



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor

1990

May - June

THE PRESIDENT'S MESSAGE

How about the March 9th KVRRC Annual Awards Banquet? In my opinion it was our best effort. I want to thank KVRRC members Danny Wells and Dr. Shawn Chillag for adding the "quality punch" by being our speakers. On behalf of the KVRRC membership I want to thank Bill O'Dell and Rufus Dingess for their service on the Board of Directors last year and to welcome Robin Baldwin and Bill Platt as their replacements. Also a special thanks from the membership to Paul Garrett who received the "Member of the Decade" award for the 1980's. Thanks to Gunnoes Sausage, John Sheets and Federal Construction Co., and Mike Gillian for sponsoring the 1990 Poca River 15K on March 10th. A combination of great weather and runner support again made this race a success. Congratulations to Dennis 'Race' Hamrick who cut almost five minutes off his best 15K time at Poca. Ken Tallman said that this was the largest field ever for the Poca River 15K Race.

Congratulations to KVRRC member James Shock who won the tough Coonskin Classic 10K in 34:31. Also congratulations to Bonnie Lamb who was the first overall female in the 5K race at Coonskin with a time of 25:13.

Congratulations to all KVRRC members who qualified for and ran the Boston Marathon on March 16th. See the last page for some Boston time's.

It's official, the Third Annual Kanawha-Teays Biathlon sponsored by Johns Cyclery, Rich Harper and the KVRRC will be held on Sunday, May 20th at Hurricane High School starting at 9:00am. This Biathlon is a 10K Run and a 40K Bike. See the Biathlon application in this issue. If you are not both a runner and a biker, two person teams are allowed. If you don't participate call me and come out on race day and help us continue to make the biathlon the quality event it has been.

On May 5th at 9:00am, KVRRC member Dave Fields is race director for the Spring Fling 5K starting at the Clendenin Recreation Center. This is a new race so see Gary's race calendar inside for details.

Again I ask that you recruit a new member for the KVRRC. Call me with their address and I will mail the most recent newsletter to them. Thank you for your support.

Patrick and I will see you at the races.

Pat Board, III

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

| | | |
|--|---------------------|----------|
| Fat Board, III | President/Treasurer | 744-6502 |
| Paul Garrett | VP/Membership Chmn. | 925-3247 |
| Annette Castelle | Secretary | 343-9371 |
| Robin Baldwin | Director | 744-1482 |
| Dave Ellis | Director | 344-4488 |
| Dennis Hamrick | Director | 344-8342 |
| Bill Platt | Director | 925-8863 |
| Bill Shultz | Director | 768-8472 |
| Dave Fields | Director | 548-4761 |
| Gary Smith Calandar/Newsletter | | 757-0817 |

FROM THE POET:

LOVE THRU RUNNING

Beneath the shining, glorious evening star
 I sense that I have come so far
 My relations are my own
 This sport is great, even alone

Lesser mortals, will never know
 How fast this tail wind makes me go
 I may be alone
 But I am free to roam

Now my home is only half as far
 The run back is easy, not hard
 Previous gasping I have forgot
 The sense of well being hits the spot

A good run puts one's heart at ease
 Even when I pay those entrance fees
 Some other sports I despise
 Apparently they are low esteemed to any eyes

I should try to accept common things
 But running clasps me and clings
 Listen to the soft crunch in the snow
 It's a pleasure to sense, to know

Run with the spirits at night
 Lift your head, see the star's delight
 Escape the burden of the daytime prison
 Lift your head, see that the moon has risen

Jerry R. Herndon

FIRST ANNUAL

FARMERS AND CITIZENS STATE BANK

SPRING FLING 5K ROAD RACE

CLENDENIN, WEST VIRGINIA



Date & Time: May 5, 1990 at 9:00 AM

Location: Registration at the Clendenin Recreation Center

Entry Fee: \$6.00--IF PAID IN ADVANCE \$9.00--ON RACE DAY

Awards: Plaques and medals to each age group. (5-year increments from 18 to 59)
Also, 17 & Under and 60 & over age groups. T-SHIRTS TO THE FIRST 200 PAID APPLICANTS.

For Additional Information:

Dave Fields, Race Director 548-4761 (After 7 PM)

Rick Wilcox, F & C Bank 965-3336 (During Business Hours)

CLIP AND RETURN

ENTRY FORM -- RETURN TO ADDRESS BELOW

Name: _____ Age: _____ Sex: _____

Address: _____ Phone: _____

T-SHIRT SIZE S - M - L - XL

Emergency Contact: _____ Phone: _____

In consideration of permitting us to participate in The Farmers and Citizens State Bank 5K Road Race on May 5, 1990, I hereby waive and release for myself, my heirs, assigns, executors, administrators, and assigns, any and all claims and claims of any nature I may have against any entity or person associated with this event, including their representatives, successors and assigns. This waiver and release covers any and all injuries or damages of any kind which I may suffer as a result of, or while participating in, this event.

PARTICIPANT

PARENT OR GUARDIAN, IF A MINOR

MAIL ENTRY, WITH PHL TO: RICK WILCOX, F&C BANKERS & CITIZENS STATE BANK P. O. Box 661 Clendenin, WV 26041

POCA RIVER 15K RACE RESULTS
MARCH 10, 1990

POCA 15K RESULTS (Cont.)

AWARD

| NAME | TIME | AWARD | NAME | TIME | AWARD |
|---------------------|-------|------------------|-----------------------|-------|------------------|
| 1 Bubby Dent | 47:38 | | 61 Bob Cummings | 68:27 | |
| 2 Glenn Baldwin | 51:17 | First M Overall | 62 John Stephens | 68:39 | |
| 3 James Shock | 51:45 | Second M Overall | 63 Rodger Armstrong | 69:00 | |
| 4 Bill Shultz | 51:57 | Third M Overall | 64 Tom White | 69:02 | First F 30-34 |
| 5 Fred Waybright | 52:10 | Fourth M Overall | 65 Yolanda Hager | 69:11 | |
| 6 David Duncan | 52:38 | Fifth M Overall | 66 Bill Willis | 69:15 | |
| 7 Glen Morris | 53:42 | Sixth M Overall | 67 Tommy Allbritton | 69:38 | |
| 8 Shawn Chillag | 54:22 | First M 30-34 | 68 Joe Nekoranec | 69:44 | |
| 9 Glen Tacy | 54:42 | First M 40-44 | 69 Gary Craig | 70:07 | |
| 10 Ron Norman | 55:07 | First M 35-39 | 70 Rick Hanna | 70:14 | |
| 11 Tony Russell | 55:39 | Second M 40-44 | 71 Bob Scholl | 70:32 | |
| 12 Scott Perfater | 55:52 | First M 20-24 | 72 Greg Carden | 70:33 | Second F 30-34 |
| 13 Harold Edwards | 56:30 | First M 0-19 | 73 Sarah Sears | 70:43 | First M 60-Over |
| 14 David Daniels | 57:12 | Second M 35-39 | 74 Walt Case | 70:47 | Second M 55-59 |
| 16 Randy Hunt | 57:30 | Third M 35-39 | 75 Rob Fretwell | 70:54 | |
| 17 Tomas Dannels | 59:23 | Fourth M 30-34 | 76 Jerome Estes | 71:00 | |
| 18 Ken Tallman | 59:27 | Second M 30-34 | 77 A J Ball | 71:02 | |
| 19 Brent Artrip | 59:59 | First M 50-54 | 78 Mickey Jones | 71:20 | Second M 60-Over |
| 20 Steve Fox | 60:07 | First M 25-29 | 79 Morris Adkins | 71:40 | |
| 21 Paul Christian | 60:15 | Third M 40-44 | 80 Kenneth Bailey | 71:40 | |
| 22 Joe Young | 60:35 | Third M 30-34 | 81 George Castelle | 71:59 | |
| 23 Bill Platt | 60:55 | | 82 Larry Hale | 72:10 | |
| 24 Roger Kyle | 61:01 | | 83 Ven Acharya | 72:41 | |
| 25 Gordon Kamka | 61:37 | | 84 Gary Baker | 72:41 | |
| 26 Lannie Robinson | 61:47 | | 85 Kerry Winters | 72:42 | |
| 27 Chris Knighton | 62:02 | | 86 Ron Raether | 72:44 | |
| 28 Winston Gregory | 62:04 | | 87 Bob Dennie | 72:48 | Third M 60-Over |
| 29 Marlene Moore | 62:09 | | 88 Ralph Osborne | 72:58 | |
| 30 Mike Schwartz | 62:13 | | 89 Mike Hoffman | 73:11 | |
| 31 Glen Jarrell | 62:19 | Second M 50-54 | 90 Walt AUVil | 73:20 | |
| 32 Scott Clark | 62:31 | Fourth M 30-34 | 91 Lionel North | 73:40 | |
| 33 Ken Holley | 62:39 | Second M 0-19 | 92 Tom Poole | 73:55 | |
| 34 John Sheets | 62:56 | | 93 William Holcomb | 74:08 | |
| 35 Rick Comer | 62:58 | | 94 Phil Jones | 74:31 | |
| 36 Vic Ware | 63:05 | | 95 Tom Neal | 74:32 | |
| 37 Roger Arthur | 63:06 | First F Overall | 96 Blaine Ervin, Jr. | 74:40 | |
| 38 Bill Davis | 63:14 | Third M 0-19 | 97 Bill Young | 74:46 | |
| 39 Patrick Sizemore | 63:21 | First M 45-49 | 98 Jerry Keller | 74:55 | |
| 40 Liz Ervin | 63:32 | Second M 20-24 | 99 Jane Fleming | 74:57 | Second F 40-44 |
| 41 Guy Skeens | 64:00 | Third M 45-49 | 100 Pam Waybright | 74:58 | Second F 35-39 |
| 42 Dennis Hamrick | 64:03 | | 101 Dave Cumons | 75:11 | |
| 43 John Hemlepp | 64:27 | | 102 Tom Tindler | 75:13 | |
| 44 Lee Cabell | 64:41 | | 103 Mark Cantley | 75:26 | |
| 45 Mary Mlinarcik | 64:43 | | 104 Dennis Dean | 75:54 | |
| 46 Kevin Lake | 65:01 | F Master | 105 Steve Thompson | 75:59 | |
| 47 Ronnie Hull | 65:03 | | 106 James Underhill | 76:00 | |
| 48 Jim Hamrick | 65:20 | Second F Overall | 107 James Sadd | 76:25 | |
| 49 Joe Bird | 65:23 | | 108 Fletch Adkins | 76:39 | |
| 50 Bert Frasure | 65:26 | | 109 Jeff Stratton | 76:49 | |
| 51 Todd Owens | 65:41 | First M 55-59 | 110 Mark Stump | 76:51 | |
| 52 Joe Handley | 65:42 | | 111 Echols Hansbarger | 77:18 | |
| 53 Debbie Young | 65:46 | Second M 25-29 | 112 Gardner Stultz | 77:31 | |
| 54 Mona Jeffries | 65:59 | Third F Overall | 113 Phillip Radford | 78:39 | |
| 55 Roger Hager | 66:30 | First F 25-29 | 114 Tom McQuain | 78:59 | |
| 56 Connie Young | 66:50 | | 115 Bonnie Lamb | 79:04 | Third F 35-39 |
| 57 Pat D. Hemlepp | 67:07 | | 117 Rosemary Platt | 80:03 | |
| 58 Steven Kaz | 67:37 | First F 35-39 | 118 Ross James | 80:49 | |
| 59 Diana Morris | 68:05 | Third M 25-29 | 119 Vijay Jainmb | 82:59 | |
| 60 Jack Adkins | 68:16 | First F 40-44 | 120 Robin Louderback | 83:01 | Third F 30-34 |
| | | | 121 Barry Warhottig | 83:02 | |
| | | | 122 David Kaufman | 83:24 | |
| | | | 123 David Martin | 84:14 | |
| | | | 124 June Hicks | 84:21 | First F 45-49 |
| | | | 125 | 84:50 | |

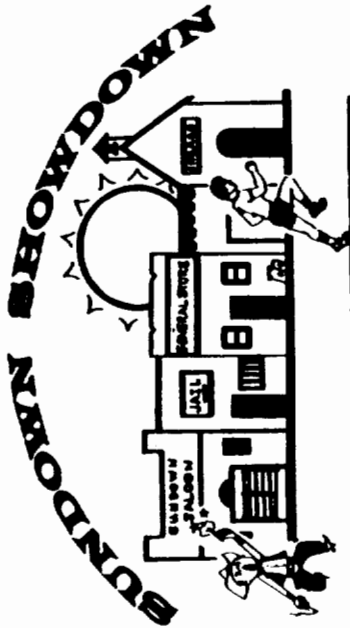
POCA 15K RESULTS (Cont.)

AWARD

| NAME | TIME | AWARD |
|----------------------|-------|-------|
| 126 Keith Townsend | 84:51 | |
| 127 John Mandille | 84:52 | |
| 128 Joseph Coen | 85:18 | |
| 129 Peggy Mosely | 85:25 | |
| 130 Dannie Walker | 85:45 | |
| 131 Larry Frum | 86:48 | |
| 132 Burman Caton | 88:10 | |
| 133 John Williamson | 88:51 | |
| 134 Hansel Robertson | 90:38 | |
| 135 Jeff Lucas | 91:02 | |
| 136 Montine Kleykamp | 91:15 | |
| 137 Patty Isaac | 91:46 | |
| 138 Jean Arthur | 92:17 | |
| 139 Laura Tucker | 92:19 | |
| 140 Anita Doss | 96:42 | |
| 141 Jerry Herndon | 96:44 | |

Third F 40-44

First F 55-59



5-K ROAD RACE

MAY 18, 1990

REGISTRATION: SOUTH CHARLESTON HIGH SCHOOL

ENTRY FEE: \$6.00 ADVANCE/\$8.00 RACE DAY

START: 7:00 PM EAGLE WAY - SOUTH CHARLESTON HIGH SCHOOL

COURSE: FLAT AND FAST ON PAVED STREETS

FINISH: BOTTOM OF EAGLE WAY

| AGE DIVISIONS: | MALE | & | FEMALE |
|----------------|------|---|-------------|
| 9 and Under | 25 | - | 29 |
| 10 - 14 | 30 | - | 34 |
| 15 - 19 | 35 | - | 39 |
| 20 - 24 | 40 | - | 44 |
| | 45 | - | 49 |
| | 50 | - | 54 |
| | 55 | - | 59 |
| | 60 | - | 60 and Over |

SPECIAL CATEGORY: South Charleston High School Male
South Charleston High School Female

FREE T-SHIRTS FOR ALL PARTICIPANTS !!!

AWARDS FOR EACH AGE GROUP & CATEGORY !!!

PRIZES !!! REFRESHMENTS !!!! RANDOM DRAWINGS !!!

ENTRY FORM

NAME: _____ AGE (as of 5/18/90): _____
 ADDRESS: _____ city _____ state _____ zip code _____ SEX: _____ (M) _____ (F)
 T-SHIRT SIZE: _____ Small _____ Medium _____ Large _____ X-Large

In consideration of the acceptance of this entry I waive all rights and claims for damage that I or my heirs may have against the South Charleston High School Athletic Boosters Club or their representatives and assignees. I attest that I am physically fit and have trained for this event.

Make checks payable to:
 South Charleston High School
 Athletic Boosters Club

Signature _____
 Parent's Signature _____
 (if under age 18 years)

1990 Charleston Distance Run

Gazette graphic by BRENDA PINNELL

Distance Run course changed in aftermath of bridge closing

Map from the Charleston Gazette

SCHEDULE OF EVENTS
MAY-----JUNE-----1990

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

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

May 5, 1990

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

May 12, 1990

Saturday
Babcock 10K Run
RT: 7:00 AM
ST: 8:00 AM
SP: Babcock State Park
EF: \$6/\$7/\$8
RD: Gorman Kniceley 768-5301

May 12, 1990

Saturday
Spring Hill 5K
RT: 7:00 AM
ST: 8:00 AM
SP: So. Chas. High School
EF: \$6/\$7/\$8
RD: Herman Kniceley 768-5301

May 13, 1990

Sunday
CAMC 11th Women's Run 5K
RT: 8:00 AM
ST: 9:00 AM
SP: Kanawha State Forest
EF: \$6.00/\$8.00
RD: CAMC Karen Frasher
348-6702

May 18, 1990

Friday
Sundown Showdown 5K
RT: 6:00 PM
ST: 7:00 PM
SP: S. Chas. H.S.
EF: \$6.00/\$8.00
RD: John Barnette

May 20, 1990

Sunday
Kanawha-Leays Biathlon
RT: 8:00 AM - limited to 150 individuals, 50 teams
ST: 9:00 AM
SP: Hurricane High School
EF: Individual - \$15/\$20 Teams - \$25/\$30
RD: Kanawha Valley Road Runners

May 26, 1990

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

May 28, 1990

Monday (Memorial Day)
Charleston Marathon
RT: 7:00 AM
ST: 8:00 AM/ 9:00 AM
SP: \$10/\$12/\$15/\$20
RD: Showtime Agency
326 Wyoming St., Chas.

June 1, 1990

Friday
Charleston Shuffie 5K
RT: 7:00 PM
ST: Downtown Charleston
EF: Charleston Parks & Rec.

June 2, 1990

Saturday
Ridgerunner Marathon 10K
RT: 7:00 AM
ST: Northbend State Park
EF: Governors Cup Race

June 3, 1990

Sunday
Charleston Eggs Run 5K
RT: Noon
ST: 1:00 PM
SP: University of Chas.
EF: \$7.00/\$9.00
RD: WV Symphony League

June 9, 1990

Saturday
Parkersburg Road Run 10K
RT: 6:30 AM
ST: 8:30 AM
SP: Parkersburg High School
EF: \$8.00/\$10.00
RD: Blue Cross/Blue Shield
Dorsey Chevront 422-4930

June 9, 1990

Capital City Striders Track & Field Invitational
This should be a good showcase of local youngsters
and I'm sure they would appreciate our support.

June 16, 1990

Saturday
Mountaineer Spirit Run 5M
RT: 7:00 AM
ST: 8:00 AM
SP: CAMC Memorial, Kan. City
EF: \$7.00/\$9.00
RD: Sharon Jones 345-8005

June 16, 1990

Saturday
St. Albans Town Fair 10K
RT: 7:00 AM
ST: 8:00 AM
SP: St. Albans High School
EF: \$8.00/\$9.00
RD: Patty Chandler
P.O. BOX 1488, St. Albans

July 8, 1990

Sunday
Scenic Mt. Triathlon
RT: 8:30 AM
ST: 10:00 AM
SP: Summit Lake, Richwood
EF: \$20.00/\$25.00
RD: Richwood Chamber of Comm.
846-6790

July 21, 1990

Saturday
Thomas-Hospital 5K
RT: 9:00 AM
SP: ST. ALBANS LOOP
EF:
RD:
August 4, 1990

July 28, 1990

Saturday
Beck-Hole 10K
RT:
ST: Twin Falls St. Park
SP:
EF:
RD: Governors Cup Series

August 4, 1990

Saturday
Oak Hill - Fayetteville 20K
RT: 8:00 AM
ST: Oak Hill Middle School
SP:
EF:
RD: Fayette Chamber of Comm.
Cindy 465-5617

LOOKING AHEAD

August 11, 1990

Seventh Ann. Aracoma 10K
Chief Logan St. Park

Sept. 1, 1990

Eighteenth Charleston Distance Run
Canaan State Park

Sept. 16, 1990

Ninth Ann. Milk & Honey 10K
Camp Creek State Park

Sept. 29, 1990

Camp Creek 10K
Institute, WV

October 6, 1990

Run for the People 10K
Pipestem State Park

October 21, 1990

Pipestem 10K

Race Directors should immediately contact:
Gary Smith
170 Washington Cir.
Hurricane, WV 25526
regarding cancellation or rescheduling
Call 757-0817 after 6PM or weekends

"KANAWHA - TEAYS BIATHLON"

SPONSORED BY "JOHNS' CYCLERY" ST. ALBANS, WV

DATE: May 20, 1990
DISTANCE: 10K Run - 40K Bike
LOCATION: Hurricane High School, Rt. 34, Hurricane, WV
 Start/Transition/Finish

RACE DIRECTOR: Pat Board III (304) 744-6502
RACE COMMITTEE: Kanawha Valley Road Runners
PRE-REGISTRATION: Open to first 250 registrations (150 individual, 50 teams)
 Registration will be cut-off once the 250 limit is reached
ENTRY FEE: INDIVIDUAL - \$15.00 Teams - \$25.00
 After May 6, 1990 - Individual - \$20.00 Teams - \$30.00
GIFTS: Screen Printed T-Shirts to all entrants
AWARDS: Overall - First (3) male and female

AGE GROUPS - MALE 14 AND UNDER (2) 35 TO 39 (3)
 15 TO 19 (2) 40 TO 44 (3)
 20 TO 24 (2) 45 TO 49 (2)
 25 TO 29 (3) 50 TO 59 (2)
 30 TO 34 (3) 60 & OVER (2)
FEMALE 19 & UNDER (2) 40 TO 49 (3)
 20 TO 29 (3) 50 AND OVER (2)
 30 TO 39 (3)
TEAMS MALE (3) FEMALE (3) MIXED (2)
 Teams will consist of 1 runner and 1 biker

AID STATIONS: Water will be available before and after the event and at regular intervals during the run stage. A water bottles is suggested for the bike stage.
AWARDS CEREMONY: Refreshments and fruits will be available at the finish and awards will be given out immediately after all participants have completed the race.
RACE INFORMATION: Pat Board III (304) 744-6502 Bill Shultz (304) 768-8472 Dennis Hamrick (304) 344-8342 Paul Garrett (304) 925-3247
RULES: 1. ALL CONTESTANTS MUST CHECK IN AT THE START/FINISH AREA AT HURRICANE HIGH SCHOOL PARKING LOT BETWEEN 8:00 AND 9:00 A.M. RACE MORNING.
 2. ALL COMPETITORS: BIKES AND HELMETS MUST PASS A SAFETY INSPECTION BEFORE THE RACE
 3. ALL ENTRANTS UNDER 21 YEARS OF AGE MUST BE ACCOMPANIED BY PARENT OR GUARDIAN.
 4. SUPPORT TEAMS ARE NOT NECESSARY AND ONLY COMPETITORS WILL BE ALLOWED IN THE TRANSITION AREA. BIKE RACKS WILL BE AVAILABLE. NO SUPPORT VEHICLES WILL BE ALLOWED ON COURSE!!!
 5. PROTECTIVE HEADGEAR IS REQUIRED DURING THE BIKE STAGE.
 6. BIKERS ARE INDIVIDUALLY RESPONSIBLE FOR OBEYING ALL TRAFFIC SIGNS AND REGULATIONS. (RIDE WITH TRAFFIC). YOU ARE SOLELY RESPONSIBLE FOR THE CONSEQUENCES OF ANY INFRACTION.
 7. NO DRAFTING OTHER BIKES OR ANY OTHER VEHICLES WILL BE ALLOWED. MINIMUM FOLLOWING DISTANCE FOR BIKES: 2 LENGTHS.
 8. NO CYCLIST MAY WEAR HEADPHONES, HEADSETS, ETC., THAT MAY INTERFERE WITH NORMAL HEARING
 9. FAILURE TO COMPLY WITH ANY OF THE ABOVE RULES WILL BE GROUNDS FOR DISQUALIFICATION

"KANAWHA - TEAYS BIATHLON"

ENTRY FORM

Name _____ Age on Race Day _____
 Address _____
 City _____ State _____ Zip _____
 Telephone: Work _____ Home _____ Sex: Male Female
 Category: Age Group _____ T-Shirt Size _____
 Friend who will help Volunteer: Name _____ T-Shirt Size _____
 OPEN TO FIRST 150 INDIVIDUALS AND 50 TEAMS
 ENTRY FEE: \$15.00 INDIVIDUAL \$25.00 TEAM
 \$20.00 INDIVIDUAL \$30.00 TEAM
 MAKE CHECKS PAYABLE TO: Kanawha Valley Road Runners
 19 Riverside Drive
 South Charleston, WV 25303

WAIVE STATEMENT

In consideration of the acceptance by the sponsors of my entry in the Kanawha-Teays Biathlon, for myself, my heirs, executors and administrators, I hereby release and forever discharge the County of Putnam, the State of West Virginia, Johns' Cyclery, and the Kanawha Valley Road Runners, along with all sponsors and producers of this event, their agents, representatives, successors, and assignees, from all liabilities, actions, claims, demands, damages, costs and expenses, which I may now or in the future have against any of them arising out of my participation in the above mentioned biathlon, en route to or from the event, and including but not limited to all injuries that may be suffered by me.
 I attest and verify that to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in the distances of this biathlon and that no physician or other qualified individual has advised me against competing in any portion of this biathlon.

I agree to abide by the rules and regulations of this event, including, but not limited to, providing a bicycle in proper mechanical condition, wearing an ANSI or SNELL hard shell protective helmet during the bike competition of this event
 READ CAREFULLY BEFORE SIGNING

SIGNATURE (IF TEAM, BOTH MUST SIGN)

1. _____ Date _____
 2. _____ Date _____
 1. _____ Date _____
 2. _____ Date _____
 (Medical Problem) _____ (Emergency contact) _____ (Phone) _____

CHARLESTON SHUFFLE

JUNE 1

Help Kick off DO THE CHARLESTON! June 1 with the
4th Annual CHARLESTON SHUFFLE.

1.5 Mile Walk or 5K Run with your family for FUN!

5:00 pm Registration, Davis Park at Capitol & Lee Streets
5:30 pm Musical Entertainment, Balloons, Face Painting,
Hershey Track and Field Registration Information.

7:00 pm 5-K Run

7:05 pm 1.5 Mile Walk

8:15 pm Awards Presentation

ENTRY FEE AND DEADLINES

Pre-Registration before May 18 with your \$8.00 fee for individuals and \$25.00 for a family of four.

After May 18 registration will be \$10.00 for individuals and \$30.00 for a family of four, which will be accepted until race time FRIDAY, JUNE 1.

AWARDS

5-K awards will be presented to the top 3 male and female runners in each of the following age categories.

| | |
|--------------|-----------|
| 13 and under | 35 - 39 |
| 14 - 17 | 40 - 44 |
| 18 - 24 | 45 - 49 |
| 25 - 29 | 50 - 59 |
| 30 - 34 | 60 & over |

There will also be awards for male and female First Place Wheelchair, Heavyweight Men (190 lbs. & up which must be noted on application) and the top 3 Male and Female Runners overall.

1.5 Mile Walk Awards will be presented to the 1st female & 1st male.

All Participants will receive an official CHARLESTON SHUFFLE long sleeve T- Shirt and will be eligible for random prizes from Charleston Downtown Merchants at the awards ceremony.

For More Shuffle Information Call:

Christina Robinson - 345-1738 Lynn Watts - 348-6860 Bill O'Dell - 744-4918 after 6:00 pm.

Sponsored By: Charleston Parks, Recreation, & Public Grounds
Charleston Downtown Association
CAMC Corporate Health Services

On March 9 at Rose City Cafeteria in South Charleston the annual KVRRC banquet and elections were held. Pat Board had some very nice long sleeved shirts made up that were given to the first 50 or so people to arrive. The shirts were light blue with "KVRRC Knows Running" emblazoned on the front. Dennis Hamrick had a box of shirts left over from his Run for the People race from prior years that he graciously gave out so that everyone who attended not only got a good meal and heard excellent speakers but had something to take home with them also.

Of course some people had more than a shirt to take home. Plaques for the Winter Series combined time winners were awarded. These went to the best combined times for the three Winter Series races (a 10K, 5M and 5K) and the winners were:

| Category | Time | Name |
|-------------|---------|-------------------|
| F 51-59 | 2:06:31 | Peggy Mosely |
| F 42-50 | 1:49:00 | Jane Fleming |
| F 31-41 | 1:34:12 | Connie Young |
| F 15-23 | 1:40:49 | Kat Riggleman |
| F 0-14 | 2:18:34 | Stacy Lucas |
| F Master | 1:33:50 | Liz Ervin |
| F Overall | 1:31:39 | Debbie Carmichael |
| M 60-Over | 1:50:49 | Ross James |
| M 51-59 | 1:34:16 | Terry Carmichael |
| M 42-50 | 1:28:24 | Roger Arthur |
| M 33-41 | 1:17:10 | Bill Shultz |
| M 24-32 | 1:18:22 | Glenn Baldwin |
| M 15-23 | 1:16:32 | Shawn Hunt |
| M 0-14 | 1:37:08 | Galahad Phillips |
| M Master | 1:20:51 | Fred Waybright |
| M Overall | 1:10:03 | Bobby Dent |
| Heavyweight | 1:42:22 | Tom Neal |

Danny Wells was the first speaker who spoke on the Charleston Distance Run which he has run every year since it's inception. The big question on most people's minds were what the South Side Bridge work would mean for the course. Danny told us of the new route that starts near the old starting line heads down Virginia to Morris, over to the Boulevard, west to the Patrick Street bridge, across the river, down MacCorkle to 214, through the hills, back on MacCorkle to 36th Street, across the river again behind the Capital, and to Laidley Field. See the course map elsewhere in this issue. A new event for walkers will be added. They will start early, not be timed and all walkers who finish will get a certificate of completion. This may be something your non-running spouse of children might want to try.

The main speaker was Dr. Shawn Chilling an internal medicine specialist at CAMC. He gave an excellent talk on Heat and Dehydration. You really had to be there to get the full effect of how good his talk was but here are a few facts or observations I was able to note as I was listening:

The blood volume in your muscles can be up to ten times higher when running than at rest.
The energy expended by the body in running is used 25% for locomotion and 75% for heat production. This heat must be dissipated while you are running. 80% of this dissipation is normally done through sweat.

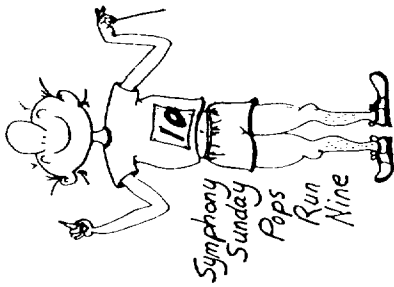
You have a fixed volume of blood and during hard exercise the skin (cooling) and muscle (locomotion) are competing for this blood. Because blood is shunted away from intestines and stomach during running even if you drink a lot after you start it may not be absorbed into the circulatory system.

60 minutes is the general cutoff time at which point internal body temperature starts to rise if fluids are not taken.
Cool liquids empty from the stomach faster than warm ones.

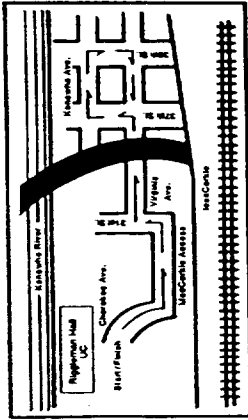
It takes at least two weeks of running in the heat for your body to adapt to it after the winter and that adaptation is basically lost after three weeks away from the heat.

If your urine is clear your body's fluid system is full. Runners should replete (drink water) until their urine is clear.

Thirst is a poor warning mechanism for warning us of fluid imbalance. It may not appear until we are dangerously depleted. Gary Smith



Symphony Sunday Pops Run Nine



With assistance from the West Virginia Symphony League and the University of Charleston

AWARDS: T-shirts will be given to the first 350 entrants. **ONLY PRE-REGISTERANTS ARE GUARANTEED A T-SHIRT.**

DATE: Symphony Sunday, June 3, rain or shine
TIME: 1:00 p.m. Open race by age, and wheel chair categories 2:00 p.m. Popps Corporate
 Check-in and late registration at 11:30 a.m. day of race

PLACE: University of Charleston
COURSE: 5K (3.1 mi.) FLAT RUN through Kanawha City and ending at Dickinson Hall, U of C

ENTRY FEE: \$7 for registration prior to May 19, 1990. After May 19 and same day entries \$9.
 Corporate Team (3-5 members) \$150

FACILITIES: Dressing rooms, rest room and shower facilities available at Gorman Physical Education Bldg. Water stations and medical aid will be available

AWARDS: No duplicate awards.
Trophies: First and second place trophies to the overall women and men.
 First and second place trophies to women and men in each age group. All women's trophies will be in silver and all men's trophies will be in brass.
 There will be random drawings for prizes. You must be present to win.

Due to the nature of road racing, unpredictable weather conditions, pre-race costs, etc., there will be **NO REFUNDS.** If you pre-register your entry you will receive a T-shirt. In consideration of the safety of other runners no pet or other non human entrants will be allowed in either race. In case of questions as to non human ask race director. Anyone running with a pet will be disqualified

Please make check payable to: The West Virginia Symphony League
 Mail To: Charleston Popps Run, 828 Beaumont Road, Charleston, WV 25314

Last Name _____ First _____ M.I. _____
 Address _____ City _____ State _____ & Zip _____

Birthdate _____ Phone _____
 In consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby for myself, my heirs, executors, and administrators, waive and release the City and Orchestra sponsors the City of Charleston, the County of Kanawha, the State of West Virginia, and volunteers assisting the Race Director, their representatives, successors and assigns of any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have been trained for the competition of this race and my physical condition has been verified by a licensed medical doctor.

Date _____ Signature _____
 Signature of parent if under 18 _____

This form may be duplicated

Enclosed is my tax deductible entry fee \$7
 plus donation WVSO \$ \$9
 late fee, after May 19 \$9
 Corporate Fee \$180

CATEGORIES (Circle One)

| | |
|------------|------------|
| MALE | FEMALE |
| 13 & Under | 13 & Under |
| 14-19 | 14-19 |
| 20-29 | 20-29 |
| 30-39 | 30-39 |
| 40-49 | 40-49 |
| 50 & Up | 50 & Up |

BEST COSTUME OVERALL

T-SHIRT SIZES
 (Adult Male Sizes)

Check One S M L XL

Mountain State Sports Center

West Virginia University Alumni Association
MOUNTAINEER SPIRIT RUN
 Kanawha Valley Chapter



Date: June 16, 1990, Saturday **Open:** To everyone
Starting Time: 8:00 AM **Registration Time/Place:** 7:00 am at CAMC WVU Medical Bldg.
Pre Registration Fee: \$7.00 before June 9, 1990, \$9.00 after
TAC Certified: 5 mile course (flat) **Where:** Kanawha City, starts near Charleston Area Medical Center, WVU Medical Building

Awards Manufactured of glass by A Touch of Glass. Runners are eligible for only one award. Awards for overall winners and 1st, 2nd, & 3rd runnersup, and three deep in each age group, wheelchair division, male and female; masters division, male and female.

| | | | |
|------------|----------|----------|-----------|
| 14 & under | 25 -- 29 | 40 -- 44 | 55 -- 59 |
| 15 -- 18 | 30 -- 34 | 45 -- 49 | 60 & Over |
| 19 -- 24 | 35 -- 39 | 50 -- 54 | |

Drawings All runners will be eligible for drawings consisting of pairs of WVU Mountaineer Football tickets, season pass for two and gift certificates.

Special Drawing Only for pre-registered runners.

Official Entry Form

Name _____ Sex _____ Age _____ (as of 6-16-90)
 Address _____ (Street) _____ (City) _____ (State) _____ (Zip)
 Phone _____ T-Shirt Size _____ (S, M, L, XL) Wheelchair Division (if you are in this category)

In return for permission by the WVU Alumni Association to participate in the Mountaineer Spirit Run — 5 Mile Run, I release the Association, its members, 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 event

Signature _____ (Parent signature required if contestant is under 18 years old)

Mail entry form and fee to: Mountaineer Spirit Run
 P.O. Box 2521
 Charleston, WV 25329

For information, call: Sharon Jones, Race Director 345-8005
 Make Checks Payable to: Kanawha Valley WVU Alumni Association

**Fourth Annual
 10-K "Run for the People"/Fun Walk
 October 6, 1990**

Starting time-9 a.m. Pre-registration-7:45 a.m.
 \$8 Early registration (before September 21, 1990)
 \$10 Regular registration (after September 21, 1990)
 \$50 Corporate registration (5-member team, including open run)

Flat loop course: TAC Certified

ALL ENTRANTS RECEIVE TOP-QUALITY, LONG-SLEEVED SHIRT, RUNNING CAP AND GLOVES.



Returning Champion
 Bill Rodgers

- Awards:**
 Top 5 overall runners (male and female)
 Top 4 runners in each age group
 14 & under 40-44 years old
 15-19 years old 45-49 years old
 20-24 years old 50-54 years old
 25-29 years old 55-59 years old
 30-34 years old 60 & over
 35-39 years old
 Top 3 Corporate teams (All members)
 Top 3 Rhone-Poulenc runners (male and female)
 Top 3 Rehab Center runners (male and female)
 Top 3 Heavy-Weight runners (males 185+, females 145+ pounds)
 Top 2 Wheelchair (male and female)
 Oldest & Youngest runners

FOR MORE INFORMATION, CONTACT DENNIS HAMRICK, RACE DIRECTOR (747-6754 work or 344-8342 home), OR BONNIE BLASHFORD, RHONE-POULENC PUBLIC AFFAIRS SPECIALIST (747-6422 work).

NAME: _____ SEX: Male Female
 ADDRESS: _____ SHIRT SIZE: S M L XL
 PHONE: _____ R-P Racer? Yes No
 AGE: _____ Rehab Racer? Yes No
 WEIGHT: _____

Waiver: I hereby release Rhone-Poulenc Ag Company, the West Virginia Rehabilitation Center Foundation, and all other participating sponsors from liability as part of my competition in the 10-K "Run for the People." Further, I attest to be in proper physical condition for the event.

Make checks payable to 10-K "Run for the People" and forward with completed race application to: Rhone-Poulenc Ag Company / Institute Plant / _____ (Signature required)

**ST. ALBANS TOWN FAIR
 1990
 5K DISTANCE RUN**

**SATURDAY
 JUNE 16, 1990**

ENTRY FORM

NAME _____
 (Last) (First)
 ADDRESS _____
 (Street, Box Number)
 (City) (State) (Zip)
 PHONE _____ AGE (On 6/16/90) _____
 MALE _____ FEMALE _____
 TANK STYLE T-SHIRT SIZE:
 S _____ M _____ L _____ XL _____
 ARE YOU ENTERING THE HEAVYWEIGHT DIVISION? _____
 (Males 185 lbs. and over)
 (Females 140 lbs. and over)
 ARE YOU ENTERING IN THE WHEELCHAIR DIVISION? _____

GENERAL INFORMATION

- DATE** : Saturday June 16, 1990
START - FINISH : The race will begin at 8 a.m. on Hudson Street beside St. Albans High school. The course is through the St. Albans area and will end back on Hudson Street beside St. Albans High School.
SPONSORS :
COURSE : See map on back of brochure.
FACILITIES : Rest room facilities will be available at the parking lot behind the school.
SPLITS/WATER STATIONS : Times will be given at the 1-mile and 3-mile marks. Two water stations will be available on the course.
ENTRY FEE : The entry fee is \$8.00, if received by June 15th and \$9.00 the day of the race. Please make checks payable to "1990 Town Fair D. R." and mail -- the entry form on the opposite page and your check to: Town Fair, c/o Patty Chandler, P.O. Box 1488, St. Albans, WV 25177. On the day of the race, registration will be from 7 a.m. to 7:45 a.m.
AWARDS - DRAWINGS : All runners will receive T-Shirts. Winners will be presented with trophies. Refreshments will also be available after the race.

RELEASE OF RESPONSIBILITY

In consideration of your accepting this entry, I the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the City of St. Albans and any other individuals and organizations assisting with the run, for any and all injuries suffered by me in said event. I verify that I am physically fit and have sufficiently trained for the completion of this event.

Signature _____ Date _____

AWARDS

- Best Overall Male & Female
 2nd, 3rd overall
 Best Male & Female in the Heavyweight Division
 (Males 185 lbs. & over)
 Oldest and Youngest Runners
 1st Male and Female in Wheelchairs
 Trophies will be given to the Best Male and Best Female in the 14 & Under division.
 1st & 2nd Place Male and Female in the following divisions will receive awards: ages 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-59. Best Male and Female awards for 60 & over.



'STRIDE WITH PRIDE'

P.O. Box 1243
Charleston, WV 25301

Dear Strider Supporter:

Today, the young people of Charleston, like those of other cities, are tempted by a lot of negative alternatives. Would you help to provide our young people with a POSITIVE ALTERNATIVE? Our club can finance 60% of its annual expenses if enough people help!

The Capital City Striders will host it's Fourth Annual Invitational meet at Laidley Field, Charleston, WV, on June 9, 1990. The Striders will host male and female teams from Ohio, Virginia, Indiana, Kentucky, North Carolina, Michigan, Pennsylvania, New York and West Virginia. The 1989 meet had 700 competitors from ten states, 24 teams were represented.

We are personally soliciting your support to sponsor an event in your name. (See Attachment)

The Capital City Striders is a youth athletic organization providing track and field instruction, competition, and an opportunity for young people to express their talents in a constructive way. Last year 75 boys and girls ages 6-18 participated in our program. Many successfully competed in state and regional meets and 14 of our athletes qualified for the AAU National Championships in San Antonio, Texas.

Let's show these visiting states that proud West Virginians, like yourself, care about the continuation of West Virginia's most prominent amateur youth and adult track and field event.

Please send your support today and help us continue this great event. If you have any questions, feel free to contact me at the address above, or call 346-1733. Remember, without support from folks like you, success would indeed be difficult, if not impossible.

Sincerely,

Paul Gilmer, Jr.
President

W.A. "Chip" Ferrell, Jr.
Director

Michael Stajduhar
Fund Raising Chairman

Enclosure

MAKE CHECK PAYABLE TO:
MAIL TO:

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



Kanawha Valley ROAD RUNNERS

RESULTS OF LOCAL RUNNERS IN THE BOSTON MARATHON

Several local runners and club members qualified for and ran in the Boston Marathon Monday, March 16, 1990. They were led by Fred Waybright who placed 105th with a time of 2:33.56. This earned Fred 12th place among masters runners. Other runners and their times were:

| | | | |
|----------------|------------------|---------|---------|
| Glen Baldwin | South Charleston | 117 | 2:34.42 |
| Dave Duncan | Huntington | 275 | 2:44.07 |
| Ron Norman | Charleston | 305 | 2:45.06 |
| Glen Morris | South Charleston | 758 | 2:55.57 |
| Elaine Wilmoth | 204 | 3:16.34 | |
| Marlene Moore | Charleston | 635 | 3:21.45 |

KYRRC 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. _____