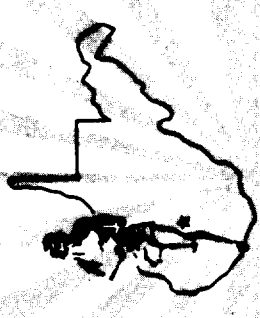


# THE RUNNERS SOLE



Kanawha Valley Road Runners Official Newsletter

Gary C. Smith, Editor

1983

November - December

## THE PRESIDENT'S PAGE

Yes, West Virginia, there is an Almost Heaven Marathon. The club has been active getting approval from the mayor's office and police chief. At our October Board of Director's Meeting we delegated one area of responsibility to each board member. By doing this we hope to get the membership actively involved. Don't be surprised if you receive a phone call and are asked to help with the marathon.

Mark your calendar for Saturday, November 26, 1983. Speaking of marking, my personal thanks go out to Paul Garrett and Jerry Herndon who helped me measure the course. The certification forms have been sent and everything is go. In compliance with the regulations, we had to add 1/1000th of the distance (47 yards) to the end of the course. The runners will run the streets of Kanawha City for the first eight miles and then hook up with the NAJA Course for the rest of the race. (We will be running on the sidewalk on the Charleston side of town.) It will start and finish at the CAMC Medical Building. The awards ceremony will be held at 4:00 p.m. along with the postrace dinner.

Since the Almost Heaven Marathon is a Kanawha Valley Road Runner sponsored event, we are hoping to get maximum support from the members. We will need you to volunteer your services or say yes when called to help. Along with your physical and mental support, we need food - if anyone wants to make, bake, or bring any side dish, main dishes or desert, it would be greatly appreciated. In the past we have not asked the membership to get this involved, but by asking and expecting participation, we hope to accomplish several things - pulling off a first class marathon for the runners and the state, building a stronger more united club, and meeting and having a great time for all those involved.

Only with the support of the club members can the Almost Heaven Marathon be a success - It's up to you. If we don't call you - you call us.

OFFICERS

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

BOARD OF DIRECTORS

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

FROM THE EDITOR:

(Editor's note - because I was too busy getting this issue together, or too lazy, I didn't write my own column - we have a guest editor for the column this issue.)

A TRI-ATHLON DIES. Early this past year the club had an idea to present an award to the individual who was outstanding overall in three separate events - (1) Coal River Game Marathon, (2) 62 mile Regatta Bike Ride, and (3) Charleston 15 Mile Distance Run. The idea, a good one, just had too many problems for it to work and it eventually died.

Since it's not possible to spotlight any one individual's outstanding performance, it would be nice to honor all who went the distance in "The Runners Sole" and at the club banquet held in March.

If you did complete all three events, please submit your name and times (optional) to Kanawha Valley Road Runners, P. O. Box 2282, Charleston, WV 25328 by January 31, 1983.

CLUB AWARDS. Has this past year (1983) been a good running year for you? If so, let's share it with fellow club members. The club is awarding members who were outstanding in the following categories:

- (1) Most miles run in calendar year 1983

Men	Women
29 and under	29 and under
30 to 49	30 to 49
50 and over	50 and over

- (2) Most days run in 1983 (a minimum of one mile per day)
- (3) Most races run in 1983.
- (4) Most races run without winning an award or trophy in 1983.

Rules:

- A. Members only
  - B. In case of a tie, duplicate awards will be presented.
  - C. Totals must be submitted in writing before February 1, 1984. (Mail to the club P. O. Box).
  - D. You may compete in one or all categories if you wish.
- All entries submitted will be printed in "The Runners Sole" and winners will be honored during the club banquet held in March. If you have any questions, contact Don Barnett (H) 774-0816 or (O) 747-6535. Don Barnett

By George Castelle

The Pleasants Pacers running club has challenged the KVRR and all other West Virginia clubs to a team competition in the "Up the Creek Without a Paddle" 15K to be held Sunday, November 6, at St. Marys, WV. Starting time is 2:00 p.m. at St. Marys High School. The course is described as out and back on paved roads along Middle Island Creek, and accurately measured by hand wheel.

According to the informal rules of the competition, all club members are eligible to participate. The finish places of the top five men and top three women in each club are used for scoring purposes. The KVRR would like to encourage all club members who can make the trip to carpool to St. Marys and participate on our team.

The KVRR originated this competition by designating the 1983 Charleston Distance Run as our "home" race and inviting all other West Virginia running clubs to participate. Because of the short notice, only the Pleasants Pacers were able to meet the challenge, sending four male runners. Since several hundred of our members participated, including nearly all of our fastest runners, we enjoyed a considerable home court advantage. Selecting our top four finishers from the official race results, we compiled the following results:

16. Tim Coffman	(KVRR)	1:23:07
34. Cliff Eugene Taylor	(Pacers)	1:27:51
47. Paul J. Garrett	(KVRR)	1:29:41
51. Robert W. Swartz	(KVRR)	1:30:49
52. Robert W. Geake	(KVRR)	1:30:54
92. Mark E. Willis	(Pacers)	1:34:36
246. Max G. Powell	(Pacers)	1:43:23
573. Timothy L. Sweeney	(Pacers)	1:56:22

Totals: KVRR 166  
 Pleasants Pacers 945

Our congratulations to Tim, Paul, Bob, and Bob. We hope that a few of you will also show up at St. Marys where the Pleasants Pacers will surely be out in full force and looking for revenge.

In the meantime, the Southern West Virginia Roadrunners entered the circuit by designating the October 23, 1983, Pipestem Pumpkin 10K as their home event. The invitation arrived too late for inclusion in our September-October issue, so we tried to contact by telephone as many members as we could. We hope to list the results of the Pipestem run and the results of the St. Marys run in our next newsletter.

NEW YEARS EVE 5K AND PARTY

For the third consecutive year, there will be a healthy alternative to drunkenness and boredom on New Years Eve. At 10 minutes before midnight, a New Years Eve 5K fun run will begin at the Capital parking lot at Greebrier and Washington streets in Charleston. To avoid traffic hazards, the bulk of the course will be run on the sidewalk on the river side of Kanawha Boulevard.

In past years, the run has been a unique experience, gliding silently through the darkness with our running partners at the stroke of midnight, when drunken revelers can be heard shrieking from balconies all over town.

Our own party begins after the race at the nearby home of Kathy Hastings. Runners are requested to bring an item of food or drink to the party in lieu of an entry fee for the run. The highlight of the evening will be a showing of home movies taken of various runs during the year, including the 1983 Coonskin 10K, COCS 10K and Pike Post 10K. All runners and their guests are invited to attend.

BEFORE, DURING AND AFTER

By Dave Field

Now that many of us have turned our energies toward the "Marathon Season", we thought it would be a good idea to provide some suggestions which will serve as tips for the beginner and reminders for the veteran. Hopefully, most of those planning a 26.2 mile run this year will consider running our own Almost Heaven Marathon in November and, perhaps, will benefit by these suggestions.

Before:

1. Insure your daily mileage for 2-3 months preceding the event exceeds 26.2 when multiplied by three (collapse point theory).
2. If your daily mileage times 3 does not exceed the marathon distance, try mixing walking/running with a ratio of 15-20 minutes running with 5 minutes walking.
3. Plan, now, the run/walk ratio to be used in the very early miles, otherwise, it probably will not work.
4. Don't change your routine as the day draws near except cut the mileage back 10-15 days before the race.
5. Unless experienced, don't carbohydrate load.
6. If you do carbohydrate load, remember that loading does not mean over-eating. If you overeat, you will not have to worry about planning to walk. Mother Nature will do that for you.
7. Eat 10-12 hours before the run.
8. Unless you are very well trained, don't use racing flats. In fact, use the same shoes you've trained in for the run.
9. Bring to the race sufficient clothing to deal with cold weather and, even then, don't overdress. When you step outside before the race, assuming it is cold, you should feel chilled when standing. If you are comfortably warm while standing around the start, you are most likely overdressed for the run.
10. If there are pre-race questions we haven't answered, ask someone who is experienced with this nonsense before the gun goes off. They will be flattered and likely give good advice.

During:

1. Run your own plan and don't let others dictate your pace, walk/run ratios, etc. Even your training partner can prove a detriment. Make the marathon your own solitary effort.
2. Take on fluids early even though you're not thirsty. If you wait 5 or 10 miles, the fluid will likely give you cramps.
3. Unless you plan to win the race, it is suggested you stop running to drink. Use about 15 walking steps to take on fluids.
4. Don't talk, just run.
5. Keep the elbows unlocked and the arms carried low.
6. During the run, if you start to get severe cramps, lose your equilibrium, etc., stop. If you cannot run with class, it is best to stop because it can be harmful to you and create unnecessary concerns for the race director, your family, girlfriends and boyfriends.
7. Dropping out of a run when you are in serious trouble is not losing but, rather, winning because you are insuring you'll run another day. The macho approach reveals neither class nor a winner.

After:

1. Don't just stop but walk around for a while. If you've run with class, this should be no problem.
  2. Even if it is cool or cold, force yourself to drink a lot after the run.
  3. Within an hour after the run, make sure you get something solid on your stomach. It doesn't have to be much but it will help avoid a "sick" stomach.
  4. Take, at first, a warm shower but progressively adjust it to cold. Not sure what this does but it helps a great deal with your mobility after the run.
  5. After the shower, if you have an opportunity, lay down and elevate your feet. Leave your shoes off for as long as practicable.
  6. About one to two hours after the run try to eat a good meal. If you still can't handle it, just wait because your appetite will return.
  7. Take one, two or even three days off after the run. Return to running very light and easy for a minimum of one month.
  8. For 90% of us, one marathon a year is all that the doctor prescribes. Some do not even agree with that dosage.
  9. Wait one month after the run before swearing you'll never do it again. Otherwise, you stand a 99% chance of being a liar.
- We are not sure if any of this will help you meet your personal goals during the marathon, but we hope it will. If you have any experience during your run which might prove beneficial to others, let the editor of our newsletter know about it. Maybe next year your experience may just help someone running their first marathon. Best of luck to all those attempting the marathon this year and try to make it to the Almost Heaven run.

BILL RIPLEY'S  
NOVEMBER SALE

SAUCONY JAZZ \$40 MAGIC \$60  
NEW JAZZ PLUS \$50 DIXON RACER \$40

BILL RODGERS NOR/EASTER ALL-WEATHER SUIT \$60

New polypropylene lycra running tights, hats, gloves, shirts and longjohns available.

CHARLESTON ATHLETIC CLUB  
710 VIRGINIA STREET E - ARCADE BLDG  
343-0463

SCHEDULE OF EVENTS  
 NOVEMBER - DECEMBER 1983

November 26, 1983

Saturday  
 Almost Heaven Marathon  
 RT: 10:00 AM  
 ST: 11:00 AM  
 SP: CAMC, 31st & Virginia  
 Kanawha City, Charleston  
 EF: \$6.00/\$7.00  
 RD: KVR  
 P. O. Box 2282  
 Charleston, WV 25328  
 Add'l info: Certified course.  
 Bill O'Dell 766-6547  
 Paul Garrett 925-3247

December 18, 1983

Sunday  
 Kanawha City 10K  
 RT: 1:00  
 ST: 2:00 PM  
 SP: CAMC 31st Street  
 Kanawha City, Charleston  
 EF: \$1.00 members/\$2.00 non-members  
 RD: KVR  
 P. O. Box 2282  
 Charleston, WV 25328  
 Add'l info: Certified course.  
 First event of KVR Winter Series

November 6, 1983

Sunday  
 Cross Country 3 Mile Run  
 RT: 2:00 PM  
 SP: Glenwood Park (Rt. 20, south of Princeton)  
 EF: \$2.00  
 RD: Southern WVA Road Runners

November 13, 1983

Sunday  
 Gobbler Run (5M and 2M)  
 RT: 12:00 - 1:30 PM  
 ST: 2:00 PM  
 SP: Rowlesburg Park  
 EF: \$6.00  
 RD: Glenn Tacy  
 Buffalo Street  
 Rowlesburg, WV 26425  
 454-9771

November 25 and 26

Friday and Saturday  
 H.C. Mr. Rogers Fun Run (170 M)  
 RT: By November 19  
 ST: 12:01 AM, November 25  
 SP: Independence Hall, Wheeling, WV  
 EF: \$25 deposit - refunded at starting line  
 RD: H. John Rogers & John Yezuta  
 P. O. Box 490  
 New Martinsville, WV 26155  
 455-3200  
 Add'l info: Course takes Rt. 2 to Parkersburg then either I-77 or Rt. 21 to State Capitol.

December 24, 1983

Saturday  
 Holiday 10K  
 RT: 10:00 AM  
 ST: 11:00 AM  
 SP: Justice Row (South Side Bridge near C&O ramp)  
 EF:  
 RD: Bill Ripley 343-0463  
 Add'l info: New course along Carriage Trail, South Hills, Loudon Heights Road.

November 6, 1983

Sunday  
 AAU X Country Championships (Ages 18 and under only) 3K, 4K, 5K  
 RT: Before 12:00 noon  
 SP: Little Creek Park  
 South Charleston  
 EF: \$2.50 + \$2.00 AAU membership fee  
 RD: Charles Gannon 744-1203  
 2764 Daniels Avenue  
 South Charleston, WV 25303

November 13, 1983

Sunday  
 Braxton County Turkey Run (15K)  
 RT: 12:00 - 1:00 PM  
 ST: 1:00 PM  
 SP: Sutton Dam  
 EF: \$5.00/\$6.00  
 RD: Charles R. Price  
 c/o Central WV Roadrunners  
 34 1/2 Herold Route  
 Sutton, WV 26601

December 31, 1983

Saturday  
 New Years Eve 5K (fun run)  
 RT: None  
 ST: 11:50 PM  
 SP: Greenbrier & Washington Street  
 EF: None  
 RD: Kathy Hastings 343-3779  
 Annette Castelle 343-9371  
 Add'l info: non-competitive run.  
 Post run BYO New Years party with home movies of 1983 Coonskin, COCS, Pikefest, and other runs.

November 6, 1983

Sunday  
 Up the Creek Without a Paddle (15K and 5K)  
 RT: 12:00 noon  
 ST: 2:00  
 SP: St. Marys High School  
 EF: \$8.00/\$9.00  
 RD: Pleasants Pacers  
 P.O. Box 69  
 St. Marys, WV 26170

November 24, 1983

Thursday  
 Run For World Hunger (50.9M)  
 RT: Call Bruce Albert (606)739-4979  
 ST: 8:00 AM  
 SP: City Hall, Huntington, WV  
 EF: None (pledges/sponsors optional)  
 RD: Don Mega 523-7461 (H)  
 Add'l info: Course follows ~~to~~ to State Capitol, State Police escort, runners encouraged to join at any point and stop at any point.  
 Anticipated finish 3:00 PM

December 31, 1983

Saturday  
 New Years Eve 5K (fun run)  
 RT: None  
 ST: 11:50 PM  
 SP: Greenbrier & Washington Street  
 EF: None  
 RD: Kathy Hastings 343-3779  
 Annette Castelle 343-9371  
 Add'l info: non-competitive run.  
 Post run BYO New Years party with home movies of 1983 Coonskin, COCS, Pikefest, and other runs.

November 13, 1983

Sunday  
 WV X Country Championship (10K & 5K)  
 RT: 1:00 PM  
 ST: 2:00 PM  
 SP: Kanawha State Forest  
 EF: \$3.00/\$4.00  
 RD: Don Barnett  
 Rt. 2, Box 342  
 Charleston, WV 25314  
 744-0816

November 24, 1983

Thursday  
 Thanksgiving Day Run (5M)  
 RT: 8:00 AM  
 ST: 9:30 AM  
 SP: Beckley YMCA  
 EF: \$6.00/\$5.00  
 RD: Rick Vass  
 c/o YMCA  
 121 E. Main Street  
 Beckley, WV 25801  
 252-0715

January 15, 1984 - Prostate 5 Mile  
 February 12, 1984 - Valentinc 5K

LOOKING AHEAD

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

Annette Castelle  
 124 Westview Drive  
 Charleston, WV 15311  
 343-9371 (H)

NEW MEMBERS

Zack Martin, Belle  
 Kenneth Japp, Charleston  
 Sara Sears, South Charleston  
 JoAnn Urojsky, Charleston  
 Tim Volker, Charleston  
 John Ruch, St. Albans  
 Ronald McKinnon, Elkvie  
 Andrea Kowalczyk, Charleston  
 Gabriel Szego, Chas. (contributing)  
 Brian Wright, Dunbar

JoAnne Shaughnessy, Charleston  
 Frank Scenna, Nitro (contributing)  
 David Porreca, Cross Lanes  
 Sean O'Leary, St. Albans  
 Jeff Moore, Charleston  
 Greg Hibbard, Charleston (contributing)  
 Bruce Berger & family, Charleston  
 Peggy Kiser, Charleston  
 Terri Woodford, Charleston  
 Don Hilligoss, So. Chas. (contributing)

KVRR CERTIFIED COURSES AND WINTER SERIES

The KVRR has recently received TAC and RRCA certification of 5K, 5 mile and 10K courses in Kanawha City. The courses are out-and-back, starting at CAMC and following the traditional routes through Kanawha City.

The KVRR plans to conduct a high quality but low-budget Winter Series on the certified courses. The series will begin with the Kanawha City 10K on Sunday, December 18, at 2:00 p.m. The Frostbite 5 mile will be held on January 15, and this series will conclude with the Valentine 5K on February 12. Since all three distances are certified, course records will be maintained for all age divisions, and annual recognition given in each division for the best combined time for runners participating in all three events.

The certified course begins on Virginia Avenue about 100 feet before 31st Street. The course heads east on Virginia Avenue, turning left on 37th Street, then right on Kanawha Avenue to the 5K turnaround which is between 46th and 47th Street. The 5 mile and 10K courses continue on Kanawha Avenue, turning right on 57th Street. The 5 mile turnaround is on 57th Street between Kanawha Avenue and Virginia Avenue. The 10K course continues on 57th Street, turning right on Virginia Avenue, and proceeds to the turnaround between 51st and 50th Street. All three courses are strict out-and-back courses. They were certified using the Jones bicycle counter calibrated on the KVRR's surveyed half-mile on MacCorkle Avenue.

**NORTH CHARLESTON SUNOCO**  
**2809 7TH AVENUE**  
**744-6071**

**C A L L   A B O U T   O U R   S P E C I A L S**

Presently giving oil and filter change plus lube job for \$11.95.

10% Discount given to possessor of this ad on all accessories, parts and labor excluding gasoline and diesel fuel.

Offer expires December 31, 1983

STATE RUNNING CLUBS

Listed below are names and addresses of all WV Running Clubs that we have been able to compile. If anyone knows of any other active clubs(s), please let us know so that we can get them on our mailing list.

The Huntington Track Club  
 P. O. Box 1674  
 Huntington, WV 25717

Pioneer Road Runners Club  
 Ken Ralston  
 241 Virginia Avenue  
 Chester, WV 26034

Pleasants Pacers  
 D. Michael Taylor  
 P.O. Box 69  
 St. Marys, WV 26170

Southern West Virginia RRC  
 Box 298  
 Athens, WV 24712

Fayette County Ridge Runners  
 Roger Roberts  
 Box 1031  
 Oak Hill, WV 25901

Raleigh County Road Runners  
 Charlie Williamson  
 Box 139  
 Cool Ridge, WV 25825

River City Runners  
 1900 20th Street  
 Parkersburg, WV 26101

KVRRC  
 P. O. Box 2282  
 Charleston, WV 25323

We have had some requests recently for information concerning registration with The Athletics Congress (TAC). Some of the larger out-of-state races require TAC registration for all runners.

TAC registration costs \$6.00 and benefits include:

- (1) Meeting requirements of some races.
- (2) Group accident insurance coverage.
- (3) TAC newsletter, "The Athletics Record".

In order to obtain additional information on the TAC, contact your respective WVA TAC sports chairman, listed below:

Youth Athletics  
 including Junior Olympics

Arlene Stooke  
 119 Cheyenne Trail  
 Ona, WV 25545  
 (304) 736-9474

Track and Field

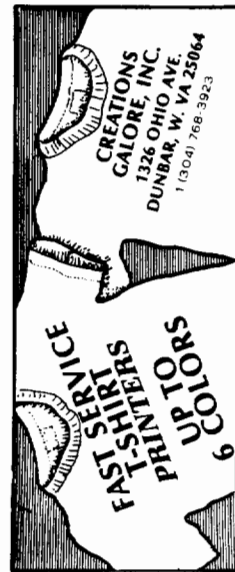
Gari Hatfield  
 1399 Saratoga  
 Morgantown, WV 26505  
 (304) 599-4197

Long Distance Running  
 Race Walking/Cross Country  
 Registration Chairman

George Kleeman  
 59 Canterbury Drive  
 Parkersburg, WV 26104  
 (304) 422-0883

Officials Chairman

Ken Dillon  
 607 2nd Avenue  
 Chesapeake, OH 45619  
 (614) 367-3310



MEMBERSHIP RENEWAL TIME

1984 membership dues for the KVRRC are due January 1, 1984. Runners are encouraged to renew their membership to insure that they remain on our current mailing list for "The Runners Sole", "Footnotes" (the national publication of the Road Runners Club of American, which every member should be receiving quarterly) and other mailings.

New members joining before the end of the year will get the remainder of 1983 free as well as full 1984 membership.

# Kanawha Valley ROAD RUNNERS

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

- Development and sharing of training strategies for novice to experienced runners.
  - Bi-monthly mailings of a newsletter which will include upcoming events which receive the KVRRC's endorsement. This mailing also will include race results plus dates, times, and meeting places for training runs and special events.
  - Discount to club members from athletic stores.
- Running has brought to the Kanawha Valley a wide assortment of runners/joggers. Whatever you consider yourself, we believe there is a place for you in our club. Please join with us in promoting running. If you are interested, mail the application below to: P.O. Box 2282, Charleston, WV, 25328

KVRRC MEMBERSHIP APPLICATION

(Check One) New Member Yes \_\_\_\_\_ No \_\_\_\_\_ Date \_\_\_\_\_

Type of Membership: Regular (\$8) \_\_\_\_\_ Full Time Student (\$5) \_\_\_\_\_ Family (\$12) \_\_\_\_\_  
 Contributing \_\_\_\_\_ (Includes one of above memberships plus contribution to Club).

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Sex: M: \_\_\_\_\_ F: \_\_\_\_\_ Age: \_\_\_\_\_  
 Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
 Home Phone: ( ) \_\_\_\_\_ Office Phone ( ) \_\_\_\_\_ Zip: \_\_\_\_\_  
 Occupation: \_\_\_\_\_ Student's School: \_\_\_\_\_

Family Membership Names: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ RENEWING MEMBERS  
 1. \_\_\_\_\_ NOTE HERE IF CHANGE IN ADDRESS  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_

MAKE CHECK PAYABLE TO: THE KANAWHA VALLEY ROAD RUNNERS CLUB  
MAIL TO: P. O. Box 2282  
Charleston, West Virginia 25328

BIRTHDAY CHALLENGE

Last year as some of you may know, I ran 32 miles on my birthday, this March 2nd I plan to do it again only adding a mile - 33. I would like to challenge all Kanawha Valley Road Runners to run their age in miles on their birthday. We will publish bi-monthly in "The Runners Sole" the name, distance, and time (time optional), of any runner who meets the challenge. Bill O'Dell

FOR SALE

There are a number of club tee shirts, patches and runner's log books available.

- Prices are: Club tee shirt - \$3.00
- Patches - \$1.00
- Runner's Log Book - \$1.50

If you wish to purchase any of these items, contact Don Barnett at 744-0816.

RUNNING PARTNER WANTED

I would like to join someone for approximately 5 miles per day at 9-9 minute pace. Can run early (6:00 a.m.) or evenings (after 5:00) East End area. If interested, please call Terri Woodford at 346-0795 between 8:30 - 4:30.

BOARD OF DIRECTORS MEETINGS

The November meeting will be held Tuesday, November 22 at 7:00 PM at the home of Bill O'Dell, 4832 Kanawha Turnpike, Apt. #13, South Charleston.

There will be no December meeting. The January meeting will be held Tuesday, January 10 at the home of Barbara Theiler, 4205 Washington Avenue SE, Kanawha City. All members are invited and encourage to attend.

**KAUFMAN AND RATLIFF**  
ATTORNEYS AT LAW  
1206 VIRGINIA STREET, EAST  
CHARLESTON, WEST VIRGINIA 25301

TOD J. KAUFMAN TEL. 304/344-2437

**Simpson & Osborne**  
ATTORNEYS AT LAW

ONE VALLEY SQUARE  
P.O. BOX 1747  
CHARLESTON, WV 25326

PHONE (304) 343-0188

**latimer's Ltd.**

906 QUARRIER STREET  
CHARLESTON, W.VA. 25301  
(304) 343-9435

**Health and Fitness Center, Inc.**