

ENDORPHIN NOTES

April greetings fellow club members! The race calendar is filling up with great running options including this weekend's 10K in Lewisburg and half marathons at both Babcock State Park and Charlottesville VA. The Great Greenbrier River Triathlon is schedule for April 25 as is the Pocahontas Indian 5 Mile run and a 5K will be held on the campus of Virginia Tech on April 26. I plan to run the Kentucky Derby marathon on the 25th and Paul Pennington will be running the Country Music Marathon in Nashville the same day so say a prayer for us! The 19th annual David S. Roth Memorial 5K run and walk will be held on Tuesday May 5th at Concord University with a race start time of 6:15PM. This is a great opportunity to run a mid-week race and raise money for a great cause.

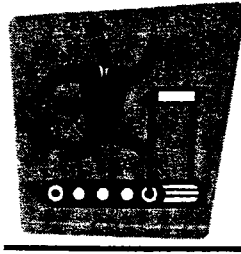
Our spring club meeting will be April 19th at the Princeton Pizza Hut starting at 4PM. We will be developing our summer series so please plan on attending for food, fun and a little bit of club business on the side!

Our annual club membership fee (\$8 individual/\$10 family) is due May 1, 2009 and the application form is included in this newsletter. Return completed form and payment to Tom Davis at the address listed on the document. Thanks for your continued support of the Southern West Virginia Road Runners club!

Kudos to Mark Persinger for running two 50Ks in six weeks! Donna and I wish we were that young again to experience quick recovery times! I did get to experience another great Cherry Blossom 10 miler in Washington DC on 4/5/09 as the blossoms were at peak bloom. Racing conditions were ideal with sunny skies, starting temperature of 52 degrees and it was one of those days that make you feel so good to be alive and racing with great scenery!

Don't forget to visit our club web site as Karen Gordon is doing a great job of updating race results and the running calendar. The link is:
<http://www.bluefieldstate.edu/swvrrc/index.html>

Good Running
Lee



RACE RESULTS

COOPER RIVER 10K

4/5/09 Charleston SC

RANDY JEWELL 42:02

CHERRY BLOSSOM 10 MILE

4/5/09 Washington DC

Lee Scruggs 75:48

Shawn Quillen 86:14

BOB DUNCAN MEMORIAL 5K

4/4/09 Cross Country Run

Tom Davis (1st place 60& Over)

PIPSTEM FUN RUN (3rd Winter Series)

3/29/09

Mike Young 23:39

Vonda Wilson 26:05

Russ Lamatus 26:43

Jennifer Alvarez 26:50

Tom Davis 27:52

Jimmy Miller 30:21

Helen Chaffins 35:11

Sandra Curry 36:55

UKROP'S Mounument Ave 10K

3/28/09 Richmond VA

Tom Gordon 53:49

Terrapin 50K

3/28/09 Charlottesville VA

Mark Persinger 7:22:05

SHAMROCK MARATHON

3/22/09 Virginia Beach

Donna Akers 4:33:10

NATIONAL HALF MARATHON

3/21/09 Washington DC

Mike Collins 1:56

HIGH ROCKS CELTIC KNOT 5K

3/21/09 Lewisburg WV

Mark Persinger 22:29

Roger Persinger 35:36

Sandy Curry 36:36

Lower Potomac River Marathon

3/8/09

Danny Keatley 4:08:20

EXPLORE YOUR LIMITS 5K

3/7/09

Al MacNaughton 26:29

We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves...The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable."

-Sir Roger Bannister, first runner to run a sub-4 minute mile

Southern West Virginia Road Runners Club

"SWVRRC"

MEMBERSHIP APPLICATION FORM FOR YEAR 2009

Mail application to:

SWVRRC

C/O Tom Davis , Treasurer

P.O. Box 1157

Athens , WV 24712

TYPE OF APPLICATION:

Circle Type : * New * Renewal

PRINT Name _____ Print email _____

PRINT Address _____

PRINT Address _____

PRINT City _____ State ____ Zip _____

Telephone Number (____ - ____) _____ - _____

Date Of Birth: mm/dd/yy ____ / ____ / ____ Circle Sex: *Male *Female Age: ____

CLUB MEMBERSHIP YEAR IS: JANUARY 1 – DECEMBER 31

DUES RENEWAL: Individual ____ (\$ 8.00) Student ____ (\$ 5.00) Family * ____ (\$ 10.00)

DUES NEW: Individual ____ (\$10.00) Student ____ (\$ 5.00) Family * ____ (\$ 12.00)

(* See below)

NOTE: For Individual or Family type memberships only:

If you are joining in Oct-Nov-Dec , deduct \$2.00 from the above dues:

* FAMILY APPLICANTS --- please list EACH "additional" family member below:

PRINT Name _____ DOB ____ / ____ / ____ Circle M F

PRINT Name _____ DOB ____ / ____ / ____ Circle M F

PRINT Name _____ DOB ____ / ____ / ____ Circle M F

PRINT Name _____ DOB ____ / ____ / ____ Circle M F

PRINT Name _____ DOB ____ / ____ / ____ Circle M F

X _____ Amount enclosed \$ ____ . ____

Signature of Applicant

Date

(Please, do not send cash)

Rev: 12-16-08 eb

MAKE CHECKS PAYABLE TO : "SWVRRC"

RUNNING CALENDAR

- 4/18/09 Hospice Care 10K Chocolate Chase, Lewisburg WV
Contact: mmckeon@wvsom.edu
- 4/18/09 Charlottesville Marathon & Half Marathon, Charlottesville, VA 9:30am
www.charlottesvillemarathon.com
- 4/25/09 Pocahontas Indian 5 Mile Run, Pocahontas VA 8Am
Contact Amy Flick 276-945-9522
- 4/26/09 University Bookstore Hokie Hope 5K, Blacksburg VA
www.recsports.vt.edu/special/special.php?.special
- 5/2/09 Annual New River Trial 10K run/5K Walk 9am. www.galaxrec.com
- 5/2/09 Animal Chase Races, 10K &5K Abingdon, VA contact Debbie
Blankenship 276-628-9546
- 5/2/09 Susan G. Komen WV Race for the Cure, Charleston WV 5K
www.komenwv.org
- 5/3/09 David Hypes Memorial 5 Mile Run/5K walk Lydia Young 304-872-1481
- 5/5/09 David S. Roth Memorial 5K, Athens WV 6:15PM
Contact Tom Davis at Tdavis@concord.edu
- 5/9/09 Poca River 15K, Cross Lanes WV email runninkel@aol.com
- 5/9/09 Smyth Co Fuller Center 5K, Marion Va Neil Castrodale 276-783-7537
- 5/9/09 Grundy Kiwanis/trupoint 5K Grundy VA www.runtricity.org.
- 5/16/09 Bluestone River Wild 5K, Bluestone State Park
<http://bluestoneriverwild5k.blogs>
- 5/23/09 Appalachian Power Festival Run, Roanoke VA 10K &5K
www.roanokefestival.org/html/festival_run.html
- 6/13/09 Greenbrier River 5Mile, Ronceverte WV
Contact 304-645-2252
- 6/13/09 The Varmit ½ Marathon & 5K, Burkers Garden VA 8am
Contact: Charity McDaniel cmdaniel@tazewell.k12.va.us
- 6/20/09 Summer Solstics Festival Sundown 5K Blacksburg VA
- 7/4/09 Tazewell Young Life Heritage 5K/10K Tazewell Va 8am
Contact: Brad Pyatt tusixru@mikrotec