

THE RUNNERS SOLE



Gary C. Smith, Editor

1987

November-December

The President's Page

Congratulations to all KVRRC members who completed the 15th annual Charleston Distance Run on September 5th. Although the race was won by Steve Taylor, 1:14:31, Priscilla Welch, 1:24:52, 24th overall, was the first lady finisher and road racing superstars Don Norman, 1:15:23 and Bill Rodgers, 1:16:05 were second and third, it is my opinion that the "blue ribbon" effort of this race was cranked out by 40 Year old KVRRC member Fred Waybright, 1:23:28, 15th overall, good enough to be this year's masters champion. Also don't forget KVRRC member Frank Lewis, 1:22:26, 13th overall. Frank did an excellent job when he helped tape and run the half hour TV show describing the race course. Also congratulations to club members Joni Adams, 1:42:01, 10th lady, 241st overall and Darlene Norman, 1:43:53, 288th overall. How about KVRRC member Annette Castelle, 2:00:26, 793rd place, what a difference a second makes. Last but not least congratulations to club member Nemo Nearman the Charleston Distance Run race director and his committee for a good show. Congratulations to everybody!

Again this year I urge you to stay in shape and on the roads. This year the KVRRC with the assistance of Executone of WV, Inc. and the Great Teays Running Club is sponsoring the annual Almost Heaven Marathon (application is in this newsletter) to be run on November 28, 1987 at 10:00AM. KVRRC member Bill O'Dell, 744-4918, is the race director. If you do not plan to run the marathon come out and help us. Give Bill a call.

Also I want to remind you that the 1987 - 1988 "Winter Series" of road races is alive and running. Race one, the Kanawha City 10K, will be run on Sunday, December 13, 1987. Annette Castelle, 343-9371, is the race director. Race two, the Frostbite 5 Miler, will be run on Sunday January 17, 1988. Paul Garrett, 925-3247, is the race director. Race three, the Valentine 5K, will be run on Sunday, February 14, 1988. Dave Ellis, 344-6419, is the race director.

All of the "Winter Series" races start at 2:00 PM near the West Virginia University Medical Building, CAMC Memorial Division, 31st street in Kanawha City. Registration is on race day only.

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	744-0575
Carroll Young	Vice President	727-9844
Annette Castelle	Secretary	343-9371
Paul Garrett	Membership Chairman	925-3247
Bill O'Dell	Director	744-4918
Fred Waybright	Director	722-6850
Mike Pivry	Newsletter	776-5592
Gary Smith	Director	744-1099
Dave Ellis	Director	344-4488
Dave Fields	Alternate	548-4761

FROM THE EDITOR:

It is with mixed emotions that I write this, my last editor's page. I've been editor for 4 1/2 years and I have enjoyed the opportunity to put together the newsletters and to have a chance to express my views in print. I am giving up this job because I feel I don't have anything new to add and that it is time for someone with new ideas and new energies to try their hand at it. I may still write an article now and then if the new editor chooses to print them. I am most proud that I have printed every poem, story or article any member has written and submitted and that the 24 issues I have produced have all gone to press more or less on time. Some issues have even paid for themselves from the proceeds of advertising carried in that issue. I would like especially to thank Paul Garrett who keeps the membership lists and always provided the mailing labels when I needed them. Paul also produced the applications for most club races on his Macintosh. He has quietly, consistently done his job without fanfare for over four years. If you see him at the winter series races you might tell him thanks. I also relied on the club president, who has numerous other duties, to write his regular column for each issue and whether it was Dave Field, Bill O'Dell or Pat Board they always came through for me.

Running has been good for me. It has given an unathletically inclined person a chance to excel to some degree in a sport, and a quiet somewhat introverted person an opportunity to form friendships with others with whom I share a common pastime. If I may leave one last message with my fellow runners it is this - unless you intend to develop into a national or world-class runner don't let running be the focus of your life. Once you are a regular runner it will automatically take an important place in your life and in your daily activities but don't let it rule. Enjoy your running and your racing.

Congratulations to members Tod and Barrie Kaufman on the September 24th birth of their daughter, Paula Lyn. Little Paula received her first pair of running shoes already, a gift from member Al Blumberg.

10 Kilometer Pacing Chart

Compiled by Thomas D. Knight

To figure out how fast your 10 kilometer times are in minutes per mile, look for your 10K time on the left side of the appropriate column, and you'll find your per-mile time on the right.

Time for 10K	Pace Per Mile	Time for 10K	Pace Per Mile	Time for 10K	Pace Per Mile	Time for 10K	Pace Per Mile	Time for 10K	Pace Per Mile
26:00	4:11.3	33:00	5:18.7	40:00	6:26.2	47:00	7:33.8	53:50	8:39.8
26:10	4:12.7	33:10	5:20.3	40:10	6:27.9	47:10	7:35.4	54:00	8:41.4
26:20	4:14.3	33:20	5:21.9	40:20	6:29.5	47:20	7:37.1	54:10	8:43.0
26:30	4:15.9	33:30	5:23.5	40:30	6:31.1	47:30	7:38.7	54:20	8:44.6
26:40	4:17.5	33:40	5:25.1	40:40	6:32.7	47:40	7:40.3	54:30	8:46.3
26:50	4:19.1	33:50	5:26.7	40:50	6:34.3	47:50	7:41.9	54:40	8:47.9
27:00	4:20.7	34:00	5:28.3	41:00	6:35.9	48:00	7:43.5	54:50	8:49.5
27:10	4:22.3	34:10	5:29.9	41:10	6:37.5	48:10	7:45.1	55:00	8:51.1
27:20	4:23.9	34:20	5:31.5	41:20	6:39.1	48:20	7:46.7	55:10	8:52.7
27:30	4:25.5	34:30	5:33.1	41:30	6:40.7	48:30	7:48.3	55:20	8:54.3
27:40	4:27.2	34:40	5:34.7	41:40	6:42.3	48:40	7:49.9	55:30	8:55.9
27:50	4:28.8	34:50	5:36.4	41:50	6:43.9	48:50	7:51.5	55:40	8:57.5
28:00	4:30.4	35:00	5:38.0	42:00	6:45.6	49:00	7:53.1	55:50	8:59.1
28:10	4:32.0	35:10	5:39.6	42:10	6:47.2	49:10	7:54.8	55:55.4	9:00.0
28:20	4:33.6	35:20	5:41.2	42:20	6:48.8	49:20	7:56.4	56:00	9:00.7
28:30	4:35.2	35:30	5:42.8	42:30	6:50.4	49:30	7:58.0	56:10	9:02.3
28:40	4:36.8	35:40	5:44.4	42:40	6:52.0	49:40	7:59.6	56:20	9:04.0
28:50	4:38.4	35:50	5:46.0	42:50	6:53.6	49:50	8:01.2	56:30	9:05.6
29:00	4:40.0	36:00	5:47.6	43:00	6:55.2	50:00	8:02.8	56:40	9:07.2
29:10	4:41.6	36:10	5:49.2	43:10	6:56.8	50:10	8:04.4	56:50	9:08.8
29:20	4:43.2	36:20	5:50.8	43:20	6:58.4	50:20	8:06.0	57:00	9:10.4
29:30	4:44.9	36:30	5:52.4	43:29.8	7:00.0	50:30	8:07.6	57:10	9:12.0
29:40	4:46.5	36:40	5:54.1	43:30	7:01.6	50:40	8:09.2	57:20	9:13.6
29:50	4:48.1	36:50	5:55.7	43:40	7:03.3	50:50	8:10.8	57:30	9:15.2
30:00	4:49.7	37:00	5:57.3	43:50	7:05.0	51:00	8:12.5	57:40	9:16.8
30:10	4:51.3	37:10	5:58.9	44:00	7:06.9	51:10	8:14.1	57:50	9:18.4
30:20	4:52.9	37:16.9	6:00.0	44:10	7:08.5	51:20	8:15.7	58:00	9:20.1
30:30	4:54.5	37:20	6:00.5	44:20	7:09.7	51:30	8:17.3	58:10	9:21.7
30:40	4:56.1	37:30	6:02.1	44:30	7:11.3	51:40	8:18.9	58:20	9:23.3
30:50	4:57.7	37:40	6:03.7	44:40	7:12.9	51:50	8:20.5	58:30	9:24.9
31:00	4:59.3	37:50	6:05.3	44:50	7:14.9	52:00	8:22.1	58:40	9:26.5
31:04	5:00.0	38:00	6:06.9	45:00	7:16.5	52:10	8:23.7	58:50	9:28.1
31:10	5:00.9	38:10	6:08.5	45:10	7:18.1	52:20	8:25.3	59:00	9:29.7
31:20	5:02.6	38:20	6:10.1	45:20	7:19.7	52:30	8:26.9	59:10	9:31.3
31:30	5:04.2	38:30	6:11.8	45:30	7:21.4	52:40	8:28.6	59:20	9:32.9
31:40	5:05.8	38:40	6:13.4	45:40	7:23.0	52:50	8:30.2	59:30	9:34.5
31:50	5:07.4	38:50	6:15.0	45:50	7:24.6	53:00	8:31.8	59:40	9:36.1
32:00	5:09.0	39:00	6:16.6	46:00	7:26.2	53:10	8:33.4	59:50	9:37.8
32:10	5:10.6	39:10	6:18.2	46:10	7:27.8	53:20	8:35.0	60:00	9:39.4
32:20	5:12.2	39:20	6:19.8	46:20	7:29.4	53:30	8:36.6	60:10	9:41.0
32:30	5:13.8	39:30	6:21.4	46:30	7:31.0	53:40	8:38.2	60:20	9:42.6
32:40	5:15.4	39:40	6:23.0	46:40	7:32.6	53:50	8:39.8	60:30	9:44.2
32:50	5:17.0	39:50	6:24.6	46:50	7:34.2				

The President's Page (continued)

Looking ahead the KVRRC annual awards banquet and elections will be Friday, March 11 at 5:30 PM at Rose City Cafeteria in South Charleston. Bring your family and friends and come out and join us. We put on a good show. The next day, Saturday March 12, 1988 at 10:00 AM is the annual 15K Pocca River Run. The start and finish are at the end of Doc Bailey road in Cross Lanes. Fred Waybright is the Race Director.

Also in early spring of 1988 the KVRRC and John's Cyclery of St. Albans are planning a biathalon. KVRRC member Bill Shultz, 768-8472, is the race director. By the way Bill ran a 1:32:57, finishing 87th in this years Charleston Distance Run. I encourage you to bring a new runner/friend to these races and to bring a new member to the KVRRC.

On behalf of the KVRRC membership I want to extend my deepest sympathy to the families of road racers Eugene Fuller of Winfield and L. Darl Wilmoth of Dunbar, both of whom have recently passed away.

For all Race Directors and Sponsors out there - do we have your race on the KVRRC schedule of events? Every year there are more road races and fitness-oriented events scheduled for the public. Because of this increase, it is harder to avoid scheduling races on the same day or weekend. A goal of the KVRRC is to act as an information center by maintaining an on-going race calendar for the runners, sponsors, and race organizers. When planning your events please call Gary Smith, 744-1099, after 6:00 PM, at least 3 months before your race or as soon as possible. Our bi-monthly KVRRC newsletter will be read by 300 plus runners in 1988. Your race application or advertisement can be printed in the newsletter. You can contact Mike Pyryt, 776-5592, for assistance.

If you have a membership/newsletter mailing problem give Paul Garrett, 925-3247 a call. If you have a question about the winter series races give Carroll Young, 727-9844 or the race director for a particular race (see ad in this issue) a call.

Patrick and I want to wish you, your family and friends a Merry Christmas and a Happy New Year for 1988. "Keep on truckin". Patrick and I will see you at the races.

Pat Board, III

LETTER TO THE EDITOR

Dear Mr Smith,
I read your comments in the Runners Sole. I tried some of your strategy during a 5 mile practice run which turned out to be a 10 mile run with some of the strategy that I use, it really works. I started running on January 1, 1987 and since that time I have run 5 marathons, a 20K, 15K and five 10K and 5K runs. I am 56 years of age. When I run, I fantasize that I am the worlds best runner and mentally block out the pain and fatigue. I keep telling myself to run for the gold, and occasionally look down at my fleeting footsteps and this gives me the incentive that I need to keep running. My goal is to run Boston. The best finish that I had so far was first place in my age group at Chief Logan State Park in a 10K. Thank you again for your comments.

Hansel N. Robertson

SCHEDULE OF EVENTS
NOVEMBER/DECEMBER

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

November 1, 1987
Sunday
Jackson General Hospital 10K
RT: 2:00PM
SP: Ripley High School
EF: \$7.00/\$8.00
RD: Jackson Gen.Hosp.
Ellen Goodwin

November 8, 1987
Sunday
Columbus Marathon
RT: by 10-26-87
ST: 10:30AM
SP: Downtown Columbus, OH
EF: \$15.00
RD: Nationwide/BancOne
614-433-0395

November 28, 1987
Saturday
Almost Heaven Marathon
RT: 9:00AM
ST: 10:00AM
SP: CAMC Memorial-Kan.City
EF: \$10.00/\$15.00
RD: KVRRC - Bill O'Dell
call any director on p.2

December 6, 1987
Sunday
Jingle Run 10K
RT: 1:00PM
ST: 2:30PM
SP: Kan.Ci.y Rec. Center
EF:
RD: Arthritis Foundation
Mary Monk 744-3042

December 13, 1987
Sunday
Kanawha City 10K
RT: 1:00PM
ST: 2:00PM
SP: CAMC Memorial-Kan.City
EF: \$2.00/\$3.00
RD: Annette Castelle

January 17, 1988
Sunday
Frostbite 5 Miler
RT: 1:00PM
ST: 2:00PM
SP: CAMC Memorial-Kan.City
EF: \$2.00/\$3.00
RD: Paul Garrett

LOOKING AHEAD

February 14, 1988 Valentines 5K Charleston, WV
March 11, 1988 Annual KVRRC Banquet So. Charleston, WV
March 12, 1988 Pocca River 15M Pocca, WV

Race directors with event information should contact me concerning race scheduling and listing in the newsletter:
Gary C Smith
250 F Street
So. Charleston, WV 25303
744-1099 (after 6PM)

1987 CPA MILE RESULTS

Held Sunday, August 30, 1987 the 1987 CPA Mile drew 216 participants on the first weekend of Regatta. The first four finishers in each category were as follows:

Category	Name	Hometown	Time
Male 7-10	James Conn	St Albans, WV	6:01.5
	Elisha Conn	St Albans, WV	6:21.5
	Jason Redmon	Poca, WV	6:40.5
	Mike Greenwald	Charleston, WV	6:50.4
Female 7-10	Jennifer Scheirman	Charleston, WV	7:21.4
	Kristina Haga	Charleston, WV	7:29.4
	Jo Scheirman	Charleston, WV	7:32.3
	Sarah Feinberg	Charleston, WV	7:32.6
Male 11-14	Joe Young	Summersville, WV	5:19.9
	Danny Ott	Charleston, WV	5:38.7
	Ray Van Metre	Charleston, WV	5:52.8
	Scotty Fleshman	S. Charleston, WV	6:20.6
Female 11-14	Amy Steele	Charleston, WV	6:25.0
	Rebecca Harris	Scott Depot, WV	6:33.9
	Lisa Copeland	Charleston, WV	6:41.2
	Libby Offutt	St Albans, WV	6:42.6
Male 15-19	Jim Cunningham	Cross Lanes, WV	4:35.4
	Rick Thomas	Nitro, WV	4:42.0
	James Shock	St Albans, WV	4:53.0
	John Flemming	Elkview, WV	4:55.2
Female 15-19	Beth White	Nitro, WV	6:07.1
	Rebecca Cathey	Scott Depot, WV	6:24.6
	Dena Moore	Scott Depot, WV	6:50.6
	Kathleen Simrogh	Charleston, WV	7:36.2
Male 20-29	Steve Kennedy	Charleston, WV	4:38.3
	Chip Jones	Scott Depot, WV	4:42.2
	Jon Wollenzien	Charleston, WV	5:03.2
	Scott Delepine	Dunbar, WV	5:00.5
Female 20-29	Helen Sedlock	Charleston, WV	6:43.4
	Jennifer Groves	Cross Lanes, WV	7:13.4
	Anne Thursack	Charleston, WV	8:05.2
	Pat McGinnis	Charleston, WV	8:57.1
Male 30-39	David Daniels	Hurricane, WV	4:46.5
	William Shultz	Elkview, WV	4:49.8
	John Reifsteck	Dunbar, WV	4:52.3
	Ann Nekoranec	Charleston, WV	5:15.6
Female 30-39	Bonnie Lamb	Charleston, WV	7:29.1
	Jean Arthur	Charleston, WV	7:32.7
	Mary Feinberg	Red House, WV	7:36.0
	Joseph Turner	Charleston, WV	7:40.2
Male 40-49	Jim Scupplo	Jane Lew, WV	5:04.0
	Roger Arthur	Summersville, WV	5:05.4
	Bill Jones	Red House, WV	5:21.5
	Barbara Clarke	Marietta, Ohio	5:22.3
Female 40-49	Pete Naylor	Charleston, WV	8:59.9
	Bennett Burgess	Charleston, WV	5:49.4
	Campbell Neel	St Albans, WV	6:19.0
	Carl Rucker	Huntington, WV	6:31.9
Female 50+ Wheelchair	Ruth Heidenrich	Charleston, WV	6:50.9
	Frank Young	Charleston, WV	6:59.8
	Diana McClure	Summersville, WV	5:46.1
	Bill Riddle	Charleston, WV	5:52.2
		Charleston, WV	7:14.7

Why I Run

Jerry R. Herndon

I might win an office of importance.
 I'll be better known to the public.
 I may earn extra money.
 I may be away from home and miss some unwanted visitors.
 Because it is more enjoyable than doing the dishes.
 Because I ain't good at nothing else.
 Because I like to talk to my jogging shoes.
 Because I like the view from the rear.
 Because I am too old to get drained, exhausted and sweat-stained any other way.
 Because I ain't got no tennis balls.
 Because I could never make a foul shot.
 Because I don't like to be tackled.
 Because I don't own a baseball mitt.
 Because I ain't got no bike.
 Because I don't own no skis.
 Because my butt don't like rowing.
 Because I refuse to accept advice.
 Because my body is whispering warnings in my ear.
 Because in front of my home is a beckoning road.
 Because I would miss my running friends.

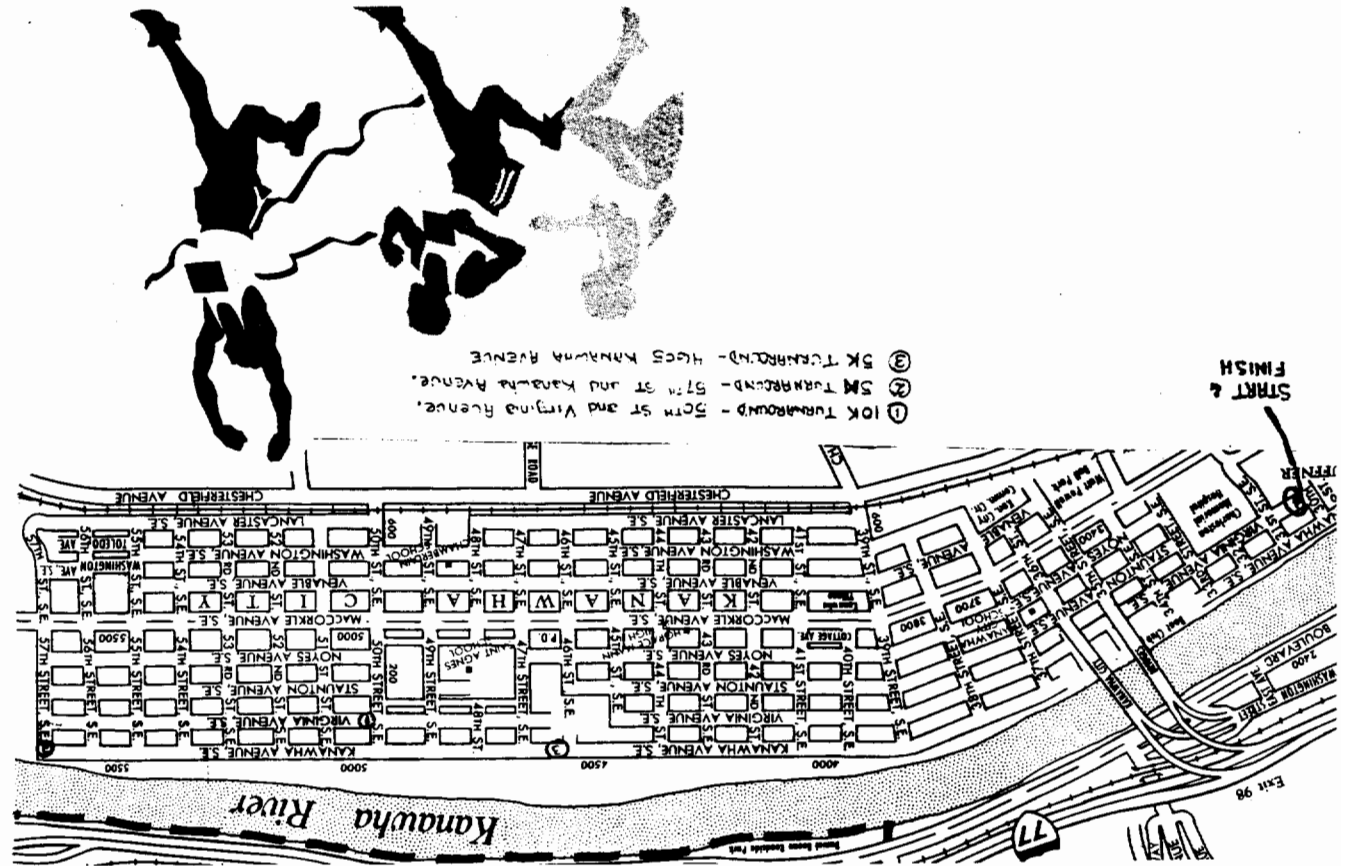
CPA MILE RESULTS (continued)

Husband & Wife	Time
Donald & Mona	11:21.9
Jeffrey	Charleston, WV
George & Annette	11:59.0
Castelle	Charleston, WV
Jim & Cheryl	13:11.6
Vargo	Beckley, WV
Ray & Susanne	
Stinson	Pinch, WV
Jeff Hill	Charleston, WV
John Woodrum	Charleston, WV
John Timberlake	5:43.9
Mike Sedlock	5:58.6
Bobby Dent	6:08.0
Jay Dawkins	6:16.5
James Imhoff	4:20.5
Carl Hatfield	Glenville, WV
Blue Cr.-Blue Sh.	Newport News, VA
(R Bird, T Burgess, S'Duffy, J Sengewalt, G Smith)	4:47.8
Arnett & Foster	Charleston (blue)
(T Ball, G Ellis, C Gibbs, T McGhee, S Thomas)	28:10.0
Blue Cr.-Blue Sh.	Charleston (white)
(R Ellington, M Mazzoni, J McClung, R Plantz, J Pritt)	30:11.2
Ernst & Whinney	Charleston
(D Coffman, N Mosrie, E Pinder, P Sebert, M Solomon)	31:03.2

Heavyweight

Open

CPA Team



KVRR WINTER SERIES COURSES

- ① 10K Turnaround - 50th St and Virginia Avenue.
- ② 5K Turnaround - 5th St and Kanawha Avenue.
- ③ 5K Turnaround - High Kanawha Avenue



KANAWHA VALLEY ROAD RUNNERS

*****WINTER SERIES*****

race one: Kanawha City 10K
December 13, 1987

race two: Frostbite 5-miler
January 17, 1988
Paul Garrett 925-3247

race three: Valentine 5K
February 14, 1988
David Ellis 344-4488

All races are on certified courses at 2:00 pm. on Sundays.

START & REGISTRATION:
WVU Medical Building, CAMC Memorial Division

ENTRY FEE:
\$2.00 for members and \$3.00 for non-members.

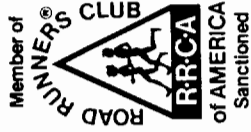
CATEGORIES (men and women):

14&under	15-23	24-32
33-41	42-50	51-59
60&over	Wheelchair	

AWARDS:
1st overall, 3 deep in each category for males and females.
At the KVRR banquet, an award will be given for the best combined time in all races for each category.

INFORMATION:
PAT BOARD 744-0575, CARROL YOUNG 727-9844,
BILL O'DELL 744-4918, PAUL GARRETT 925-3247,
GARY SMITH 744-1099, MIKE PYRYT 776-5592
ANNETTE CASTELLE 343-9371, FRED WAYBRIGHT 722-6850





ALMOST HEAVEN MARATHON

NOVEMBER 20, 1987

STARTING TIME: 10AM. REGISTRATION: 9AM. TAC CERTIFIED COURSE.

INFORMATION: 744-4918, 744-0595, 925-3247

SPONSOR: KANAWHA VALLEY ROAD RUNNERS

PRE-REGISTRATION FEE: \$10 BEFORE NOV.20, \$12 BEFORE NOV.27, \$15 ON RACE DAY.

AWARDS: OVERALL: 1ST FIVE MEN, 1ST THREE WOMEN. MASTERS: 1ST AND 2ND (M&W)

AGE GROUP: 1ST AND 2ND(M&W)

20 AND UNDER	31-35	46-50	60+
21-25	36-40	51-56	
26-30	41-45	56-60	

COURSE:

26.2 MILES BEGINNING AND ENDING NEAR THE WVU MEDICAL BUILDING AT CAMC MEMORIAL DIVISION ON 31ST STREET IN KANA WHA CITY NEAR THE 35TH STREET BRIDGE EXIT ON I-64. THE FIRST 8 MILES ARE ON RESIDENTIAL CITY STREETS. THE NEXT 9 MILES ARE ALONG MACCORKLE AVE, CROSSING THE PATRICK ST. BRIDGE TO THE KANA WHA BLVD. FOLLOW THE BLVD ALMOST TO THE 35TH STREET BRIDGE. AT THE 17 MILE MARK TURN AND RETRACE THE COURSE TO THE FINISH AT CAMC. THE COURSE IS FLAT EXCEPT FOR THE BRIDGE APPROACHES. WATER STOPS WILL BE SET UP EVERY 3-5 MILES DEPENDING ON THE WEATHER. SPLITS WILL BE GIVEN AT 1.5, 10, 15, 20, 25 MILES. SHOWERS ARE AVAILABLE ON THE 4TH FLOOR OF THE WVU MEDICAL BUILDING. THE COURSE WILL CLOSE AFTER 5 HOURS FOR THE BANQUET.

AWARDS CEREMONY:

FOLLOWING THE RACE AT 3PM THERE WILL BE A COVERED DISH DINNER ON THE 4TH FLOOR OF THE WVU MEDICAL BUILDING. HOT (OR COLD) SOUP, DRINKS, AND UTENSILS WILL BE PROVIDED BY KVRRC. BRING A DISH TO ADD TO THE MEAL. NON-RUNNERS THAT DO NOT BRING A DISH WILL BE CHARGED \$1.

Entry Form (mail to: KVRRC Box 2282 Charleston, WV 25328)

Name: _____ Age: _____
 Address: _____ Sex: _____
 City/State/Zip: _____ T-shirt: _____

I wish to enter the race and hereby release the KVRRC from any liability for injury or accident from my participation. I verify that I am physically fit and have sufficiently trained for this event.

Signature: _____
 (parent's signature required if contestant is under 16 years old)

Kanawha Valley ROAD RUNNERS

The Kanawha Valley Road Runners (KVRRC) invite you to join a growing group of runners. We currently have more than 200 members and offer services which are reciprocal to all types of runners. Some of the benefits of club membership are:

- o 84-monthly mailings of a newsletter which will include upcoming events throughout West Virginia and in near-by states. This mailing also will include race results plus dates, times, and meeting places for training runs and special events and race entry forms.
- o Reduced entry fees at six KVRRC-sponsored runs held each year.
- o Development and sharing of training strategies for novice to experienced runners at the KVRRC annual dinner meeting and at other times.
- o Discount to club members from athletic stores.
- o Club shirts and mementos from time to time as income allows.

Running has brought to the Kanawha Valley a wide assortment of runners/joggers. Whatever you consider yourself, we feel 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

2. _____ IN ADDRESS

3. _____

4. _____

MAKE CHECK PAYABLE TO: _____

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

