



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor

1990

March - April

THE PRESIDENT'S PAGE

The 1989-90 KVRRC Winter Series of races are completed and with your support, as always we were successful, justifying our effort. The KVRRC Annual awards banquet will be held on March 9, 1990 at 5:30 PM at Rose City Cafeteria in South Charleston. We will select the KVRRC 1990-91 Board of Directors, present awards and hear from our main speaker KVRRC member Dr. Shawn Chilling. Also we will hear from KVRRC member Danny Wells the race director for the Charleston Distance Run. The KVRRC is for everyone, fast and slow, young and old. I urge you to bring your family and friends and come out and have dinner with us.

The KVRRC, Gunnoe's Family Sausage and Federal Construction Company have teamed together to sponsor the Foca River 15K on Saturday, March 10, 1990 at 10:00 AM. Race registration on race day will be near the new bridge at the end of Doc Bailey Road in Cross Lanes. Race shirts will be long-sleeved featuring Don Barnett's patented race logo. The race application is printed in this issue. You can also register for the race at the awards banquet or on race day. As you know this is one of the oldest road races in the Charleston area. Help us keep it alive and come out and participate.

It is not official yet but I am looking at May 20, 1990 for the date of the Kanawha-Teays Biathlon sponsored by John's Cyclery and the KVRRC. This biathlon is a 10K run and a 40K bike. If you are not a runner and a biker you can enter as a two person team. As soon as everything is concrete, we'll let you know the details on this super event.

I am always disappointed, although it happens every year, when two races are planned for the same day. It damages both races and has long term effects on the quality and life of the races. For a long time the KVRRC and the Great Teays Running Club have made a joint effort to advise and eliminate, if possible the problems of duplicate race scheduling. The contact person is Gary Smith, 304-757-0817. He is our "clearing house". If you know of somebody planning a race tell them to give Gary a call.

The 1990 KVRRC membership drive has started. Help a friend cope with the everyday problems of life by introducing him or her to the world of health and fitness via running and your association with the KVRRC. Give me a call and I will mail them a newsletter. Patrick and I will see you at the races.

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 Schultz	Director	768-8472
Dave Fields	Director	548-4761
Gary Smith	Calandar/Newsletter	757-0817

FROM THE EDITOR:

Our annual banquet is March 9 and as part of the activities that evening we will be presenting awards in the following categories:
 Most Races Run in 1989
 Most Days Run in 1989
 Most Miles Run in 1989

Call Pat Board if you think you have a chance at any of these awards. Call him today since he needs to have all entries in no later than March 2 in order to get the awards prepared for the banquet.

Plan to attend the banquet. The food suits all tastes since each person chooses (and pays for) his own from the fine selection at Rose City. Dr. Chillag should be an entertaining speaker, you may remember him as Batman in last year's Distance Run or as Santa at the Kanawha City 10K.

I offer sincere apologies to two runners who ran in the Kanawha City 10K. In preparing the race results for the last issue I inadvertently inserted the wrong names in 44th and 45th place and left the real runners out completely. They were:
 45. Tom Neal
 46. Richard Starr

I'm still waiting to hear from you on the Running Hints column I tried to start last issue. I've written for this little rag for seven years now and am just about out of things to say. Help me out!

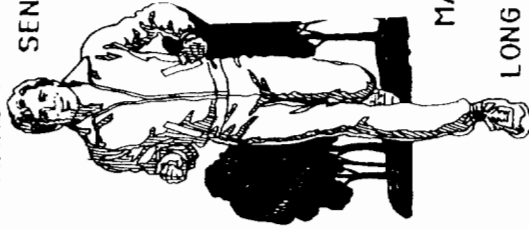
Gary Smith

1990 POCA RIVER 15K
 9.3 MILE ROAD RACE
 SATURDAY 10:00 AM - MARCH 10, 1990
 START/FINISH - CROSS LANES @ END OF
 DOC BAILEY ROAD @ POCA RIVER

ENTRY FEE: KVRRC MEMBERS - \$7.00 (\$8.00 DAY OF RACE)
 NON MEMBERS - \$8.00 (\$10.00 DAY OF RACE)

MAKE CHECKS PAYABLE TO: KVRRC

SEND TO: 19 RIVERSIDE DRIVE
 SOUTH CHARLESTON, WV 25303



AWARDS:

AGE DIVISIONS
 (MALE AND FEMALE)

19 & UNDER	40 - 44
20 - 24	45 - 49
25 - 29	50 - 54
30 - 34	55 - 59
35 - 39	60 & OVER

MASTERS CHAMPION: MALE & FEMALE

LONG SLEEVE SHIRTS TO FIRST 120 ENTRIES

NAME: _____ AGE ON RACE DAY _____
 STREET: _____
 CITY: _____ STATE _____ ZIP _____
 TELEPHONE (_____) _____ SHIRT SIZE: S M L XL

WAIVER

MUST BE SIGNED OR ENTRY WILL NOT BE ACCEPTED

In consideration of the acceptance in the 1990 Poca River 15KM Road Race, for myself, my heirs, executors, and administrators, I hereby release any and all Runners, the sponsors, or the county or state in which the race is contested. I attest and verify to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete and no physician or other qualified individual has advised me against competing in the 15KM race.

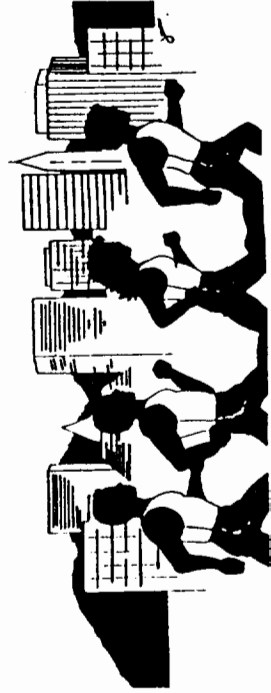
SIGNATURE _____ (Parent or guardian if under 18 years of age)

FROSTBITE SM RACE RESULTS
JANUARY 14, 1990

FROSTBITE 5 MILER

#	NAME	AWARD	TIME	AWARD
50	TOMMY ALLBRITTON		35:41	
51	RICHARD STARR		35:55	
52	TOM NEAL		36:50	
53	PHIL JONES		36:52	
54	WALTER CASE		37:14	
55	JANE HOFFMAN	FIRST M 60-OVER	37:18	
56	DIANA MORRIS	SECOND F 15-23	37:24	
57	GEORGE CASTELLE	SECOND F 33-41	37:57	
58	JACK ADKINS		38:00	
59	KAT RIGGLEMAN		38:13	
60	JANE FLEMING	THIRD F 15-23	38:16	
61	TRACY WHITE	FIRST F 42-50	38:18	
62	BLAINE ERVIN		38:23	
63	CHRIS DELUCA		38:37	
64	ROSS JAMES		38:48	
65	SHARON JONES	SECOND M 60-OVER	38:53	
66	DAVE BEGLEY	THIRD F 33-41	39:07	
67	BOB ALLENDER		39:20	
68	JIM UNDERHILL		39:34	
69	TOM MCQUAIN		39:37	
70	JEFF STRATTON		40:04	
71	PHIL RADFORD		40:08	
72	JAMES GREENLEE		40:46	
73	ROSEMARY PLATT		41:02	
74	BILL PLATT		41:03	
75	CHUCK YOUNG		41:10	
76	DEBBIE SINK		41:12	
77	P. J. LOEHR		41:13	
78	BURMAN CATON	THIRD M 60 OVER	42:26	
79	TOM SCARR		42:59	
80	SUE WESTFALL		44:04	
81	PEGGY MOSLEY		44:19	
82	LARRY FRUM	FIRST F 51-59	44:31	
83	PAUL WRIGHT		45:31	
84	DANNIE WALKER		45:37	
85	STACY LUCAS	FIRST F 0-14	47:16	
86	JEFF LUCAS		47:16	
87	HANSEL ROBERTSON		47:37	
88	ANITA DOSS	SECOND F 51-59	52:42	
89	JERRY HERNDON		52:43	

NAME	TIME	AWARD
1 BUBBY DENT	24:28	
2 SEAN HUNT	27:00	MALE OVERALL
3 BILL SCHULTZ	27:05	FIRST M 15-23
4 JIMMY SHOCK	27:21	FIRST M 33-41
5 GLENN BALDWIN	27:53	SECOND M 15-23
6 FRED WAYBRIGHT	28:01	FIRST M 24-32
7 TONY RUSSELL	28:28	MALE MASTERS
8 TIM LIGON	28:47	THIRD M 15-23
9 SHAUN CHILLAG	28:59	SECOND M 24-32
10 MIKE BLAKE	29:20	SECOND M 33-41
11 GARY SMITH	29:35	THIRD M 33-41
12 GREG KLEPPNER	29:55	
13 RANDY HUNT	30:00	THIRD M 24-32
14 STEVE BROWNING	30:19	
15 MIKE SCHWARTZ	30:24	
16 ROGER ARTHUR	30:36	FIRST M 42-50
17 TIM BOWMAN	30:56	
18 RICK COMBER	31:06	
19 MIKE KEENER	31:10	
20 KEN TALLMAN	31:28	FIRST M 51-59
21 JEFF SEAMAN	32:00	
22 DEBBIE CARMICHAEL	32:06	
23 GUY SKEENS	32:07	FEMALE OVERALL
24 GORDON KAMKA	32:12	SECOND M 42-50
25 STEVEN SAMPLES	32:30	THIRD M 42-50
26 LIZ ERWIN	32:35	
27 JOHN REIFSTECK	32:48	FEMALE MASTERS
28 MARLENE MOORE	32:54	FIRST F 24-32
29 TERRY CARMICHAEL	32:56	SECOND M 51-59
30 CONNIE YOUNG	33:18	FIRST F 33-41
31 TWILA TAYLOR	33:27	SECOND F 24-32
32 SCOTT MACDIARMID	33:40	
33 DAVE LAMBERT	33:41	
34 GABRIEL SZEGO	33:47	
35 GALLANAD PHILLIPS	34:33	FIRST M 0-14
36 ROBERT CUMMINGS	34:37	FIRST M HVYWT.
37 GARY BLACK	34:39	
38 BASIL SMITH	34:40	
39 LORI GARDNER	34:47	
40 WINSTON GREGORY	34:48	FIRST F 15-23
41 LIONEL NORTH	34:50	
42 DENNIS HAMRICK	35:02	THIRD M 51-59
43 SARAH SEARS	35:05	
44 DOUG WILLIAMS	35:15	THIRD F 24-32
45 DAN KENDRA	35:28	
46 GARY BAKER	35:32	
47 MARY DALE	35:34	
48 MARK SMITH	35:35	
49 VEN ACHARYA	35:36	



SCHEDULE OF EVENTS
MARCH - APRIL 1990



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

March 9, 1990

Friday
KVRRC Annual Baguette
RT: not necessary
ST: 6:00 PM
SP: Rose City Cafe, Schas.
EF: Dutch Treat
RD: KVRRC - elections,
awards, speakers

March 18, 1990

Sunday
Run for the Children 5K/10K
RT: Noon
ST: 2:00 PM
SP: Montgomery-Tech Fieldhse.
EF: \$6.00
RD: Bob Scholl 776-4656

APRIL 15 - Sistersville 5K 652-4444

March 31, 1990

Saturday
Coonskin 10K
RT: 7:30 AM
ST: 9:00 AM
SP: Coonskin Park, Charleston
EF: \$7/\$10/\$15
RD: Molly Knealer, KPCRC

April 28, 1990

Saturday
Carbide Spring Run 10K/2M
RT: 7:30 AM
ST: 9:00 AM
SP: Carbide Tech Ctr-S.Chas.
EF: \$5.00/\$7.00
RD: Dan Vadala

May 5, 1990

Saturday
Kick Kelley Memorial 10K/4K
RT: 7:00 AM
ST: 8:00 AM
SP: Nitro
EF: \$5.00/\$7.00
RD: Dan Vadala

March 10, 1990

Saturday
Poca River 15K
RT: 8:00 AM
ST: 9:00 AM
SP: Doc Bailey Road
EF: \$6.00/8.00
RD: KVRRC

March 25, 1990

Sunday
Putnam Spring Run 5K/1M
RT: 11:00 AM
ST: 12:00 PM
SP: Valley Park (Wave Pool)
EF: \$6.00
RD: Great Teays Running Club
APRIL 21 - Martinsburg 10K

April 28, 1990

Saturday
Cabell Hunt Hosp. 10 Mile
RT: 7:30 AM
ST: 9:00 AM
SP: Harris Riverfront Pk, Hunt.
EF: \$7/\$10/\$15
RD: Cabell Huntington Hospital

April 29, 1990

Sunday
10K Mountain Run
RT: 7:30 AM
ST: 9:00 AM
SP: Lost River State Park
EF: \$5.00/\$7.00
RD: Hardy County H S
Monica Miller 348-2764

May 5, 1990

Saturday
Spring Fling 5K
RT: 8:00 AM
ST: 9:00 AM
SP: Clendenen Rec. Center
EF: \$8.00/\$10.00
RD: Dave Fields (Eve. 548-4761)
Rick Wilcox (Days 965-3336)

April 7, 1990

Saturday
10K Ramp Run 5K Walk
RT: 8:30 AM
ST: 9:30 AM
SP: Main St., Richwood, WV
EF: \$6.00 - \$12.00
RD: Richwood Chamber Commerce
846-6790

May 12, 1990

Saturday
Babecock 10K Run
RT: 7:00 AM
ST: 8:00 AM
SP: Babcock State Park
EF: \$5.00

RD: Governors Cup Race

May 12, 1990
Saturday
Spring Hill 5K
RT: 7:00 AM
ST: 8:00 AM
SP: So. Chas. High School
EF: \$5.00

RD: Herman Kniceley 768-5301
Kans. State Forest (Mrs. Farrell)
John Barretto

May 20, 1990 - Tentative date for Kanawha-Teays Biathlon

May 26, 1990

Saturday
Elby's 20K
RT: Must preregister
ST: Wheeling, WV
SP: Wheeling, WV
EF: \$5.00
RD: Hugh Stobbs

May 28, 1990

Monday (Memorial Day)
Charleston Marathon
RT: 7:00 AM
ST: 8:00 AM
SP: Northbend State Park
EF: \$5.00
RD: Tony Gallo

June 1, 1990

Friday
Charleston Shuffle 5K
RT: 7:00 PM
ST: Downtown Charleston
SP: Downtown Charleston
EF: \$5.00
RD: Charleston Parks & Rec.

June 2, 1990

Saturday
Ridgerunner Marathon 10K
RT: 7:00 AM
ST: Northbend State Park
SP: Northbend State Park
EF: \$5.00
RD: Governors Cup Race

LOOKING AHEAD

June 16, 1990

WVU 5 Miler

July 28, 1990

Sixth Annual Bear Hole 10K

August 28, 1990

Seventh Ann. Aracoma 10K

Sept. 16, 1990

Ninth Ann. Milk & Honey 10K

Charleston

Twin Falls St. Park

Chief Logan St. Park

Canaan State Park

Race Directors should immediately contact:

regarding cancellation or rescheduling

Call 757-0817 after 6PM or weekends

WVU (Always 2nd Sat. in Aug.)

Gary Smith

170 Washington Cir.

Hurricane, WV 25526

VALENTINE 5K
FEBRUARY 11, 1990

#	NAME	AWARD	TIME	AWARD
50	Tammy Niven	M Overall	21:20	
51	Todd Owens	First M 24-32	21:30	Second F 33-41
52	Diana Morris	First M 15-23	21:32	
53	Tommy Allbritton	First M 33-41	21:37	
54	Jane Hoffman	Second M 15-23	21:45	
55	Chris Cross	Third M 15-23	22:00	
56	George Castelle	M Masters	22:22	
57	Jim Underhill	Second M 33-41	22:32	First M 60-Over
58	Ross James	Second M 24-32	22:38	
59	Chris DeLuca	Third M 24-32	22:41	
60	Fletch Adkins		22:45	
61	Tom McQuain		22:48	
62	Paul Fraley		22:50	
63	Jane Flemming		22:52	
64	Blaine Ervin		22:53	
65	Phil Radford		23:15	
66	Jim Greenley		23:17	
67	Richard Starr		23:39	
68	Arthur Weber		23:42	
69	Robert Allender		24:34	
70	Rosemary Platt	First M 42-50	24:52	Third F 33-41
71	Peggy Mosley	Second M 42-50	25:36	First F 51-59
72	Stacy Lucas		25:39	First F 0-14
73	Jeff Lucas		25:40	
74	Brian Comer		26:13	Second M 0-14
75	Rick Comer		26:14	
76	Dale Chamblin		26:16	
77	John Vineyard		26:17	
78	Donald Bersur		26:18	
79	Burman Caton		26:28	
80	Sharon Jones		26:34	
81	Dannie Walker		27:00	
82	Mary McGucken		27:15	
83	Cathy Davis		27:17	
84	Mary McQuain		28:38	
85	Darla Herman		29:19	
86	Anita Doss		29:35	
87	Anne Nekoranec		30:36	



VALENTINE 5K
FEBRUARY 11, 1990

#	NAME	AWARD	TIME
1	Bubby Dent	M Overall	14:44
2	Mickey Grass	First M 24-32	15:47
3	Shaun Hunt	First M 15-23	16:07
4	Bill Schultz	First M 33-41	16:28
5	Jimmy Shock	Second M 15-23	16:35
6	Scott Perfater	Third M 15-23	16:37
7	Fred Waybright	M Masters	16:45
8	David Duncan	Second M 33-41	16:48
9	Glenn W. Baldwin	Second M 24-32	16:50
10		Third M 24-32	16:52
11	Tom Ligon		16:58
12	Tony Russell		17:12
13	Jerry Carroll		17:27
14	Scott Tipton		17:46
15	Richard Helm		17:49
16	Gary Smith		17:52
17	Mike Blake		18:11
18	Randy Hunt		18:22
19	Steve Browning		18:40
20	Jon Ronningen		18:43
21	Roger Arthur		18:45
22	Mark Keener		18:52
23	Steve Samples		19:23
24	Todd Kaufman		19:27
25	Guy Skeens		19:30
26	Debbie Carmichael		19:34
27	Bill Platt		19:37
28	Galahad Phillips		19:45
29	Terry Carmichael		19:52
30	Mona Jeffries		19:57
31	Connie Young		19:59
32	Linda Dietrich		20:00
33	Shawn Chillag		20:06
34	Tom Neale		20:08
35	Jeremy King		20:16
36	Scott MacDiarmid		20:17
37	Lori Barker-Gardner		20:20
38	Winston Gregory		20:21
39	Dennis Hamrick		20:22
40	Jack Adkins		20:27
41	Liz Ervin		20:30
42	Doug Williams		20:33
43	Abe Hendley		20:35
44	Katrina Riggelman		20:37
45	Bob Cummings		20:41
46	Roxanne Carte		20:53
47	Cindy Robertson		20:57
48	Lionel North		21:11
49	Morris Meade		21:22



Second F 51-59

Second M 51-59
F Masters
Second F 15-23
Third F 24-32
Third F 15-23
Third M 51-59

