



Gary C. Smith, Editor

1987

July-August

The President's Page

I hope on June 6, 1987 the sport of road racing in West Virginia did not peak. Congratulations to KVRRC member Jim Woodrum, Race Director for the second annual Baskin-Robbins Banana Split 5-K who produced, in my opinion, the best 5-K road race ever run in the state of West Virginia. With the exception of the Charleston Distance Run and Elbys, "Big Jim" assembled the most talented group of runners ever for this years race. If you finished in the top 50 or won an award in this race, I believe you could complete on the roads at any race in the country. Congratulations to Jeff Trump of Beckley, WV who won this years race, setting a new course record by 16 seconds, with a winning time of 15 minutes flat. By the way, this years race had 563 finishers.

If you like running, are concerned about health or just want to get in shape I want to encourage you to come out and "run the roads". If you are already "one of us" bring a friend or neighbor with you, recruit a new member for the KVRRC. The more people that are involved the stronger the KVRRC will be.

Applications for the September 5th running of the Charleston Distance Run (15 miles) are now available. If you have a problem or need an application you can call (304-348-6464), Mary Johnson of the Mayors office will help you. Also I invite you to come out on Sunday mornings and run the Charleston Distance Run course. There are groups fast, slow, young and old leaving the starting line at 7:00 AM, 7:30 AM, 8:00AM and etc, come out and join us.

I want to remind you that our Annual Picnic/Pool party will be August the 22nd at Steve Stewart's house. (see article on the picnic in this issue)

Continued on page 9

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III 744-0575
 Carroll Young 727-9844
 Annette Castelle 343-9371
 Paul Garrett 925-3247
 Bill O'Dell 744-4918
 Mike Province 744-6466
 Fred Waybright 722-6850
 Mike Pyryt 776-5592
 Gary Smith 744-1099

Dave Fields 548-4761
 Dave Ellis 344-4488

FROM THE EDITOR:

Here are a few notes on things going on in the club and around the state:
 The KVRRC membership policy has changed, instead of running from January to December regardless of when you initiate your membership, it will run twelve months from the date the member signs up or renews. Paul Garrett has re-written the program he uses to maintain membership records so that your newsletter label will alert you to your need to renew your membership. The address label in your eleventh month will read, "renew before next issue" and in your twelfth month will say, "last issue, renew now".

The KVRRC will be fielding teams in the Distance Run this year. C D Hill & Sons will be sponsoring three teams for us - the mens team of Barker, Kline, Lewis and Wilson, a mens masters team of Fields, Norman, Thornsberry, and Waybright and a women's team not yet filled. Sponsoring themselves will be the KVRRC B team of Garrett, O'Dell, Province and Smith. The B of course referring not to our abilities but to the fact that we are all on the Board of directors.

The WV Department of Commerce, Division of Parks and Recreation is sponsoring a Governors Cup Series at various state parks this year. What they have done is join together several established races into a series of seven Governor's Cup Runs. Points are awarded for each race you participate in and additional points are awarded for overall and age group winners. Of course I feel they really got off to a bad start by not notifying the largest running club in the state of the program before it started, but I like the idea and you may want to keep your eye on this for next year. This year's races are:

Date	Race	State Park
April 26	10K Mountain Run	Lost River
May 9	Babcock 10K	Babcock
June 6	Ridgerunner Marathon	North Bend
July 25	Bearhole 10K	Twin Falls
August 8	Aracoma Story 10K	Chief Logan
September 20	7th Milk and Honey 10K	Canaan Valley
October 18	Pumpkin Run	Pipestem

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**THOMAS MEMORIAL HOSPITAL'S
 5-MILE RUN FOR HEALTH**
 Saturday, July 25, 1987
 8 a.m.

South Charleston High School
 South Charleston, West Virginia

Sponsored by Thomas Memorial Hospital & Rite Aid Home Health Care

**NEW COURSE (LESS HILLS)
 T-SHIRTS TO ALL RUNNERS & A WIDE VARIETY OF DOOR PRIZES**

AWARDS

Best Overall Male & Female
 2nd, 3rd & 4th Overall
 Best TMH Male & Female
 Best Male & Female in the Heavyweight Division (males 185 lbs. & over)
 (females 140 lbs. & over)
 Oldest & Youngest Runners
 14 & Under (Best Male & Female) 35-39 (1st, 2nd & 3rd Male & Female)
 15-19 (1st, 2nd & 3rd Male & Female) 40-44 (1st, 2nd & 3rd Male & Female)
 20-24 (1st, 2nd & 3rd Male & Female) 45-49 (1st, 2nd & 3rd Male & Female)
 25-29 (1st, 2nd & 3rd Male & Female) 50-60 (1st, 2nd & 3rd Male & Female)
 30-34 (1st, 2nd & 3rd Male & Female) 60 & Over (Best Male & Female)

ENTRY FORM

NAME _____
 ADDRESS _____
 Street/Box Number _____

City _____ State _____ Zip Code _____

PHONE _____
 MALE _____ FEMALE _____

T-SHIRT SIZE S M L XL

ARE YOU A THOMAS EMPLOYEE? _____

ARE YOU ENTERING IN THE HEAVYWEIGHT DIVISION?
 (males 185 lbs. & over) & (females 140 lbs. & over) _____

RELEASE OF RESPONSIBILITY . . . In consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against Thomas Memorial Hospital, and any other individuals and organizations assisting with the run, for any and all injuries suffered by me in said event. I verify that I am physically fit and have sufficiently trained for the completion of this event.

SIGNATURE

The entry fee is \$7 if received by July 10, and is \$8 the day of the race. Please make checks payable to Thomas Memorial Hospital's 5-Mile Run For Health and mail them to Nancy Hill, Community Relations Department, Thomas Memorial Hospital, 4605 MacCorkle Ave., S.W. South Charleston, WV 25309. Registration the day of the race is from 7 a.m. - 7:45 a.m. at South Charleston High School. For more information, contact Nancy Hill at 766-3706.



**ELEVENTH ANNUAL
WV 20 KM CHAMPIONSHIP RACE
sponsored by WOAY-TV**

Sat. AUG. 1 8 A.M.
Course starts at Collins Middle School, Jones Avenue, Oak Hill off Route 61. Runners follow Jones Avenue, turn left onto Main Street, through East End at Hill. Turn right at 7-11 onto Salem-Gatewood Road. The hilly scenic country road is the major part of the course. It winds into Fayetteville with the finish line at Pirate Stadium on High Street. Showers available at Memorial Building.

PRE-REGISTER BY FRIDAY, JULY 24th TO PAY LOW ENTRY FEE OF \$6 WHICH INCLUDES FREE T-SHIRT AND ADMISSION TO LUNCH/AWARDS

Late Registration \$12 NO EXCEPTIONS

1st 10 finishers	15 & under	35-39	1,3,5,7,9 ml
1st 3 in each age group	15-20	40-49	
1st 5 women	21-24	50+	10 water stops
1st woman in age groups	25-29		
1st 5-person official team	30-34		



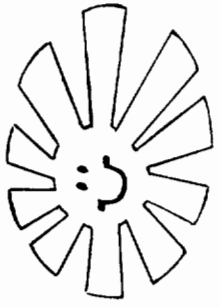
**HARDEES LUNCH FOR ALL RUNNERS & GUESTS (\$3.50)
PRIOR TO AWARDS CEREMONY**

BEST TIMES

Male 1986 David Tabor 1:04:29.8
 Female 1985 Liz Ervin 1:22:14
1986 WINNERS
 Male 1986 Winner David Tabor 1:04:29.8
 Female 1986 Winner Gwen Van Dine 1:22:57.1

 I HEREBY WAIVE AND RELEASE ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE SPONSORS, MUNICIPALITIES OF OAK HILL AND FAYETTEVILLE, AND OFFICIALS OF THE 20 KM. RACE ON 8/1/87 OF ALL INJURIES SUFFERED BY ME IN SAID EVENT. I VEREFY I HAVE SUFFICIENTLY TRAINED AND AM PHYSICALLY FIT FOR THIS EVENT.
 SIGNATURE _____ (PARENT IF UNDER 18)
 NAME (Please print) _____ OCCUPATION _____
 STREET ADDRESS _____ CITY, STATE, ZIP _____

T-SHIRT SIZE: S ___ M ___ L ___ XL ___ PICNIC? YES ___ NO ___ GUESTS ___ \$3.50 ea.
 APPLICATION MUST BE COMPLETED!
 MAIL TO: Fayette County Chamber of Commerce, 214 Main Street, Oak Hill, WV 25901



**Tan'n
Body**

506 Chestnut St., So. Chas.
 WHERE YOU CAN NOW PURCHASE K.V.R.R.C
 TEE SHIRTS (\$4.50) AND JACKETS (\$20.00)

KVRRRC POOLSIDE PICNIC

DATE: August 22, 1987
TIME: 1:00 PM
LOCATION: STEVE STEWART'S HOME
 1422 GUARRIER STREET
 CHARLESTON, WV
ACTIVITIES: SWIMMING, EATING, DRINKING, AND SOCIALIZING

There will be a special 1/2 mile time prediction run, so bring your running gear. The person closest to their predicted time will win a pair of running shoes.
 The KVRRRC board members will be available during the day to answer any questions you may have about the club or running. Any ideas you have to improve our organization are welcomed.

All persons attending are asked to bring a covered dish. Take this chance to meet socially the people you normally see only at races. This picnic is open to members and their families or dates, or you may join at the picnic.

SCHEDULE OF EVENTS

JULY-AUGUST 1987

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

July 3, 1987

Friday
BC/BS Independence Day 10-K
 RT: 8:30 AM
 ST: 9:30 AM
 SP: Tri-State Greyhound Park
 EF: \$6.00/\$7.00
 RD: 253-4093

July 4, 1987

Saturday
Pepsi 10-K
 RT: 8:00 AM
 ST: 9:00 AM
 SP: Morgantown, WV
 EF: \$7.00/\$8.00
 RD: John Wilt 296-4302

July 4, 1987

Saturday
Vienna 10-K
 RT: 8:30 AM
 ST: 9:30 AM
 SP: Ashland Regatta 10-K
 EF: \$7.00/\$8.00
 RD: Jack Ditty, MD (606) 836-3111

July 4, 1987

Saturday
Ashland Regatta 10-K
 RT: 7:00 AM
 ST: 8:00 AM
 SP: Central Park, Ashland, K
 EF: \$7.00/\$9.00
 RD: Jack Ditty, MD (606) 836-3111

July 12, 1987

Saturday
Lake Floyd Mini-Triathlon
 RT: 11:00 AM
 ST: 1:00 PM
 SP: Lake Floyd (near Clarksburg)
 EF: \$15.00/\$17.00
 RD: 304-623-0434
 304-622-7235
 .25 mile swim
 7.5 mile bike, 2.2 mile run

July 12, 1987

Saturday
Richwood Triathlon
 RT: 10:00 AM
 ST: 11:00 AM
 SP: Summit Lake, Richwood, WV
 EF: \$15.00/\$17.00
 RD: 4 mile swim, 11.6 mile bike, 5.7 mile run

July 18, 1987

Saturday
Road Runners 5-K
 RT: 8:30 AM
 ST: 9:30 AM
 SP: Woodrow Wilson H.S.-Beckley
 EF: \$6.00/\$7.00
 RD: Raleigh County Road Runners 253-4093

July 18, 1987

Saturday
R Runners 1600 Meter (10 & under)
 RT: 8:30 AM
 ST: 9:30 AM
 SP: Woodrow Wilson H.S. - Beckley
 EF: \$3.00
 RD: Raleigh County Road Runners 253-4093

July 18, 1987

Saturday
Women's Distance Festival
 RT: 5:00 PM
 ST: 7:00 PM
 SP: Ritter Park, Huntington
 EF: \$5.00/\$6.00
 RD: Huntington Track Club
 Rick Jackson 525-3460

July 18, 1987

Saturday
Great Teays 10-K
 RT: 8:00 AM
 ST: 9:00 AM
 SP: Hurricane High School
 EF: \$6.00/\$7.00
 RD: Great Teays Running Club

July 25, 1987

Saturday
Thomas Memorial Hospital 5-M
 RT: 7:00 AM
 ST: 8:00 AM
 SP: S. C. High School
 EF: \$7.00/\$8.00
 RD: Nancy Hill 766-3706

July 25, 1987

Saturday
Bear Hole 10-K
 RT: 7:30 AM
 ST: 9:00 AM
 SP: Twin Falls State Park
 EF: \$6.00/\$8.00
 RD: Debbie Keener 294-4000

July 25, 1987

Saturday
Marietta Mem. Hosp. Road Run 10-K
 RT: 7:30 AM
 ST: 9:00 AM
 SP: Indian Acres Pk, Marietta, OH
 EF: \$8.00/\$9.00
 RD: Pam Morton 374-1450
 (See ad)

August 1, 1987

Saturday
Oak Hill - Fayetteville 20-K
 RT: 7:00 AM
 ST: 8:00 AM
 SP: Collins Middle Sch., Oak Hill
 EF: \$6.00/\$12.00
 RD: Fayette Chamber of Commerce
 (See Ad)

August 6, 1987

Thursday
Hughes River 5-K
 RT: 7:00 PM
 ST: 8:00 PM
 SP: Ellenboro, WV
 EF: \$7.00/\$8.00
 RD: Dale Seese 869-4264

August 7, 1987

Friday
Charleston Town Center 5-K
 RT: 5:00 PM
 ST: 7:00 PM
 SP: Town Center Mall
 EF: \$7.00/\$8.00
 RD: Nemo Nearman 340-4264

August 8, 1987

Saturday
AraComa Story 10-K
 RT: 8:00 AM
 ST: 9:00 AM
 SP: Chief Logan State Park
 EF: \$8.00
 RD: Evelyn Adams 752-3766

August 8, 1987

Saturday
Hardee's 10-K
 RT: 8:00 AM
 ST: 9:00 AM
 SP: Bridgeport, WV
 EF: \$7.00
 RD: 842-4002

The President's Page, continued

August 8, 1987
Saturday
Cherry River 10-K
RT: _____
ST: Richwood, WV
SP: _____
EF: _____
RD: _____

August 8, 1987
Saturday
Bluestone 8-K
RT: _____
ST: Spanishburg, WV
SP: _____
EF: _____
RD: _____

August 15, 1987
Saturday
4th Annual WV Sportsfest 5-Miler
RT: 7:00 AM
ST: 8:15-walkers, 8:30-runners
SP: Oak Hill High School
EF: \$7.00/\$9.00
RD: Tom Ditty 465-1850

August 15, 1987
Saturday
Parkersburg Half Marathon
RT: _____
ST: 8:00 AM
SP: Parkersburg, WV
EF: _____
RD: Debra Cunningham 424-2294

August 22, 1987
Saturday
Friends of Capital Plaza Theatre
RT: 7:30 AM
ST: 8:30 AM
SP: Capital Plaza Theatre
EF: \$8.00
RD: David Harkins
Food, Clinic, Film after race

August 22, 1987
Saturday
Belpre Lions 5-K
RT: _____
ST: 10:30 AM
SP: Belpre, Ohio
EF: \$8.00
RD: Charles Wilox 423-6245

August 29, 1987
Saturday
1987 Monza Run 5-K
RT: 4:00 PM
ST: 6:00 PM
SP: Sixth/Main St, Clarksburg
EF: \$6.00/\$7.00
RD: Lynn Menindy 623-3303

August 22, 1987
Saturday
KVRC Picnic
RT: _____
ST: 11:00 AM
SP: 1422 Quarrier Street
EF: KVRC membership
RD: Mike Province

September 5, 1987
Saturday
5th Annual Chas. Distance (15-M)
RT: Must preregister
ST: 8:00 AM
SP: Charleston Civic Center
EF: \$8 by 8/21, \$12 by 8/28, \$20
RD: Nemo Nearman 348-6464

August 30, 1987
Saturday
Centennial CPA Mile
RT: Noon
ST: Staggered - Starting at 1:00
SP: Kanawha Blvd, Charleston
EF: \$6.00
RD: WV Society of CPA's
342-5461

Be aware that the Thomas Hospital Race has been rescheduled for July 25th and the West Virginia 20-K Championship, Oak Hill to Fayetteville, will be August 1st at 8:00 AM. Also, congratulations to everybody who just finished the May 23rd, Elbys 20K. What a tough course. I am told the June 13th 20-K in St. Clairsville, Ohio is a great race but the course is not flat.

Recruit a new member for the KVRC. Fred Waybright is the membership drive chairman. Lets all help Fred and have the membership run a PR.

I nearly forgot. The 1987 Almost Heaven Marathon has been scheduled for November 28th at 10:00 AM. The course is flat and fast. Plan to run or work the race this year. Bill O'Dell, 744-4918 is the race director. Come out and get involved.

Patrick and I will see you at the races!
Pat Board III

From The Editor, continued

I ran in two races recently that offered unique West Virginia trophies. The Parkersburg 10K awarded hand-blown Pilgrim glass bells etched with the race name, date, sponsor and award. The WVU Alumni Mountaineer Spirit Run offered plaques recycled from the bleachers of Old Mountaineer Field. I commend the directors of both of these races for using their imagination to give the runner something unusual to recognize their effort and achievement.

If you have information about upcoming races or want to share a running strategy, story, achievement or adventure in a future issue contact me.
Gary Smith

WILL YOU GRADUATE FROM



A ROAD RACE TOWARD COLLEGE

OCTOBER 3'87

LOOKING AHEAD

October 3, 1987 Collegiate Chase 5 Miler Charleston, WV
October 4, 1987 Country Classic 8 Miler Branchland, WV
October 10, 1987 5-K Challenge Race Spencer, WV
October 17, 1987 Run for the People 10-K Dunbar, WV
November 28, 1987 Almost Heaven Marathon Charleston, WV

CHARLESTON
Marriott
TOWN CENTER
INAUGURAL RACE
CHARLESTON
WEST VIRGINIA
Watch for Details
MAGNET
Bank

MAC'S BODY SHOP

CHARLESTON
Town Center



CHARLESTON TOWN CENTER SUNDOWN 5K AND FUNWALK
FRIDAY, AUGUST 7, 7:00 P.M.

COURSE: A FLAT COURSE, STARTING AT CHARLESTON TOWN CENTER,
DOWN VIRGINIA STREET, TO RUFFNER, TO THE BOULEVARD,
DOWN THE BOULEVARD TO COURT, CIRCLE TOWN CENTER AND
FINISH AT THE COURT STREET ENTRANCE OF THE MALL.

FUNWALK: ONE LAP AROUND CHARLESTON TOWN CENTER.

AWARDS: ATTRACTIVE MERCHANDISE AWARDS AND GIFT CERTIFICATES DONATED
BY THE MERCHANTS OF CHARLESTON TOWN CENTER.

AWARD RECIPIENTS: MALE AND FEMALE WINNERS, OVERALL, MASTERS DIVISION,
AND FIRST AND SECOND PLACE ALL AGE CATEGORIES.

AGE CATEGORIES: (MALE AND FEMALE)
14 AND UNDER, 15-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-59, 60-over

**** SWEAT/HEAD BANDS TO ALL PARTICIPANTS ****
REFRESHMENTS, BANANAS, SPLITS, RELIEF STATION.

AWARDS CEREMONY: 8:00 P.M. CENTER COURT, TOWN CENTER, PLUS DRAWINGS
FOR MERCHANDISE AWARDS. (PLACE WINNERS NOT ELIGIBLE)

CO-SPONSORS: CHARLESTON HIGH BOOSTERS CLUB, NEW YORK SELTZER,
MAC'S BODY SHOP. PROCEEDS TO BENEFIT CHS ATHLETIC
TEAMS.

ENTRY FEE: \$7.00... \$8.00 RACE DAY.

RACE DIRECTOR: NEMO NEARMAN, PHONE: 340-4264

PREREGISTRATION: MAIL TO: CHARLESTON TOWN CENTER RUN
3000 CHARLESTON TOWN CENTER
CHARLESTON, WV 25389

RACE DAY REGISTRATION: BRING TO: INFORMATION BOOTH, CHARLESTON TOWN CENTER,
ALL DAY AT INFORMATION BOOTH, 5-7 P.M. COURT
STREET ENTRANCE TO MALL.

MAKE CHECKS PAYABLE TO CHS BOOSTER CLUB

OFFICIAL ENTRY FORM

NAME _____ MALE _____ FEMALE _____

ADDRESS _____ CITY _____ STATE _____

AGE (AS OF RACE DATE) _____

IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY, I ATTEST THAT I HAVE
SUFFICIENTLY TRAINED FOR THIS EVENT, AM PHYSICALLY FIT TO RUN THIS
DISTANCE, AND I DO WAIVE ALL RIGHTS AND CLAIMS FOR DAMAGE THAT I, OR
MY HEIRS MAY HAVE AGAINST THE CHARLESTON TOWN CENTER, CO-SPONSORS,
VOLUNTEERS AND OTHER PARTICIPANTS OF THIS RACE.

SIGNATURE _____ PARENT OR GUARDIAN (IF UNDER 18)

TINSLEY'S PRACTICAL APPROACH to STRETCHING FOR FLEXIBILITY and EXERCISES FOR MUSCLE BALANCE

WHY STRETCH - Running builds muscle strength and endurance (GOOD), but also develops
muscle imbalance and loss of flexibility (BAD). The latter two lead to injuries.
STRETCHING of the primary running muscles maintains flexibility and flexibility aids
muscle balance but **EXERCISES** for the secondary running muscles are needed for
total muscle balance.

DEFINITION - Static Stretching is achieved by assuming a position that tends to pull
the muscle/tendon group in a direction opposite to the contraction of that muscle,
and which allows the force to stretch the muscle to be applied by gravity or other
muscles so that the muscle under stretch can be fully relaxed.

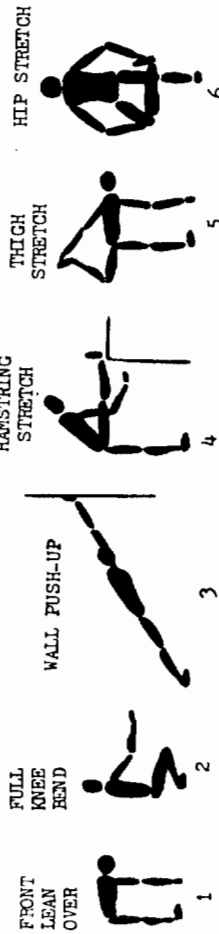
HOW - Stretch **SLOWLY** and **EASY** with the muscle **RELAXED**. Time and Relaxation are the
keys to proper and beneficial stretching - not degree of effort. Too intense an
effort or not being relaxed when stretching will result in injury. It is far more
beneficial to stretch more often rather than with greater intensity of effort.
The muscle being stretched **MUST BE RELAXED** for stretching to have a positive effect.
Relaxation is mentally controlled and cannot be hurried. There should not be pain
associated with stretching.

The most important reason to stretch is injury prevention. For this to occur you
must stretch when you are healthy and injury free. Don't wait until you are injured
and then expect to start stretching and it cure your problem.

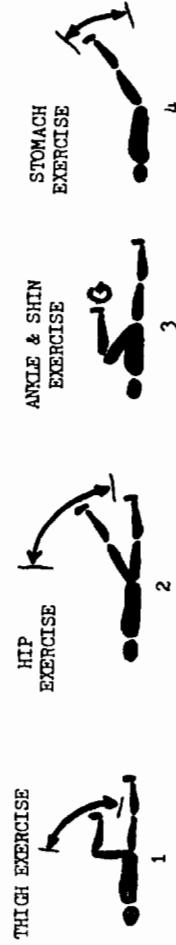
Other benefits of stretching are:

- Smoothes and more economical movement (equals greater endurance).
- Increases stride length (go farther and faster at same effort).
- Hastens recovery following running.
- Promotes better muscle relaxation.
- Reduces soreness from running.
- Adds to muscle strength and reduces fatty tissue.

STRETCHES



EXERCISES



Repeat #1, #2, & #3 for each leg

RUNNING TIPS

FROM THE EDITORS OF
THE RUNNER



Training

Bill Rodgers:

1. I have found that hot-weather training has helped me in competition to a point I believe you have to cut back on your running on the days before and after long runs in the heat as part of your acclimatization to the heat.

2. The amount of speedwork I do depends upon the race I'm aiming for. When I'm keying on a certain race I quicken the pace of that speedwork rather than lengthen its mileage, and I might also include more hill work in my regimen.

3. Road racing technique requires that you have a thorough knowledge of the strategies and instincts of your opponents. This includes knowing their best times at various distances, their experience at the distance at which you'll compete, and their style of racing.

Marty Liquori:

4. Don't limit your weight training to your legs. Upper-body strength is also important. When your legs tire, you need to rely more on your arms and upper body for strength.

5. "In building up mileage, roadwork is best because it takes less energy to run a given distance on the roads than on turf because there is better traction and lift on the roads."

6. "If in a six-mile race, you feel hard-pressed to maintain a given pace in the first two miles but finish strongly and feel fresh afterward, the conclusion might be that you are strongly conditioned but lacking basic leg speed. Hence, more interval (i.e. speed) work may be necessary in your training."

Dr. Alex Rattelle:

7. "Now, you ask, does the runner use the exercise bike? Foremost to remember is not to attack the bike. Practice a bit of LSD at first. Keep the tension at moderate level. Do not fall at the pedals. To avoid boredom, plan a run. Warm up for 10 minutes. For the second 10-minute period, increase the tension moderately. During the third 10-minute period, the resistance is increased still further."

Grete Waitz:

8. "I think it is important that people who by running don't start too hard. They need some time to build themselves up and get used to running. It is important for beginners to stretch and exercise after each training session. The first period is the hardest but if you keep on running, your form will improve and everything will feel easier."

Jack Fultz:

9. "When I am injured I have found that exercising for a time equal to my daily running when well is most effective, regardless of the somewhat lighter intensity of the substitute activity. And keep stretching."

10. "I run on soft surfaces whenever possible. Paving on dirt roads, forest trails or the soft shoulder of a highway when you can will help reduce the stress on leg muscles and joints that comes from constantly pounding the pavement."

Frank Shorter:
12. "Hill running is valuable because it provides anaerobic (speed) conditioning in a way more appealing than a track. It also seems to strengthen the quadriceps muscles (front of the thigh) and the buttocks without the heavy pounding of flat speedwork."

13. "I've trained at altitude since 1967, and it's worked for me. It's simply harder to run up here—there's more of a training effect, or return to a given effort. Besides, you tend to train best where you're happiest, and if you like the mountain, you'll probably do well here. I'll do whatever Lasse Viren does."

14. "Everyone has a different body rhythm and peaks at different times of day. I feel much better in the afternoon. To become more comfortable during training runs, dress warmly, stretch regularly (at this very least this will make you more awake) and start on your run very slowly."

Alberto Salazar:

15. "I've come to the conclusion that, in addition to a certain amount of long distance, you also need speedwork if your legs aren't used to running. Fast, chances are, you're not going to run."

Ian Higdon:

16. "Most better marathoners include in their training (in addition to high mileage) the following: long, steady distance (LSD); fast, controlled runs (FC); 5 to 12 miles once or twice a week; and speed training once or twice a week that could include sprints, fartlek or intervals, all at 5,000-meter pace or faster."

17. "High mileage is not necessarily the way for every runner to improve his or her performance. Too many people get hung up on their total mileage."

Nina Kuscsik:

18. "The philosophy of a beginning runner's program is a familiar one: Train, don't strain. Running is a specific exercise, and the purpose of a training program is to give your body a chance to be reasonably stressed and also time to recuperate."

19. "For all the importance of the emotional interaction, one of the main reasons for working with a coach is to have an outside observer evaluate your running program objectively. A periodic appraisal of a runner's physical condition and motivation is invaluable."

Tom Fleming:

20. "There are important considerations for all runners to examine in setting up their racing schedules. But worrying aside, a combination of racing, training and easy days can increase your ability to race often and more efficiently."

Ted Cobitt:

21. "Care should be exercised during the warmdown, whose purpose is to slow down the body's functions gradually from their revved up pace back to normal. The warmdown is especially important for ultramarathoners."

Dr. Richard Schuster:

11. "The lack of wear on the tips of most running shoes confirms that the average runner makes little use of his toes. However, it might be interesting to note that class runners and runners with better than average lines seem to show considerably more wear on the tips of their shoes."



123 Summers Street • Charleston, West Virginia 25301

The Friends of the Capitol Plaza Theater are sponsoring the First Annual Capitol Classic

A Warm-up for the Charleston Distance Run
(Race course includes the hill section)

August 22 • 8:30 a.m.

For more information, contact:
David Harkins, Race Director
34-MUSIC