

# KANAWHA VALLEY ROAD RUNNERS



Plus! Quarter, 1977

## 1977 GOLD MEDAL TEAM

Congratulations to the new leaders of the KVRRC selected at the recent turkey trot--the race title no reflection on our new officers.

**PRESIDENT - Roger Bacus**  
**V. PRESIDENT - Jim Jones**  
**RACE DIRECTOR - Don Barnett**  
**TREASURER - Bill Joerg**  
**SECRETARY - Pat Lewis**

## BRAIN JOGGING

In the planning stages for 1977 is an orienteering meet.

What's orienteering? Well, it's an obstacle run, woodland jog, pathfinding brain game.

Interested? Give Ray Dockery a buzz at 755-5973.

## BEEP BEEP

Signs are being designed to inform local motorists that a run is in progress. Hopefully this will eliminate playing Dodgem cars.

## SAVE

New race rates effective Jan. 1, 1977, are as follows:  
 \$2.00 non-members  
 \$1.00 KVRRC members  
 \$1.00 savings per race  
 Get your dues in and save. If you're not a member, join now and save.

Approximate savings per year for KVRRC members is \$25.00.

## SUBSCRIPTIONS

Non-members may receive the KVRRC newsletter for \$2.00 per year. Members receive our newsletter at no charge.

## SINCERE THANKS

*I wish to extend my personal gratitude -- as well as the gratitude of the West Virginia Diabetes Association -- for your painful and dedicated efforts in the 1st Annual Diabetes Runathon.*

## RUNNING OSCARS

Starting Jan. 1, 1977, and ending Dec. 31, 1977, all KVRRC members shall be eligible for the following special awards:

- I. Total Mileage 1977
- II. Total Days Run (Minimum 1 mile per day)
- III. Total Miles in Competition

## Qualifications

- A. KVRRC member
- B. Running data for first 6 mos. submitted by 7/15/77 for competitive publication
- C. Honor system in effect

## HOLLWOOD SQUARES ...

has its secret square, now the KVRRC has its secret runs. Throughout the year by random selection from a mayonnaise jar, Run-for-Fun dates will be selected for a special prize drawing. Just bring your membership card and drop it in the shoe.

## GET ON THE RIGHT TRACK

Take a course of more involvement and submit your name for active participation in the now-forming KVRRC board of directors. It's nice to run each week but let's do a little more than run in "77."

## ON YOUR MARK

Get set on or about Jan. 15 to receive the fantastic new "77" Running Schedule.

## KVRRC NEWS

The newsletter welcomes contributions, suggestions, news and other related items. Contact Editor Ed Kolschlaw by calling 348-3236 (office) or 753-1195 (home). His address is Route 7, Box 525, So. Charleston, WV 25309.

## RIBBON RUNNERS

Throughout "77" special first, second and third place one-mile ribbon runs for Ryan Turners will be held with a year-end special award for the best time.

## ACES & EIGHTS ...

could be a winning hand Jan. 23 at the five-mile run held in Kanawha State Forest beginning at 2 p.m. For each mile completed, a runner selects a card at random. At the end of the race, the best hand wins a special prize compliments of the National Bank of Commerce and Race Director Bill Joerg.

## DESIGN AWARD

A special award will be given to the individual designing the best logo, emblem, symbol, etc. which represents the spirit of running in West Virginia. The deadline to submit entries to the editor is Feb. 28, 1977.

## FEBRUARY RACES

**FEBRUARY 6**  
 Sunday -- 2 p.m.  
**RUN FOR FUN -- 1, 3, 5 & 7 mi.**  
 SP: Morris Harvey College  
 EF: None  
 RD: None

## FEBRUARY 13

**Sunday -- 2 p.m.**  
**THREE MILE VALENTINE/HEART FUND**  
 with one mile Run For Fun  
 SP: Kanawha Boulevard in front of State Capitol  
 EF: Donation to Heart Fund  
 RD: BRYANT BOWMAN  
 744-0093

## FEBRUARY 20

Sunday -- 2 p.m.  
**RUN FOR FUN** (same as Feb. 6)

## FEBRUARY 27

Sunday -- 2 p.m.  
**ONE AND FIVE-MILE WHITE ELEPHANT**  
 RUN  
 SP: Morris Harvey College  
 EF: Everyone bring a prize worth at least \$1.00 in value. Winner gets first choice and so on down. Everyone wins.  
 RD: DON BARNETT  
 744-6866

## RUN RELAXED

Running with tension can only cause you to work harder to go slower, so the next time you run, check yourself in three places:

- (1) the large muscles at the base of the neck, in back and in front of the ears
- (2) the jaw muscles just below and in front of the ears
- (3) the muscles around the eyes and the ones which wrinkle the forehead.

If any of them are too tight, simply let them drop. Shrug the shoulders a little bit. Let the jaw go slack. Iron the wrinkles from the forehead. Allow the energy you were using to keep those muscles up to flow down where it can do more good.

Merry Christmas



RACES RESCHEDULED

<u>RACE</u>	<u>DATE</u>	<u>NEW DATE</u>
WALK-A-THON	5/1/77	5/8/77
W. VA. MASTERS	5/15/77	LATE '77
AAU, JR. OLYMPICS	5/28/77	6/25/77
HALL OF FAME MASTER MILE	6/11/77	6/18/77
RUBY CUP	7/10/77	7/26/77
GREAT TEAYS RUN	7/23/77	7/30/77
MID-WAY FAIR	8/6/77	7/23/77
FOUR MILE RUN AT PHILIPPI	7/17/77	7/16/77
AKRON, OHIO	6/12/77	6/19/77
7TH MEN AND WOMEN TRACK AND FIELD MEET	6/3-4/77	6/11/77
WV TWO HOUR RUN	5/15/77	5/8/77
7TH ANNUAL WV AAU TRACK MEET	6/25/77	6/11/77

KVRRC NEWS . . . THE NEWSLETTER WELCOMES CONTRIBUTIONS, SUGGESTIONS, NEWS AND OTHER RELATED ITEMS. CONTACT EDITOR ED HOLSCLAW BY CALLING 348-3236 (OFFICE) OR 768-1195 (HOME). HIS ADDRESS IS ROUTE 7, BOX 525, SOUTH CHARLESTON, W. VA. 25309.

KVRRC OFFICERS

PRESIDENT . . . . .	ROGER BAGUS	345-8468
VICE PRESIDENT . . . . .	JIM JONES	949-2711
RACE DIRECTOR . . . . .	DON BARNETT	747-4581
TREASURER . . . . .	BILL JOERG	344-2581
SECRETARY . . . . .	PAT LEWIS	342-2998

SAVE. . . . 10% ON ALL RUNNING GEAR AT. . . . .  
 PRO-SPORT SHOP, 408 MacCORKLE AVE., S. W. . . . .744-5290  
 KVR MEMBERS ONLY. . . . . MUST PRESENT CARD FOR  
 DISCOUNT. . . . .

DEADLINE. . . . .  
 RUNNING DATA FOR FIRST 6 MONTHS. . . . . MUST BE SUBMITTED  
 7/15/77 FOR ELIGIBILITY IN THE SPECIAL AWARDS FOR 1977 THREE

CATEGORIES

- 1 TOTAL MILEAGE
- 11 TOTAL DAYS RUN (MINIMUM 1 MILE PER DAY)
- 111 TOTAL MILES IN COMPETITION

SUPPORT. . . . . YOUR LOCAL HIGH SCHOOL TRACK TEAM THIS  
 SEASON. . . . AND EVERY TRACK TEAM SEASON IN THE FUTURE. . . GREAT  
 EXPECTATIONS ARE HELD FOR FUTURE. . . OLYMPIANS. . . .

PLEASE LEND YOUR INVOLVEMENT TO THE HIGH SCHOOL TRACK PROGRAM  
 . . . . BY JOINING THE KANAWHA VALLEY TRACK AND FIELD ASSOCIATION  
 OR BY ATTENDING THE MEETS.

CONTRIBUTIONS . . . . . ARE ALWAYS WELCOME AND A BENEFICAL  
 SOURCE FOR THE PURCHASE OF NEW EQUIPMENT AND OTHER RACE  
 ACCESSORIES. MAKE CHECKS PAYABLE TO: KVRRC AND MAIL TO

K.V.R.R.C.  
 P.O. BOX 2022  
 CHARLESTON, W. VA. 25327

# KANAWHA VALLEY ROAD RUNNERS



## HALL OF FAME

THE K.V.R.R.C. ENDORSES AND LENDS COMPLETE DEDICATED SUPPORT AND INVOLVEMENT TO DR. DON COHEN AND THE PUTNAM COUNTY SITE FOR THE NATIONAL TRACK AND FIELD HALL OF FAME. WE URGE ALL MEMBERS TO WRITE OUR STATE SENATORS, DELEGATES, GOVERNOR ROCKEFELLER AND LET YOUR FEELINGS BE KNOWN..... WE'RE WITH YOU ALL THE WAY TO THE FINISH DON.....

## KANAWHA VALLEY ROAD RUNNERS CLUB

### HATS OFF!

TO CARL HATFIELD.....FOR A FANTASTIC SHOWING IN THE BOSTON

### MARATHON:

REPRESENTING WEST VIRGINIA, CARL TOOK 11TH PLACE

OUT OF OVER 3,000 RUNNERS.....

TIME 2:21 :16

THANK YOU... DR. POOLE AND FAMILY FOR YOUR MOST GENEROUS CONTRIBUTION TOWARD THE PURCHASE OF MUCH NEEDED RACE

EQUIPMENT.....

### DROP US A LINE.....

THE NEW MAILING ADDRESS FOR THE KVRR IS:

K.V.R.R.C.  
P.O. BOX 2022  
CHARLESTON, W. VA. 25327

### NEW EQUIPMENT.....

THE KVRR RECENTLY PURCHASED A MEASURING WHEEL AND TIMING EQUIPMENT TO ASSURE ACCURACY IN ALL OF THE UPCOMING RUNS.....

### RUBBER LEGS.....

OUR NEWEST MEMBER IS NOT QUITE ON HIS FEET YET BUT DOES POSE A THREAT..... CONGRATULATIONS! .....

TO THE MORRELS WHO HAVE A NEW BABY BOY RUNNER... BORN MARCH 16TH AND WEIGHING IN AT 5 POUNDS 1/2 OZ.....

HIS HANDLE IS.... CHRIS GLEN MORREL.

### MARATHON.....

(HALL OF FAME.....3rd.....) CONGRATULATION TO CLUB MEMBERS.....ON OUTSTANDING EFFORTS

..... SEVERAL QUALIFY FOR BOSTON. DEBBIE HANNA.....

ST. ALBANS..... COMPLETED THIS GRUELING RUN WITH ONLY 2 1/2

MONTHS TRAINING..... LINDA MECKFESSEL ESTABLISHED

NEW STATE RECORD WOMEN'S DIVISION WITH A 3:30 :32

### K.V.R.R.C. MEETING

SECOND WEDNESDAY EACH MONTH.... NEXT MEETING: WEDNESDAY,

MAY 10TH ...7:30 p.m.....MORRIS HARVEY COFFEE SHOP.

# KANAWHA VALLEY ROAD RUNNERS



-2-

## EASTERN RUNNERS

Finally a running magazine orientated toward the East Coast runner, "Running Times" - Information Enclosed.

## KVRRC LOSES TWO GOOD FRIENDS

The members of KVRRC were saddened to learn of the death of BOB TAYLOR and JOE VARIAN, JR.

We express our sincere condolences to the members of each of the families.

## ITS STILL NOT TOO LATE

Just a reminder to your runners who received the survey questionnaire from "OGGS" this past summer. If you haven't completed the questionnaire, please do. Connie Perry reports that they need a few more replies in order to make the survey more meaningful.

Should you have questions concerning the questionnaire, please contact Connie at 768-3177.

## FIRST WINNER

Jeff Megert was the prize winner of the first KVRRC sponsored blind drawing following Don Barnett's Patriot Run held Sunday, October 2. Congratulations Jeff!!

## FOOTNOTES ARE ON THE WAY

KVRRC members will be happy to know that "Footnotes", a publication from the ROAD RUNNERS CLUB OF AMERICA will be mailed to them in the very near future.

## NEW RUN

Look for an announcement in the near future regarding a new run that is to be sponsored by Union Carbide. Tentative plans are for the run to be 10,000 meters at the Tech Center in South Charleston.

## DUES DUE

1978 KVRRC membership fees due January 1, 1978. Show your enthusiasm - send your check early!!

## KVRRC 1977 NEWSLETTER

## HEY TURKEY!!

Election of officers will be held immediately following the "Turkey Trot" Sunday, November 20, 1977, 2:00 p.m.

## PUT YOUR FOOT

Into a 10% discount and a top quality pair of running shoes at "The Athletes Foot" located on Quarrier Street in downtown Charleston. Just present your KVRRC card.

## THEY ARE IN THE RUNNING

For the yearend special running awards, which will be presented February 1978 at the "FIRST ANNUAL KVRRC RUNNERS' BANQUET", the following runners must submit balance of running data by January 10, 1978.

	<u>TOTAL MILES</u>	<u>TOTAL DAYS</u>	<u>MILES IN COMP.</u>
* F. M. Branner	1219	182	-----
* Al Anson	1739	181	79.1
* John W. Mandeville	1197	182	-----
** Connie Perry	659	125	25
* Leo P. Runyan	1309	161	61
** W. N. Hefner	1462	119	69.5
** R. Corroll	587	127	67.6

\* Data for the first seven months  
\*\* Data for the first six months