of over 400 marathons to be run in 1990 world wide. If you are interested in a specific marathon you can write to Jerry at Box 384, Cabin Creek, WV 25503. Also if you have a marathon info you would like to add to Jerry's list drop him a card. Congratulations to KVRRC member Mike Blake of Charleston. As of December 10, 1989 Mike has completed 67 road races for the year.

I'm hoping in advance that we all have a great 1990. That will insure us that the Kanawha Valley Road Runners Club will stay in the front row.

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 Chmn.	925-3247
Annette Castelle . . . . .	Secretary	343-9371
Rufus Dingess . . . . .	Director	345-6072
Dave Ellis . . . . .	Director	344-4488
Dennis Hamrick . . . . .	Director	344-6342
Bill O'Dell . . . . .	Director	744-4918
Bill Shultz . . . . .	Director	768-8472
Dave Fields . . . . .	Director	548-4761
Gary Smith . . . . .	Calandar/Newsletter	757-0817

FROM THE EDITOR:

Most of us are self-taught athletes. Some few of us have been coached in high school or college but the majority of my running friends have learned by trial and error and through advice from other similarly schooled runners. I remember the first really good advice I received, "Don't run in tennis shoes, get a good pair of shoes designed for running." This was in the early Seventies before the "boom" when a lot of non-runners didn't know they made shoes specifically for road running. I couldn't afford the shoes so my friend who gave the advice also gave me a pair of his shoes. In keeping with this idea of runners helping runners I'd like to start a running hints column. Please send your hints to me for future issues.

This month's hint: Now that winter and shorter daylight hours are here some of us are doing more track running since it is safer to run a track after dark than to be running along the roadside. I've always had trouble keeping count of my mileage (laps) on the track. I started thinking of other things and just lose count. I recently discovered an easy way to keep track of my laps. Start in lane 1 and then switch to the next lane as you pass your starting point each time. If you're on a six-lane track and you've just switched to lane 5 then you have run either 4, 10, or 16 laps. This way you only have to think about what lap you are on for a second or two as you pass by the starting point each time and if you start on the line where the lap numbers are painted then seeing them each time will act to jog your memory and remind you to switch lanes. Try this you may find it useful.

Send your hints in - if I use them I'll acknowledge the source and give you a by-line. Help me and your fellow runners. Mail your suggestions to me at my address found at the end of the race calandar.

Gary Smith



For those of you who have t-shirts hanging out of all your drawers, closets, and under the bed, there is a practical yet attractive way to put all those excess shirts to use.

Dawn Gallo of Charleston makes quilts out of running shirts for many of the local runners. They can be used on the couch, bed, or as a wall hanging.

The front of the quilt will consist of the fronts of the shirts, and the back of quilt will show the backs. The sizes are as follows:

- 24 Shirts- 60" x 85"- Twin- \$65.
- 30 Shirts- 74" x 85"- Full- \$75.
- 36 Shirts- 88" x 85"- Queen- \$85.
- 42 Shirts- 104" x 85"- King- \$95.

Dawn 342-3829  
307 Sims St - w. chas

These make great gifts for any runner in the family. The turn around time is two weeks. If you would like to place your order or have any questions please call JoAnne Pitzer- (Day)-345-0110, (Evening)-925-5722.

OFFICIAL KVRK ALMOST HEAVEN MARATHON 12-03-89 RACE RESULTS

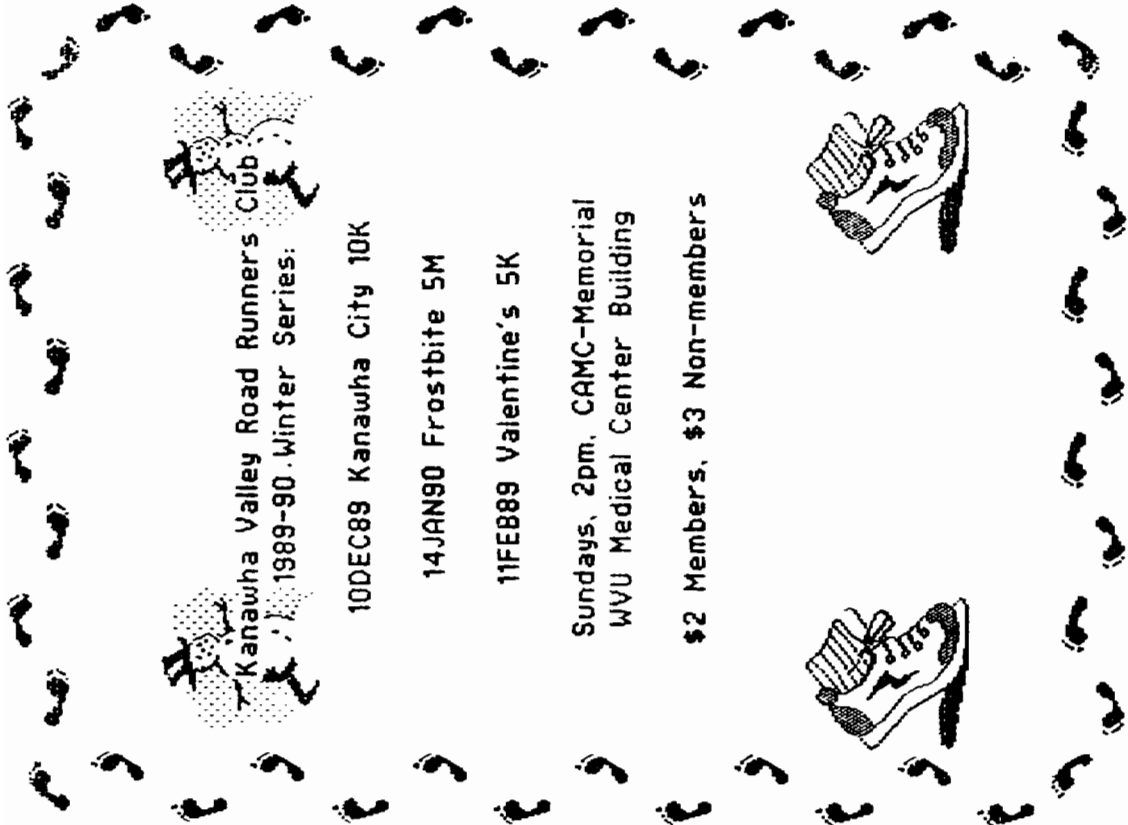
#	NAME(S)	TIME	AWARD
1	W. SHULTZ, H. EDWARDS, G. MORRIS	2:32:29	FIRST M TEAM
2	BUBBY DENT	2:32:32	FIRST M OVERALL
3	M. KUHN, M. SCHOONDEL, D. SAWYER	2:44:55	SECOND M TEAM
4	SHAWN A. CHILLAG	2:48:16	SECOND M OVERALL
5	JAMES SHOCK	2:51:50	THIRD M OVERALL
6	DAVID DUNCAN	2:55:29	FOURTH M OVERALL
7	D. PAYNE, T. PEARCY, S. BEARS	2:56:49	FIRST MIXED TEAM
8	DONALD BIEFERS	2:59:08	FIRST M MASTERS
9	L. HALL, M. GAINES, K. BLANN	3:00:11	FIRST F TEAM
10	J. SANDERS, M. LAZENBY, G. KEPNER	3:00:24	SECOND MIXED TEAM
11	JUBLE AULISIO	3:00:37	FIFTH M OVERALL
12	J. SEAMAN, B. NOTTINGHAM, J. DAGOBINO	3:01:37	FIRST M MASTERS TEAM
13	L. ERVIN, J. DRESS, P. SIZEMORE	3:02:35	FIRST M 36-40
14	L. ROBINSON, J. SHEETS, G. JARRELL	3:03:14	SECOND M 36-40
15	RANDY SWEPSTON	3:04:01	FIRST M 26-30
16	WILLIAM TOOKER	3:04:06	SECOND M 26-30
17	NEIL SWEPSTON	3:05:29	SECOND M MASTERS TEAM
18	M. KEENER, R. HAGER, K. QUINN	3:05:34	FIRST M 36-40
19	R. JONES, J. PRITT, G. SMITH	3:05:56	SECOND M 36-40
20	J. STUPPIO, L. MCGRADY, J. CRIST	3:06:12	SECOND M MASTERS TEAM
21	S. ANNAND, H. HENSHAW, J. MCCUSKEY	3:06:45	SECOND F TEAM
22	M. JEFFRIES, M. BLAKE, V. WARE	3:10:04	SECOND M MASTER
23	GLEN G. TACY	3:11:43	FIRST F OVERALL
24	D. NORMAN, J. ADAMS, S. JONES	3:12:43	FIRST M 31-35
25	S. PERFATER, R. PLATT, B. PLATT	3:13:18	FIRST M 41-45
26	RONALD PLANTZ	3:14:16	M 41-45
27	ELAINE WILMOUTH	3:14:28	M 41-45
28	ROBERT ZOELLER	3:14:31	M 41-45
29	J. SANDERS, D. HADDOX, K. HARRISON	3:15:13	M 41-45
30	GREGORY HELBIG	3:18:50	M 41-45
31	WINSTON GREGORY	3:18:56	M 41-45
32	BILL MAINS	3:19:30	M 41-45
33	J. FULLER, B. O'CONNELL, S. LLOYD	3:19:36	M 41-45
34	PETER O'DWYER	3:19:47	M 41-45
35	DAVE RUDY	3:19:59	M 41-45
36	K. BORMAN	3:21:47	M 41-45
37	V. ACHARYA, G. BAKER, R. ARMSTRONG	3:21:47	M 41-45
38	RALPH THOMPSON	3:25:52	M 41-45
39	JEFF DODRILL	3:29:37	M 21-25
40	MICHAEL ANDREWS	3:30:26	FIRST M 1-20
41	THOMAS A. DAILEY	3:31:00	FIRST M 56-60
42	MARLENE MOORE	3:31:16	FIRST F OVERALL
43	DOUGLAS ANDERSON	3:34:54	FIRST M 51-55
44	GARY CRAIG	3:40:48	SECOND M 51-55
45	JOHN E. HALL	3:46:10	SECOND M 51-55
46	G. ACHARYA, J. BRADBURY, T. SAMPLES	3:50:08	SECOND M 51-55
47	ROBERT C. COLE	3:54:47	SECOND M 51-55
48	PAUL V. AYERS	3:55:27	SECOND M 51-55
49	DAVID W. BERRY	3:55:36	SECOND M 51-55
50	W. MUNSEY, B. SMITH, S. SNYDER	3:58:48	SECOND M 51-55

MARATHON RESULTS (Continued)

#	NAME(S)	TIME	AWARD
51	DAVE LAMBERT	4:00:53	SECOND M 21-25
52	KEVIN SHREWSBURY	4:08:22	SECOND M 21-25
53	BOB SCHLESSEER	4:14:18	SECOND M 21-25
54	FRANK RICHARDS	4:20:52	SECOND M 21-25
55	UNKNOWN female	4:20:53	SECOND M 21-25
56	RONALD JETTON	4:22:55	SECOND M 21-25
57	JUDD ROBEERRY	4:24:43	SECOND M 21-25
58	JERRY R. HERRDON	4:24:44	SECOND M 21-25
59	MICKEY J. JONES	4:26:47	SECOND M 21-25
60	KEN BROWN	4:29:11	SECOND M 21-25
61	RACHEL BOGGBESS	4:41:35	FIRST F 46-50
62	JIM PORTER	4:54:01	FIRST F 46-50



*Dance & Fitness Apparel Center*  
1309 Dunbar Ave.  
Dunbar, WY 25064  
768-5252



Kanawha Valley Road Runners Club  
1989-90 Winter Series:

10DEC89 Kanawha City 10K

14JAN90 Frostbite 5M

11FEB89 Valentine's 5K

Sundays, 2pm, CAMC-Memorial  
WVU Medical Center Building

\$2 Members, \$3 Non-members

SCHEDULE OF EVENTS  
JANUARY - FEBRUARY 1990

RT: Registration Time  
ST: Starting Time  
SP: Starting Place  
EF: Entry Fee  
RD: Race Director

January 14, 1990  
Sunday  
Frostbite 5 Miler  
RT: 1:00 PM  
ST: 2:00 PM  
SP: CAMC-Memorial  
EF: \$2.00/\$3.00  
RD: KVRRC

February 11, 1990  
Sunday  
Valentine 5K  
RT: 1:00 PM  
ST: 2:00 PM  
SP: CAMC-Memorial  
EF: \$2.00/\$3.00  
RD: KVRRC

March 9, 1990  
Friday  
Annual Banquet  
RT: not necessary  
ST: 6:00 PM  
SP: Rose City Cafe, SC  
EF: Dutch Treat  
RD: KVRRC - elections,  
awards, speakers

March 10, 1990  
Saturday  
Poca River 15K  
RT: 8:00 AM  
ST: 9:00 AM  
SP: Doc Bailey Road  
EF: \$6.00/8.00  
RD: KVRRC

LOOKING AHEAD

Race Directors should immediately contact the KVRRC regarding cancellation or rescheduling of events. Please provide race information to: Gary C. Smith  
170 Washington Circle  
Hurricane, WV 25526  
757-0817 (after 6PM)

3 35 \$1

KANAWHA CITY 10K RACE RESULTS  
DECEMBER 10, 1989

#	NAME	TIME	AWARD
56	BILLY RABAN	48:11	
57	ROSS JAMES	49:23	FIRST M 60-OVER
58	GARDNER STULTZ	49:49	
59	JEFF ANDERSON	49:54	
60	PHIL RADFORD	50:27	
61	BLAIN IRVIN	51:36	
62	BOB ALLENDER	51:37	
63	ROSEMARY PLATT	51:55	
64	JEFF LUCAS	52:12	
65	PEGGY PALMER	52:50	
66	KATHY BROWN	53:54	
67	DIEDRA BURROWS	53:58	
68	JIM GREENLEE	54:03	SECOND M 60-OVER
69	BURMAN CATON	55:07	SECOND F 24-32
70	JANET JAMES	55:52	
71	DAN STARK	56:37	FIRST F 51-59
72	PEGGY HOBLEY	63:31	
73	HANBEL ROBERTSON	64:24	SECOND F 51-59
74	ANITA DOBB	65:39	FIRST F 0-14
75	STACY LUCAS	65:39	
76	JERRY MERNDON	68:41	

Friday's forecast called for up to eight inches of snow for the weekend but by race time Sunday only about 2 inches of snow were on the ground and the temperature had warmed into the high 20s. The runners were all in good humor, especially Shawn Chilling who completed the course in a Santa suit.

The overall winners, Bobby Dent and Debbie Carmichael were also last years winners but both had improved times this year.

The winter series continues in January with the Frostbite 5 Miller, which shares the same start and finish as the Kanawha City 10K

#	NAME	TIME	AWARD
1	BUBBY DENT	30:51	MALE OVERALL
2	SEAN HUNT	33:25	FIRST M 15-23
3	BILL SCHULTZ	33:57	FIRST M 33-41
4	GLENN BALDWIN	33:59	FIRST M 24-32
5	JIMMY SHOCK	34:56	SECOND M 15-23
6	TONY RUSSELL	35:05	THIRD M 15-23
7	GLENN MORRIS	35:43	SECOND M 24-32
8	FRED WAYBRIGHT	36:06	FIRST M MASTERS
9	MIKE BLAKE	36:21	SECOND M 33-41
10	TOM LIGON	36:27	THIRD M 24-32
11	SCOTT PERFATER	36:29	
12	GARY SMITH	36:49	
13	GEORGE ALLENBACHER	37:23	THIRD M 33-41
14	JIM YOUNG	38:06	
15	RANDY HUNT	38:19	
16	SHAWN CHILLAG	38:50	aka KRIB KRINGLE
17	ROGER ARTHUR	39:04	FIRST M 42-50
18	KEN TALLMAN	39:42	
19	GARY BROWN	39:43	FIRST M 51-59
20	GARY BROWN	39:46	
21	BUY GKEENS	39:58	SECOND M 42-50
22	DEBBIE CARMICHAEL	39:59	FEMALE OVERALL
23	LIZ IRVIN	40:46	FIRST F MASTERS
24	BILL PLATT	40:49	
25	CONNIE YOUNG	40:56	FIRST F 33-41
26	JEFF BEAHAN	41:05	
27	TERRY CARMICHAEL	41:29	SECOND M 51-59
28	KAT RIGGLEMAN	41:59	FIRST F 15-23
29	TODD OWENS	42:06	
30	LINDA DIETRICK	42:08	FIRST F 24-32
31	GALLAHAD PHILLIPS	42:50	FIRST M 0-14
32	KEVIN LANE	43:14	
33	JOHN REIFSTECK	43:20	
34	SCOTT MCDERMITT	43:37	
35	JOHN STEPHENS	43:41	
36	JACK ADKINS	44:06	THIRD M 51-59
37	LIONEL NORTH	44:17	
38	SONNY PHILLIPS	44:29	THIRD M 42-50
39	JANE HUFFMAN	44:41	SECOND F 15-23
40	DIANE MORRIS	45:02	SECOND F 33-41
41	JOHN HALL	45:04	
42	TOMMY ALLBRITTON	45:10	
43	JOHN TIMBERLAKE	45:18	M HEAVYWEIGHT
44	MIMI DAVIS	45:25	
45	SUSAN MADDOX	46:12	
46	MARK CANFLEY	46:28	
47	VEN. ACHARYA	46:56	
48	MARK RANCE	47:29	
49	TAMMY TAYLOR	47:32	THIRD F 15-23
50	DAVE BEGLEY	47:37	
51	MELINDA BKAGGS	47:47	THIRD F 33-41
52	CHRIS DELUCA	47:49	
53	JANE FLEMING	47:52	FIRST F 42-50
54	SHARON JONES	47:53	
55	WINSTON GREGORY	47:54	

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**Natural & Organic**

Resource Center  
and Library for  
**Natural Health Care**

Hours  
M T H F 10-6  
Sat 10-2  
Closed Wed & Sun

(304) 343-0323      3212 Penn. Ave.  
Charleston, WV 25302

1990 POCA RIVER 15K  
9.3 MILE ROAD RACE

SATURDAY 10:00 AM - MARCH 10, 1989  
START/FINISH - CROSS LANES • END OF  
DOC BAILEY ROAD • POCA RIVER

ENTRY FEE: KVRRC MEMBERS - \$7.00 (\$0.00 DAY OF RACE)  
NON MEMBERS - \$8.00 (\$10.00 DAY OF RACE)

MAKE CHECKS PAYABLE TO: KVRRC

SEND TO: 19 RIVERSIDE DRIVE  
SOUTH CHARLESTON, WV 25303



**AWARDS:**  
AGE DIVISIONS  
(MALE AND FEMALE)

19 & UNDER	40 - 44
20 - 24	45 - 49
25 - 29	50 - 54
30 - 34	55 - 59
35 - 39	60 & OVER

MASTERS CHAMPION: MALE & FEMALE

LONG SLEEVE SHIRTS TO FIRST 120 ENTRIES



NAME: \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_  
STREET: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
TELEPHONE (\_\_\_\_) \_\_\_\_\_ SHIRT SIZE: S M L XL

**WALVER**  
**MUST BE SIGNED OR ENTRY WILL NOT BE ACCEPTED**

In consideration of the acceptance in the 1990 Pocca River 15KM Road Race, for myself, my heirs, executors, and administrators, I hereby release any and all Runners, the sponsors, or the county or state in which the race is contested. I attest and verify to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete and no physician or other qualified individual has advised me against competing in the 15KM race.

SIGNATURE \_\_\_\_\_ (Parent or guardian if under 18 years of age)

# Kanawha Valley ROAD RUNNERS



The Kanawha Valley Road Runners (KVRRC) invite you to join a growing group of runners. We currently have more than 200 members and offer services which are helpful to all types of runners. Some of the benefits of club membership are:

- o 81-monthly mailings of a newsletter which will include upcoming events throughout West Virginia and in nearby states. This mailing also will include race results plus dates, times, and meeting places for training runs and special events and race entry forms.
- o Reduced entry fees at six KVRRC-sponsored runs held each year.
- o Development and sharing of training strategies for novice to experienced runners at the KVRRC annual dinner meeting and at other times.
- o Discount to club members from athletic stores.
- o Club shirts and mementos from time to time as income allows.

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.

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

