



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor

1989

September-October

THE PRESIDENT'S PAGE

On behalf of the members of the KVRRC I want to thank and offer good luck to Mike Fyrvt. Mike who was on the Board of Directors of the KVRRC and also was editor this newsletter, has moved to Canada. I have reactivated Gary Smith as Editor but if you would like to get involved or help with the newsletter give me a call.

Congratulations to the following KVRRC members: Joe Pat Young of Summersville, WV who won his first road race in July; Bubby Dent and Mary Heidelk for their weekend after weekend on race courses; to everybody that completed the August 5th, hilly and humid Oak Hill to Fayetteville 20k; to the Great Teays Running Club for another excellent 10k that was run on July 15th at Hurricane High School; to Dave Fields and his August 12th Pinch 5-miler. Congratulations also to Dorsey C. for a great show with his August 19th Parkersburg half-marathon; to JoAnn Issac race director for the July 29th Thomas Hospital Run for Lifestyle 5-Miler, who was flexible enough to move the race course to St. Albans and a easier course so more people could participate; and good luck to everybody running the 17th Annual Charleston Distance Run, 15 miles, on September 2nd.

The date for the 1989 Almost Heaven Marathon has been changed to Sunday, December 3rd at 10:00 AM. The 89/90 KVRRC "Winter Series" dates are set: The Kanawha City 10k, December 10, 1989 at 2:00 PM; the Frostbite 5-Miler, January 14, 1990 at 2:00 PM and the Valentine 5k, February 11, 1990 at 2:00 PM. I urge you to think early this year about the Almost Heaven Marathon. Again this year it is a three loop course in Kanawha City and you can run as an individual or on a three person team and participate in a marathon.

Yes, the fall marathon season is fast approaching but I ask you to run/support KVRRC board member and race director Dennis Hamrick for the October 7th "Run for the People 10K at Shawnee Park, Institute, WV at 9:00 AM. Dennis is a fulltime race director who offers you a quality road race.

I challenge you to bring a friend to the races and a new member into the KVRRC, as I have a goal to reach 300 members in 1989. As always your support is fantastic. Patrick and I will see you at the races.

Pat Board, III

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	347-7010
Sam Garrett	Vice President	925-3247
	Membership Chairman	343-9371
Annette Castelle	Secretary	744-4918
Bill O'Dell	Director	345-6072
Rufus Dingess	Director	344-4488
Dave Ellis	Director	344-8342
Dennis Hamrick	Director	768-8472
Bill Shultz	Director	548-4761
Dave Fields	Director	

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Gary Smith	Alternate	757-0617
	Newsletter, Calendar	

FROM THE EDITOR:

The Exceptional Run

We've all been asked many times why do you run? I was asked recently and told the questioner, It's for those rare exceptional runs. I'll run all the other times in order to stay in shape for the 10 or 12 exceptional runs each year." For me there are four ingredients to the exceptional run: Speed, duration, ease and state of mind. When you can run fast for 25 or more minutes with ease it can give you a positive feeling about yourself that is hard to describe. Fluidity, power, invincibility, tranquility and exuberance all come to mind.

When I try to think when I've had these runs I find its never in a race, never in an early morning run and usually when I run alone. Often it occurs when I run a race or a long depletion run and followed that by a day of rest. The first or second day following the rest day is a prime time for an exceptional run.

Scientists tell us long distance running can release endorphins, a self produced, natural opiate-like chemical in our bodies. I'll take their word for it. If you want to achieve this feeling the following may help:

The hard part first, you have to be in reasonably good shape in order to run long enough with the relative ease necessary. Assuming you've already met this requirement you'll have your best chance for an exceptional run if you are loose and well stretched (this is why morning runs don't work for me). You need to run fast but below your race pace, I think this is why I have more success when I run alone, if I run with someone I tend to run a compromise between my pace and theirs. You need to be well rested, I think taking a day off from running once a week is a good idea.

If all of this sounds too complicated or too hard then take heart. I heard today on public radio that eating hot chillies can cause the production/release of endorphins - so there is an easier way.

Gary Smith

Common Foot Problems in Running Sports  
By Steve Glickman  
(Reprinted from Florida Raceplace)

The following information will highlight some of the more common problems that may effect the foot in runners.

**Blisters** may be one of the most common problems from running. The blister is produced by a rapid and recurrent sheering force applied to friction areas which causes the skin to split in the lower layers of the epidermis (lower skin level). Especially, in a warm and humid environment this can exist in running sports.

The treatment of blisters involves carefully opening the blister with a sterile pin between the 12th and 24th hour after development. It is important not to remove the top of the blister. The pin should be sterilized by holding it in a flame and letting it cool. Wipe the blister with alcohol and then make a tiny hole at the side of the blister. Press gently over the blister and let the clear fluid drain out. (should the blister look dark, it most likely contains blood and this should not be drained.) Pressing the roof back to the base of the blister decreases the possibility of re-filling. However, blisters may fill again and the procedure may have to be repeated. Cutting out a donut with adhesive mole-skin, foam or felt will allow the pressure to be dispersed to other areas of the foot and not to the blister. This will allow the blister to heal rapidly.

Other prevention techniques commonly employed for the prevention of blisters may be the use of two thinner socks as opposed to one thick sock, applying a vaseline type lubricant over the common friction areas, which are usually at the ball of the foot and at the heel.

Another helpful tip is when the runner feels a hot-spot develop in their foot, if they can stop immediately and apply ice to this spot, they may avoid the development of a blister. How many times have you felt a hot-spot develop and elected to run through the situation. You'll notice later the blister will appear and is somewhat disabling.

Another problem with the foot can be **corns**. This is usually the result of a chronic and repeated friction and pressure on the sole of the foot. There appears to be no real difference in hard and soft corns. As corns dry, they harden, and then soften with moisture. Common corn removers that are sold over the counter may be helpful, however, avoiding pressure to these areas is the best defense.

Another disabling foot problem is **plantar warts** which can be distinguished from corns. Warts are caused by a virus and are in principal contagious. There is an increased incidence of plantar warts in people who frequent public showers and locker rooms. Plantar warts can be serious and disabling and should be treated by a professional.

How many times have you run and felt pressure with the tip of your toe, especially the great toe. This may be a result of your foot sliding in the shoe to the toe area or by a swelling of your foot during running, whereby, the shoe becomes excessively tight. The impact of the tip of the shoe on the toe can cause a development of bleeding under the nail. If repeated over period of time a horn like build-up under the toe may appear. In many instances, these lesions cause no symptoms, but when continuous pain accompanies the changes a professional should check this area with the possibility of performing an x-ray to rule-out any chance of fractures of the toe involved. Another problem in the toes can be an ingrown toenail. This could be a result of improper grooming or excessive pressure, possibly from running. Toenails should always be cut straight, and the corner should not be removed so that they hang freely over the side of the toes.



9-16-89  
Cadiz → Hopeville 14.9M  
ST: 9:00 AM  
SP: Cadiz, OH

Green Bend 10K  
ST: 9:00 AM  
SP: Cadiz Nat'l Guard Armory  
No. Tri-State Report

SCHEDULE OF EVENTS  
SEPTEMBER - OCTOBER 1989

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

September 2, 1989  
Saturday  
17th Charleston Distance Run (15M)  
RT: Pre-register  
ST: 8:00 AM  
SP: Charleston Civic Center  
EF: \$8.00/\$12.00/\$20.00  
RD: Distance Run Committee  
348-6464

September 16, 1989  
Saturday  
Wine Cellar Classic 10K  
RT: 7:00 AM  
ST: 9:00 AM  
SP: Wine Cellar Park, Dunbar, WV  
EF: \$8.00  
RD: Bud Bickel 766-0223

September 17, 1989  
Sunday  
9th Milk and Honey 10K  
RT:  
ST:  
SP: Canaan State Park  
EF:  
RD: WV Dept of Commerce  
Governors Cup Race  
1-800-Call WVA

September 23, 1989  
Saturday  
Chas. East Comm. Dev. 10K  
RT:  
ST: 8:00 AM  
SP: WCHS-TV Piedmont Road  
EF: \$10.00/\$12.00  
RD: Mia Jackson 343-3604

September 9, 1989  
Saturday  
12th Potato Festival 6M  
RT: 7:00 AM  
ST: 9:00 AM  
SP: Mt Manor Cmpgrd, Summersville  
EF: \$7.00/\$8.00  
RD: James K. Stuppio  
872-5618

September 16, 1989  
Saturday  
Mts. State Biathlon 10K & 20M  
RT:  
ST: 9:30 AM  
SP: Raleigh Co. Airport, Beckley  
EF: \$15.00/\$20.00  
RD: Raleigh County Road Runners  
252-9945

September 23, 1989  
Saturday  
Honey Run (3M/1M)  
RT:  
ST: 9:00 AM  
SP: City Park, Parkersburg, WV  
EF: \$7.00/\$8.00  
RD: Judy Chichester 422-6684

September 24, 1989  
Sunday  
Charles Town Ransom 5K  
RT:  
ST: 8:00 AM  
SP:  
EF: \$8.00/\$10.00  
RD: Pam Carroll 725-7489

September 30, 1989  
Saturday  
Southern WV Fallfest 10K  
RT:  
ST:  
SP: Camp Creek State Park  
EF:  
RD: WV Dept of Commerce  
Governors Cup Race  
425-9481

October 14, 1989  
Saturday  
Collegiate Chase 5M  
RT:  
ST: 9:30 AM  
SP: King Comm. Ctr. Donnelly St.  
EF: \$7.00/\$8.00  
RD: Carl Hadsell 293-2124  
Long sleeve shirt, coffee  
mug to finishers

October 21, 1989  
Saturday  
Humana 10K  
RT: 8:00 AM  
ST: 10:30 AM  
SP: Greenbrier Ctr., Lewisburg, WV  
EF: \$8.00/\$10.00  
RD: Lee Scruggs 647-6015 (d)  
645-6365 (e)

October 28, 1989  
Saturday  
8th Autumn Gold Classic  
RT:  
ST: 9:30 AM  
SP: Kanawha City Rec. Center  
EF: \$8.00/\$10.00  
RD: Bob Zedosky 357-1672 (d)  
345-7030 (h)

LOOKING AHEAD  
November 12, 1989 Columbus Marathon, Columbus, OH  
December 3, 1989 Almost Heaven Marathon, Chas., WV  
December 10, 1989 Kanawha City 10K  
  
Race Directors should immediately contact  
the KVRC regarding cancellation or re-  
scheduling of events. Please provide race  
information to:  
Gary C. Smith  
170 Washington Circle  
Hurricane, WV 25526  
757-0817 (after 6PM or  
weekends)

October 7, 1989  
Saturday  
3rd Run for People 10K  
RT: 7:45 AM  
ST: 9:00 AM  
SP: Shawnee Park, Institute, WV  
EF: \$8.00/\$10.00  
RD: Dennis Hamrick 747-5754 (D)  
See ad this issue 344-8342 (H)  
1/5 shirt, cap & gloves to all

October 15, 1989  
Sunday  
12th Pumpkin Run 10K  
RT:  
ST: 2:00 PM  
SP: Pipestem State Park  
EF: \$6.00/\$8.00  
RD: WV Dept. Of Commerce  
Governors Cup Race  
1-800-CALL WVA

October 21, 1989  
Saturday  
CARC 10K Fall Forest Run  
RT: 8:00 AM  
ST: 9:00 AM  
SP: Kanawha State Forest  
EF: \$7.00/\$10.00  
RD: Jeremiah Gagnon  
See ad this issue

LOOKING AHEAD  
November 12, 1989 Columbus Marathon, Columbus, OH  
December 3, 1989 Almost Heaven Marathon, Chas., WV  
December 10, 1989 Kanawha City 10K

# There's A Measurable Difference . . .



Whether it's exercising more, eating better, cutting down on stress, salt or smoking, modifications in your lifestyle can make a measurable difference in your health and productivity, both professionally and personally.

Thomas Memorial Hospital is pleased to announce a new health promotion program called Profit Lifestyle and Fitness Evaluation.

We are distinctly different from traditional "health club" programs. We are hospital based and combine state of the art technology with trained professionals. After your initial consultation, you will be given supervised instruction and guided through our 7-step program to determine pulmonary, cardiovascular, and nutritional status, and to screen risk factors relating to heart disease.

Profit can customize a program for any individual need — weight loss, cardiovascular risk factor reduction, smoking cessation, a specific exercise plan, and more. We will also provide information regarding current health, nutrition and fitness standards. We will work with you on an individualized basis to achieve peak condition.

Take a sensible approach to optimum wellness and exercise your right to a healthy lifestyle. Thomas Memorial Hospital and Profit, lifestyle and fitness . . . made to measure.

**766-3440**

**Thomas Memorial Hospital**  
4605 MacCorkle Ave. S.W.  
South Charleston, WV 25309

## EXERCISES FOR KNEE REHABILITATION

### Exercises for Knee Rehabilitation

#### General Instructions:

How fast and how well you regain knee motion is directly related to your motivation and perseverance. Strong determination and tolerance for temporary discomfort will hasten your return to normal activities.

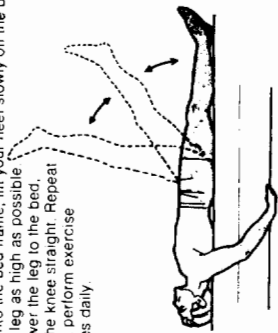
Follow the exercise routine prescribed by your doctor. Gradually increase the frequency of the exercises as your knee becomes stronger. Initially you may require assistance, but you should soon be able to perform these exercises and stretching maneuvers on your own.

Swimming is a good form of exercise, many of the following exercises can be more effectively performed with the aid of the water's buoyancy.

You may wish to establish the exercise pattern with your good knee; then switch to the injured one.

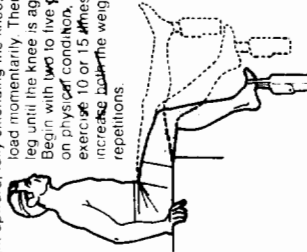
### 2. Straight Leg Raising.

Lie on your back with your legs out straight, knees unbent. Holding onto the bed frame, lift your heel slowly off the bed. Raise the leg as high as possible. Slowly lower the leg to the bed, keeping the knee straight. Repeat ten times; perform exercise three times daily.



### 3. Progressive Resistance Exercises.

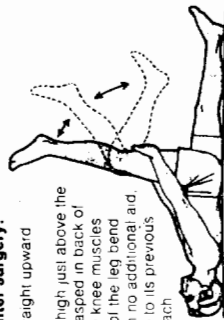
Sit on a high table or bench, with legs dangling. Suspend weights from your ankle, using a small bucket, ladies handbag, or any pouch with a strap. Lift the weight upward, fully extending the knee, and hold the load momentarily. Then slowly lower the leg until the knee is again bent 90 degrees. Begin with two to five pounds, depending on physical condition, and repeat the exercise 10 or 15 times. Progressively increase both the weight and number of repetitions.



### 4. Knee Flexion Exercises.

#### a. Immediately after surgery:

1. Raise the leg straight upward as in Exercise #2. Support the lower thigh just above the knee with hands clasped in back of the knee. Relax the knee muscles and let the weight of the leg bend the knee, then, with no additional aid straighten the knee to its previous position. Repeat, each time permitting the leg to bend further.



\*Plastic water bags are also available for home use. Metal shoes with weight attachments may be purchased in a sporting goods store or students may borrow them from the athletic departments of high schools or colleges.

# Kanawha Valley ROAD RUNNERS

For our Putnam County members here's another fine organization that you may want to consider joining in addition to the KVRRC.

The GTRC invites you to join with us for an exciting and enjoyable year. As a member of GTRC you may participate in our:

1. Sunday Fun Runs - Jan, Feb, Mar.
  2. Speed training - Hurricane High School - Tuesday evening
  3. Annual Spring Run - March
  4. Spring picnic for the entire family - May
  5. G.T. 10K Race - July
  6. Open house at Holiday Inn for the Charleston Distance Run
  7. Fall picnic for the entire family - Sept.
  8. Annual trip to a major marathon.
  9. Christmas party - Dec.
  10. Car booling to races
  11. Monthly club meeting - open to all members
- If any of these sounds interesting, fill out the attached application and mail with your check to GTRC.

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 helpful to all types of runners. Some of the benefits of club membership are:

- o 81-monthly mailings of a newsletter which will include upcoming events throughout West Virginia and in nearby 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 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  
 2. \_\_\_\_\_ IN ADDRESS  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_

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



Type of Membership: Regular (\$5) \_\_\_\_\_ Full-time Student (\$3) \_\_\_\_\_ Family (\$9) \_\_\_\_\_  
 Name \_\_\_\_\_ Sex: M \_\_\_\_\_ F \_\_\_\_\_  
 Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_  
 City: \_\_\_\_\_ School \_\_\_\_\_  
 Occupation: \_\_\_\_\_  
 Family Membership Names: 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_

Circle One - New Member  Yes  No  
 Make check payable to: Great Teays Running Club  
 P. O. Box 16  
 Teays, WV 25569