



Kanawha Valley Road Runners Official Newsletter

Gary C. Smith, Editor

1984

March - April

THE PRESIDENT'S PAGE

Have you ever asked yourself "Why do I run?" or have you been asked "Why did you start running?" As I look back, I started running a mile every other day with my brother, Larry, to help him lose weight. I had always been concerned about physical fitness, so running seemed like a logical thing to do.

A couple of months after I started running, Carol Clark asked me if I wanted to run with her one day after work. Having run hurdles in high school, I thought I was in pretty good shape, so I told her "sure." Five miles later, never having gone that distance, I thought I was doing all right. When she suggested running a race with her, I agreed. This was back in 1978. Well, two days later we were in Putnam County at a 5.8 mile, hilly course down Cow Creek Road. I was going to save my strength and not run around and sweat and stretch before the race like I saw other runners doing. I was saving my energy for the race itself. My first thought was "Well, I used to run hurdles in high school; I'm pretty good. I beat Carol at the end of the run the other night and she's been running longer than I have; I might just win this thing!" The gun went off; everybody took off and just a little bit later I thought "Well, maybe I won't win; maybe I'll just beat Carol." Then I thought "Well, maybe I'll let Carol beat me, but I don't want to be last." Then I thought "Well, Lord, let me just finish . . ." and finish I did. The next day I went out and bought myself some real running shoes. I had decided if all those people can beat me and seem to be having a good time, there must be something to it.

Now when people ask me "Why do you run?" I'm in a dilemma as to what to answer. Should I tell them because I want to beat Terry Carmichael or should I tell them because Terry Carmichael wants to beat me? Should I tell them I enjoy being able to swim the New River after the Bridge Day Run with Pam Dockery and Mark Gunderson, or should I tell them I'm in dire need of a new T-shirt? What other sport do you know of where you can eat all the spaghetti and chocolate you want and not gain a pound? How about the fact that I've learned so many jokes that I get them confused now on my long runs? What about the way you feel after doing speed work, or just completing 214? Is it the Carbine Fitness Run, the COGS classic, the Shawnee Hills Industries Run, the Oak Hill-Fayetteville 20K, the Charleston Distance Run, the Marine Corps Marathon? Is it the run by yourself early in the morning when nobody else is around or the quick dash after a hard day at work?

(continued on last page)

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Bill O'Dell . . . . . President  
 Don Barnett . . . . . Vice President  
 Jim Jones . . . . . Secretary  
 Annette Castelle . . . . . Membership Chairman  
 JoAnn Dawson . . . . . Treasurer

BOARD OF DIRECTORS

Don Barnett Paul Garrett  
 Annette Castelle Jim Jones  
 JoAnn Dawson Bill O'Dell  
 David Copeland Barbara Theierl  
 Gary Smith

FROM THE EDITOR:

At the February Board of Directors meeting the following nominations were made for '84-85. These are our nominations but we want to emphasize that nominations are accepted, and encouraged, from the floor Friday, March 9 when the nine directors are elected.

JoAnn Dawson Pat Board  
 David Copeland Dick Conway  
 Paul Garrett Bill Ripley  
 Bill O'Dell Bud Thomas  
 Barbara Theierl Christy Woods

The first meeting for the new board has been scheduled for 7:00 PM, March 19th at the home of Gary Smith, 250 F Street, South Charleston.

This coming weekend will be an active one for the club. Our annual dinner will be Friday, March 9. A 12 oz. tumbler, embossed with the club logo will be given to all attending. The next day we sponsor the Pocahontas Run. Renew your membership on or before Saturday, March 10 and save \$2 on the race entry fee as a current member. Hope to see you at both events.

Gary Smith

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THE SACROILIAC JOINT AND SCIATICA

By Peggy L. Kiser, D.C.

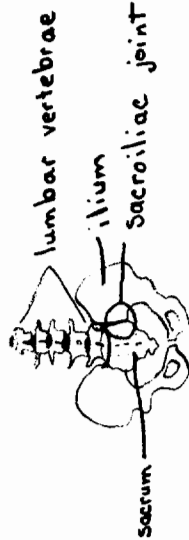
The purpose of this article is to give the runner a better understanding of the biomechanics of the sacroiliac joint (SI joint) and a greater knowledge of how to recognize, prevent and deal with sciatica. Many problems occur as a result of the SI joint becoming misaligned, hypomobile, and fixated. Sciatica is one of the more prevalent symptoms of the SI joint fixation. What happens when the SI joint becomes fixated and how it can produce sciatica are focused on in this article. Hopefully, the runner will be better able to avoid sciatica and other problems created by reduced movement at the SI joint after reading this article.

When the SI joint becomes misaligned and fixated, the body responds in various ways. The SI joint is the articulation between the sacrum and the ilium (hip bone). The sacrum and ilium are attached by ligaments. Normally, there is slight movement in this joint. As a protective mechanism of the body, muscle spasms occur at the point of the misalignment to hold the irritating bone away from the nerve. The muscle spasms can reduce the flexion and extension of the leg on the side of the hypomobile SI joint, thus reducing running times. When the SI joint fixates, excess movement of the lumbar vertebrae (the lower five vertebrae) is often created to compensate for the lack of movement in the SI joint. In an effort to stabilize the spine, one of the lumbar vertebra will often fixate in the opposite direction of the SI joint misalignment. These misalignments and muscle spasms often put pressure on the sciatic nerve roots and/or nerve, producing sciatica.

Sciatica is severe pain along the course of the sciatic nerve. The sciatic nerve is the largest nerve in the body and originates from the nerves exiting from the lumbar vertebrae and sacrum, passing through the pelvis, down the back of the thigh, where it divides into two other nerves. In long-standing cases, the hamstring and calf muscles may decrease in size. Sciatica may begin abruptly or gradually and is characterized by a sharp shooting pain.

Preventing fixation of the SI joint begins with exercising the low-back, gluteal and leg muscles. Exercises to strengthen specifically the integrity of the low-back muscles should be done on a regular basis. Stretching the leg muscles before and after running is extremely important. Not enough emphasis can be placed on the importance of always performing these exercises slowly and not creating pain as they are done.

When the SI joint becomes fixated, chiropractic offers a conservative approach to correcting the problem. Chiropractic manipulations create movement in the fixated areas of the body. By correcting fixations and misalignments, nerve pressure is usually relieved. The human body is a fascinating machine and pain is one of its ways of communicating that a problem exists. Listen to the body and take good care of it.



THE MORNING AFTER

By Clyde H. Beal

Four irritating blisters, three ugly black toe nails (of which one separated), a larger than normal left ankle which may never forgive me, a traumatized right arch which doubts that I will ever cover that distance again, burning arm pits (despite the generous application of vaseline), sore hips, shin bones, lower back, shoulders and groin. Everything that God gave me was abused that day. That day was the 26th of November, 1983, and the dubious occasion was the Almost Heaven Marathon in Charleston, West Virginia - my first biggie!

To say I was sorta nervous and excited that immortal morning would be like saying Rod Dixon runs fairly well in New York. I packed enough running gear for six people, left early enough to drive to Parkersburg by 11:00 AM and psyched myself out all the way to Kanawha City by saying: I MIGHT SLOW DOWN, I MAY FALL BEHIND, BUT THE SUN WON'T SET, TILL I CROSS THE FINISH LINE!! My psychology session didn't work too well; because as I drove into the Charleston Area Medical Center (CAMC) where the race was to begin, I started having second thoughts. Voices inside began hissing and jeering -- "You can't run 26.2 miles; go home dummy, you haven't trained enough; this ain't no 5K, stupid, you're gonna kill yourself!" When my eyes caught sight of my ole running buddy waving me toward an empty parking spot - my spirits lifted. The old cliché that misery loves company had just proved true again. Eddie's cheerful mannerism soon filled me with a false sense of longevity that would support me for 20 miles - only:

I couldn't believe it. The first eight miles were upper bracket residential and quite pretty. Ed and I had not been run off the road, the sun was burning away the smog enough to see and the dogs seemed rather domesticated. So far, traffic control was nice, people were friendly and the water stops were still open when we passed through. Then - "ten thousand miles" west along the south side expressway by the guard rail following the gravel berm - praying we didn't get hit by a car while breathing carbon monoxide and scanning the horizon for our right turn -- the Patrick Street Bridge. Across the bridge we plodded east past the golden dome where my idol (A. James Manchin) works. I would have liked it, had he come out and shouted some words of encouragement my way -- no such luck. At the 18 mile turn around, Eddie began rubbing his right shin. Around 20 miles, his face grimacing from the pain in his leg, he dropped out. Alone with my blisters - I carried on. Heading back toward the Patrick Street Bridge without Ed's company punctuated my problems. Every step now magnified the pain in my legs. I began remembering earlier words: You ARE a stupid dummy, and for sure -- you didn't train enough! Another problem, all those water stops were causing pressure and I knew there were no Porta-Johns along the way. Crossing the bridge this time, the water below looked extra cool. I thought how refreshing the fall would feel, but I knew my bladder couldn't take the sudden stop. Going back on the gravel pit along the expressway, every stone felt as though it were inside each shoe. I also became concerned about falling over the guard rail and rolling into the river. I was sweating so much that my glasses kept fogging over. The sun had dropped below the mountains and the blast of air from each passing car caused chill bumps.

The pictures Eddie took of me as I struggled across the finish line are truly worth a thousand words. Pictures only a mother would love. I lost over 4 pounds and found respect for the marathon. Next year I'm gonna beat 4:50:21. And next year, I'm sure to regret it again come - the morning after.

J. O. HANNA'S RUNNING WITH YOUR HEAD

Review By Gary Smith

By the author's own admission this is, "not a library, but one book, essentially concentrating on training." Its 327, 8-1/2 x 11 pages contain more information than any one runner will use, and that is what makes it unique. Designed to help runners develop individualized training programs that work, it overloads you with information and specific options so that each runner can use it, in different ways, to achieve their specific goal. Those goals are to be set in terms of relative improvement to the three basic components of the runner's art: muscle stamina, speed and total stamina.

Almost without exception runners are a coachless lot. Here is a book written by someone with a wealth of coaching experience who has worked with all types of runners, discussing several training techniques and making the reader develop his own strategy from the alternatives presented.

While the book offers many options, some suggestions are made and reiterated throughout that are universal. To approach your goals slowly and methodically is stressed. The injury-prone runner is the one who could profit most from this book.

The style is almost poetic, in its tone and in its disregard for conventional sentence and paragraph structure. The section on beginning running is the best I have read. Another section on the history of training methods is very interesting and informative.

The "meat" of the book, the extensive training programs section, will delight the competitive, results oriented runner. Replete with graphs and charts it serves well as a reference to be often consulted. Reading the book has given me confidence that I can improve, not just maintain, my running skills. The reason I want to improve I think Hanna says rather well: "and some believe that part of the enjoyment of running is derived from the fact that the runner actually departs from the gravity of Earth and flies. Running, when one gains the level of fitness to do so with ease, is indeed immense enjoyment."

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SCHEDULE OF EVENTS  
MARCH - APRIL 1984

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

March 4, 1984  
Sunday  
3rd Annual Putnam Spring Run  
(5M and 1M)  
RT: 1:00 PM  
ST: 2:00 PM  
SP: Putnam County Library  
EF: \$1.00 members/\$2.00 non-members  
RD: Great Teays Running Club  
340 Green Acre Drive  
Hurricane, WV

March 9, 1984  
Friday  
KVRRC Annual Dinner Meeting  
RT: 5:30 PM  
ST: Rose City Cafeteria  
EF: Dutch Treat  
RD: KVRRC  
ADD'T'L INFO: Awards, Movies  
SPEAKERS: Mike Roark  
Dr. Peggy Kiser

March 10, 1984  
Saturday  
Poca River Run (15K)  
RT: 9:00 AM  
ST: 10:00 AM  
SP: Doc Bailey Road/Poca River  
EF: \$3.00 members/\$5.00 non-members  
RD: KVRRC  
Bill O'Dell

March 11, 1984  
Sunday  
Grafton 5-Mile Run  
RT: N/A  
ST: 2:00 PM  
SP: N/A  
EF: N/A  
RD: Donna Gallaheer  
Box 596  
Grafton, WV 26354  
265-4215 (O)

March 17, 1984  
Saturday  
St. Patrick's Day Run Against Cancer  
5 Miles/1 Mile Fun Run  
RT: 10:00 AM  
SP: Marietta, OH  
EF: \$5.00 pre-registration/  
\$7.00 after 3-14  
RD: Richard Brown  
105 Devol Drive  
Marietta, OH  
(614) 373-8643

March 18, 1984  
Sunday  
Benefit Run for WV Society  
of Autistic Children  
5K and 10K  
RT: 1:00 PM  
ST: 2:00 PM  
SP: WVIT, Montgomery, WV  
EF: \$5.00  
RD: Bob Scholl

March 25, 1984  
Sunday  
Run for Don  
RT: N/A  
ST: N/A  
SP: N/A  
EF: N/A  
RD: Danny Wells  
344-4778

March 31, 1984  
Saturday  
Coonskin 10K  
RT: 8:30 AM  
ST: 10:00 AM  
SP: Coonskin Park  
EF: \$7.00/\$8.00  
RD: Rick Abel  
345-8000

April 7, 1984  
Saturday  
COGS 10K  
RT: 8:30 AM  
ST: 10:30 AM  
SP: Kanawha City Rec. Center  
EF: \$6.00/\$8.00  
RD: Ray Dockery  
768-9711  
ADD'T'L INFO: 3/4 length  
baseball shirts  
FEATURED RUNNER: Bill Haviland

April 14, 1984  
Saturday  
Carbide Fitness Run (10K)  
RT: 9:20 AM  
SP: Carbide Tech Center  
EF: \$7.00 ea./\$20.00 family  
RD: Dick Henderson  
747-4450

April 21, 1984  
Saturday  
Reach Out and Touch Someone  
Special 10K

RT: 10 AM  
ST: 11 AM  
SP: Greenbrier East HS, Lewisburg  
EF: \$6.00/7.00  
RD: Jim Piercy 645-9976 (O)  
Rupert, WV 392-6716 (H)

April 28, 1984  
Saturday  
Fun-D Run  
RT: 9:00 AM  
SP: University of Charleston  
EF: Diane Jordan  
RD: 346-9471 ext. 288

April 29, 1984  
Sunday  
Heart & Sole Classic  
RT: 2:00 PM  
SP: Glenwood Park, Glenwood, WV  
EF: RD:

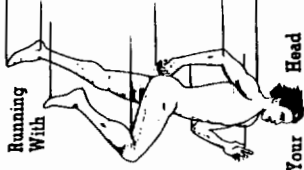
LOOKING AHEAD

May 5 - Boone County 10K  
May 12 - St. Albans Chemical People  
Drug Fair 10K  
May 19 - Greater Marmet 5K  
May 26 - Summit City Marathon and 10K,  
Bluefield, WV  
June 2 - Rehab 10K  
June 9 - Love Run-Kanawha Mall  
June 16 - Run for MS  
July 21 - Great Teays 10K  
June 9 - Shawnee Hills (10K)  
June 23 - St. Albans Maranatha 5K

Race directors should immediately con-  
tact the KVRRC regarding cancellation  
or rescheduling of events. Please  
provide any information regarding  
events to:

Annette Castelle  
124 Westview Drive  
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Frostbite 5 Mile January 15, 1984

Place	Name	Time	Division	Award	Name	Time	Division	Award	Name	Time	Division	Award	Name	Time	Division	Award	Name	Time	Division	Award
1	Eddie Gannon	27:18	M 13-16	1st overall	Danny Poole	20:14	M 20-24	2nd	Danny Poole	27:18	M 13-16	1st overall	Tim Coffman	16:21	M 25-29	1st overall	Terry Carmichael	18:15	M 45-49	1st
2	Tod Kaufman	27:30	M 30-34	2nd overall	Rufus Dingess	20:20	M 20-24	3rd	Rufus Dingess	27:30	M 30-34	2nd overall	Eddie Gannon	16:43	M 13-16	2nd overall	Tony Russell	18:19	M 17-19	1st
3	Steve Fox	28:26	M 30-34	3rd overall	Tim Holbrook	20:22	M 35-39	1st	Tim Holbrook	28:26	M 30-34	3rd overall	Steve Fox	16:52	M 30-34	3rd overall	Jim Fisher	18:19	M 35-39	2nd
4	Dennis Ryan	29:20	M 25-29	1st	George Castelle	20:27	M 35-39	1st	George Castelle	29:20	M 25-29	1st	Robert Swartz	17:07	M 25-29	1st	Billy Joe Belcher	18:20	M 20-24	1st
5	Gary Smith	30:04	M 30-34	1st	Patrick Board	20:34	M 12-Under	1st	Patrick Board	30:04	M 30-34	1st	Pat McGinnis	17:27	M 30-34	1st	Billy Joe Belcher	18:22	M 30-34	3rd
6	Terry Carmichael	30:04	M 40-44	1st	Jerry Branham	20:37	M 30-34	1st	Jerry Branham	30:04	M 40-44	1st	Dusty Moller	17:56	M 35-39	1st	Tom Eckel	18:28	M 25-29	2nd
7	Gary Peyton	30:48	M 40-44	1st	Bob Fretwell	20:51	M 50-55	1st	Bob Fretwell	30:48	M 40-44	1st	Gary Smith	18:10	M 30-34	2nd	Mike Hunt	18:32	M 40-44	1st
8	Wait Auvil	30:51	M 25-29	2nd	Dennis Dean	20:57	M 25-29	1st	Dennis Dean	30:51	M 25-29	2nd	Robert Swartz	17:27	M 25-29	1st	Wes Runyon	18:32	M 25-29	3rd
9	Ralph Myers	31:42	M 40-44	2nd	John Hermansdorfer	21:17	M 25-29	2nd	John Hermansdorfer	31:42	M 40-44	2nd	Pat McGinnis	17:38	M 35-39	1st	Steven J. Stewart	18:41	M 17-19	1st
10	John Barnette	31:46	M 40-44	2nd	Cleon Fowler	21:26	M 20-24	2nd	Cleon Fowler	31:46	M 40-44	2nd	Dusty Moller	17:56	M 35-39	1st	David Wendell	18:44	M 40-44	1st
11	Scott MacDiarmid	32:03	M 35-39	1st	Leon Ginsberg	21:34	M 45-49	3rd	Leon Ginsberg	32:03	M 35-39	1st	Gary Smith	18:14	M 30-34	2nd	Ron McKinnon	19:02	M 30-34	2nd
12	Danny Poole	32:31	M 20-24	1st	Emery Thomas	21:37	M 40-44	3rd	Emery Thomas	32:31	M 20-24	1st	Robert Swartz	17:07	M 25-29	1st	Gary Peyton	19:06	M 40-44	2nd
13	Scott Myers	32:34	M 13-16	1st	Bob San Julian	21:53	M 30-34	3rd	Bob San Julian	32:34	M 13-16	1st	Robert Swartz	17:07	M 25-29	1st	Winston Gregory	19:11	M 35-39	3rd
14	Mitch Kaplan	32:37	M 25-29	3rd	Kevin Mitchell	22:02	M 17-19	1st	Kevin Mitchell	32:37	M 25-29	3rd	Robert Swartz	17:07	M 25-29	1st	Roger Clark	19:22	M 35-39	3rd
15	Wesley Runyon	32:40	M 40-44	3rd	Keith Ratliff	22:03	M 20-24	1st	Keith Ratliff	32:40	M 40-44	3rd	Robert Swartz	17:07	M 25-29	1st	Mark Gunderson	19:26	M 25-29	3rd
16	George Castelle	33:03	M 35-39	2nd	Chris Barton	22:10	M 20-24	1st	Chris Barton	33:03	M 35-39	2nd	Robert Swartz	17:07	M 25-29	1st	Scott MacDiarmid	19:42	M 17-19	3rd
17	Mark Gunderson	33:44	M 25-29	2nd	Don Miller	22:18	M 45-49	3rd	Don Miller	33:44	M 25-29	2nd	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
18	A. J. Ball	33:56	M 35-39	3rd	Chuck Daugherty	22:33	M 45-49	3rd	Chuck Daugherty	33:56	M 35-39	3rd	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
19	Mike Curry	34:28	M 40-44	3rd	Jack Burgess	22:38	M 45-49	3rd	Jack Burgess	34:28	M 40-44	3rd	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
20	Antoinette Morrison	35:51	F 30-34	1st overall	Sarah Sears	22:39	M 55-59	1st	Sarah Sears	35:51	F 30-34	1st overall	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
21	Tim Holbrook	36:40	M 35-39	1st overall	Chris Barton	22:45	M 55-59	1st	Chris Barton	36:40	M 35-39	1st overall	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
22	Carol Clark	37:28	F 30-34	2nd overall	Keith Ratliff	22:53	F 25-29	1st overall	Keith Ratliff	37:28	F 30-34	2nd overall	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
23	Alan Gannon	37:43	M 13-16	2nd	Chris Barton	22:53	F 25-29	1st overall	Chris Barton	37:43	M 13-16	2nd	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
24	Alan Gannon	37:51	M 45-49	2nd	Keith Ratliff	22:53	F 25-29	1st overall	Keith Ratliff	37:51	M 45-49	2nd	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
25	Sarah Sears	38:18	F 25-29	3rd overall	Keith Ratliff	22:53	F 25-29	1st overall	Keith Ratliff	38:18	F 25-29	3rd overall	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
26	Danny Walker	39:32	M 35-39	3rd overall	Keith Ratliff	22:53	F 25-29	1st overall	Keith Ratliff	39:32	M 35-39	3rd overall	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
27	Danny Walker	40:25	M 35-39	3rd overall	Keith Ratliff	22:53	F 25-29	1st overall	Keith Ratliff	40:25	M 35-39	3rd overall	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
28	Philip Radford	41:43	M 50-54	1st	Keith Ratliff	22:53	F 25-29	1st overall	Keith Ratliff	41:43	M 50-54	1st	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
29	R. J. Plott	42:03	M 55-60	1st	Keith Ratliff	22:53	F 25-29	1st overall	Keith Ratliff	42:03	M 55-60	1st	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
30	Christie Woods	44:07	F 13-16	1st	Keith Ratliff	22:53	F 25-29	1st overall	Keith Ratliff	44:07	F 13-16	1st	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
31	Kathy Hastings	46:01	F 30-34	1st	Keith Ratliff	22:53	F 25-29	1st overall	Keith Ratliff	46:01	F 30-34	1st	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
32	Gene Fuller	47:40	M 45-49	3rd	Keith Ratliff	22:53	F 25-29	1st overall	Keith Ratliff	47:40	M 45-49	3rd	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
33	Mike Prytz	48:13	M 30-34	2nd	Keith Ratliff	22:53	F 25-29	1st overall	Keith Ratliff	48:13	M 30-34	2nd	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd
34	Jerry Herndon	48:14	M 45-49	2nd	Keith Ratliff	22:53	F 25-29	1st overall	Keith Ratliff	48:14	M 45-49	2nd	Robert Swartz	17:07	M 25-29	1st	Patrick Shinn	20:01	M 25-29	3rd

Valentine 5K February 12, 1984

Winter Series Best Combined Times

The KVRRC had a successful Winter Series over the newly certified courses in Kanawha City. Since these were the first races on the courses, all first place winners are course record holders. The best combined times for the series are listed below:

Kanawha City 10K December 18, 1984  
 Frostbite 5 Mile January 15, 1984  
 Valentine 5K February 12, 1984

		10K	5M	5K	Total	
overall F	F 25-29	Sarah Sears	47:44	38:18	22:53	1:48:55
overall M	M 13-16	Eddie Gannon	33:55	27:18	16:43	1:17:56
	M 25-29	Mark Gunderson	39:28	33:44	19:26	1:32:38
	M 30-34	Steve Fox	34:06	28:26	16:52	1:19:24
	M 35-39	George Castelle	40:32	33:03	20:34	1:34:09
	M 40-44	Gary Peyton	40:22	30:48	19:06	1:30:16
		Wes Runyon	44:10	32:40	18:32	1:35:22
	M 45-49	Terry Carmichael	37:32	30:04	18:15	1:25:51
		Gene Fuller	57:22	47:40	26:33	2:11:35
	M 50-54	Phil Radford	49:18	41:43	23:14	1:54:15

RUNNER'S SPOTLIGHT

By Carol Clark

This month we'll be getting to know Sarah Sears a little better. Sarah is a relative newcomer to both Charleston and the Kanawha Valley running community, but it's the opinion of this runner that she'll soon be well known, both for her personality and her running.

Sarah works as a nurse for Shawnee Hills Community Mental Health/Mental Retardation Center, Inc. She attended a branch of Ohio University in Zanesville, Ohio and also went to school in Philadelphia. She came to Charleston because her husband, Buel, has family here. Sarah says that when she met Buel it was "love at first sight" and the rest is happy history. They presently live in South Charleston with their rabbit, cat and three birds, but will soon be moving to South Hills (Sarah says she's looking forward to running Loudon Heights Road; she'll be living at the Distance Run five mile mark). When not running, Sarah plays soccer, sews, and does needlepoint.

Sarah says that she has always run regularly; she ran the 220 when she was in high school and enjoyed sprinting. She started increasing her mileage because she wanted to run races but "there weren't any one mile races." Her racing career began with the 1983 St. Francis Run. She then got a running partner, Janice Hay, and after that "got hooked." The Shawnee Hills Industries Run came next, the 4th of July race and then the Distance Run.

Sarah started doing speed work in January and that work has already paid off. Sarah was the first woman finisher at the Valentine's Day race in February. Sarah is setting her sights on the 1984 Distance Run, the Columbus Marathon and in the near future, the Poca River Run. She's presently running thirty to thirty-five miles a week but says she wants to increase that to forty to forty-five miles and get in some twenty-mile runs. With that kind of motivation, dedication and natural ability, Sarah is definitely a force to be reckoned with, as well as an inspiration to the rest of us. We look forward to running and racing with Sarah, as well as encouraging her to reach the goals she's set for herself.

THE PRESIDENT'S PAGE (continued)

Is it the honk that you get from a car horn as you're running down the boulevard? Is it the wave that you get from a fellow runner? Is it the fact that running will prolong your life, possibly end it early . . . Is there any one single answer when people ask "Why do you run?" Do I run so that I have something to put on the President's Page of "The Runner's Sole"? I doubt it. I run because running is a part of my life and everything that I have mentioned is a part of running. I've left out so many things that if you ask me "Why do I Run?" I will probably tell you something different!!!

Bill O'Dell

# Kanawha Valley ROAD RUNNERS

The Kanawha Valley Road Runners (KVRRC) invite you to join a growing and helping group of runners. We currently have more than 200 members and expect to double this number during the next year by offering services which will be beneficial to all types of runners. Some of the benefits of club membership are:

Development and sharing of training strategies for novice to experienced runners.

Bi-monthly mailings of a newsletter which will include upcoming events which receive the KVRRC's endorsement. This mailing also will include race results plus dates, times, and meeting places for training runs and special events.

Discount to club members from athletic stores.

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