Masters Marathon Champion Runs Classic for Last Time

By JACK WILLIAMS

Jack Clancy of New York City was the first to cross the finish line in the 3rd Annual U.S. Masters Track and Field Championships. He finished the 26-mile race in 2 hours, 49 minutes, 35 seconds, winning by more than five minutes over the second-place finisher, Richard Kiyak of Los Angeles. The race was held at Harvard Stadium in Boston, Mass., on June 21, 1981.

The victory was Clancy's third in the Masters Marathon, a race for runners over 35 years of age. He also won the event in 1979 and 1980.

Clancy, 46, became the first American to win the Masters Marathon in 1979. He has also won the New York City Marathon three times, in 1978, 1979, and 1981. He is a former U.S. Army soldier who served in Vietnam.

Clancy's time of 2:49:35 was the fastest ever in a masters marathon, breaking the 2:57:22 record set by Kiyak in 1980.

Clancy said after the race, "I'm very happy to win this race. It's my fourth in a row, and I'm very pleased." He also added, "I hope I can keep running as long as possible."}

SPORT HELPS HEAL THE MIND

Hartshorne: the Loneliness Of a Long Distance Runner

By JACK WILLIAMS


Hartshorne, who was born in 1926, began his running career at the age of 16 when he joined the New York Athletic Club. He won the 1948 Olympic gold medal in the 1,500-meter run and set a world record in the 800-meter run.

He has coached at the University of St. Thomas in St. Paul, Minn., and at the University of Oregon, where he coached the 1972 Olympic team.

Prophesy Fulfilled

Lot's wife and her daughter both died during a visit to the Oracle of Delphi. According to tradition, the Oracle of Delphi was said to be a place where the gods spoke to humans through a seeress called the Sibyl. The Sibyl was said to be able to foretell the future.

The story of Lot's wife is told in the Bible in the Book of Genesis. The family was warned to leave Sodom and Gomorah, but Lot's wife looked back at the city and was turned into a pillar of salt.

The Oracle of Delphi was considered a sacred place, and its predictions were often seen as divinely inspired. The Sibyl was said to have the power to foretell events, and her prophecies were often used as guidance for kings and leaders.
Pulled Muscle Puts Richards on Sidelines

By Jack Williams

The injury that ended the career of world champion John Thomas in 1970 was not a muscle pull in the leg. It was a muscle pull in the back, caused by too much work without rest. John Thomas was a victim of overtraining, and he was not alone. Many other athletes have suffered the same fate, including many who are now world record holders. The key to avoiding muscle pulls is to rest when you need to, and to train wisely. This advice applies to all athletes, regardless of their level of training. By following these guidelines, you can avoid muscle pulls and other injuries, and achieve your best performance. Remember, rest is just as important as training.