

# Remembering Carbide's 10-K

★ **Special Issue** ★

## news from the **Tallman Track Club**



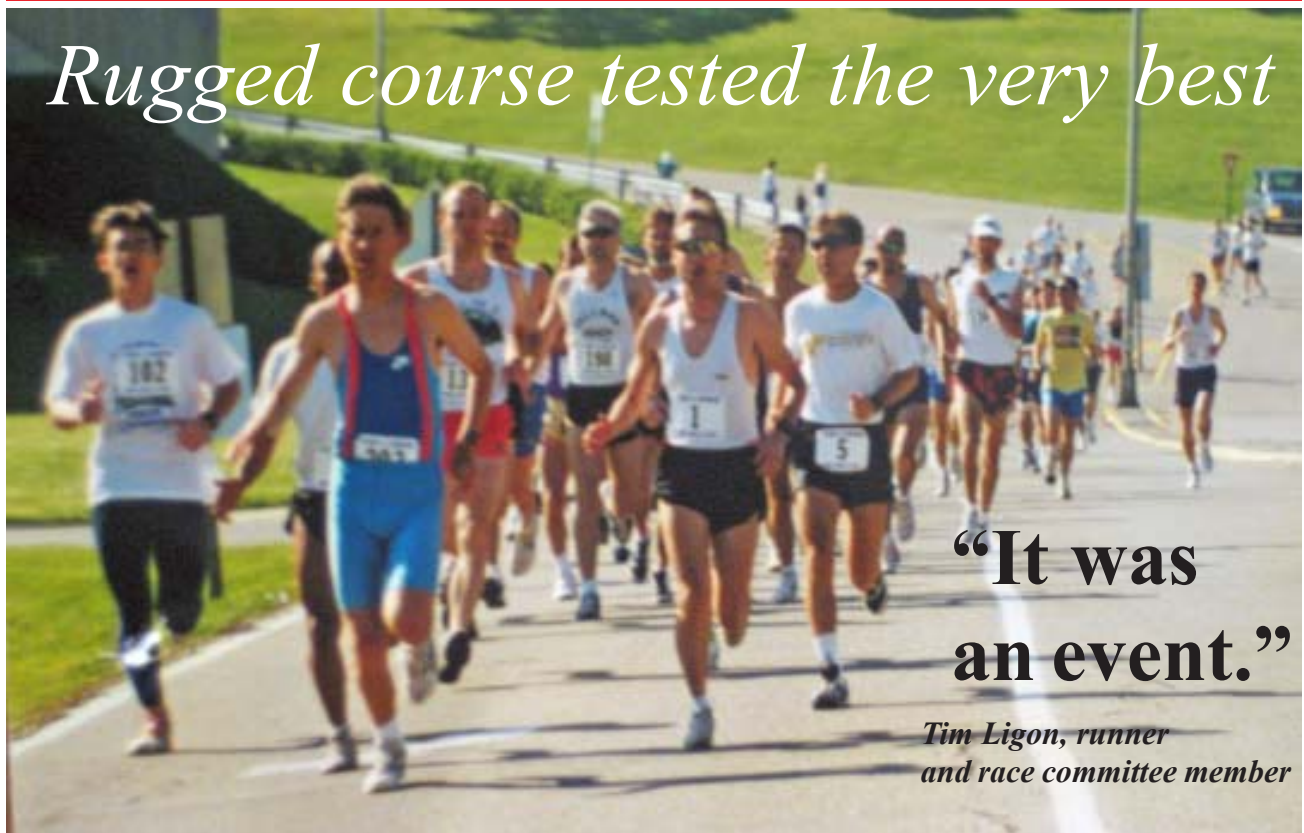
*"Where the road goes on forever and the party never ends."*

-- Robert Earl Keen

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*Rugged course tested the very best*



**"It was  
an event."**

*Tim Ligon, runner  
and race committee member*

**Runners in the 1995 edition of the Spring Fitness Festival 10-K go head to head in one of the state's toughest races.**

**By Jeff Morris**

**T**he Spring Fitness Festival 10-K course had it all — pavement, gravel, cinders, and — after a heavy rain — lots and lots of mud.

Starting and finishing at Union Carbide's Tech Center campus in South Charleston, the rugged route took runners over terrain that resembled more of a cross country course than a road race. The 6.2-mile event also drew many of the Kanawha Valley's top runners who turned out each spring to wage war in the annual battle.

The 10-K was part of the Spring Fitness Festival, an extravaganza that featured the race, a walk, an aerobathon, a band playing live music, a breakfast, and an awards luncheon.

"It was almost a circus-like atmosphere," said Tim Ligon, a member of the race committee and a competitor in the 10-K. "It was not just show up in the middle of the Loop in St. Albans and take off. It was an event, and it

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**An aerobathon got the festival moving.**

also was very family-oriented.”

To runners’ dismay, the final installment of the race took place in the late 1990s, ending a tradition that began in the late 1970s. Taking a look back at some of the history of this event seems fitting considering how much it meant to the many runners, volunteers and organizers who participated over the years.

It definitely had the numbers. While many area road races today draw less than 100 runners, the Spring Fitness Festival 10-K averaged 325 runners in the 1980s and 1990s. In 1989, for example, there were 100 volunteers and a total of 843 people participating in all of the festival’s events.

Past winners of the 10-K read like a who’s who of area road racing – names in the men’s division like Tim Howard, Don Wilson, Glenn Baldwin, and John Maher, and in the

women’s division, Mary Heidelk and Liz Ervin.

The varying topography and surfaces of the 10-K course gave it that cross country feel. Starting in front of the recreation building at the Tech Center, runners exited the main gate east on Kanawha Turnpike, and then went through some neighborhood streets before coming back to campus. In the woods is where the course was often treacherous, particularly after lots of rain. Runners negotiated around a softball field loop and through some switchbacks with tricky footing. The course finished on the paved road in the recreation building parking lot.

Union Carbide employees, like Ligon, say they had an extra advantage as competitors. “As an insider, I could run this course every day and know the little nuances of getting ahead of somebody at certain locations,” he said. “They would have to slow down for a rut. I would already know the rut was there, and I could take a better path.”

The Tallman Track Club’s Shawn Chillag, a longtime area runner who now lives in South Carolina, said the course definitely left an impression. “I remember running a wet Carbide 10-K and having visions of growing up in a coal camp in Logan County and playing when the ground was wet,” Chillag said. “We would always catch it for being covered with mud,

cinders and other dirt, particularly on our backs from kicking up dirt. Carbide was much like that.”

Tallman’s Rob McCracken said it always seemed to rain the night before the race, making the unpaved trail around the softball fields slick and sloppy. “The runners’ socks and feet would get wet and cold, and shoes would become heavy and caked with mud. This would happen just in time to run the toughest part of the course that followed – up the steep, wooded trail through Timberland,” McCracken said.

With the 10-K, the aerobathon, a walk, TV news coverage, and even games for kids, the Spring Fitness Festival truly was an event to remember, McCracken said. “Race Director Dick Henderson made sure there was something for everyone. As tough as the 10-K was, the banquet at the cafeteria afterward made it worthwhile,” he said. “I hated to see it come to an end. There’s never been another one around here quite like it.”

A race with so much history is bound to prompt a few memories of odd things that occurred during the actual competition. Tallman’s W.K. Munsey said he recalls that in 1987 or 1988 he and runner Mark Truelove had just started on the downhill past the cafeteria. It was a warm day, and Munsey was shirtless. Suddenly, a bug collided with his stomach and then crawled into his bellybutton.

“When I reached down to get it out, it turned out to be a bee, and it stung me. I lost my concentration and about four places trying to get the darn thing out. It hurt like hell, but I finished the race,” Munsey said. “It’s probably the strangest thing that every happened to me in a race.”

news from the

### **Tallman Track Club**

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## *Remembering Carbide's 10-K*

At top, Marlene Moore, left, and Winston Gregory, right, chase down a competitor in the 1994 race. At left, Fred Waybright, left, Dave Duncan, Glenn Baldwin and Tim Howard attack the course in the 1995 race. Bottom left, Winston Gregory, left, and Pat Board, right, honor the late John Pianfetti, center. Bottom right, the late Dick Henderson was the driving force behind the success and promotion of the 10-K and events at the Spring Fitness Festival.





# Spring Fitness Festival 10-K Results

*(Top Finishers, Selected Years: 1984-1997)*

1984

Men's Champ: Tim Coffman, 34:36

Women's Champ: Carol Clark, 43:54

1986

Top Men:

1. Tim Coffman, 35:00
2. Don Wilson, 35:40
3. Pat McGinnis, 36:04

Top Women:

1. Gwen VanDive, 41:35
2. Liz Ervin, 41:43
3. Darlene Norman, 45:00

Carbide Champion:  
John Maher, 35:19

1987

Top Men:

1. Joseph Wangugi, 32:38
2. Cliff Taylor, 34:19
3. Michael Boyer, 34:38

Top Women:

1. Darlene Norman, 44:26
2. Betsy Weikel, 46:17
3. Jane Sanders, 48:03

Carbide Champion Men:

1. John Maher, 34:43
2. Glenn Baldwin, 36:52

Carbide Champion Women:

1. Carolyn Cooper, 55:38

1989

Grand Champion Men:

1. Don Wilson, 34:28
2. James Ruble, 35:01
3. David Duncan, 35:05

Grand Champion Women

1. Mary Heidelk, 37:05
2. Liz Ervin, 42:52
3. Darlene Norman, 44:03

Carbide Champion Men

1. Chris Jagers, 34:36
2. Glenn Baldwin, 35:12
3. Mike Taylor, 35:43

Carbide Champion Women  
Carolyn Cooper, 56:43

1990

Top Men:

1. Tim Howard, 35:05
2. Jim Shock, 35:33
3. Fred Waybright, 36:32

Top Women:

1. Debi Bernadas, 41:50
2. Liz Ervin, 42:03
3. Linda Detrick, 42:47

Carbide Champion Men:

1. Glenn Baldwin, 35:39
2. Mike Taylor, 36:22
3. John Maher, 36:55

Carbide Champion Women:  
Carolyn Cooper, 55:30

1992

Top Men:

1. Todd Hughes, 33:51
2. David Duncan, 35:40
3. Bill Chandler, 36:05

Top Women:

1. Mary Heidelk, 38:18
2. Marlene Moore, 41:55
3. Roxanne Carte, 43:45

Carbide Men:

1. Glenn Baldwin, 34:38
2. Mike Taylor, 35:47
3. Paul Garrett, 39:09

Carbide Women:

Carolyn Cooper, 56:20

1993

Top Men:

1. Bill Block, 33:46
2. Todd Hughes, 34:36
3. Tim Howard, 34:37

Top Women:

1. Connie Young, 41:21
2. Marlene Moore, 42:04
3. Roxanne Carte, 43:08

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At left, Robin Baldwin congratulates her husband, Glenn, after the 1986 version of the Spring Fitness Festival 10-K. Glenn, now one of the top masters runners in West Virginia, won the race several times and was always one of the leading Carbide runners.

## Upcoming Races



**8 a.m. Saturday, Aug. 12, Thomas Memorial Hospital's 25<sup>th</sup> Annual 5-K**, St. Albans, Loop at police and fire stations. Contact: Paige Johnson, 304-766-3707; e-mail: paige.johnson@thomasv.org

**8 a.m. Saturday, Aug. 19, Parkersburg News & Sentinel Half Marathon and 2 Mile**, Parkersburg. Contact: Morgan Stanley, 304-485-1891; halfmarathon@newsandsentinel.com

**9 a.m. Saturday, Aug. 26, Diamond Electric 5-K**, Eleanor, Eleanor Library, behind Eleanor Park. Contact: Marilyn Hall, 304-586-0070, Extension 267; de5k@diaelec.com

**7:45 a.m., Saturday, Aug. 26, Homeland Defense 5K Run/3K Walk**, St. Albans, Loop at police and fire stations. Contact: Stan Luikart, 304-201-3150.

**7:30 a.m. Saturday, Sept. 2, Charleston Distance Run**, Charleston Civic Center. Contact: David Fenwick, 304-345-5433; jdf@goodwingoodwin.com

**Saturday, Sept. 23, Museum in the Community 5-K**, Valley Park, Hurricane. Contact: Kim Murphy, 304-545-4724; kimmurphy@hotmail.com

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**Carbide Champion Men:**  
Glenn Baldwin, 34:35

**Carbide Champion Women:**  
Carolyn Cooper, 55:06

**1994**

**Top Men:**  
1. Glenn Baldwin, 34:37  
2. Whitey Congrove, 35:14  
3. Billy Chandler, 36:24

**Top Women:**  
1. Marlene Moore, 41:55  
2. Angela Holly Maline, 42:56  
3. Roxanne Carte, 43:49

**Carbide Champion Men:**  
John Maher, 37:01

**Carbide Champion Women:**  
Jackie Abou-Rizk, 50:45

**1995**

**Top Men:**  
1. Tim Howard, 36:49  
2. Glenn Baldwin, 36:50  
3. Ryan Hagen, 36:56

**Top Women:**  
1. Angela Holly Malone, 41:47  
2. Marlene Moore, 44:31  
3. Renee Green, 48:02

**1996**

**Top Men:**  
1. Glenn Baldwin, 35:17  
2. Bill Chandler, 37:07  
3. Danny DeMoss, 37:10

**Top Women:**  
1. Roxanne Carte, 44:13  
2. Joni Adams, 45:36  
3. Monica Lamonte, 49:52

**Carbide Male:**  
Bill Bender, 37:39

**Carbide Female:**  
Laura Stark, 1:09:53

**1997**

**Top Men:**  
1. Glenn Baldwin, 34:59  
2. Kevin Williams, 35:37  
3. Danny Demoss, 35:42

**Top Women:**  
Roxanne Carte, 42:47

**Top Carbide Men:**  
Jay Miller, 41:22

**Top Carbide Women:**  
Carolyn Cooper, 59:51