



KANAWHA VALLEY ROAD RUNNERS OFFICIAL NEWSLETTER

Gary C. Smith, Editor 1990 September-October

THE PRESIDENT'S PAGE

Congratulations to all KVRRC members who ran the Oak Hill to Fayetteville 20K, the Parkersburg Half Marathon and the 18th Annual Charleston Distance Run, three tough races on the roads. Summer is gone but as always the roads are still open with lots of smaller, well organized races leading into the Fall marathon season. Come out and be a part of the action.

The KVRRC is planning ahead. On Sunday, December 2, 1990 at 10:00 AM we will again sponsor the Almost Heaven Marathon in Kanawha City. This is an all flat, three loop course. Again this year we will have three person teams with each person running an 8.7 mile loop/ This year we are going to offer corporate team competition and we will make a donation to charity from these entries.

Also the KVRRC will be sponsoring the 1990-91 "Winter Series" of races in Kanawha City. All races start at 2:00. p.m. and start and finish near CAMC Memorial Division in Kanawha City. See the race calendar in this issue for the dates.

The 1990-91 Annual Awards Banquet will be held on March 8, 1991 at 6:00 p.m. at the Rose City Cafeteria in South Charleston. The following day at 10:00 a.m. the annual Poca River 15K will be held. Don Barnette has redesigned the race shirt logo for 1991, it is fantastic.

KANAWHA VALLEY ROAD RUNNERS

OFFICERS

Pat Board, III	President/Treasurer	744-6502
Paul Garrett	VP/Membership Chmn.	925-3247
Annette Castelle	Secretary	343-9371
Rufus Dingess	Director	345-6072
Dave Ellis	Director	344-4488
Dennis Hamrick	Director	344-8342
Bill O'Dell	Director	744-4918
Bill Shultz	Director	768-8472
Dave Fields	Director	548-4761
Bill Platt	Director	925-8863

THE PRESIDENT'S PAGE (Continued)

Congratulations to all of the KVRRC members who again proved that runners are great athletes and participated in the sixth annual downtown criterium bicycle races.

An open apology to the Great Teays Running Club, president Ruth Heidenreich and members for not listing their race, the Great Teays 5 Miller in the last edition of this newsletter. The race was still successful.

Also I want all our members to know that Bill Platt, 925-8863, is a current member of the KVRRC Board of Directors. Give Bill a call and discuss your training problems with him. Bill is a strong runner and biker and will be glad to help you.

Support the KVRRC by recruiting a new member, bigger is not better but sometimes it helps. Patrick and I will see you at the races.

Pat Board, III

TAKING THE STICK: MY FIRST ROAD RACE

By George Castelle

My first road race was the now defunct Putnam County Run. In 1979 the race was held on a 5.8 mile point-to-point course ending at Hurricane High School. The race was the last weekend in July. It started late in the morning on a day that seemed as hot and humid as July can be.

I had never run 5.8 miles in my life. I had rarely ever run a 5.8 mile week, although I thought at the time that that was a lot. I started near the back.

At the half-way point we passed the only water station. When I ran in high school our coach would smack us if he caught us drinking water and would yell, "What are you trying to do -- make yourself sick?" In the Putnam County Run I couldn't believe how many people were trying to make themselves sick. From my high school coach I knew better, so I ran on.

I fell into stride with a woman about my age who told me that it was her fourth race. She asked me if I "counted my steps" while I was running. I didn't know that I was supposed to, but since she was experienced, I took her advice. It didn't seem to help.

When I was in sight of the finish line, I picked up the pace. I remember during the last few yards that I stopped perspiring and felt chills and goose bumps. I had never felt cold in the heat before, and I thought it was a great cooling mechanism, like a second wind. About a year later I read about heat exhaustion.

At the finish line I didn't take the stick because I didn't know that I was supposed to, and wasn't sure why someone was holding it up. The person with the stick chased after me.

I still have the race results. Out of 276 finishers in the 5.8 mile run, David Wilson was first in 30:33. Frank Lewis was fifth (32:41), Jack Dove seventh (33:19), Ken Tallman 13th - first in the 31-40 division (34:38), Mike Mayes 20th (36:13), Vic Ware 40th (38:45), Jonell Adams first female - 64th overall (40:27), Lyndell Patterson second - 75th overall (40:56), Dave DiElsi 91st (42:04), Paul Garrett 149th! (46:40), Lois Pfister 153rd (46:59), Annette Crabtree (remember her?) 177th, and Harley (now Congressman) Stagers, Jr. 189th (49:31). I was 254th in 58:40. After the race I remember telling myself that next year, if I trained, I could probably break ten minute miles.

As everyone left, instead of saying goodbye, a lot of runners said, "See you in Oak Hill." It must have been some sort of runners' expression. I didn't know what they were talking about.

Members are encouraged to send in accounts of their first road race, whether triumph or tragedy, so that this can become a regular feature.

THE PUTNAM COUNTY LION & LIONESS CLUBS

Present the 1st Annual 10K Run for Sight



INFORMATION

Date: Saturday September 8th, 1990.

START & FINISH: The race will begin at 9AM at the Putnam County Fairgrounds in Eleanor.

SPONSORS: The Putnam County Lion & Lioness Clubs.

COURSE: The course is on dirt or paved roads through the fairgrounds and the Town of Eleanor. (See course map on the back of the form)

FACILITIES: Rest Rooms will be available at the Fairgrounds near the Start & Finish Line.

SPLITS/WATER STATIONS: There will be splits at the 1 mile, 3 mile, and 5 mile marks. There will be two Water Stations along the course.

REGISTRATION: Pre-Registration is \$8 dollars if received by August 31st. Please make checks payable to the Putnam County Lions. Mail to Wilbur Sigmon, 21 Eldorado Acre, Hurricane, WV, 25526. Race day registration will be from 7:30 AM to 8:30 AM at the Putnam County Fairgrounds in Eleanor, WV, and will cost \$10 dollars.

AWARDS; RANDOM DRAWINGS: All runners will receive T-Shirts. Winners will be presented with trophies at Eleanor City Park after the race. Drawings for door prizes will also be held.

10K AWARDS
Best overall male and female
2nd, 3rd, & 4th place

- 14 & under----- (Best male & female)
- 15-19----- (1st, 2nd, & 3rd male & female)
- 20-24----- (1st, 2nd, & 3rd male & female)
- 25-29----- (1st, 2nd, & 3rd male & female)
- 30-34----- (1st, 2nd, & 3rd male & female)
- 35-39----- (1st, 2nd, & 3rd male & female)
- 40-44----- (1st, 2nd, & 3rd male & female)
- 45-49----- (1st, 2nd, & 3rd male & female)
- 50-59----- (1st, 2nd, & 3rd male & female)
- 60 & over----- (Best male & female)

ADDITIONAL INFORMATION: Phone Wilbur Sigmon at 757-6504 after 4 PM for more information.

SPECIAL APPRECIATION IS EXTENDED TO THE BUSINESSSES WHO GENEROUSLY DONATED PRIZES AND REFRESHMENT TO THIS EVENT.

Any profits generated by this event will be donated to the West Virginia Lions Sight and Hearing Conservation Foundation.



Saturday September 8th, 1990

9:00 AM Putnam County Fairgrounds
Eleanor, West Virginia



Kanawha Valley ROAD RUNNERS



KVRRRC 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

