

news from the Tallman Track Club



"Where the road goes on forever and the party never ends."
-- Robert Earl Keen

Volume 1, Issue 2

Spring 2006

★ *SPRING ISSUE*

Welcome to the spring issue of news from the Tallman Track Club. The newsletter, published in the spring, summer, fall and winter, features club activities and running in the Kanawha Valley. If you have an idea, photo or story, e-mail them to:
tallmantrackclub@yahoo.com

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THE STREAK

Read about how a runner with local ties kept an amazing streak alive, not missing a day of running in 27-plus years.....
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Club Runs

Runs begin 5 p.m. weekdays in the parking lot next to construction site of pharmacy building at the University of Charleston.

Chairman of the "Board" Race organizer dedicated to runners

By Jeff Morris

One of the best known faces to runners in the Kanawha Valley belongs to someone who has never lined up to compete in a road race.

There's no mistaking the booming voice of the big, dark-haired man who might identify the race starter as the weight-lifting champion of the world or threaten to scalp non-registered runners who cross his finish line.

Pat Board, the self-described "easy going, broken down athlete," has been a race organizer, timer and running promoter in the area for more than 25 years.

But why is this non-runner so dedicated to the running community? The answer is simple really. It all boils down to his son, Patrick Board IV, who was mentored by veteran runners from the time he ran his first 15-mile Charleston Distance Run as an 8-year-old to his development as a 34-minute 10-K competitor.

"They've been good to him," Board said of local runners. "I just feel an obligation to the runners because it (running) was great for Patrick."

Board's involvement with running can be traced back to the day when he and his son, then age 7, pulled their car over to watch the Charleston Distance Run. When they got home, Patrick vowed to compete in the event the next year. Board took him to participate in a one-mile race at Coonskin Park. Both father and son were hooked.

Board has since helped organize countless road races. He has been a longtime member of the Distance Run Race



Photo courtesy iplayoutside.com

Pat Board

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Committee and for many years was president of the Kanawha Valley Road Runners.

While Patrick gave up running in the early 1990s, Board continues to help organize several local races because people still keep calling him to ask for assistance. Health issues, particularly problems with his knees, have him hinting at retirement.

“I’ve got to get out of it. If I retire from work, I might hang it up,” Board said. “I’ve scaled it way down. I do Poca, Thomas Hospital, the Pumpkin race at Kanawha State Forest and Riverfest in St. Albans. Everything I can get out of, I get out of.”

That schedule is quite different from the days when Board once juggled four races in one weekend. Still, runners who line up at 8 a.m. May 13 in Cross Lanes for another edition of the oldest road race in West Virginia, the Poca River Run, can expect to see Board. He has been race director of the 9.3-mile event since 1983.

At the starting line, they’ll likely hear a few quips from Board, who admittedly will say anything for a laugh. He said race helper Mike Blake has been the target of a good deal of his ribbing. “In the fall, I’ve introduced him as just getting back from parachuting off the New River Gorge Bridge,” Board said. “You wouldn’t believe how many people came up to him and asked how it was.”

Runners have come to love and appreciate Board and his sense of humor. When the South Charleston resident was asked recently for his age and what he does for a living, he joked that he just turned 127 years old and he’s a ballroom dancer.

Board’s memories of running are filled with funny stories – like the race that issued straight pins instead of safety pins for race numbers and the time the horse jumped in with runners at Poca River. He also recalls a humorous exchange from a race at the Clay County Apple Festival. “We pulled into the parking lot and Steve Fox was getting of a car. I said, ‘Hey Steve, how’s the course?’ And he said, ‘It’s downhill out and downhill back.’”

Through the years, Board has worked a lot of races. But he is quick to say he certainly shouldn’t be given all the credit for his long record of contributions to road racing. He said he has depended heavily on volunteers

Blast from the past



Do the guys wearing the cool gloves look familiar? That’s Ron Plantz, left, and W.K. Munsey passing the half-marathon point in the 1993 Columbus Marathon. Munsey ran a 2:42 while Plantz finished in 2:43. Send your “Blast from the past” photo to tallmantrackclub@yahoo.com

Mike Blake, Glen Jarrell and Winston Gregory. With this experienced crew, he can grab a couple of people to man a water stop, find some folks to take care of registration and - presto - put on a road race. “Glen, Mike and Winston will do anything from painting the race course, to copying race applications, to firing the starting gun to calculating the race results,” Board said. “I’ve even had Glen sing the National Anthem.”

Joining forces to make road racing successful has created a whole group of friends for Board. He also has developed a strong appreciation for runners.

“The great thing about the sport of running is you can have a doctor, a lawyer, a roofer, a laborer and someone who is unemployed. You can have someone who is slow, someone who is fast, someone who is overweight and someone who is in shape. Anyone can do it. All they’ve got to do is get their butt out there,” Board said.

news from the **Tallman Track Club**

Editor: Jeff Morris, tallmantrackclub@yahoo.com

Contributors this issue: W.K. Munsey, Marshall Spradling, Don Slusser, Tammy Slusser, iplayoutside.com, Winston Gregory, Pat Board, Jeff Morris, Tom Ogle.

<http://www.tallmantrackclub.com>

27 Years, 5 months and 8 days

Veteran runner with local ties talks about “The Streak”



Don Slusser

EDITOR’S NOTE: The numbers are mind-boggling.

Imagine going 27 years, five months and eight days without missing a single day of running. If that doesn’t grab your attention, how about averaging 95.37 miles per week during that period or 13.62 miles per day?

For most runners in the Kanawha Valley who record 40 to 50 miles per week in their training logs, Don Slusser’s running streak is truly something that’s hard to comprehend.

Many local runners are familiar with Slusser, 54, of Monroeville, Pa., who participates in the Charleston Distance Run each year with his wife, Tammy. Both are accomplished runners, with Don recording a personal best marathon time of 2:17:43 in the 1980 U.S. Olympic Marathon Trials and Tammy a nationally ranked marathon competitor with a best of 2:37:14.

The following is a question-and-answer interview with Don Slusser about his running streak and career:

Question: When did your running streak begin and end?

Slusser: Jan. 2, 1972, to June 10, 1999 — 27 years, five months and eight days (10,024 days.)

Question: How many miles did you run and average?

Slusser: The total miles in the streak was 136,532.5, an average of 4,976.3 per year or 95.37 per week. That’s 13.62 miles per day.

Question: How did you start running?

Slusser: My running career began as a sophomore at Churchill High School during track season on Jan. 10, 1967.

The majority of the team’s top distance runners were in the senior class, and several trained on their own on weekends and in the off-season. I followed their lead during my remaining years in high school, running my first of 596 hundred mile weeks during my junior year. I ran every day during the track and cross country seasons, only occasionally missing a day here or there in the off-season.

Question: What about college?

Slusser: Entering college the fall of 1969 at Indiana University of Pennsylvania, this dedication to consistent training continued. I had several mini-streaks of four to six months. In fact, I had a streak from mid-June of 1971 until Dec. 31, 1971, missing the first two days of 1972, largely because of the high mileage in the prior week.

At this time, I never concerned myself with “a streak,” but I tried to maintain consistency in my training and high mileage.

Question: When and how did “The Streak” begin?

Slusser: At the end of 1972, I found that I would have a full year of running, but not in one calendar year. This was the first time that “The Streak” became meaningful.

Question: Were there times when you had to go through extremes to keep “The Streak” alive?

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“The Streak” continued from Page 3

Slusser: In mid-January 1973, “The Streak” almost ended with a severe case of the flu. During college, Sunday runs were always from my apartment, since I was one who always ran, and longer than others. That morning I surprised all by being limited to four miles, and then I slept the next 22 hours. The next evening at 10 p.m. I felt well enough to run four miles.

The next major threat to “The Streak” came in 1982, when I had a serious foot injury. Worried that the foot injury was a stress fracture, I went in for X-rays, stating, “If it was a stress fracture, I would end the stress.” The first set of X-rays showed nothing, so “The Streak” stayed alive. But five weeks later a second set of X-rays showed the healing of a stress fracture. By then, running was nearly pain free, so no need to rest the foot.

In October 1991, my wife, Tammy (a 2:37:14 marathoner), myself and another American were to run the Istanbul, Turkey, marathon. Unfortunately, all of us came down with dysentery before the race. All of us were severely dehydrated before the start and were constantly losing fluids through both ends.

Tammy and the other American went 10 kilometers. Having never dropped out of a race, I finished, despite throwing up four times during the race. The next morning our flight left so early that I would have to start a run at 3 a.m. Carrying a roll of Charmin and stopping often, I kept “The Streak” alive. During the next several weeks, Charmin was as important on a run as the shoes.

In 1995, I had a painful knee injury — a preview of things to come. The knee was painful enough that I was unable to race in a local 5 kilometer that I was entered. It was the first time that I would not run a planned race. I was, however, able to run to keep “The Streak” alive.

“The Streak”

Amazing facts and figures from Don Slusser’s streak:

- 27 years, 5 months, 8 days
- 136,532.5 miles
- 4,976.3 miles per year
- 95.37 miles per week
- 13.62 miles per day

Question: What were some of the more memorable milestones you marked during “The Streak?”

Slusser: Nearing the 20th year of “The Streak,” I saw that I would be close to averaging 100 miles per week if I kept my mileage up. At the end of 20 years, my average was 100.25 miles per week, for 20 years. At the end of “The Streak” at 27 years, five months and eight days, the average was 95.37 miles per week.

Question: How did “The Streak” end?

Slusser: “The Streak” ended June 11th, 1999, following knee surgery (total of three knee surgeries).

Unfortunately, I followed the advice of a local doctor in the spring of 1999, who recommended the surgery. This doctor removed 60 to 70 percent of medial meniscus. This procedure did far more harm, causing major wearing on the medial articular cartilage, requiring open knee surgery called tibial ostectomy. Three doctors told me my running days were over, the tibial ostectomy would only allow me to walk. Fortunately, I found a fourth doctor, who felt that there would be hope of running again (certainly not at the former level.) Going into surgery, I was told six months would be the target to return to running, with aggressive therapy. I returned in three and half months, with the OK of the doctor. Thus starting the second streak on Feb. 14, 2000.

Question: Tell me about your other streaks:

Slusser: The second streak was from Feb. 14, 2000, to Nov. 4, 2003. My third streak lasted from Dec. 18, 2003, to Dec. 12, 2004. My current or fourth streak runs from Sept. 10, 2005, to present. The first several months of my second streak were building base, thus a gradual increase of miles. In July 2000, I was able to run 323 miles, the first month of 10 miles a day average. I ran my first post-surgery, 100-mile week in December 2000. In July 2001, I ran my first post-surgery, 400-mile month, including a 120-mile week.

Due to the effects of my knee — some muscle nerve damage result from surgeries -- I’m running 15 to 20 seconds per

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mile slower than where I project I should be running. Despite all of that, I have run eight sub-3 hour marathons, including a 2:55:51. I now keep post-surgery records.

Question: What are you most proud of?

Slusser: If you are only referring to “The Streak,” it would be the high mileage of “The Streak.” Several have streaks as long or longer, but none have the quality and quantity of miles during “The Streak” — marathon PR of 2:17:43 and averaging 95-plus miles per week for 27-plus years.

If the question is simply what I’m most proud of, two answers — ninth place finish at 1976 Boston and my 2:17:43 at 1980 U.S. Olympic Trials.

Question: What motivated you to pursue “The Streak?”

Slusser: Running is something I just love to do, always have. Three hundred sixty five days a year is something I very much look forward to. The rare couple days that I feel like sh— or the weather is total sh—, then I do it out of habit. Compared to so many of the so called “elite runners” who were great in the 1960s, 70s or 80s, who pretty much gave up racing/running because they were no longer winning, I love running — thus continued despite slowing performances.

I’ve always competed more with myself than against others. I can call it a good race if I race to the best I could on a given day. I’m much slower since the knee problem, but I still love it.



Don Slusser

Question: What are people’s reactions to “The Streak?”

Slusser: I really didn’t go around informing every one that I ran X number of years in a row. Non-runners wouldn’t understand it. Runners who I really didn’t know are likely not to believe it. Friends and running buddies know me, so they could understand it was part of my running personality. I always tried to train pretty much to my limits, and that meant running high mileage and a good bit of quality (speed workouts.)

Question: Do you have any crazy running stories about your intense training?

Slusser: In 1980 when I was training for the Olympic Trials, my mileage was high the entire buildup. In January, I hit my PR for a weekly total – 163 miles — still teaching full time. This included three quality speed workouts. One was 18 x 880 yards. The second was a 10-mile run, running hard six minutes, jogging 1 1/2 recovery. The total 10-mile time was well under 60 minutes. The third was 8 x 3/4 hill loop. On Sunday, with another training mate, we ran 19 miles to get to a 10-mile club race. Then we ran the race I think in the upper 56s.

Question: Do you have any regrets?

Slusser: Only that my knees didn’t hold up and having my first surgery back in 1999. I think I would have been better off without the first surgery. Perhaps partly due to high mileage and maybe if I had given my body an easier time, I might have better knees. But I’m still running and racing — just slower.

Question: Tell me your racing connection in Charleston?

Slusser: I first ran the Charleston Distance Run in 1974, never got my time, but finished 39th in a loaded field. In 1979, I was sixth in 1:19:56. In 1992, when the West Virginia series started, Tammy and I became regulars, me now as a master. I was consistent in 1:28:01, 1:28:05 in ’93, 1:27:56 in ’94. My last “healthy” Charleston (1998) was second master, in 1:29:27. In fact, my last “healthy” race was the 1998 Almost Heaven Marathon. I was fifth (second master) in 2:42:40.

Running Tidbits

FAST

COMPANY—

Sarah Ogle, who hails from St. Albans, made a nice showing at the 2006 USA Cross Country Championships Feb. 18 in New York.



Sarah Ogle

Running on the famous course at Van Cortlandt Park, Sarah finished in 33rd place in the women's open 4-kilometer. Ogle's time was 13:45, a pace of 5:31 per mile. The White Plains, N. Y., resident was competing for the Westchester Track Club.

NAMING NAMES— We were bound to leave out a few folks when we listed the names of Tallman Track Club members in the newsletter's winter issue.

Our apologies to these fine runners and friends: **Shawn Chillag, Ian Chillag, Gene Jensen, Chip Urling, Ted Brady, Sue Baldwin, Kelly McGraw, Jodie Ferguson,**

Sarah Casey, Joe Burgess and Steve Fox.

If you know of other runners who should be on our prestigious list, please e-mail us at tallmantrackclub@yahoo.com. The winter issue can be viewed at tallmantrackclub.com

AMAZING JOHN— Local runners were saddened to hear news of the death of John Pianfetti.

Pianfetti, a longtime competitor in the Charleston Distance Run and many local events, was running races into his 90s. He often drew the loudest cheers when he crossed the finish line. Pianfetti died Feb. 3 at age 98.

TRIBUTE TO LYLE— Great Teays Running Club members are paying a tribute to Lyle Atkins, a much loved member who passed away in September 2005.

Lyle and his wife, Phyllis, often did some good-natured bidding against each other at a holiday auction

sponsored by the running club to raise money for the Salvation Army. Club members have decided that all future donations by the running club to the Salvation Army will be made in Lyle's name.

CLARKSBURG 10-K— Anyone who has raced the Clarksburg 10-K knows how blistering the sun can be the last Saturday in July.

Race organizers have moved this year's race to 8:30 a.m. June 17. If Mother Nature cooperates, maybe the heat and humidity will be down when runners tackle the challenging course.

MARATHON MOVING— Clarksburg is not the only race that is changing its date. The Marshall University Marathon will be moved to early November. The third annual race will be 8 a.m. Sunday, Nov. 5, in Huntington.

No marathon relay is planned, but a marathon, half-marathon, half-marathon relay, half-marathon walk and five-mile walk are scheduled.

-- Compiled by Jeff Morris

Google mapping gives runners chance to design training routes

By Marshall Spradling

During the winter months, the Go-Mart 15-mile, out-and-back run from the University of Charleston becomes a staple of our Sunday morning runs. For the most part, it's a nice run, with just a few rolling hills along the Kanawha Turnpike. It tends to get a little boring, though, especially after running it every Sunday morning for weeks at a time.

I decided to come up with a new route through the South Hills area for a recent Sunday morning run. I grew up in South Hills, so I'm familiar with just about every street in those neighborhoods. I planned out a fairly challenging course in my head, and estimated it would be roughly 15 miles.

Thanks to the Internet, I discovered a neat distance plotting tool: <http://www.gmap-pedometer.com/>. It uses Google's satellite mapping technology, so you can zoom in on your neighborhood and view it from that perspective. You plot out your run, and with remarkable accuracy you can determine the distance covered. It will even show you



an elevation chart. For example, Mount Alpha rises from 597 feet at UC to 1,255 feet at the summit.

After completing the run through South Hills with Glenn Baldwin, I went back and plotted the course we ran, and it came out to almost 14 miles. The elevation chart looked like a roller coaster. It was an enjoyable run, and a nice change of scenery from the old Go-Mart run.

So if anyone is interested in a challenging 14-mile run through South Hills, meet us at the University of Charleston at 8:00 on Sunday mornings.



Great Teays members at the 1984 Honolulu Marathon were front row, left to right, Jack Adkins, Mike Hall, Jim Rogers, Winston Gregory and Jim Luthy. Back row, left to right, are Dave Hatten, Ruth Heidenreich, Kenny Mann and Jill Gilbert.

History of Great Teays Running Club dates to 1981

By Winston Gregory

The Great Teays Running Club was the idea of the late Jack Adkins. Jack's idea was to have a running club sandwiched between the two largest running clubs in the state, Kanawha Valley Road Runners and the Huntington Running Club. The newly formed club with the help of Mike Oldham, Jack, and I had its first meeting in the spring of 1981 at the Putnam County Library. Much to our surprise, more than 40 runners attended, and we were off and running.

The first thing that we wanted to do was to promote fitness and health for the people in this area. We set up weekly fun runs, all-comers track meets during the summer, weekly speed workouts at Hurricane High, and a monthly newsletter.

One of our first social events was to have a party after the weekend road race. This became a very popular event for the next two or three years. Next came a summer and early fall picnic for the members and their families and guests. Also, that Christmas began our annual dinner. The first lady of the Great Teays, Ruth Heidenreich, did the first catering and continued for several years. We now use Mona's Kitchen in Fraziers Bottom.

Beginning in 1982, we started to offer more to our members and friends. First we started car pooling to out-of-town races. After the race, we would cook out, go swimming, and just hang out. It was the best of times. Next came the biggest



Great Teays Running Club's eight original members pictured in this photo are, left to right, Kenny Mann, Ruth Heidenreich, Winston Gregory, Terry Carmichael, Jack Adkins, Jim Rogers, Judy Coche and Mike Oldham.

single thing that we have ever taken on; we took over the Great Teays 10-K Run from Putnam County Parks and Recreation. The race started in 1976. Back in those days, there were very few road races and it was a huge success, sometimes exceeding more than 350 runners. Also that year, we started helping with the Hershey Track Meets at Hurricane High, and we continue to this day with the help of Connie Young and Putnam County Parks and Recreation. For the first time during the Charleston Distance Run, we offered a hospitality

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The race to go is Nitro



Photos by Tom Ogle

Tallman's Chip Urling races through the streets of Nitro in the For The Love of It 10K. Seventy-two runners competed in the Feb. 11 event.

It was a 1-2-3 finish by Tallman Track Club runners in the For The Love of It 10K on Feb. 11 in Nitro. Marshall Spradling won the race in 35:34, followed by Glenn Baldwin, 37:10, and Jeff Jordan, 39:09. Tallman also fared well in the women's race as Kelly McGraw won the title in 42:11, placing ninth overall.



Marshall Spradling, winner of the 10-K, checks the splits on his watch during the awards ceremony after the race. At right is fellow track club member Glenn Baldwin, who finished in second place.



Tallman Track Club member Robin Baldwin had plenty of West Virginia State University T-shirts to give away after the race.

Nitro 10-K Results

1. Marshall Spradling	35:34	37. Robert Lange	52:44
2. Glenn Baldwin	37:10	38. Craig O'Dell	52:49
3. Jeff Jordan	39:09	39. Steve Triplett	53:17
4. Benjamin Hamer	40:19	40. Cathy Hill	53:50
5. Jerry Bostic	40:44	41. John Eagan	54:01
6. Mark Gunderso	41:37	42. Pam Waybright	54:07
7. Chris Jones	42:03	43. Jerry Thompson	54:20
8. Kelly McGraw	42:11	44. Lori Whitt	54:31
9. Daniel McDowell	43:31	45. Linda McCall	54:52
10. Luke Teel	43:48	46. William Riddle	55:42
11. Kip Power	43:49	47. Wendi O'Dell	56:24
12. Christine Azevedo	44:06	48. David King	56:29
13. Sue Baldwin	44:20	49. Charles Urling	56:34
14. Harry Bruner	46:05	50. Ben Lucas	56:44
15. Bruce Blankenship	46:14	51. Amy Jo Riffée	56:45
16. James Burgess	46:28	52. Edward Thompson	57:38
17. Roxane Carte	46:31	53. Kristen McCracken	57:41
18. Steve Henry	47:03	54. Ron Raether	58:32
19. Betsy Shaak	47:23	55. Grant Morris	58:40
20. Doug Craigo	47:28	56. Robert Forest	58:51
21. Tim Helmick	47:50	57. Chase Sharkey	59:40
22. Steve Smith	47:56	58. Dresden Matson	59:40
23. Winston Gregory	48:11	59. Thomas Skeens	61:21
24. Larry Green	48:18	60. Delbert Atkins	61:22
25. Richard Finney	48:55	61. Lynette Redd	61:59
26. Rob McCracken	49:36	62. Scott Glassburn	62:03
27. James Riffle	49:52	63. Elizabeth Null	62:50
28. Diana Johnson	50:15	64. Wanda Matt	63:10
29. Mark Paddock	54:01	65. Duane Matt	63:11
30. Sarah Casey	50:29	66. Mark Matson	64:04
31. J.R. Ledsoe	50:37	67. Rhonda Matson	64:05
32. Peter Lett	50:50	68. Cheryl Hull	64:23
33. Richard Daniels	51:37	69. Ruth Jones	64:37
34. Hallie Chillag	51:49	70. Ted Elden	64:49
35. Bryan Rosen	52:03	71. Robin Baldwin	65:01
36. Chip Urling	52:39	72. David Hayes	70:40

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room for our members and friends. Our members still look forward to this each year.

That fall we made our first trip to an out-of-town marathon, the Marine Corps. From 1982 until 1996, we traveled to several marathons or half-marathons in Washington (twice); Hawaii (twice); Columbus; Boston (twice); Bluefield (twice); Parkersburg (many times); and Williamsburg (twice). Also, we traveled as a club to several local 10-milers, 10-Ks and 5-Ks.

As the years have passed, we no longer have a formal club, however, we still have our two picnics, our Christmas party, our Tuesday evening speed workouts, our weekend runs as a group (smaller than years ago), work local track meets, and, of course, the Great Teays 5-K on the third Saturday in July (our 30th year in 2005).

We still continue to promote fitness and health and welcome anyone who would love to run and enjoy some friendship.



Upcoming Races

Charleston Area

9 a.m., Saturday, April 1 -- Make A Miracle 5-K and 10-K, Charleston, Coonskin Amphitheater. Contact: Mary Beth Casdorff, 304-342-9515, CTCRunner@AOL.com

9 a.m., Saturday, April 1 -- Joker Run, 4 miles, Charleston, 31st Street and Kanawha Avenue, Kanawha City. Contact: <http://cityofcharleston.org>.

8 a.m., Saturday, April 8 -- Rea of Hope Bunny Hop Walk Run, 5-K Run, 1 Mile Walk, Kanawha State Forest, Shelter No. 9. Contact: 304-344-5363, mariereaofhope@yahoo.com.

10 a.m., Saturday, April 22 -- YMCA Spring Thaw 5-K, Charleston, Coonskin Park. Contact: Travis Chandler, 304-340-3535, adultsports@ymcawv.org

9 a.m., Saturday, May 6 -- Susan G. Komen West Virginia Race for the Cure, 5-K Run, 5-K Walk, Kids' Race, 1 Mile Fun Walk, Front Lawn of Capitol, Kanawha Blvd. Contact: Chris Lambert, 304-343-1950, chris@phlbcpas.com

8 a.m., Saturday, May 13, Poca River 15-K, Cross Lanes, end of Doc Bailey Road. Contact: Pat Board, 304-744-6502.

9 a.m. Saturday, May 20, Dirty Dog 15-K Trail Run, Kanawha State Forest. Contact: Daniel Todd, 304-741-3531, daniel todd@charter.net

3 p.m., Sunday, May 21, Eleanor Firehouse 5K Walk and Run, Eleanor. Contact: Jerry Young, 586-0810.

Huntington Area

8:30 a.m., Saturday, April 8 -- Huntington Half Marathon and 5-K; Half Marathon, 5-K Run, 5-K Walk, Kids' Race, Start at First Sentry Bank, 823 8th St., Huntington. Contact: Teddy Johnson, 304-634-5065, runhuntington@aol.com

10 a.m., Saturday, April 29 -- Huntington Autism Awareness 5-K, Huntington, Ritter Park Picnic Shelter. Contact: Mark Pinson, 304-633-4246, mpinson@adelphia.net

9 a.m., Saturday, May 13, Herd Hoops 5-K, 5-K Run, 5-K Walk, Ritter Park Shelter, Huntington. Contact: Shannon O'Connor, 304-696-6460, oconnor7@marshall.edu

Other Races of Interest

Monday, April 17, 110th Boston Marathon, Boston, Mass.

10 a.m., Saturday, April 22, Mountwood 12 Mile Challenge, Volcano, WV., 12 miles east of Parkersburg, on Route 50 at Volcano Road. Contact: Dave Shultz, 304-422-0850, daveshultz@casinternet.net

8 a.m., Saturday, April 29, Vienna River Road Race, 5 Mile Run, Vienna, WV. Contact: Louis Molinaro, 304-295-8176, molinaro@charter.net

Saturday, April 29, Babcock Gristmill Grinder, XC Trail Run, Babcock State Park, Clifftop, WV. Time to be announced. Contact: Donnie Hudspeth, 304-658-5016, info@gauleyrace.com

8 a.m., Saturday, May 27, Ogden Newspapers 20-K Classic, Wheeling. Contact: The Intelligencer, 1-800-852-5475, webmaster@ogden20kclassic.com