



Michael C. Pyryt

1987

March - April

The President's Page

On behalf of the KVRRC Board of Directors and other volunteers who worked the 1986-1987 "Winter Series", I would like to thank the runners who participated in the races. We had a total of 296 runners for all three races, which made the effort a success. If you have any questions or comments concerning the "Winter Series", contact Carroll Young (744-9844).

The KVRRC Annual Awards Banquet will begin at 5:30 PM on Friday, March 6, 1987, at Rose City Cafeteria in South Charleston. We will select the KVRRC Board of Directors for 1987-1988, present awards (including 1986-1987 "Winter Series" winners), and hear from interesting speakers. Nemo Nearman, Race Director of the Charleston Distance Run, will update us on the 1987 Distance Run and possibly have some comments on last year's event. Our main speaker will be Mike Roarke, Mayor of the City of Charleston.

I want to remind you about the Poca River 15K Road Race sponsored by the KVRRC and Gunnoe's Family Sausage on March 7, 1987. This race will start at 10:00 AM near the bridge at the end of Doc Bailey Road. There is no prereace registration period. You can sign up at the KVRRC Banquet or on race day. Runners will be required to sign a race waiver and pay the entrance fee (\$5.00 KVRRC members/\$6.00 non-members). T-shirts will be available to the first 100 registered runners. This might be the best looking shirt that you will receive all year. Don Barnett (744-0816) is the Race Director.

(Continued on pg. 3)

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III President/Treasurer 744-0575
 Carroll Young Vice President 727-9844
 JoAnn Urofsky Secretary 345-3996
 Paul Garrett Membership Chairman 925-3247
 Bill O'Dell Director 744-4918
 Don Barnett Director 744-0816
 Mike Province Director 744-6466
 Carol Graham Director 744-5148
 Mike Pyryt Newsletter 776-5592

Dave Fields Alternate
 Dave Copeland Alternate
 Gary C. Smith Newsletter, Race Calendar, 744-1099

FROM THE EDITOR:

Congratulations to Joni Adams, Ray Dockery, Leonard Hager, Jim Hamrick, Frank Lewis, Mike Mayes, Ron Plantz, Mike Province, Leo Runyan, Ken Tallman, Fred Waybright, and Don Wilson. All of these KVRRC members qualified for the 1987 Boston Marathon. If there are any other Boston Marathon Qualifiers among active KVRRC members, please let me know.

The 29th place finisher in the Kanawha City 10K was Jon Barnette; not Ron Barnette. Please let me know if there are other transcription errors in any of the recent Race Results summaries.

Since I race to train, I spend a lot of time traveling to out-of-town races. In January, I accompanied Jerry Herndon, who ran the Charlotte Observer Marathon and the Savannah Marathon. I ran a 10K in Charlotte and a Half-Marathon in Savannah. Charlotte featured a scenic, rolling course and over 5000 runners for a Men's 10K, a Women's 10K, and a Marathon. Savannah featured reasonably-priced luxurious accommodations at the Hyatt Regency Savannah, a great T-Shirt, and a 13.1 mile loop through Hunter Airfield.

Bring several clean T-shirts to trade at the KVRRC Awards Banquet. Since many of us have a similar T-shirt collection, our swap will be slightly different than swaps at major marathons such as Honolulu. All runners bringing T-shirts to trade will be entitled to exchange as many shirts as they bring. I'm planning to bring along a Run for Don, a Run for MS, and another T-shirt to be determined later. I'm sure each of you have equally impressive gems that you could bear to part with.

There will be a party at my apartment immediately following the Poca River Run. All runners and friends are invited. I live at 5400 Big Tyler Rd., Bldg. 1, Apt 203 in a complex known as Village Hill Apartments. It's about 2 miles from the start of the race. Please stop by for a drink, some hot food, and some fellowship. A video of the race will be shown.

Mike Pyryt

President's Page (Continued)

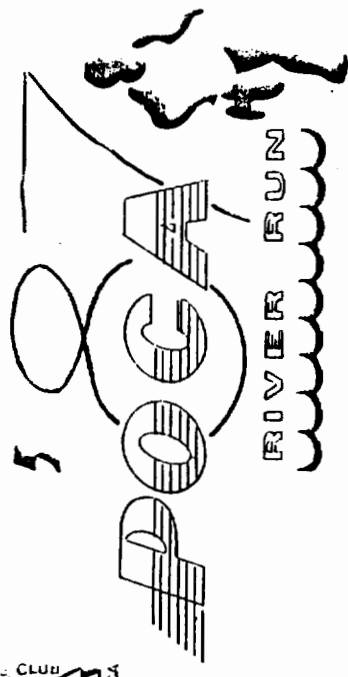
1987 is off and running. I hope that you are in shape to finish with class and character. Keep your eye on the KVRRC Schedule of Events. We are trying our best to stay current for you. There are some big new races being planned; I urge you to hang tough and stay in shape. Road racing is growing every minute. THE SKY IS THE LIMIT.

NOW IS THE TIME TO RENEW YOUR KVRRC MEMBERSHIP FOR 1987. Unless renewed, the March-April 1987 edition of The Runners Sole will be the last copy you will receive. You will be dropped from the mailing list. Try to bring a new member/runner into the club with you. The KVRRC is for everyone. I challenge you to join today and be a part of the action. Help our membership reach a PR in 1987!

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

Place	Time	Name	Age/Sex
1	25:21	Frank Lewis	34M
2	26:48	Don Wilson	33M
3	27:04	John Maher	32M
4	27:05	Tom Eckel	34M
5	27:10	Tim Howard	30M
6	29:16	Dave Daniels	32M
7	29:23	Steve Fox	37M
8	29:24	Ray Dockery	44M
9	29:26	Mark Hartling	17M
10	29:27	Mike Hunt	32M
11	29:35	Patrick Board IV	13M
12	29:48	Chris Thomas	17M
13	29:52	Jesse Skiles	23M
14	30:09	James Shock	16M
15	30:14	Paul Garrett	35M
16	30:22	Larry Hills	45M
17	30:29	Rick Jackson	40M
18	30:37	Gary Peyton	44M
19	30:40	David McKlin	52M
20	30:47	Roger Arthur	36M
21	30:53	Bill Shultz	32M
22	31:07	Gerald Green	42M
23	31:09	Bruce Duckworth	17M
24	31:10	Bill O'Dell	35M
25	31:14	Mark Robinson	36M
26	31:16	Harold Edwards	33M
27	31:23	Jim Hamrick	52M
28	31:32	Harry Brunner	38M
29	31:41	John Porter	36M
30	32:04	Todd Owens	24M
31	32:09	Terry Young	36M
32	32:16	Fred Potter	35M
33	32:41	Gabriel Szego	46M
34	32:44	Mike Mayes	41M
35	32:50	John Sheets	42M
36	33:13	Earl Freeman	45M
37	33:22	Ted Philyaw	35M
38	33:23	John Young	30M

KVRRC AND GUNNOE'S FAMILY SAUSAGE PRESENT



15 KM ROAD RACE
ON SATURDAY MARCH 7, 1987 AT 10:00 AM



X POST-RACE PARTY
+ RACE VIDEO
5400 AIR T.Y. SR #1-203

TROPHIES TO OVERALL AND FIRST PLACE
IN EACH AGE GROUP. RIBBONS TO
SECOND, THIRD AND FOURTH PLACE WINNERS
IN EACH AGE GROUP (UNIFORM FOR BOTH
MEN AND WOMEN)

14 AND UNDER 33-41 60 AND OVER
15-23 42-50 WHEELCHAIR
24-32 51-59

A TEE SHIRT TO THE FIRST 100 TO ENTER

ENTRY FEE: \$5.00 1987 KVRRC MEMBERS
\$6.00 Non-Members

REGISTER AT KVRRC AWARDS BANQUET, ROSE CITY CAFETERIA, MARCH 6, 1987 at 5:30 PM
DOC BAILEY RD. + POCA RIVER MARCH 7, 1987 at 9:00 AM

RACE DIRECTOR: DON BARNETT (744-0816)

39	Lannie Robinson	29M
40	Ray Yost	50M
41	Vincent Burke	32M
42	Allen Anthony	30M
43	Annette Zizzi	24F
44	Jimmy Lemon	33M
45	Ray Counts	35M
46	Gary Smith	33M
47	Bob Dennis	60M
48	Lionel North	53M
49	Jack Adkins	50M
50	Dewayne Harless	29M
51	Did Not Turn In	Stick-5000
52	Linda McCall	40F
53	Dean Stockman	29M
54	Joe Nekoranic	33M
55	Dennis Hamrick	28M
56	Otto Drescher	57M
57	Carroll Young	50M
58	Dennis Dean	30M
59	Mike Thomas	42M
60	Joe Burgess	46M
61	Jim Pritt	32M
62	Tom Dawson	52M
63	Carl Levander	25M
64	Keith Ratliff	25M
65	Betty Young	49F
66	Diana Morris	32F
67	Jerry Gladwell	35M
68	John Timberlake	38M
69	Paul Radford	54M
70	James Woodrum	29M
71	Larry Baldwin	44M
72	Tom McQuain	36M
73	Wayne Upton	36M
74	Did Not Turn In	Stick
75	Ellen Szego	40F
76	Pat Brown	44M
77	Steve Bock	41M
78	Ed Burdette	43M
79	Bill Riddle	20M
80	Noel Bowling	44M
81	Shannon Thee	22F
82	Sylvia Blice	42F
83	Charlie Stark	60M
84	Kathy Fields	33F
85	Mike Pyryt	33M
86	William Brunner	29M
87	Don Barnett	40M
88	Joann Dawson	52F
89	Jerry Herndon	48M

CLUB T-SHIRTS AND CLUB JACKETS NOW AVAILABLE AT
TAN 'N' BODY (768-5767)
506 Chesnut Street
South Charleston

T-SHIRTS ARE \$4.50 JACKETS ARE \$16.00

SCHEDULE OF EVENTS
MARCH - APRIL 1987
 RT: Registration Time
 ST: Starting Time
 SP: Starting Place
 EF: Entry Fee

March 6, 1987
 Friday
Annual KVRRC Banquet
 ST: 5:30
 SP: Rose City Cafeteria
 South Charleston
 EF: Dutch Treat

March 7, 1987
 Saturday
 Pocahontas
 RT: 9:00 AM
 ST: 10:00 AM
 SP: Doc Bai
 EF: \$5.00/\$
 RD: Don Bar
 SEE AD THIS

March 15, 1987
 Saturday
 Run For The Children 5k/10k
 RT: 1:00 PM
 ST: 2:00 PM
 SP: WV Tech Field House
 Montgomery, WV
 EF: \$6.00
 RD: Robert Scholl (776-8190)
 (442-3167)

March 22, 1987
 Sunday
 Putnam Spring Run
 1 Mile and 5 Mile Fun Runs
 RT: 1:00 PM
 ST: 2:00 PM
 SP: Putnam County Library
 EF: \$2.00 Great Teays Members
 \$3.00 others
 RD: Great Teays Running Club
 (562-3908)

March 21, 1987
 Saturday
 Run for the House 10K and 1 Mile Fun Run
 RT: 8:00 AM
 ST: 9:30 AM
 SP: King Gy
 Unvers
 EF: \$7.00/\$
 RD: Charles
 Mike Al

March 28, 1987
 Saturday
 Coonskin Cl
 Run
 RT: 9:00 AM
 ST: 10:00 AM
 SP: Coonski
 EF: \$7.00/\$
 RD: Molly
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April 11, 1987
 Saturday
 The Citizens Bank
 10K and 1 Mile Fun Run
 RT: 8:00 AM
 ST: 9:00 AM, 1 Mile
 10:00 AM, 10K
 SP: The Citizens Bank
 Pikeville, KY
 EF: \$5.00/\$6.00, 1 Mile
 \$6.00/\$8.00, 10K
 RD: Ron Damron & Judy Vance
 (606) 437-2600
 SEE AD THIS ISSUE

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MAR 31, 1987
 POPS-RUN

CARDIOVASCULAR TRAINING

Jan B. Thill, M.S.

This article focuses on the components of a good cardiovascular training program. Individuals should consult their physician before starting a training program. Once training begins, the four major components of a good cardiovascular training program are:

1. Mode
2. Frequency
3. Duration
4. Intensity

For runners, Mode is the least complicated of the components. We use our feet and legs, but in time of need, we can vary our programs and use biking and/or swimming. The variation would utilize different muscles and break the monotony which we may encounter from doing mode specific training.

As most runners and joggers feel they are addicted to their sport, achieving the required 3 to 5 times per week frequency for good cardiovascular training is fairly simple. The problems crop up only when we let other events take precedence. Once we are out on the roads we need to spend at least 20 minutes to obtain the aerobic benefits we are hoping to maximize on. Some runners like to spend a longer duration on the roads but more than an hour is not always better unless they are training for a marathon. The body needs only so much physical stress.

Intensity is probably the most misunderstood area. It is recommended for people over the age of 35 to have a stress test prior to beginning a cardiovascular training program. Although not fool-proof, the stress test aids in ensuring against cardiovascular disease. After such a test, you will obtain a true Maximum Heart Rate to calculate a Target Heart Rate. This target heart rate can range from 60% to 85% of your maximum rate depending upon what conditioning level you are at with you do. There will be days when your regular training may seem harder than usual. Check your pulse for 10 seconds and multiply by 6. If it's greater than or less than the normal range, it is telling you that your body needs a rest. You are probably on the verge of illness or an injury. Whatever it may be, pay attention to your body's signs.

Another technique used for gauging a Target Heart Rate (THR) is the formula:
 (Method I) 220-Age x Conditioning Intensity or 60% to 85% = THR .

I would recommend if you intend to use this, go one step further: (Method II) 220-Age - Resting HR x 60% to 85% + Resting HR = THR.

Note the differences in the following examples:
 Method I: 220 - 30 x .70 = 133 THR
 Method II: Person A: 220 - 30 - 40 RHR x .7 + 40 RHR = 145 THR
 Person B: 220 - 30 - 70 RHR x .7 + 40 RHR = 154 THR

As you can see Person B would be training significantly below his/her capability level as would Person A if they stuck with Method I.

Of the two techniques for establishing a target heart rate, the safest and most reliable method is to have a Graded Exercise Test (GXT) done on a treadmill or bicycle. As they say, "If Jim Fixx would have had a stress test, he might be pounding the pavement today."

Gary C. Smith
 250 F Street
 South Charleston
 West Virginia
 25303
 744-1099 (after 6PM or weekends)

THE CITIZENS BANK

Banking Made Easy

5th Annual 10K RUN AND 1 MILE FUN RUN

Saturday, April 11, 1987
Pikeville, Kentucky

1 MILE FUN RUN

TIME: 9:00
ENTRY FEE: \$5.00 Advance Registration
\$65.00 Day of Race
COURSE: Start & Finish at The Citizens Bank Parking Lot, on Second Str.
DIVISIONS: 9 & under
10 - 16
17 - 28
29 - 39
40 & over
AWARDS: 1st & 2nd Place in men & womens division
Trophies to top 2 finishers, in each category*

TIME: 10:00 a.m.
ENTRY FEE: \$6.00 Advance Registration
\$8.00 Day of Race
COURSE: Start & Finish at the Citizens Bank Parking Lot, on Second Str.
DIVISIONS: 13 & under
14 - 17
18 - 24
25 - 29
30 - 34
35 - 39
40 - 44
45 - 49
50 - 59
60 & over
AWARDS: Mens Division
1st Place - \$150.00 plus trophy
2nd Place - \$75.00 plus trophy
3rd Place - \$25.00 plus trophy
Womens Division
1st Place - \$150.00 plus trophy
2nd Place - \$75.00 plus trophy
3rd Place - \$25.00 plus trophy
1st Place Masters Trophy (40 & over)
Mens & Womens Division
Awards to top three finishers in each category*

10K RUN

WEST VIRGINIA INSTITUTE OF TECHNOLOGY - ROTC

AND

KANAWHA COUNTY PARKS AND RECREATION COMMISSION

PRESENTS THE

7th ANNUAL "LIFE. BE IN IT"

COONSKIN CLASSIC 10-K DISTANCE RUN

10:00 A.M., SATURDAY, MARCH 28, 1987

OFFICIAL ENTRY FORM

Name _____ Male _____ Female _____
 Address (Street) _____ (City) _____ (State) _____ (Zip) _____
 Phone _____ Age _____ (as of March 22, 1987) T-Shirt Size (S-M-L-XL) _____

Check if you plan to compete in the below special division.

Husband/Wife Team Competition - Partner's Name _____

Runners are eligible for only one award (excluding youngest and oldest finisher).

In return for permission by the Commission to participate in the Coonskin Classic 10-K Distance Run, I release the Commission, its members, employees, WVIT-ROTC, volunteers, co-sponsors and other participants from any claim for injury or loss that occurs to me or my child/ward or anyone on his or her behalf. I therefore, attest and verify that I am physically fit and have sufficiently trained for this 10,000 meter distance run.

Signature _____ Parent's signature (if under 18) _____

ENTRY FEE: \$7.00 (Postmarked no later than midnight March 26) LATE REGISTRATION: \$9.00

MAIL TO: Kanawha County Parks and Recreation Commission
 Coonskin Drive
 Charleston, WV 25311

Please make check payable to: Kanawha County Parks and Recreation Commission

REGISTRATION FORM

1 MILE FUN RUN 10K RUN

Classification (Circle One)

SEX: MALE FEMALE

Name: _____
 Address: _____
 City: _____ State _____ Zip _____
 Phone: _____ Age: _____

In consideration of the acceptance of my entry, I, for myself, my executor, administrators, and assigners, do hereby release and discharge all sponsors in event of injury, illness, or any other catastrophe arising or growing out of my participation in this race. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

SIGNATURE

(Parent's Signature is required if under 18)

FOR MORE INFORMATION CONTACT THE MARKETING DEPARTMENT AT
 THE CITIZENS BANK (606) 437-2600

RETURN ENTRY TO:
 Ron Damron or Judy Vance
 The Citizens Bank of Pikeville
 c/o Marketing Department
 P.O. Box 882
 Pikeville, Kentucky 41501



Kanawha Valley ROAD RUNNERS

Valentine 5K: February 15, 1987: Results

Place	Time	Name	Age/Sex	60	21:26	21:31	21:44	21:45	21:49	21:56	22:16	22:16	22:17	22:18	22:21	22:25	22:46	22:48	23:03	23:36	23:46	23:47	23:56	24:03	24:10	24:17	24:18	24:21	24:18	24:36	24:43	24:52	24:56	24:56	24:57	25:17	25:23	25:24	25:30	25:38	25:46	25:47	25:59	26:12	26:30	26:36	26:39	26:42	26:46	26:47	27:12	27:36	27:44	27:45	27:46	27:59	28:16	28:22	28:23	28:28	28:28	28:59	30:53	30:54
1	15:25	Frank Lewis	35M	61	Dwight Kidd	Diana Morris	Tom Dawson	Wes Runyan	Lee Ford	Joe Burgess	Ron Arthur	Sarah Sears	John Timberlake	Michael Blake	Betty Young	Debbie Crites	Ken Mann	Wilbur Boyd	Did Not Turn In Stick	Bill Meadows	Did Not Turn In Stick	Larry Ballard	Dale Shamblin	Ruth Heidenreich	Phil Radford	Todd Wagner	Steve Bock	Bob Marshburn	Dannie Walker	Tom Sears	JoAnne Pitzer	Pat Brown	James Woodrum	Chuck Pitzer	Dee Miller	Bill Ramsey	Did Not Turn In Stick	Arthur Johnson	Robert Allender	Charlie Stark	Charles Daugherty	Connie Pfister	Kathy Davis	Bill Riddle	Mike Pyryt	Joey Myers	Trish Graham	Bob Williams	Elaime Meadows	Cindy Winters	Pat McClure	Kip Daugherty	Jeanne Duncan	Brian Long	Mike Grimm	William Brunner	Gary Osborne	JoAnn Dawson	Kathy Hastings	Shannon Holland	Rita Bolloser	Tom Wright	Anne Neckoranc	Did Not Turn In Stick
2	16:00	Don Wilson	33M	62	21:31	21:44	21:45	21:49	21:56	22:16	22:16	22:17	22:18	22:21	22:25	22:46	22:48	23:03	23:36	23:46	23:47	23:56	24:03	24:10	24:17	24:18	24:21	24:18	24:36	24:43	24:52	24:56	24:56	24:57	25:17	25:23	25:24	25:30	25:38	25:46	25:47	25:59	26:12	26:30	26:36	26:39	26:42	26:46	26:47	27:12	27:36	27:44	27:45	27:46	27:59	28:16	28:22	28:23	28:28	28:28	28:59	30:53	30:54	
3	16:20	Kevin Stout	22M	63	21:45	21:49	21:56	22:16	22:16	22:17	22:18	22:21	22:25	22:46	22:48	23:03	23:36	23:46	23:47	23:56	24:03	24:10	24:17	24:18	24:21	24:18	24:36	24:43	24:52	24:56	24:56	24:57	25:17	25:23	25:24	25:30	25:38	25:46	25:47	25:59	26:12	26:30	26:36	26:39	26:42	26:46	26:47	27:12	27:36	27:44	27:45	27:46	27:59	28:16	28:22	28:23	28:28	28:28	28:59	30:53	30:54			
4	16:22	John Maher	32M	64	21:49	21:56	22:16	22:16	22:17	22:18	22:21	22:25	22:46	22:48	23:03	23:36	23:46	23:47	23:56	24:03	24:10	24:17	24:18	24:21	24:18	24:36	24:43	24:52	24:56	24:56	24:57	25:17	25:23	25:24	25:30	25:38	25:46	25:47	25:59	26:12	26:30	26:36	26:39	26:42	26:46	26:47	27:12	27:36	27:44	27:45	27:46	27:59	28:16	28:22	28:23	28:28	28:28	28:59	30:53	30:54				
5	16:22	Tom Eckel	34M	65	21:56	22:16	22:16	22:17	22:18	22:21	22:25	22:46	22:48	23:03	23:36	23:46	23:47	23:56	24:03	24:10	24:17	24:18	24:21	24:18	24:36	24:43	24:52	24:56	24:56	24:57	25:17	25:23	25:24	25:30	25:38	25:46	25:47	25:59	26:12	26:30	26:36	26:39	26:42	26:46	26:47	27:12	27:36	27:44	27:45	27:46	27:59	28:16	28:22	28:23	28:28	28:28	28:59	30:53	30:54					
6	16:23	Tim Howard	30M	66	22:16	22:16	22:17	22:18	22:21	22:25	22:46	22:48	23:03	23:36	23:46	23:47	23:56	24:03	24:10	24:17	24:18	24:21	24:18	24:36	24:43	24:52	24:56	24:56	24:57	25:17	25:23	25:24	25:30	25:38	25:46	25:47	25:59	26:12	26:30	26:36	26:39	26:42	26:46	26:47	27:12	27:36	27:44	27:45	27:46	27:59	28:16	28:22	28:23	28:28	28:28	28:59	30:53	30:54						
7	12:32	Tom Lumadue	29M	67	22:16	22:16	22:17	22:18	22:21	22:25	22:46	22:48	23:03	23:36	23:46	23:47	23:56	24:03	24:10	24:17	24:18	24:21	24:18	24:36	24:43	24:52	24:56	24:56	24:57	25:17	25:23	25:24	25:30	25:38	25:46	25:47	25:59	26:12	26:30	26:36	26:39	26:42	26:46	26:47	27:12	27:36	27:44	27:45	27:46	27:59	28:16	28:22	28:23	28:28	28:28	28:59	30:53	30:54						
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9	17:10	Mickey Grass	26M	69	22:17	22:18	22:21	22:25	22:46	22:48	23:03	23:36	23:46	23:47	23:56	24:03	24:10	24:17	24:18	24:21	24:18	24:36	24:43	24:52	24:56	24:56	24:57	25:17	25:23	25:24	25:30	25:38	25:46	25:47	25:59	26:12	26:30	26:36	26:39	26:42	26:46	26:47	27:12	27:36	27:44	27:45	27:46	27:59	28:16	28:22	28:23	28:28	28:28	28:59	30:53	30:54								
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20	17:55	Jamie Shock	16M	80	24:03																																																											