



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor 1990 July-August

THE PRESIDENT'S PAGE

The KVRRC is active week by week trying to maintain the character and quality of all of the road races in our area. If a race director doesn't ask for our help though there is nothing we can do for them.

On May 20, thanks to Rich Harper of John's Cyclery in St. Albans, our sponsor, the KVRRC put on the Third Annual Kanawha Teays Biathlon at Hurricane High School. Again this year we had a great event, from the weather to the race shirt and as always to your constant support everything went smooth. Dennis Payne won again and set a new course record of 1:36:52. Tami Wright was our female overall winner in 1:51:25. The male team finish was fantastic. Tom Lumadue and Steve Broglio won in 1:34:16.4 Jim Shock and Tom Durst finished a half-second later in 1:34:16.9. Leonard Hager was the male individual runner-up, 1:43:57 and Diana Morris was the female individual runner-up, 2:03:09. Last but not least, thank you to everyone who came out and helped on race day. You made it happen.

Congratulations to the following:

- * Dennis 'Race' Hamrick who was presented the John Pianfetti award at the Carbide Spring Run Banquet.
- * All KVRRC members who completed the Big Boy 20K Classic in Wheeling. What a course!
- * Dr. Shawn Chillag who won the Ridgerunner Marathon at North Bend State Park on June 2nd.
- * Bonnie Lamb, race director for the Charleston Pops 5K.
- * Everybody who runs or exercises on a day to day basis. It really doesn't matter how fast you run or how long, it's how good you feel and how you handle life.

Summer always brings some great races, to mention a couple, The WV TAC 20K (Oak Hill to Fayetteville) will be at 8:00 a.m., August 4th (see application in this issue). Also the 16th annual Charleston Distance Run, 15 miles,

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	344-8342
Bill O'Dell	Director	744-4918
Bill Shultz	Director	768-8472
Dave Fields	Director	548-4761
Gary Smith	Calandar/Newsletter	757-0817

FROM THE POET:

MY COMPETITOR

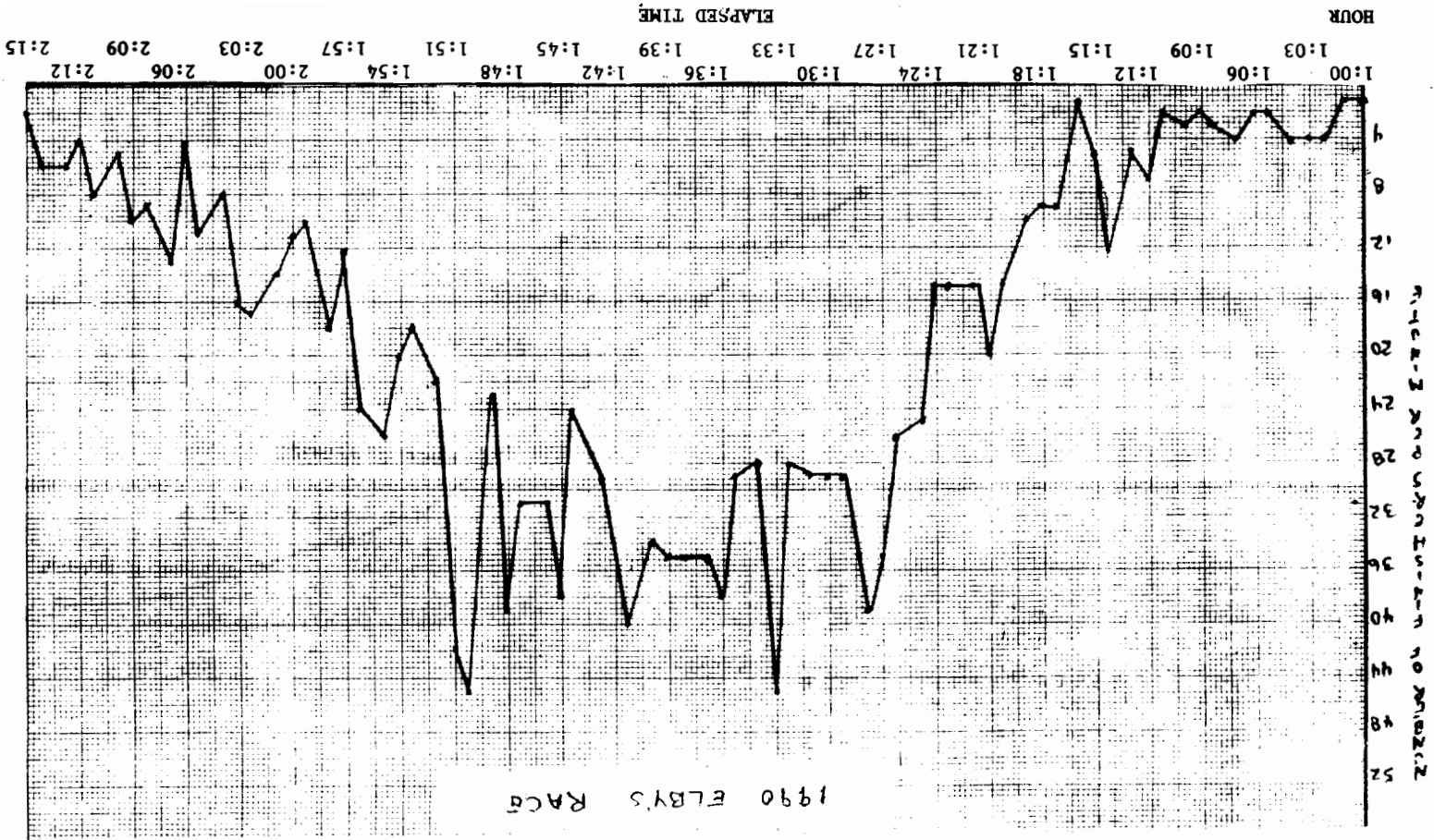
His endurance was wedded to a star
 I had to hurt when I saw his car
 Our closeness in age increased my sweat
 Pumping my arms put my lungs further in debt

His hard pace presented too much pain
 I struggled, but in vain
 At the finish, our friendship was restored
 Apparently only competition, not hatred, was to the core

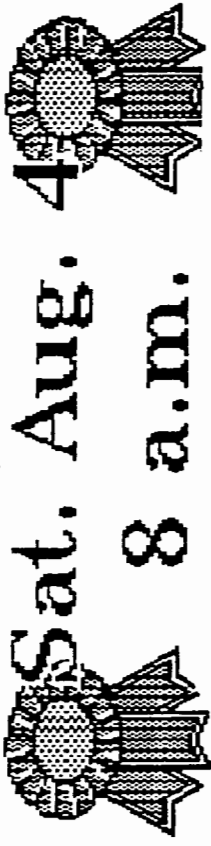
His beating me, was not really a dread
 I live to soar, to enjoy, not to lay with the dead
 In my soul the pleasure seems deep
 I nurse my appreciation even in my sleep

Jerry Herrndon

1990 ELBY'S RACE



WV TAC 20 K



Sponsored by WOAY TV

Start: Collins Middle School, Jones Ave., Oak Hill, off Rt. 61. Route: up Jones Ave., left onto Main St. to East Oak Hill, right at 7-11 to Salem-Gatewood Rd. This hilly, scenic country road comprises most of the course winding into Fayetteville. Einish: old Pirate Stadium on High St. Showers at Memorial Bldg.

REGISTRATION

PRE REGISTER BY FRIDAY, JULY 27, TO PAY LOW ENTRY FEE OF \$6 WHICH INCLUDES T-SHIRT, LUNCH, AWARDS. REGISTRATION AFTER JULY 27: \$12 NO EXCEPTIONS.

AWARDS	AGE GROUPS
1ST 10 FINISHERS	15 & under
1ST 3 IN EACH AGE GROUP	16-20
1ST 7 WOMEN	21-24
1ST 3 WOMEN/AGE GROUP	25-29
1ST 5-PERSON OFFICIAL TEAM	30-34
	50+

A HARDY HARDEES LUNCH PROVIDED BY HARDEES OF OAK HILL CARLETTA RISER AND STAFF.

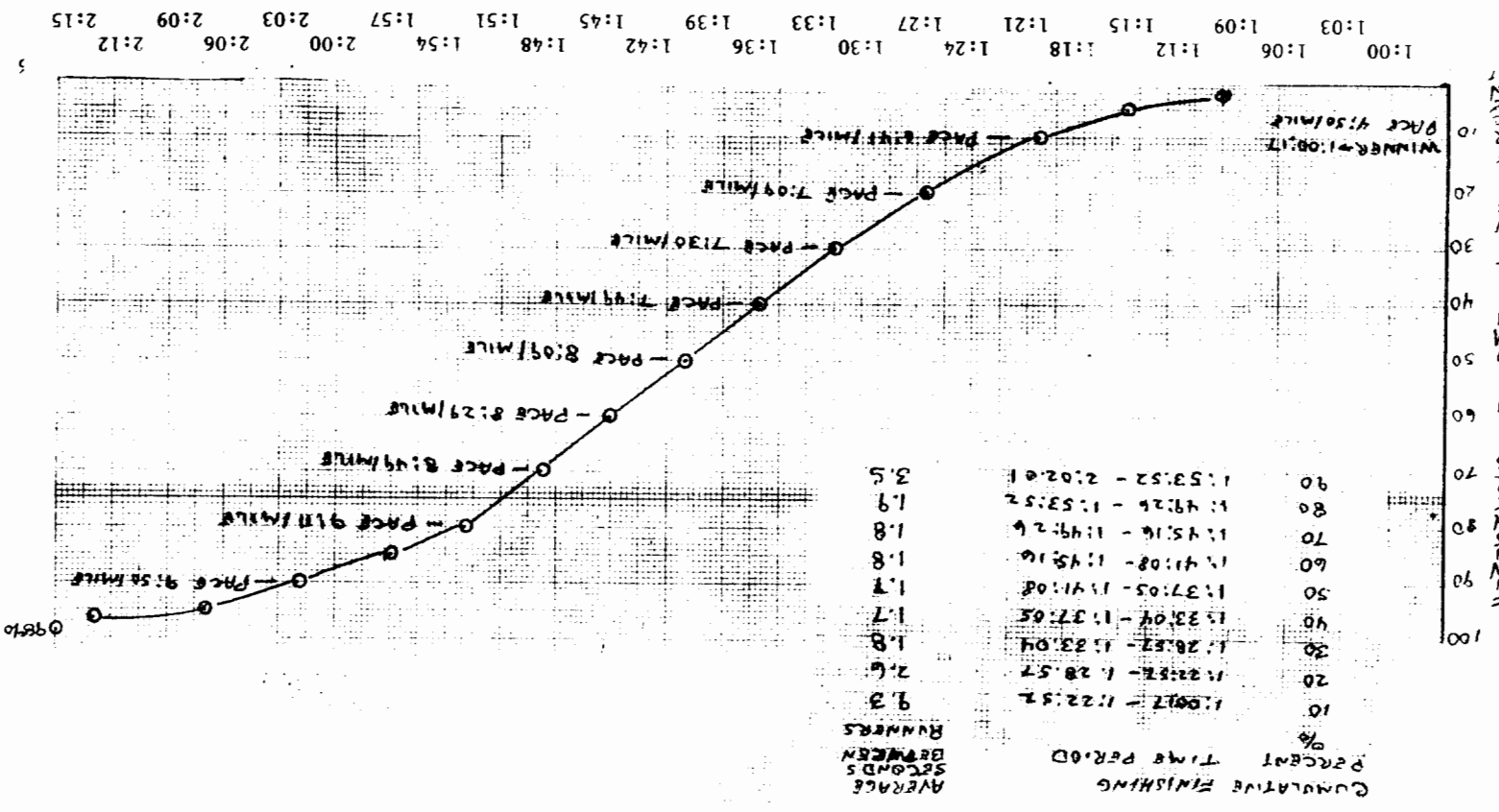
Best Times:

1986 Dave Tabor: 1:04.29 1989 Mary Heidelk 1:14.52

I hereby waive & release all rights & claims for damages I may have against the sponsors, municipalities of Oak Hill & Fayetteville, & officials of the 20K race on August 4, 1990, of all injuries suffered by me in said event. I verify that I have sufficiently trained and am physically fit.

SIGNATURE (parent if under 18) _____
 NAME _____ AGE _____ SEX _____
 ST. ADDRESS _____
 CITY _____ STATE _____ ZIP _____ PHONE _____
 TSHIRT SZ. _____ LUNCH YES _____ NO _____ LUNCH GUESTS (\$5) _____

MAKE CHECKS PAYABLE TO FAYETTE COUNTY CHAMBER OF COMMERCE MAIL WITH APPLICATION TO:
 FAYETTE COUNTY CHAMBER OF COMMERCE
 310 Oyley Ave. Oak Hill WV 25901
 QUESTIONS? CALL 465-5617



1990 819's RACE

Kanawha Valley ROAD RUNNERS



History of the Road Runners Club of America

Getting Started

The widespread Road Runners Club movement of today, extended back into the late 1950's, jogging for health, fitness, and competitive long-distance racing was an officially recognized Olympic sport, but with the exception of the New England area there were very few distance races in the US. The Athletics looked to the AAU (Amateur Athletic Union) to provide races, in view of the AAU's self-proclaimed responsibility in this field. When it became evident that the AAU was not really interested, the athletes decided to organize and put on their own races.

The chief means of communication among distance runners in those days was a monthly magazine of race results (chiefly track and cross-country), called the Long Distance Log. It was published in the Philadelphia area by former Olympian Browning Ross. (For comparison of the late 1950's distance-running scene with that of today, the LD Log in those days had a circulation of 1,000 in the August 1957 issue.)

"The idea of a national road distance runners organization, similar to the kind which already existed in several other countries, He suggested that the membership include not only runners but officials, race sponsors, coaches, etc. The group could encourage runners and have an annual meeting, raise funds, coordinate schedules, recruit new sponsors, start a club publication, revive obsolete long-distance races such as the one-hour track run, etc."

Response was positive. A local club in Philadelphia — was born in December 1957, and the New England RRC began in February 1958.

On February 22, 1958 was the first date of the "Road Running Club of America," as it was called. Meeting in the Paramount Hotel in New York City, Ross and nine others discussed general directions and laid down a BRC Handbook.

areas, however, most RRC's had no problems with the local AAU. On the national level the AAU — strongly influenced by its New York association — disapproved of the RRC. Attempts by the RRC to affiliate with the AAU, and the AAU's refusal to accept the RRC as a function solely of conducting races, led to the RRC's decision to publish a magazine. Ted Corbett was the first president to publish the "RRC Bulletin," a one-sheet directed job, was a major contribution in that it began the desperately-needed communication amongst RRC districts. Under his

guidance, the RRC published "The World's Fastest Marathons" by Nat Chulnick and a one-page diary review of the pre-race meal called "The Last Meal." These materials were sent compared to the available huge amount of literature in 1960 there was runner looking for runners to read, practically nothing for runners to read. Ted Corbett, RRC president, conceived of his booklet on Measuring Road Running Courses. The required research on this project took years, and the booklet was finally published in 1964.

To be continued in future issues...

The Formative Years (1958-1958)

Momentum began gathering. By April 1958 a New York chapter of the RRC had been organized, with 28 members. Within a few months other chapters in this group started a clinic on running, with world-renowned Percy Carully of Australia as guest speaker. They held their first race on February 15, 1959 with Joe Kleinerman acting as race chairman, starter, timer, and checker.

The Midwest RRC held its first meeting in Chicago in June of 1958. That very same month they conducted the RRC National One-Hour Run and 12-Mile Championship, concurrently. As near as can be determined, this was the first time the one-hour run had been held in the US in some 40 years. By making this event a national championship and holding it annually each year since 1964, the RRC reawakened the AAU indoor T&F championships. RRC again held in conjunction with the AAU indoor T&F championships, took place on February 21, 1959 at the Paramount Hotel, New York City ("RRC

(continued from page 1)

will be at 8:00 a.m. on September 1st. If you need race applications or have a registration question you can call Mary Johnson at 304-348-6464.

Keep your eye on the race calendar there are some great 5Ks, 5 milers and 10Ks mixed in with the longer Oak Hill and Charleston races.

Patrick and I will see you at the races.

Pat Board, III

KVRRRC 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: _____

1. _____ RENEWING MEMBERS

2. _____ NOTE HERE IF CHANGE IN ADDRESS

3. _____

4. _____

MAKE CHECK PAYABLE TO: MAIL TO:

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

