



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

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Gary C. Smith, Editor 1990 November/December  
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THE PRESIDENT'S PAGE

Can you believe cold weather is just around the "corner". I urge you to make a firm commitment to yourself that you will continue to train through the winter season. You could be the runner everybody is talking about at the spring races.

Congratulations to the Charleston Distance Run Committee for another "good show". The 18th annual 'Charleston Distance Run', 15 miles, on September 1st, as always was a success. Congratulations to KVRRC member John Maher who had an outstanding race, 11th place overall, 1:24:34. Other KVRRC members who had a good race were Glenn Baldwin, 16th, 1:25:57; Fred Waybright, 18th, 1:26:37; Jim Shock, 20th, 1:27:20; Elizabeth Ervin 267th, 1:48:--; Darlene Norman, 297th, 1:50:--; Diana Morris, 409th, 1:56:--. Also how about Jerry Bostic he broke into the top 100 finishers with a 99th place finish in 1:37:--.

Congratulations again to KVRRC board member Dennis 'Race' Hamrick, race director for the fourth annual '10K Run For The People' on October 6th. The "Big R" produced another class event. I predict that this race will have 750 to 1,000 finishers in the near future.

'RUN WEST VIRGINIA'. On Sunday, December 2, 1990 at 10:00AM the KVRRC will again sponsor the 'ALMOST HEAVEN MARATHON' (application in this issue). This could be the fastest marathon course (certified) in the eastern United States. The race course is flat, consists of three (3) loops of 8.7+miles each with the start/finish being on 31st street adjacent to the West Virginia Medical Building, CAMC Memorial Division in the Kanawha City section of Charleston, WV. If you are not up to running the marathon distance, you can enter this race on a three (3) person team and still be a part of the action of a marathon. If you don't for some reason participate come out on race day and volunteer to help the KVRRC put on another event. For race applications or information give me a call, 304-744-6502.

Continued on last pg.

A TRIUMPH OVER TOBACCO: MY FIRST ROAD RACE

By Dannie Walker

My first road race was the eighth annual "Wine Cellar Classic - 10,000 Meter Distance Run" held on October 2, 1982, at 10:30 a.m. That year the race began and finished at the Dunbar Junior High School and the course didn't go anywhere near Wine Cellar Park. Since at that time -- being relatively new to West Virginia -- I had never heard of Wine Cellar Park, I wondered why the race bore the name "Wine Cellar Classic".

They didn't serve wine at the finish line... or if they did, it was all consumed by the time I crossed the finish line in a blazing 50 minutes, 51 seconds (8.2 minutes/mile)! I placed 273 out of some 450 racers.

When the spring of 1982 came around, I had been completely off cigarettes for about 12 months. Nicotine had hooked me midway through high school and I had been a moderately heavy smoker for most of the ensuing 18 years. Thus, at age 35 and finally free of the evil weed I decided to do something to regain the lung capacity I had lost due to the noxious habit I had finally kicked.

I began by jogging and walking (mostly walking at first) a few blocks at a time in my neighborhood. Well, much to my surprise (I hated running in high school phys-ed classes and in the Army), I discovered that I enjoyed my running. I not only felt physically better as a result, but I also experienced pride in the accomplishment.

Then I began to hear about distance running as a kind of hobby, done for enjoyment! I was skeptical, but a few guys at work confirmed this rumor for me. It seems that they were distance runners and actually -- are you ready for this -- ran in races held locally!!

My curiosity was aroused and, in talking to my athletic coworkers, I learned of the "Wine Cellar Classic". Well, to make a long story...uh, shorter...I trained for and ran in the aforementioned road race.

I was extremely nervous before the race. All I could think of was how all those extremely fit looking runners, relaxed and smiling as they were, would horribly embarrass me by leaving me far behind them. Imagine my surprise and joy as I fell in with others of the 8 1/2 minutes per mile pace and found that I could keep up. I am also proud to be able to say that I ran (or at least jogged) the entire 6.2 miles without once having to walk.

I was delighted to finish in the top 400 since the race entry form said that T-shirts would be given to the first 400 runners. What a fine trophy! I cherished that blue-and white garment for many years.

Perhaps the biggest surprise to come from that seminal day was that I had become permanently hooked on distance running/racing. In the eight years since RACE NUMBER ONE, I have become a faithful follower of the circuit...it has been a most rewarding and enjoyable experience. The 16th Annual "Wine Cellar Classic" held this year was my 148th road race! And I've probably even saved enough money from not smoking to pay for my racing entry fees and my running shoes.

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat 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

..... Calandar/Newsletter

FROM THE EDITOR:

In the late 70's and early 80's Don Barnett and others put out a club newsletter on an occasional basis but it was not until Ray Johns started the Runner's Sole in November of 1982 that the Kanawha Valley Road Runners put out a regular and continuous newsletter. I took over from Ray in May of 1983 and from 1986 to 1989 I shared the job with Mike Pyryt. After doing it off and on for eight years I'm calling it quits. My family is growing, and my enthusiasm for this job is waning.

I hope one of our readers out there will step up and take over this job. A writer could do it and have an opportunity to write for an audience but writing skills are not absolutely necessary. Someone with good organizational skills can get others to do all the writing and just pull it all together every other month. Or a team of two or three individuals could do it, one covering races and the calendar, one handling articles, one handling production, typing, printing, mailing labels, etc.

I have retained a complete set of the newsletters from 1982 to 1990 for reference; have files of article ideas, poems, club history, course maps, graphics, etc. that are waiting to be turned over to someone who would like to give back to running a little of what it has given to them. Contact Pat Board if you can help with the newsletter, he will have the files mentioned above.

I've had a lot of fun writing for you the last eight years, thanks for reading.

Gary Smith

# 1990 Almost Heaven Marathon

## Sponsored by Kanawha Valley Road Runners Club

LONG SLEEVE SHIRTS TO FIRST 250 ENTRIES

DATE: DECEMBER 2, 1990  
SUNDAY

TIME: 10:00AM START

LOCATION: START/FINISH 31ST STREET,  
KANAWHA CITY, ADJACENT TO WVU  
MEDICAL BUILDING AT CAMC MEMORIAL  
HOSPITAL, CHARLESTON, WV

COURSE: 26.2 MILES, TAC CERTIFIED.  
3 LOOP COURSE, FLAT, MOSTLY  
RESIDENTIAL AREA. THE COURSE IS BOUNDED  
BY 57TH STREET ON THE EAST AND THE C&P  
BOAT RAMP ON THE WEST. THERE WILL BE  
WATER STOPS AT EACH END OF THE COURSE  
AND AT THE START/FINISH LINE. THE RACE  
COURSE WILL CLOSE AFTER 4 1/2  
HOURS (2:30PM) FOR AWARDS BANQUET.  
SHOWERS ARE AVAILABLE IN THE WVU MEDI-  
CAL BUILDING ADJACENT TO FINISH LINE.

AWARDS CEREMONY/BANQUET AT 2:30PM  
ON 4TH FLOOR OF WVU MEDICAL BLDG. HOT/  
COLD DRINKS, BRING A COVERED DISK TO ADD  
TO THE MEAL. \$1.00 CHARGE FOR NON-RUN-  
NERS NOT BRINGING A DISH.

COURSE RECORDS:  
1989 BUBBY DENT 2:32:21  
1989 ELAINE WILMOUTH 3:14:27

RACE INFO  
PAT BOARD III 304-744-6502  
PAUL GARRETT 304-925-3247  
DENNIS HAMPRICK 304-344-8342  
FRED WAYBRIGHT 304-744-1608  
ROBIN BALDWIN 304-744-1482

MAIL ENTRY TO: KVRRC; 19 RIVERSIDE DRIVE; SOUTH CHARLESTON, WV, 25303

PRINT NAME: \_\_\_\_\_ SEX: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY; ST; ZIP: \_\_\_\_\_ RACE DAY AGE: \_\_\_\_\_

PHONE NO. \_\_\_\_\_ TEAM MEMBER: \_\_\_\_\_

CHECK ONE - INDIVIDUAL RUNNER: \_\_\_\_\_ TEAM MEMBER: \_\_\_\_\_

T-SHIRT: S M L XL TEAM DIVISION: \_\_\_\_\_

TEAM MEMBERS: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

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: \_\_\_\_\_  
(Parents signature required if contestant is under 18 yrs)

### SCHEDULE OF EVENTS

November - December 1990

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

November 11, 1990  
Sunday  
Columbus Marathon  
RT: AM  
ST: 8:30 AM  
SP: Downtown Cols., OH  
EF: \$  
RD: Nationwide/Bank One

November 4, 1990  
Sunday  
First Annual SWVCC 10K/2M  
RT: Noon  
ST: 2:00 PM  
SP: Chief Logan State Park  
EF: \$6.00/\$8.00  
RD: Blaine Ervin 855-4157  
Chief Logan Road Runners  
P O Box 2900 - SWVCC  
Logan, WV 25601

December 2, 1990  
Sunday  
Almost Heaven Marathon  
RT: 8:30 AM  
ST: 10:00 AM  
SP: CAMC Memorial Div  
EF: \$10.00/\$15.00  
RD: KVRRC

December 9, 1990  
Sunday  
Kanawha City 10K  
RT: 1:00 PM  
ST: 2:00 PM  
SP: CAMC Memorial Div  
EF: \$3.00/\$4.00  
RD: KVRRC

Three-person teams  
can be entered

December 15, 1990  
Saturday  
Jingle Bell Race 10K  
RT: AM  
ST: AM  
SP: Kanawha City  
EF: \$  
RD: Bill O'Dell

January 13, 1991  
Sunday  
Frostbite 5 Miler  
RT: 1:00 PM  
ST: 2:00 PM  
SP: CAMC Memorial Div  
EF: \$3.00/\$4.00  
RD: KVRRC

February 17, 1990  
Sunday  
Frostbite 5K  
RT: 1:00 PM  
ST: 2:00 PM  
SP: CAMC Memorial Div  
EF: \$3.00/\$4.00  
RD: KVRRC

March 8, 1991  
March 9, 1991  
LOOKING AHEAD  
Annual Awards Banquet So. Charleston  
Poca River 15K Dec Bailey Rd.



KANAWHA VALLEY ROAD RUNNERS CLUB

1990 - 91 'WINTER SERIES'

RACE # 1, 'KANAWHA CITY 10K'

December 9, 1990

RACE # 2, 'PROSTBITE 5-Miler'

January 13, 1991

RACE # 3, 'VALENTINE 5K'

February 17, 1991

All races are on Sundays at 2:00PM;  
 No preregistration; 31st street  
 Kanawha City, WVU Medical Center  
 Building, CAMC Memorial Division

Entry Fee

\$3 Members, \$4 Non-Members



THE PRESIDENT'S PAGE (Continued)

Also the 1990-91 KVRRC 'WINTER SERIES' races are scheduled (see advertisement in this issue). The 'KANAWHA CITY 10K' will be run on December 9, 1990. The 'PROSTBITE 5-Miler' will be run on January 13, 1991. The 'VALENTINE 5K' will be run on February 17, 1991. All of these races are scheduled on a Sunday afternoon with a 2:00PM starting time. All race registration is on race day. These are low-key races the KVRRC sponsors to help you run through the bad weather. If you run all three (3) 'WINTER SERIES' races you could be eligible for a 'combined time' award at the annual KVRRC Awards Banquet to be held March 8, 1991 at 6:00PM at Rose City Cafeteria in South Charleston, WV.

Last but not least the KVRRC will sponsor the POCA RIVER 15K (9.3 miles) road race on Saturday March 9, 1991 with a 10:00AM starting time. Race applications will be out in January 1991. This is one of the oldest races on the roads in the Charleston, WV area.

On behalf of the KVRRC Board of Directors I want to wish you, your family and friends a 'HAPPY' THANKSGIVING, a 'MERRY' CHRISTMAS and 'Prosperous' New Year for 1991.

The KVRRC is already planning for the 'New Year' 1991. Your support, as always, is fantastic. Recruit a new member for the KVRRC, introduce a friend to the 'World of Running on the Roads'.

Patrick and I will see you at the races'.

Pat Board III

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:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

RENEWING MEMBERS

NOTE HERE IF CHANGE IN ADDRESS

MAKE CHECK PAYABLE TO:  
 MAIL TO:

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

