

THE RUNNERS SOLE



Kanawha Valley Road Runners Official Newsletter

Gary C. Smith, Editor

1983

September - October

THE PRESIDENT'S PAGE

It's 7:50 a.m., September 3, and you need a bathroom quick. Someone dropped you off at the starting line and you need a place to leave your warm-ups and keys. The race hasn't even started yet and you already need a drink. This year your worries will be lessened. The Kanawha Valley Road Runners Club has rented a room at the Elk River Holiday Inn - as close to the starting line as we could get - for your convenience.

Beginning at 7:00 a.m. Saturday, September 3, the room will be open for any member to use the toilet facilities, stash belongings, and get a drink. A sign on the door should be visible from the starting area. We will provide a variety of liquids both pre and post race.

The room will remain open throughout the day so you may pick up what you left, shower if you wish (on a first come - first serve basis), or just stretch out on the floor while waiting for the awards ceremony.

We would like to thank Pat Board for suggesting this as an opportunity for the club to offer a needed service to its members. We are happy to be able to provide this hospitality room for you and we wish each and every Charleston Distance Run participant the best of runs.

The club will be manning an information booth at the Civic Center the evening of September 2.

Stop by and say hello.

KANAWHA VALLEY ROAD RUNNERS

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Bill O'Dell	President
Don Barnett	Vice President
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FROM THE EDITOR:

You start out from an air-conditioned house or office or after a breezy drive. You know its 90+ degrees out and the humidity is 70+ percent but right now you feel pretty strong and you just quenched your thirst and you're ready to go, so you do.

After the first quarter-mile you're sweating pretty good and uncom- sciously licking your already drying lips. By one mile your face and the top of your head feel more heat from the inside than the sun overhead is applying outside but your first water stop is about a quarter-mile ahead and knowing that, it's easier to ignore the heat and thirst.

Ah! Water! Drink a little, catch your breath, drink some more, throw some on your face, put your head under the water, drink some more and you're off again! By now you notice that you are soaked in sweat and after running three blocks thirst returns, you try to think of something to drive you, to take your mind off your immediate discomfort. I think about the Charleston Distance Run, if I can build up some heat tolerance it may give me an edge if race day turns out hot and muggy and even if the weather is cool, learning to deal with discomfort hardens your resolve, gives you that mental toughness that carries you through the last miles when your body barely can. Anyway you try to imagine some future benefit since you can't see any benefit at all right here and now for doing what you are doing.

A half mile after your second water stop your body starts a serious concerted rebellion. Head and face are so warm that the heat seems to seek escape by burrowing inward rather than by expanding outward. Hair soaked in sweat hangs in ringlets about your ears and forehead dripping into ears and eyes blurring vision and obscuring sound. Legs, so fresh 20 minutes ago, feel heavy and weak. Feet are wet and sliding in sweat soaked shoes. You approach a small hill, it is still a mile and a half to home and water, but it's a hill and you feel its challenge so you push and go. Now everything else recedes and two things catch your attention--your legs, can they continue this to the top of the hill? And your heart, you feel it strain, pumping hard and fast. It doesn't feel any bigger but you definitely know where it is, like a fist pulsing, flexing. You worry for a second if you aren't taxing it too much, for then you are over the crest and your pace slows, you stretch your legs out for a leisurely down slope run and it's good to know you can test your body and it will respond, your heart eases immediately--still beating fast but not with such effort.

The exhilaration doesn't last long, though, back on the flats you remember your thirst and then the heat and then your thirst again. You would walk that last three quarter miles except you can't wait that long for a drink, so you plod on. This fall when I'm running long fast distances without fatigue, I'll be glad for today and tonight at the cookout when everyone else is complaining of heat it will seem cooler to me and I'll be glad then too. But right now I'd give away half my T-shirt collection for a glass of ice water.

The National Running Data Center (NRDC), since its founding by Ken Young, has worked at compiling statistical results and records for road racing. The NRDC exists solely on donations and the sale of its books. A \$15 or more donation entitles you to their monthly newsletter. The RRCA encourages race directors to adopt the NRDC requirements for race results as their standard. Below are those requirements:

RACE RESULTS NEEDED BY THE NRDC

by Ken Young

The NRDC needs results of races to carry on its activities of keeping the official national records, age records, national rankings, race participation statistics and other statistics on road and long distance running. Specifically, we need:

- (1) results of all U.S. non-track races 5 kilometers and longer
- (2) results of all U.S. track races longer than 10 kilometers
- (3) results of foreign races where U.S. citizens participate

Non-track races may be held on paved, gravel or dirt roads, trails or cross-country such as on golf courses or in parks. Results of races closed to school runners are not needed. Complete results are desired for all races but it is particularly important that the NRDC receive complete results of all races held on certified courses and tracks. Complete results consist of the following information for every finisher:

- (1) time
- (2) full name
- (3) age
- (4) sex
- (5) home state
- (6) citizenship if not U.S.
- (7) identify wheelchair/other special racers
- (8) dates of birth for top age group finishers

The race should be clearly identified by (1) name, (2) date, (3) distance, and (4) location, town (nearest) and state. This information should be presented in a clear and readable manner. The exact format is left to the convenience of the race director. To us, the most useful format lists men and women separately by age group, in order of time, in columnar format.

To substantiate marks that may qualify for records or national ranking, the following information must be supplied:

- (1) a copy of the letter granting national course certification signed by Ted Corbett which serves to identify the course,
- (2) a signed statement attesting that the race was held on the course as certified,
- (3) complete race results listing official times as recorded. If times are rounded, indicate how fractions of seconds were rounded,
- (4) a description of the procedures used to match runners and times at the finish to insure accuracy,
- (5) a description of measures taken to verify performances and to insure against cheating.

For races held on uncertified courses, we would prefer complete results. If full results are not available, please send the name, date, distance, and location of race and the number of official finishers.

If race results do not list all finishers, some runners may not receive credit for age records or be included in rankings. If ages are not reported, runners cannot be considered for age records and may not be included in their proper age group for rankings. If sex is not indicated, women may not be recognized. If hometown and homestate are not reported, runners with similar names may be confused. If no results are received, we can't do anything for your runners.

Age records and rankings are published annually by the NRDC. Over 250 pages of annual and all-time rankings are included in "US Distance Rankings." Over 3,000 age records are listed in "Running Records by Age." The NRDC is the official road record keeper for both the RRCA and TAC. Only those road-racing performances approved by the NRDC can be accepted by the RRCA and TAC.

Race results should be sent promptly to the NRDC, P. O. Box 42888, Tucson, AZ 85733

CHARLESTON DISTANCE RUN COMMITTEE

by Connie Perry

I have been asked to share some "behind the scene information" on the Charleston Distance Run. For several years, I was the token female runner on the Charleston Distance Run Committee and then in 1983, two more women were invited to be members of the Committee organizing the Annual Charleston Distance Run. We meet the third Thursday of each month in the Mayor's Conference Room at City Hall. These are open meetings and anyone can attend. This year's 15 mile run will begin at 8:00 AM September 3, 1983. There has been one minor change in the course this year, when turning east of Delaware Avenue on the west side between the 12 and 13 mile markers, you will run down Lee Street to Court Street and then finish same as last year. In past years, Randolph Street and Quarrier Street were used between Delaware and Court. "Permanent" mile markers will be installed the night before the race.

On Tuesday, August 30, volunteers will assemble in Parlor A & B of the Civic Center at 6:00 PM to fill race packets for the preregistered applicants. Anyone who can help is invited to come that night and will receive a volunteer T-shirt in appreciation of their help. The Athletes Foot will provide Gatorade on the course. Charleston Fire Department will have water hoses along the course this year. I have heard that we will have music at the beginning and end of the race. The entire race will be televised live by WCHS-TV this year and the first male and female finishers will be interviewed, as well as the first Charleston male and female to finish.

The Pasta Party provided by C&P Telephone Company will be held from 6-9 PM Friday, September 2, 1983, and will be free to the runners; \$2.00 will be charged to guests and this will cover the pasta, as well as RC and beer. The "Stark Raven Band" will provide entertainment. All runners are asked to pick up their numbers Friday night, to prevent problems Saturday morning.

The Charleston Department Store will sponsor a free clinic and film from 7-9 PM Friday night and there will be lots of door prizes. I understand that the Civic Center will charge for parking Friday night but parking will be free Saturday.

This year the trophies will be displayed in a permanent trophy case before the race, and there will be a new trophy for a Charlestonian, details to be announced at the Awards Banquet. The Civic Center will open at 1:00 PM for the Charleston Gazette Awards Ceremony. There will be free buses to transport runners back to the Civic Center and showers will be located on the Lee Street side of the Coliseum (dock area).

Gaston Caperton Insurance Company provides the T-shirts and we are looking forward to another well-organized and successful 15 mile race. I encourage any comments or suggestions for improving this race. You can contact me at (348-3408) or the race Chairman, Tony Gallo.

KVRR BOARD OF DIRECTORS MEETINGS

The August meeting will be held Tuesday, August 30 at 6:00 PM in parlor A & B of the Charleston Civic Center where we will help prepare runner's packets for the Charleston Distance Run.

The September meeting will be held Tuesday, September 27 at 7:00 PM at the home of JoAnn Dawson, 731 Churchhill Drive, Charleston, WV. As always, members are invited to attend.

SCHEDULE OF EVENTS
SEPTEMBER - OCTOBER 1983

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

September 3, 1983
Saturday

Charleston Distance Run (15 miles)
RT: August 30, 12:00 noon deadline
ST: 8:00 AM
SP: Charleston Civic Center
EF: \$10.00
RD: Charleston Distance Run Committee
P. O. Box 2769
Charleston, WV 25330

September 17, 1983
Saturday

Big Moses Distance Run (10K)
RT: 6:30 PM
ST: City Building Sistersville, WV
EF: \$4.00/\$5.00
RD: WV 041 & Gas Festival
P. O. Box 25
Sistersville, WV 26175

September 4, 1983
Sunday

Sutton 7 Mile Run
RT: 10:45 AM - 11:45 AM
ST: 12:00 noon
SP: Braxton County Courthouse,
Sutton, WV
EF: \$5.00
RD: Charles R. Price
Central WV Roadrunners
34 1/2 Herold Route
Sutton, WV 26601

September 17, 1983
Saturday

War Memorial Park 10K
RT: 7:30 AM
ST: 10:00 AM
SP: War Memorial Park, Martinsburg, WV
EF: \$6.00/\$8.00
RD: David Ambrose
263-2955

September 17, 1983
Saturday

Pike Fest 10K & 5K
RT: 8:00 AM
ST: 9:30 AM
SP: Pi Kappa Alpha Fraternity House,
Huntington, WV
EF: \$5.00/\$6.00
RD: Cleon Fowler
523-7581 or 696-9320

September 10, 1983
Saturday

Herald Dispatch Press Run (10K)
RT: 7:00 AM - 8:30 AM
ST: 9:30 AM
SP: 5th Ave. & 10th St., Huntington
EF: \$3.00
RD: Herald Dispatch
P. O. Box 2017
Huntington, WV 25720

September 24, 1983
Saturday

Gassaway Run For Hunger
RT: 8:30 AM - 9:30 AM
ST: 9:30 AM
SP: Food Bank
EF: \$4.00/\$5.00
RD: Mountaineer Food Bank
416 River Street
Gassaway, WV 26624
1-364-5518

September 10, 1983
Saturday

Potatoe Festival 6 Mile
RT: 7:30 AM - 8:30 AM
ST: 9:00 AM
SP: Mt. Manor Camp Ground, Summersville
EF: \$6.00/\$7.00
RD: Tim Ellison
(0) 872-2279 (H) 872-6787

September 24, 1983
Saturday

Clay Apple Harvest Run
RT: 8:00 AM
ST: 9:00 AM
SP: Clay County High School
EF: \$5.00
RD: Ron Sirk
c/o Clay City High School
Clay, WV 25043
(H) 286-5975 (O) 587-4226

September 17, 1983
Saturday

Clendenin 7 Mile Run
RT: 7:00 AM
ST: 8:00 AM
SP: Downtown Clendenin
EF: \$4.00/\$6.00
RD: 548-6751

September 25, 1983
Saturday
Honey Run (3 mile)
RT: 1:00 PM
ST: 2:00 PM
SP: City Park
EF: \$6.00
RD: WV Honey Festival
Box 2149
Parkersburg, WV 26101
422-8551 ext. 1305

October 1, 1983
Saturday
St. Albans 4th Annual Dragon On 10K
RT: 8:00 AM
ST: 9:00 AM
SP: Hudson Street next to
St. Albans High School
EF: \$5.00/\$6.00
RD: Tim Smith
St. Albans High School
(H) 727-8966 (HS) 727-2226

October 16, 1983
Saturday
Black Walnut Festival 10K
RT: 1:00 PM
ST: 2:00 PM
SP: Roane County Library, Spencer, WV
EF: \$6.00
RD: David Combs
122 Dodd Drive
Spencer, WV 25276
927-2742

October 22, 1983
Saturday
KWANG 10K Apple Trampoline
RT: 11:00 AM deadline
ST: 12:15 PM
SP: Air National Guard Fire Station,
Martinsburg, WV
EF: \$6.00/\$8.00
RD: WV Air National Guard
Martinsburg, WV
263-0801

September 25, 1983
Saturday
Chilton House (5 mile)
RT: 1:00 PM
ST: 2:00 PM
SP: St. Albans Loop
EF: \$5.00/\$7.00 late
RD: Patrick Shinn
(H) 727-4614 (O) 722-2918

October 2, 1983
Sunday
Mt. State Forest Festival 10K
RT: 11:30-1:30 PM
ST: 2:00 PM
SP: 4th & David Ave., Elkins, WV
EF: \$5.50/\$7.50
RD: Jim Stemple
1204 S. Henry Avenue
Elkins, WV 26241
636-6082 or 636-1414

October 23, 1983
Sunday
Parkersburg CC Octoberfest (4.2 miles)
RT: 12:00 PM - 2:00 PM
ST: 2:30 PM
SP: Community College
EF: \$5.00/\$6.00 after Oct. 14
RD: PCC
Rt. 5, Box 167A
Parkersburg, WV 26101

October 23, 1983
Sunday
Pumpkin Run (10K)
RT: N/A
ST: N/A
SP: Pipestem State Park Lodge
EF: \$4.00/\$6.00
RD: Mark Gladney
703 Garland Avenue
Princeton, WV
487-1823

October 29, 1983
Saturday
Autumn Gold Classic
RT: 7:30 AM
ST: 9:00 AM
SP: Dupont High School
EF: N/A
RD: Herb Watson
901 W. Dupont Avenue
Belle, WV 25015
(O) 357-1686 (H) 345-8228
or Bob Zedosky
357-1661

October 1, 1983
Saturday
Dunbar Wine Cellar 10K
RT: 9:00 AM
ST: 10:30 AM
SP: 14th St. & Myers Ave., Dunbar
EF: \$6.00/\$8.00
RD: Dunbar Parks & Recreation
766-0223

October 8, 1983
Saturday
Walkfest '83 (10K)
RT: 9:00 AM
ST: 9:00 AM
SP: Coonskin Park Clubhouse
EF: \$4.00/\$5.00
RD: David MacGorkle
(H) 344-3975 (O) 744-5335

October 1, 1983
Saturday
Oglebay Fest 10K
RT: 8:00-8:45 AM
ST: 9:00 AM
SP: Oglebay Park Wheeling, WV
EF: \$5.00
RD: Frank Monteleone
Oglebay Country Roaders
P. O. Box 4076
Warwood, WV 26003

October 15, 1983
Saturday
Point Pleasant Distance Run (10K & 5
RT: 10:00 AM
ST: 10:00 AM
SP: \$5.00/\$7.00
RD: City of Point Pleasant
675-2360

September 10, 1983 - US Coal Festival 10K
October 1, 1983 - Bridgeport Lions Club 10K
October 9, 1983 - University City Classic
October 15, 1983 - Diabetes Runathon
October 22, 1983 - Barboursville Rotary 5K

October 15, 1983
Saturday
WV-CAG Mini-Triathlon
RT: 10:00 AM
ST: 1:00 PM
SP: University of Charleston
EF: \$10.00/\$12.00
RD: Danny Philpott
c/o WV Citizens Action Group
1324 Virginia Street, E
Charleston, WV 25301
346-5891

October 15, 1983
Saturday
Milk & Honey 10K
RT: 8:00 AM
ST: 10:00 AM
SP: Main Lodge - Canaan
EF: \$5.00/\$7.00 after Oct. 5
RD: Rick Valente
866-4121

November 26 - Almost Heaven Marathon
December 31 - New Years Eve 5K

LOOKING AHEAD

UNCONFIRMED RACES

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

Annette Castelle 949-6400 (O)
124 Westview Drive 343-9371 (H)
Charleston, WV 15311

by Jim Jones

On March 13, 1983, The Athletic Congress (TAC) Board of Directors unanimously voted to move The National Track & Field Hall of Fame from 1524 Kanawha Boulevard in Charleston where it had been since its inception in 1974 to TAC headquarters in Indianapolis, Indiana. The new home will be located in the 63,000 seat Hoosier Dome, scheduled for completion in August, 1984. It will now have the funding to grow and to have the dignified shrine that it deserves. The running community in the Indianapolis area is very supportive of this move and while it is sad to see the Hall leave Charleston, it will be in good hands. Thanks are due to everyone who has contributed with their money and time down through the years. It is like parting with an old friend, not goodbye, but until we meet again.

Correspondence with the TAC or the National Track & Field Hall of Fame can be addressed to:

3400 W. 86th Street
P. O. Box 68207
Indianapolis, IN 46268

NEW MEMBERS

New members for May through July are:

- Ricky Harris, Clendenin
- John Highsmith, Charleston
- Tim Holbrook, Charleston
- Archie E. Mullins, Charleston
- Robert Geake, Charleston
- Pat Drummond, Charleston
- Lee Fuqua, Elkview
- Rev Mole, St. Albans
- Dianna Patton, Cross Lanes
- Don Hilligoss, South Charleston
- Brenda Joan Bertus, Charleston
- Jeanie Duncan, South Charleston
- William Wood, Charleston
- Robert DeHart, Charleston
- Ginger Rossnagel, Dunbar

RECENT CLUB ACTIVITIES

The KVRRC managed the finish line, results tabulations and awards for the 7th Annual WV 20KM Championship, also known as the Oak Hill to Fayetteville Race. The course was changed slightly this year at the beginning and end but the middle section through the rolling hills on the Salem-Gatewood road remained unchanged. Dave Copeland and Don Barnette were in charge.

The Club was instrumental in helping Bill Ripley get his planned "Kanawha Boulevard Mile" approved by the city. The straight-shot one mile run down the Boulevard finishing near the South Side bridge will be held the weekend before the Distance Run.

The Board of Directors decided to challenge other state running clubs to compete in the Charleston Distance Run. We will take the top five or ten runners (male and female) from each club and see who has the fastest runners. It is hoped that these clubs will, in return, challenge us to their local runs and rivalry can begin. It was decided to add these clubs to our mailing list for newsletters as well.

A discussion was held on having another club function similar to the speedwork clinic that was held July 12. Bill O'Dell said that 33 people attended the clinic and everyone seemed to enjoy it. Comments received were favorable and the clinic was deemed a success. It was decided to hold some type of club gathering in the fall.

A decision will be made as to exactly what at the next couple of meetings, so if you have suggestions for this plan to attend the board meetings or contact a board member.

STATE AAU RECORD SET

Jennifer Cornell, nine year old daughter of KVRRC member Tom Cornell, set a new state record for her age group in the 800 meter run at the West Virginia AAU finals held in Proctorville, Ohio in July. Her time of 3:01 beat the old record by five seconds. She also finished fourth in the 1500M and fifth in the 800M at the AAU regionals in Cleveland. Congratulations Jennifer.

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I would like to thank the advertisers who have supported our publication. I also encourage members to acknowledge our gratitude when they make purchases at an advertiser's business. This is the only way they can tell if their advertising is being read.

New advertisers are always welcome. Our ad prices and policies are as follows:

- Business Card Ad - We reproduce your business card \$10
- Half-Page Ad - You supply photo-ready graphics \$25
- Full Page Ad \$50
- Race application insert - You supply us with the applications, we insert and mail them with our newsletter \$25
- Present circulation is 300+ avid runners and their families.
- Purchase of ad includes receiving copy of newsletter for that issue.
- Payment can be made at time ad is placed or you will be billed once the issue has been mailed.

For additional information or to place your ad call or write:

Gary C. Smith, editor
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South Charleston, WV 25303
744-1099 (Home) - evenings or weekends

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CAR RENTAL DISCOUNTS

As members of the Road Runners Club of America (all KVRRC members are automatically RRCA members) you are entitled to a 15% discount on car rentals from Hertz. Simply give the rental agent the RRCA/Hertz I.D. Number 42136 or just state that you are an RRCA member and they can look the number up in their books.

Kanawha Valley ROAD RUNNERS

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

1. Development of a club run--this run will provide other runners and race directors a "showcase" for how races ought to be conducted.
2. Bi-monthly meetings which will include lectures, discussions, movies, and trade sessions.
3. Development and sharing of training strategies for novice to experienced runners.
4. Bi-monthly mailings of a newsletter which will include upcoming events which receive the KVRRC's endorsement. This mailing also will include race results plus dates, times, and meeting places for training runs and special events.
5. Discount to club members from athletic stores.

Running has brought to the Kanawha Valley a wide assortment of runners/joggers. Whatever you consider yourself, we believe there is a place for you in our club. Please join with us in promoting running. If you are interested, mail the application below to: P.O. Box 2282, Charleston, WV, 25328, and enclose a check for \$5.00 single membership or \$9.00 family.

KVRRC MEMBERSHIP APPLICATION

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

Type of Membership:

Regular (\$5) _____ Full Time Student (\$3) _____ Family (\$9) _____
Contributing _____ (Includes one of above memberships plus contribution to Club).

Last Name: _____ First Name: _____ Sex: M: _____ F: _____ Age: _____

Home Address: _____ City: _____ State: _____

Home Phone: () _____ Office Phone: () _____ Zip: _____

Occupation: _____ Student's School: _____

Family Membership Names: _____ Date of Birth: _____ RENEWING MEMBERS

1. _____
2. _____
3. _____
4. _____

NOTE HERE IF CHANGE IN ADDRESS

MAKE CHECK PAYABLE TO: THE KANAWHA VALLEY ROAD RUNNERS CLUB

P. O. Box 2282
Charleston, West Virginia 25328