



Kanawha Valley Road Runners Official Newsletter

Gary C. Smith, Editor

1983

May - June

THE PRESIDENT'S PAGE

On Tuesday, March 22, the new 1983 Board of Directors held their first meeting. Much was accomplished in two hours.

Officers were elected and the resignation of Ray Joens as Editor of the Runners Sole was acknowledged. Many thanks to Ray for the good job of getting our publication off the ground and editing three fine issues.

Luckily, Gary Smith has accepted the job and the rest of us on the Board will be backing him in every way possible. We believe the Runners Sole is one of the best services the club has ever provided for the members and we'll do our best to keep it going.

Among other things, over the next year you can look forward to: (1) approximately nine club-sponsored races - some on certified courses, (2) inclusion of race applications in the newsletter, (3) a current bi-monthly schedule, (4) establishment of a three-event club trophy (see inside), and (5) a creative outlet for all of you aspiring writers.

We on the board are looking forward to an exciting, active year with our ever expanding club.

Bill O'Dell

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Bill O'Dell	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
Steve Edwards	Barbara Theierl
	Gary Smith

FROM THE EDITOR:

When my son was only two or three, he thought I "won" the T-shirts for him. A size small made a perfect long sleeve nightgown and he was suitably impressed with the rewards of my labors. Finding how easy it was to make myself a hero in his eyes, I started racing more and he soon had quite a wardrobe of nightshirts.

Some time during the summer before his fourth birthday he discovered that everyone who ran got a t-shirt and they lost some of their glitter in his eye. Then he found out about trophies. "Win a trophy for me Dad," he would tell me before each race. You can't explain to a four year old that you finished in the top 10%, or that you cut 45 seconds off your mile, or that you only finished behind twelve people but eight of them were in your age group - they want to see that hardware.

Last summer I was leaving to run a 10K when Brandon reminded me that he wanted a trophy. I was feeling sleepyheaded and in less than top form. "A shirt is all I can promise you," I said and he was unimpressed. A thunderstorm was threatening so I left him with my brother and went on to the race. While waiting for the race to begin, I was both sleepy and nervous but 200 yards into the race I was concentrating on slowing down my pace. I was out with the front four and I knew that was too fast for me. I let seven more people in front of me during the next half mile and then I set out to maintain my place. The course was an out and back 5K run twice. At the first turn around, I passed the man in front of me. Half way back in the second time I passed another and managed to finish ninth overall but because there was no duplication of awards, I took a first place trophy in my age group. When I got back to the house that afternoon, I rang the bell and held the trophy behind my back. "Brandon, guess what?", I said when he came to the door, then before he could answer I pulled the trophy around, "it's all yours." His eyes grew as big as saucers and grabbed the trophy and ran into the house calling to his uncle, "look what my dad won for me." When I saw how proud he was, I knew I had run the best race of my life.

If you have a race story to share (and who doesn't) send them in. All articles submitted will be gratefully accepted and considered.

EXPECT TO BE ATTACKED

by Annette Castelle

Nearly every runner has been the target of unpleasant acts of harassment. While usually not serious, these acts can nevertheless be frightening if not demoralizing. With the sexual assault last January of a female runner on Kanawha Boulevard, the vulnerability of the lone runner is emphasized.

An informal survey of some running acquaintances revealed that the majority of them have been the victim of some type of unsettling experience while running.

Let me "expose" the most common incident that happens to female runners in this area. The scenario usually begins with a "lost" motorist in need of directions. Being the good, unsuspecting samaritans we are, we're willing to help. The trick is that the lost person asks for a nonexistent street and upon not being able to help him, he asks you to look at his map. When you get close to his vehicle the man exposes himself. His satisfaction comes from seeing your shocked expression and rapid retreat. This incident has happened to five of my friends not only in Charleston, but also in small outlying communities (such as Belle) where lone female runners have heretofore felt safe.

Then, there is the deviant who doesn't bother to set up such a scenario. He just positions himself in a convenient location and exposes himself as the opportunity arises. Several women (including myself) have reported these offences occurring along the Kanawha Boulevard and the 35th Street Bridge.

Male runners that I know have been run off the road, the target of objects tossed from moving vehicles, and verbally abused. One runner reports an incident that would debilitate the most ardent runner. While running on Kanawha Boulevard, a car slowed alongside him and a passenger pointed a gun at him. The ensuing silence relieved his heart but the incident left his legs rubbery. To his day he doesn't know if the gun was a toy or the real thing.

Bobbie Bryant of the Crime Prevention Unit of the Charleston Police Department says the best suggestion, of course, is not to run alone. There is safety in numbers. She advises that runners run in the daylight hours or choose well lighted routes at night with lots of activity, but even this is not always a deterrent to harassment. The Police Department would like to have each incident reported even if there is nothing they can do. "Every report", said Ms. Bryant, "is a piece to the puzzle." Keeping the Police Department informed will allow them to increase patrols in areas where needed.

If someone asks for directions and you stop to tell them, keep your distance from the car. If you don't know the location being sought, say so and keep running. Don't get in a situation where you don't have an escape route. If a harassing incident does happen to you try to remember everything about it that you can - license number, description of the person and/or vehicle - so you can make informed report to the police. Even if you can't remember anything, make an uninformed report to the police.

Runners (or anyone) cannot carry concealed weapons but there are little things you can use in the event of an attack. If you carry a key you could possibly use it as a weapon against an attacker. Mace, while a deterrent, often as not gets on you and creates a problem. Ms. Bryant says you must stay on the offensive. Expect to be attacked. Then, if you are, do not panic. Stomp on the attackers toes - anything that throws the attacker off guard is your advantage. "Keeping the victim on the defensive is the attackers biggest advantage", say Ms. Bryant.

Expecting the worst on your daily run can certainly take the fun out of it. But as the vulnerable one, the runner must take the responsibility for his/her safety. If you had any threatening incidents occur while running, please let us know so that we may warn others.

THE LEXINGTON MINI-MARATHON

by Steve Edwards

Not many people from the Charleston area have heard of the Bluegras Mini-Marathon. Even fewer will ever run in it, but for two local runners who had the opportunity to participate in the November 21, 1982 race, it was a truly rewarding experience. Of the fifty or so races I have run over my five years of running, this was by far the most beautiful. The course wound its way through the bluegrass country of Lexington, Kentucky. Rolling pastures filled with beautiful thoroughbred horses lined both sides of the blacktop back country roads over which the race was run. The roads were lined with three foot high fieldstone fences that added to the beauty. As one would pass a field full of horses they would run with you to the end of their pasture, return and pick up another group of runners and escort them as well.

As for the course itself...a 13.1 mile run 6.55 miles out and back. The terrain was rolling to gently sloping with one 50° hill (about 75 to 100 yards long). The rolling portion of the course occurred from miles one to four and on the return miles nine thru twelve. The middle portion consisted of the long grades. For area runners, the course is not unlike the Foca River course, just hillier.

To give you some idea of the course difficulty, the Derby Festival Mini in Louisville, Kentucky was won in 1:04:30 or 4:54/mile. This Bluegras Mini-Marathon was won in 1:12:50 or 5:33/mile (a course record). Many of the same top area runners compete in both races.

Being a "middle of the pack 7-8 min/mile" runner, I obviously don't compete for the trophies. I run because of the camaraderie and atmosphere. The visual beauty of this particular race course was an added bonus that will never forget. **Would I ever go back and do it again? Absolutely! I'm already in the planning stages. Anyone interested?**

SPECIAL AWARDS

For 1983 the club will be spotlighting those members which have shown real dedication to the love of running. Awards will be presented in the following categories.

1. Most miles run in 1983 for...

Men

29 and under
30 to 50
50 and over

Women

29 and under
30 to 50
50 and over

2. Most days run in 1983 (a minimum of one mile per day)

Male
Female

3. Most races run

4. Most races run without winning an award or trophy

--CONTEST RULES--

- A. Kanawha Valley Road Runner members only.
- B. In case of a tie, duplicate awards will be presented.
- C. Totals must be submitted in writing before February 1, 1984.
- D. Awards will be presented during the 1984 club banquet.
- E. Be honest.

any questions, call Don Williams (home phone ... 0816). Good Luck.

CYCLING FOR THE RUNNER

by Carol Clark

With the recent advent of triathlon fever, running injuries and the increased interest in overall fitness, the bicycle is fast becoming the favorite recreational vehicle of runners. Far from being just a leisurely jaunt on a sunny afternoon, cycling can be a valuable tool for the serious (and not so serious) runner. As with jogging/running, it can be implemented as vigorously or as casually into the fitness program as the athlete desires.

The April 1983 issue of "Runner's World" listed several benefits cycling can provide to runners. They include:

- Increased muscle balance between quadriceps and hamstrings.
- Increased flexibility in the hip and knee joints.
- Increased ability to run uphill.
- Increased enjoyment of a training program.
- Increased upper body strength.
- Increased leg speed.
- Increased cardiovascular endurance.
- Decreased chances of injury by decreasing wear and tear on muscles and joints and developing opposite muscle groups.
- Increased social contacts.

I can personally attest to many of the benefits listed above. Cycling is a valuable sport to have at one's disposal, especially when injured. It provides an opportunity to get out and exercise vigorously without causing further damage to the injury. Because it is not a weight-bearing activity, stress is greatly relieved but fitness can be maintained. Following a hard run, cycling can speed recovery, since it can be much easier than running but still increase circulation and reduce stiffness. I have found it very beneficial to decrease my running mileage the day after a race or a long run and increase my cycling.

Cycling, as mentioned before, strengthens the quadriceps. As anyone who has struggled up Oakwood Road knows, strong quads can be worth your copy of The Complete Book of Running. Although I do favor hills in my training runs, I feel that having cycled with some effort up hills has increased my ability to run hills with speed and strength.

Cyclists as a group are much like runners - some of the best people you'd ever want to meet. They are gregarious, pursue their sport with a passion, and love to eat as much as runners do. They do have a distinct advantage over runners in that they can eat during the course of a ride. This has great appeal to people like me, as I've yet to find a good way to eat chocolate chip cookies on the run!

And in the end, cycling is just a lot of fun. To those of you contemplating purchasing a bicycle or pulling your ten speed out of the garage, I can only say "Do it!" I dearly love to run, but there is a sense of freedom had from flying down a hill with your chin near the handlebars, hands on the drops and elbows tucked in that can't be found anywhere else. You may not head for the nearest velodrome, but the exhilaration you'll experience will make you wonder why you didn't strap on your toeclips long ago.

THE RUNNERS SOLE

The views and opinions expressed in the Runners Sole are those of the authors and do not necessarily reflect those of the Kanawha Valley Road Runners, its officers or Board of Directors.

SCHEDULE OF EVENTS
MAY AND JUNE 1983

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

May 1, 1983

Sunday

Concord College Mercer Mall Mind
Power Run (5K/10K)

RT: N/A
ST: 2:00 (10K) 3:45 (5K)
SP: Pipestem State Park
EF: \$6.00 (\$9.00 both races)
RD: Phil Sutphin
Concord College
Athens, WV 24712

May 1, 1983

Sunday

Dogwood Festival Run 10K

RT: 12:30 P.m.
ST: 2:00 p.m.
SP: Mullens High School
EF: \$7.00
RD: Charles Feller
P.O. Box 295
Mullens, WV 25882
294-5094 (0)

May 14, 1983

Saturday

St. Francis Hospital Distance Run
(3 Mile and 6 Mile)

RT: 7:00 - 7:30 a.m.
ST: 8:00 a.m.
SP: St. Frances Hospital, Laidley St.
EF: \$7.00
RD: John P. Clay
St. Francis Hospital
P.O. Box 471
Charleston, WV 25322
348-8500 (0)

May 15, 1983

Sunday

Charleston Pops 5K

RT: 12:30
ST: 2:00
SP: University of Charleston
EF: \$6.00/\$7.00 (late)
RD: Charleston Symphony
342-0151

May 7, 1983

Saturday

YWCA Women's Classic 5K and 10K

RT: 8:00
ST: 9:00
SP: Kanawha State Forest
EF: \$5.00/\$6.00 (late)
RD: Nancy Sadoif
YWCA
1114 Quarrier Street
Charleston, WV
346-0311

Betty Tiernan

925-3957

Add'l Info: Women only; race
and/or time prediction run

May 7, 1983

Saturday

WV School of Osteopathic Medicine 10K

RT: 6:00 - 8:30 a.m. at school
parking lot
ST: 9:30 a.m.
SP: Greebrier Valley Airport
EF: \$6.00/\$8.00 (late)
RD: Greg Moten
Sherry Phillips
400 N. Lee Street
Lewisburg, WV
645-6270 Ext. 233

Add'l Info: Bus transportation from
registration to starting point

May 21, 1983

Saturday

Mound Freedom Run (5K)

RT: 8:00 a.m.
ST: 9:00 a.m.
SP: South Charleston Mound
EF: \$6.00
RD: Mary Lou MacCorkle
222 Bird Court
South Charleston, WV
744-4375

May 28, 1983

Saturday

Elby's Wheeling Distance Run (20K)

RT: May 20 deadline
ST: 9:00 a.m.
SP: Wheeling Civic Center
EF: \$8.00
RD: Elby's Distance Race Committee
P.O. Box 1046
Wheeling, WV 26003

May 28, 1983

Saturday

Heck's City of Nitro Spring Festival
15K

RT: 5:00 p.m.
ST: 6:00 p.m.
SP: Underwood Football Field
EF: \$5.00/\$7.00 (late)
RD: John Simms
John Santrock
Nitro City Hall
755-0701 (0)

June 4, 1983

Saturday

REHAB Run (10K and 2 Mile)

RT: 7:30 to 8:30 a.m.
ST: 9:00 a.m.
SP: WV Rehabilitation Center,
Institute
EF: \$6.00 pre-registration
\$8.00 day of race
RD: Ann Lacy
768)8262

June 4, 1983

Saturday

WV Tac Road Race Championship (10K)

RT: Not available
ST: Not available
SP: Not available
EF: Not available
RD: Wayne Bennett
Beckley YMCA
252-0715

June 11, 1983

Saturday

Shawnee Hills (10K)

RT: 7:00 - 8:15 a.m.
ST: 8:30 a.m.
SP: Pierpont School, 22nd Street
Dunbar
EF: \$5.00 pre-registration
\$7.00 day of race
RD: Carol Clark

June 11, 1983

Saturday

Charleston Charlies (5K/10K)

RT: not available
ST: 5:00 p.m.
SP: Matt Powell Park
EF: not available
RD: Jerry Kill
346-0734

June 18, 1983

Saturday

Parkersburg Road Race (10K)

RT: 8:00 a.m.
ST: 9:00 a.m.
SP: Parkersburg High School Stadium
EF: Not available
RD: Dick Fox
Box 228
Parkersburg, WV
442-7121

Add'l Info: Fenton Glass Awards

June 18, 1983

Saturday

St. Albans, Town Fair Distance Run

RT: Not available
ST: Not available
SP: Not available
EF: Not available
RD: Fred Waybright

June 18, 1983

Saturday

Run for MS

RT: Not available
ST: Not available
SP: Not available
EF: Not available
RD: Linda Huddle
766-6830

June 19, 1983

Sunday

Alpine Cup (15K)

RT: Not available
ST: Not available
SP: Not available
EF: Not available
RD: Blackwater Falls
Box 565
Davis, WV
259-5315

June 25, 1983

Saturday

Sutton (15K)

RT: Not available
ST: Not available
SP: Not available
EF: Not available
RD: Bill Uldrich
765-7198

Looking Ahead

- July 2 - Independence Weekend 10K, Charleston
- July 23 - Great Teays 10K, Hurricane
- July 30 - WV Decathlon Championships, Charleston
- July 30 - Dist Pepsi 10K, Charleston
- August 6 - Oak Hill - Fayetteville 20K
- Sept. 3 - Charleston Distance Run

Race directors should immediately contact the KVRR regarding cancellation or rescheduling of events. Please provide any information regarding events to:

Annette Castelle
 124 Westview Drive
 Charleston, WV 25311
 949-6400 (O)
 343-9371 (H)

KVRRC TRIPLE CROWN

Have you ever watched as runners struggle to finish a distance run, as cyclists struggle to finish a race, as swimmers strain to "touch out"? To finish any one of these events is a triumph in and of itself. Put all three together and you have a "triple crown of torture" call a triathlon.

In recent years triathloning has become increasingly popular. Hawaii's Ironman drew 850 competitors in 1982.

For the first time, the KVRRC will combine three events, resulting in an "almost" triathlon. The events comprising the First Almost Triathlon, or F. A. T. will be the Coal River Canoe Race, the 100km (62 mile) bike race during Regatta week, and the Charleston Distance Run of 15 miles. Any KVRRC member participating in all three events, in 1983, will be eligible to win the 1983 KVRRC Challenge Cup which will be presented at the annual banquet. All entrants will receive recognition certificates.

The KVRRC Board of Directors is currently working on an equitable hand-capping method and details will be worked out at a later time.

If you plan on entering the F. A. T., please contact a member of the Board.

The KVRRC would like to thank Simpson & Osborne, CPAs for the use of their word processing equipment.

NEW MEMBERS

January
 Stanley Backus, Charleston
 Delores Cummings, Charleston
 Nick Munoz, Charleston

March

Thomas Bailey, Dunbar
 (family) (contributing)
 Randy Blackwell, Charleston
 Jack Cavender, Charleston
 Fred Cole, Quincy (family)
 William Gaal, Charleston
 Mark Gunderson, Elkview
 Jim Harris, Elkview
 Jerry Hicks, St. Albans
 Paula Jackson, Charleston
 Steve Ledahawsky, Charleston
 Robert Miller, Charleston
 Steve Perdue, St. Albans
 Patrick Shinn, St. Albans
 Bud Thomas, St. Albans
 Harley Tingler, Dunbar
 Robert Vanhook, Charleston
 Pam White, Belle
 Kenneth Williamson, St. Albans

February

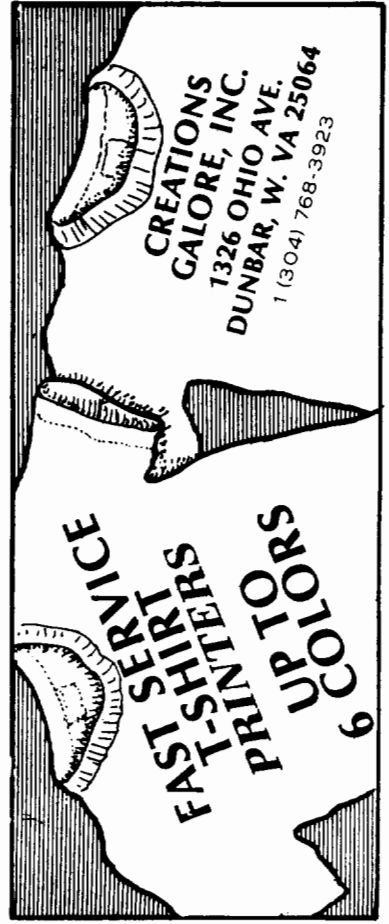
Kimberly Bohnert, Charleston
 Dennis Boyd, Cross Lanes
 Jani Cowley, Elkview
 Mari Godfrey, Dunbar
 Robin Hager, Charleston
 Roger Hager, Charleston
 Ronald Holcomb, Charleston
 Ric MacDowell, Hamlin
 Stefan Mierau, St. Albans
 Nancy Thabet, Charleston

RACE CAR-POOLING

Anyone planning on running an out-of-town race can call Jim Jones at the Track and Field Hall of Fame. He is organizing a service whereby runners can leave their names with him and be put in contact with others who plan to run the same race so that they can travel together and share gasoline costs.

THANKS

The surveyor's wheel listed as missing in the last newsletter has been returned.



The KVRRC wishes to express thanks to the Kroger Co. for donating part of the "trophies" for the Spring Chicken 5K held Kanawha State Forest on Sunday, March 27. Although the day started out rainy, by race time the weather was perfect for running. Thirty-two runners started and finished. Times are listed below.

1. Rich Watts	16:20*	17. Richard Dean	21:12
2. Kent Davis	16:24	18. Donny Walker	21:18
3. Robert Schwartz	17:05	19. Patrick Board	21:26
4. Gary Smith	17:48	20. Doug Fike	21:38
5. Bill O'Dell	18:01*	21. Scott McDermitt	22:11
6. Jim Hamrick	18:09*	22. Vernon Hess	22:35*
7. Terry Carmichael	18:22	23. Judy Riffle	22:50*
8. Patrick Shinn	18:45	24. N. W. Shumate	23:36
9. John Barnett	19:00	25. Tom Dawson	26:19
10. Roger Hager	19:13	26. JoAnn Dawson	26:26*
11. Gary Peyton	19:53	27. Tom Cornell	27:43
12. Roger Clark	20:04	28. Kathy Craddock	27:46
13. Charles McCormick	20:46	29. Jennifer Cornell	29:31*
14. Roy Truby	20:48	30. Sue Jewel	29:31*
15. Billy Thomas	20:51*	31. Kathy Bruner	33:37
16. Tom McQuain	21:05	32. Harry Bruner	33:38

* indicates age group winner.

BOARD OF DIRECTORS MEETING

The April KVRRC Board of Directors meeting will be held Tuesday, April 26, 1983 at the National Track and Field Hall of Fame at 7:00 p.m. The May meeting will be on Tuesday, May 24, 1983 at the same time and place. Members are encouraged to attend.


Action

10% OFF
ANY RUNNING SHOE
WITH THIS AD

Tiger - New Balance - Etonic - Avia

Choose your favorite shoe and save 10%. Excluding sale merchandise.

Offer good through June 25, 1983



CHARLESTON
DEPT. STORE

ADVERTISING DIRECTOR NEEDED

The KVRRC is in need of a volunteer to be in charge of newsletter advertising. Duties involve soliciting advertising, getting ad copy to the editor, and submitting billing information to the treasurer. There are a lot of potential advertisers out there and a more organized approach towards this aspect of publishing the newsletter would be invaluable. The more advertising we generate, the better chance we have of breaking even with the newsletter.

If you are willing to volunteer, please contact Gary Smith at 744-1099.

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:

1. Development of a club run--this run will provide other runners and race directors a "showcase" for how races ought to be conducted.
2. Bi-monthly meetings which will include lectures, discussions, movies, and trade sessions.
3. Development and sharing of training strategies for novice to experienced runners.
4. 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.
5. 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, and enclose a check for \$5.00 single membership or \$9.00 family.

KVRRC MEMBERSHIP APPLICATION

(Check One) New Member Yes _____ No _____ Date _____

Type of Membership: Regular (\$5) _____ Full Time Student (\$3) _____ Family (\$9) _____
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
Charleston, West Virginia 25328