GRANDFATHER GAMES RESCHEDULED

A record 213 entrants showed up but the elements conspired against the Meet Director, James Firth, dumping over 1" of rain on the L.A. Valley Historic Track, weathering the event originally planned for 4/5/6. George has rescheduled the Meet for May 17 & 18 and extends his apologies to competitors who came from as distant as Wisconsin, San Diego, San Francisco and Oregon. With both Sub-Master and Master's events scheduled and only physical conditioning to prepare George now expects close to 300 to enter. Write to George L. Firth, Granite Hills, CA 91344, Tel: (213) 363-8586.

JUNE

16-17 UNITE NATIONAL MASTERS CHAMPIONSHIPS, Cahill State College, Oklahoma City, Oklahoma, PA. All weather track. John Enrick, 426 Beverly Rd, Pittsburgh, PA 15219

22 CARMEL CLASSIC, Carmel, Indiana. Masters Mile. Chuck Koopman, 1310 Park Lane, Carmel, IN 46032

28 N.Y. METROPOLITAN MASTERS REGIONAL CHAMPIONSHIPS, Randalls Island, N.Y.C. Bob Pincs, 11 Park Place, N.Y.C. 10007

28-29 SENIOR OLYMPICS, Irvine, CA. Warren Blenam, 5225 Wilshire Blvd., Los Angeles, CA 90036

JULY

5-6 AUWESTERN MASTERS REGIONALS, Loyne College, Oakland, CA. tartan Track. Ed Phillips, Box 1267, Los Altos, CA 94022


12 AU MIDWEST MASTERS REGIONALS, Northwestern Univ., Evanston, ILL. Midwest Masters, 321 Bidwell Rd., Lake Bluff, IL 60044

20-21 USMT annual altitude training camp, Brian's Head, Utah 1 or 2 wk sessions. D. Pain, 1991 Chile St., S. San Diego, CA 92117

AUGUST

3 PIESK'S PEAK MARATHON. Walt Stack, 311 Collingwood, San Francisco, CA 94116.


8-10 AU MASTERS TRACK & FIELD CHAMPIONSHIPS, Water MASTERS, Toronto Canada.

10-11 PAIN, 1991 Chile St., San Diego, CA 92117

12-18 WORLD MASTERS TRACK & FIELD CHAMPIONSHIPS 4 MASTERS, Canada.

21 PAIN, 1991 Chile St., San Diego, CA 92117

Published by:

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BEER GUZZLERS MAKE A HASH OUT OF ROMP IN ASIAN COUNTRIESTEES IN THE FAR EAST BECOME POINT-AlTRIE FIVE MONTHS AGO AT RAIL'S END, DEC. 13, 1975

By Roman Francavilla

Staff Reporter of the Wall Street Journal

We DANG SENG, South Korea -- Jim Whitely is a small, deceptively well-spoken, urbane, he is known to the South Korean business community as the professional and proper manager of Marine Midland Bank's Seoul branch.

If that is true, why is Mr. Whitely here on a Saturday afternoon, dressed in grunge sweat suit and bar, running through a rice paddy yelling "Oi!" at the top of his lungs? And why are 35 foreign businessmen, diplomats and missionaries following him shouting the same thing?

The answer is obvious to the farmers in this small village 10 miles north of Seoul, who have seen this order before. They know it is nothing more than the Seoul chapter of the Hass House Harriers, one of Asia's oldest and most irreverent sports clubs, off on its weekly foray through the toughest terrain around.

From Sydney to Seoul and Hong Kong to Singapore, there are more than 25 chapters dedicated to "dashing," a combination of jogging, mountain-climbing and steak-clashing. All chapters help-to organize some form to five

The idea is that the exercises is only a small part of its purpose.

Weekend events include "We're not health fanatics," says Mr. Jones, a member of the Sydney chapter. "We're more a bunch of fellows who wish to develop a good thirst that we can drink off at the end of the run." It all started 57 years ago in Baliar, where an Australian named A.J. Gogert began jogging on Monday nights to sweat off the excesses of the pre-war work week. It didn't last long. However, since his run always ended with several rounds of cold beer at a small bar and restaurant known as the Hass House.

A few of Mr. Gogert's friend joined him, and the group grew to include many of the top rates through the Malaysian countryside. The Hass House's enterprise Chinese programming and to keep Mr. Gogert's business, followed the runners with a beer wagon and soon discovered a good time green grass. As more friends joined the game, the casual jog evolved into a variation of the 13th century British game of bare and bears, the "four" would set the trail and the "bounds" or other runners would folow it.

Please turn to page 12
The laments of men with poles

By John Jeannooky

NEW YORK — Poles vaulters walk up to a cabinet there's going to the other wall of the room like a "foot locker" for clothes. But how is Cutoff going to touch them. Pole vaulters finally get to the air. With excess length comes the friction between the pole and the floor. Fast, carry it in the hands.就算是Cutoff末尾部分，用火焰指成的下身直立在前，左脚在前，然后是前脚在前，和在前脚在前的了。

Without a pole, pole vaulters would be, oh, "normal," says Vic Egit, who vaults for the Beverly Hills Striders. Compare their physical and mental makeup, and let that be the main difference between them and the rest of us.

"Somebody like Mike Carrigan, who vaults for the Florida Track Club. 'I'd tell you. You have to work out the difference of pole vaulting, you need to work out the difference of pole vaulting, you need to bring some of the things that happen on the way to a meet. Especially a meet in New York."

"A lot of times," says Carrigan, who vaults for the Pacific Coast Club, "you get a meet next year and you can't get a meet because of pole vaulters that you have nothing left."

"Sometimes our stunts could be, you know, in all of No. 1, second, and second, no unusual to be able to ride by the rest of the

"Every pole vault is a bus driver in New York named Sande. "But you know, you don't have to run the last leg in the double-relay,

"Sometimes," says Carrigan, "you can get a car from the airport and you may have to rack it on a pole."

"And then, last year with the pole vaulters that I hadn't driven far, because the hill and all started looking smaller, and some of them just didn't want to be poles.

"Pole vaulters have a struggle," says Cutoff. "I was up to pole vaulters for the last three years."

"The secret to transporting the pole vaults has complicated the matter further. Larry James, who vaults for the University of Idaho, is a student of Harry M. James, so he's always going to have an extra pile of pole vaulting with airholes.

"Carrigan says he once heard of a pole being owned in half by artificial employees who couldn't figure out what was "somehow Carrigan surmises. "Then they had their ideas pretty tough."

"Of course, that's what makes pole vaulters pretty tough."

"You know, all poles are carried in a Dubuque cardboard carton. The outside of the carton is usually painted the same color."

"And two at a time, too."

"When they were finishing out at starting. They were all scraped up.

"Even if the transportation people are agreeable, there are still problems. If a cab takes you, says Carrigan, "you still have to have a way to carry the poles."

"Back on the track."

"And then there are the airport runners with their questions: John James, who is former U.S. Olympic track athlete, asks, "Where's that pole holder, once said. "I feel like a clause of career."

"Everyone is always asking why you're coming."

"I was up to pole vaulters for the last three years."

"Then Carrigan adds, "I feel like a clause of career."

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RILEY A. DAWKINS MEMORIAL TRUST FUND ESTABLISHED

Riley A. Dawkins (49) of Jamaica died March 18, 1975, as the result of an unexpected massive heart attack. Riley was the oldest brother of IIMT Member (and brother of Dawkins (46)). Oasis has established a trust fund in memory of his brother, formerly an educator in Jamaica. The purpose of the trust will be to finance the expenses of bringing high school students to Southern California from Jamaica for international competition. Donations to this fund may be sent to Oasis Dawkins, 1599 N. Catalina, Los Angeles, CA 90027.

6

IN SEARCH OF THE PERFECT SHOE

By Joe Henderson

The best of inventions sometimes develop from the most personal of intimations. To take Ed Phillips' new shoe design. He didn't come up with it to help thousands of long-footed runners. He developed it to keep his own two feet and legs from hurting so much. Phillips ran the half-mile at the University of California in the 1950s, and was injured often. He was injured more often as he aged, and he eventually cut out running to concentrate on the field events.

Despite an impressive list of physical ailments - and shorter than the other, scatica, extremely flat feet, extreme pronation of the forefoot, gooch, shins tenderness, tendinitis - he was a national Masters pistol-cup winner and a national pistol-cup runner.

But he still liked running and couldn't do very much with these limitations. So he began experimenting. To know about Ed Phillips' shoes, you have to know about him and his tinkering.

"He has always been this way," Mrs. Phillips said as she looked around her disaster area of a kitchen. "We've been married nearly 20 years, and he always has had some project going." Phillips says he's got 50 or 60 different shoes in his closet. He has a mechanical engineer by profession and a tinkerer by obsession. He has produced a number of inventions as in "something is the matter with..." When his back went out on him a few years ago, he designed a contoured rubber pad for relief. His wife said that of that one, "When I made the bed, it looked like I was trying to hide a boyfriend in it."

When Phillips recovered and returned to throwing the javelin and discus, he found he didn't have room around home to practice. The nearest open field was a mile or more away. So he rigged up a hydraulic device that allows him to throw with proper technique. These worked so well he's thinking of patenting them.

When I came to see Ed, he was on something new. He'd turned his wife's kitchen into a lab where he was trying for a better foot support. This was last spring. He had pulled a calf muscle while running, and was fitted with plastic foot supports.

After a few weeks in the orthotics, Phillips gave up on them. "They felt fine in my street shoes," he said, "But I couldn't run or throw in them." Doing the undergirding of a javelin thrower and running over the hard plastic edges of the supports was an exercise in pain. And they felt awkward. "It was like running in galoshes," Ed said.

The 42-year-old executive with a San Francisco area engineering firm set out to perfect his own more comfortable orthotics. He casted his feet in plaster of paris and molded a quick set of supports from rubber-like material.

"These are rough," he said as he held up the flexible strips of off-white material, ruged at the edges and pockled with bubble marks. "I'm not satisfied with a golf club of a kitchen. But we are a whole lot better than the plastic ones."

After that, the work got more complicated. A less expensive material, something that Phillips would have been able to use beforehand. It went through four major failures and a dozen minor ones while warming down the insert he pictured in his mind. Procedures were the minor hangup, materials were the major one.

He finally arrived at Tartan, the track club where he used to run. "It's so comfortable."

Ed told me over the phone, "It's like... like... putting your feet back in the womb." He said he was fade to over and make a pair for yourself. It's fairly easy to do.

His idea of easy and mine are far from.

Inventor Ed Phillips defies the conventions of running shoe-making to produce a negative-heel model.

In November, I wrote what I thought was an innocuous article about negative-heel shoes ("It's Down-Heel From Here," Nov. '74, 74R). The next week, I couldn't get to bed. The legs were too full, stretching and straining during our fast running, distance running shoes need feed.

Ed Phillips took strong issue with that conclusion, largely because he'd just developed the prototype of a running shoe which had no heel. In fact, it had a slight negative heel. He showed it to me, and raved about the result he was getting. The legs, stretched to the limits. He presented this different to Eastern Shoes. Eastern Shoes is based toward the rear and are made for walking.

Runner's World Magazine
These are forward biased and are made for running. You can’t run in Earth Shoes, and you won’t walk very well in these."

"Besides," he added, handing me one of his running shoes, "these weigh only about one-fourth as much." He said his shoes are worth about nine ounces, which is less than the weight of most standard running flats.

"What’s the theory behind these shoes?" I asked. "What makes them better than the shoes I have on?"

Phillips said, "Many of the problems we runners have have seemed to result from landing stress. Whether we’re talking about your heel bumps or your achy knees, avoiding heel-striking is a most desirable goal. With normal heel contours, the only alternative is too running. But the problem here is the tremendous loading imposed upon key points of the lower leg."

"For instance," he weighed 175 pounds. "If I run with ground contact 60% of the time, then my average contact force is actually 212 pounds. This reaction force is not constant, but peaks upon landing to perhaps 400 pounds."

"Now," he suggested, "you must think of the foot as a simple 4:1 lever with its fulcrum at the ankle. This means that to support the 400-pound load on the foot of the ball, the achilles tendon is subjected to 1600 pounds of tension."

"Needless to say," he noted, "we don’t see many marathons too runners."

Instead, they slam down on their heels. Phillips’ challenge was to design a shoe which kept runners off their heel, while not throwing intolerable stress onto their achilles tendons. He came up with a sole which is thicker just behind the ball of the foot. Impact centers on this point, leading to a modified toe-running style. But because the "lever arm" is much shorter than in true toe running, the load on the achilles tendon is cut in half. The basic idea seemed sound. But Phillips had to work through 11 different combinations of design and materials before he had a shoe which satisfied him. The early models, he said, "chewed my feet into raw hamburger, completely slipping the blisters."

The soles were too rigid. "I kept at it, progressing generally in a direction away from rigidity, toward mobility and comfort. About nine models into the investigation, I had a shoe with no rigidity at all."

Two more modifications to the bottom contour produced a shoe that smoothly transfers the running load to the lower and then upper leg with significantly reduced muscle strain. Finally, Phillips was pleased enough with his shoes to apply for a patent. He plans to manufacture the soles and market them through established shoemakers and shoe retailers. (His company is American Fitness, Inc., P.O. Box 1267, Los Altos, Calif. 94022.) But this is some time away yet.

Ed hadn’t originally intended to this to be a commercial venture. He has been too involved with developing the shoes to worry about mass-producing them. So far, he’s the only one to have thoroughly tested his invention. The shoes he wears are an exact fit for his feet, and they PAGE 24: Note the negative heel and the "forward bias" of the Phillips shoe. BELOW: In standard shoes, Ed Phillips says his knees knock. He has good alignment with his own model. (OMPhoto) have built-in corrections for his abnormalities.

In his case, they’re doing all he hoped they would, and more. Ed told me recently, "I’ve gone from being a virtual nonrunner (because of injuries) to 30-40 miles per week on city streets and sidewalks. I even do interval training that way because I don’t eat and the local high school track isn’t lighted. Running seems so effortless that I can’t wait to get to it. And when I’m through, my legs feel like starting all over."

He said, too, that the shoes have made his stride longer and more fluid without conscious effort to stretch or smooth it out. But he stopped short of saying that his shoes made him run faster. "The shoes themselves don’t make me go any faster," Phillips said. "They let me run, which I couldn’t do before. I never could run five miles straight. Now I do that much and more almost every day. That makes me run faster."

City’s fun-filled flood of fitness

THIS new Queen Street only seems seconds after the start of the "Round the Bays" on Saturday afternoon. More than 5000 people lined up outside the Town Hall to run in the Auckland Star-sponsored event.

Mr. B. Walker, president of the Auckland Joggers’ Club, which organized the event, said that although 4710 people entered officially, hundreds more joined in the fun run.

And 3309 of the official entrants completed the 12.7-kilometre distance in under 100 minutes--nine of them were over 70 years old.

Mr. B. McNaught, one of the organizers of the Joggers’ Club, today thanked the Star for sponsoring the event.

"Without the Star, the "Round the Bays" just couldn’t have happened," he said. "It was a fantastic day, and with 5000-old starters, it would have been impossible for the club to organize mechanically."

Mr. N. Gaunt performed the first run in 1975, when there were only 1200 runners, with this year’s start at the Town Hall.

"I was up in the Fire Brigade’s snooker unit and it was just like a happy river flowing from Queen Street—a great sea of faces that we couldn’t hold back."

"It must be the first time in New Zealand that so many people have run in such an event. It was tremendous that they all came along and had a go."

Mr. McNaught feels the Joggers’ Club may have to control the flow of runners when even more enter next year.

He asks that one way to do it would be to get the same as it river Queen Street.

Greater Flight to Toronto Filling Up

The Nationals at White Plains, N.Y., and the World Masters in Toronto will be well represented by West Coast athletes and their families as 180 have signed up for the all-star, 11-city tour (chronicle) from L.A. to N.Y. via Toronto. The U.S. flight departs Aug. 7 and arrives in Toronto Aug. 11. Total cost is $310, including transportation, airport pick-up and University housing in New York and Toronto.

Both events this year include selected Women’s and Masters events. The USMRT and the USMRT’s are coming up with special housing, social arrangements, and transport to the track. These events, based on place to date, will be the most extensive and best organized Masters Championships presented in the history of our sport.

The Canadian championships take place Sept. 3 and 4 and feature 31 nations and expects 1500-2000 athletes. A large number of these events is competitive in White Plains as well. The 200 Masters should have at least 1000 entries and once again we should see record scattering performances in every 5-year age division. Only one North American will be offered and that will be in Toronto.

We have entry blanks for Toronto, White Plains and the Western Regionals and will call on request for us to whom we have already requested same.) These can be handed addressed return envelopes.

The salaries in White Plains will be on Sunday so we will not interfere with the 110, 200 and 400 events. If you wish to enter the Division 1, II or III 4100 or 4400 Brels and compete for the USMRT drop us a note and you will be put on a list. Please give a current record for the 100 or 400s or yards.

The Charter is an affiliate affair which closes 60 days prior to departure for the Western Regionals. So you may have your reservation and full payment not later than June 1st.

If for some reason you cannot make the Charter flight, but plan to go back later to compete anyway, please contact Sports Travel International Ltd., Helen Grant, Manager, 1004 Cable St., San Diego, CA 92107 and she will be happy to handle your individual arrangements. One-way tickets are available, if we can match you with another going in the opposite direction.
...for the enthusiasm is found in the club's motto: "If you have half a mind to join the Hash, that's all you need."
GRANDPARENT GAMES RESCHEDULED:

A record 223 entrants showed up but the elements conspired to defeat Director George Ker, losing over 1' of rain on the L.A. Valley District Track, washing out the event originally planned for 8/6. George has rescheduled the Meet for May 11 & 18 and extends his apologies to competitors who came from points as far as Montana, Wisconsin, San Diego, San Francisco and Oregon. With both Sub-Master and Senior's meets scheduled and other events not to prepare George now expects close to 300 to enter. Write to George, 3635 6th Ave., Granada Hills, CA 91344, Tel: (213) 383-6588.

SPECIAL NOTE: 1975 National AAU MASTERS MARATHON WILL BE HELD: RENO, NEVADA. SUNDAY, OCTOBER 12 AT 8:00 A.M. THE 20-MILE COURSE WILL BE A TWO-LAP APEAL ALONG COUNTRY ROADS. POST BOX FEES: FOR ENTRY FORM, ADDRESS ALL ENTRIES TO: SOUTHERN OREGON SIZZLERS, ALFRED WAIRING, P.O. BOX 1027, PHOENIX, ARIZONA 85069.

AAU DISTANCE CHAMPIONSHIP -- THOSE WHO WISH TO COMPETE IN ANY OF THE AAU MASTERS LONG-DISTANCE CHAMPIONSHIPS THIS YEAR WILL FIND THIS SITE ON PAGE 128 TO CONTACT INFORMATION IN THE JAIL ROLLING LIST.

20-30 MILE ROAD RACE AT TEMPE: 20-KM ROAD RACE (40,000) NEW YORK, N.Y. CONTACT: NELL RUSSELL, 1122 7th Av, Norfolk, Ne 61746.

DAVID H. R. PAIN

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BEER GUELDERS MAKE A HUNT OUT OF ROMP

IN ASIAN COUNTRYSIDE

FOREIGNERS IN THE FAR EAST BECOME PHILADELPHIA FIGHTERS WHEN PUB. AT "RAIN'S END.......DEC. 13, 1974

BY NORMA Motate

Staff Reporter of The Wall Street Journal

U.S. mariners striking down south -- Jim Whitely is a master of the Hard Boiled School of Journalism. As an urbanite, he is known to the South Korean business community as the professional and proper manager of Marine Midland Funk's Seoul branch.

If that is true, why is Mr. Whitely here on a Saturday afternoon, dressed in orange sweat suit and hat, running through a racy, noisy "Val Oil" at the top of his lungs? And why are 30 foreign businessmen, diplomats and missionaries following him shouting the same thing?

The money is obvious to the foreigners in this small village 10 miles north of Seoul, who have seen this fellow before. They know it is nothing more than the Seoul chapter of the Hard Boiled Harriers, one of Asia's oldest and most irreverent sports clubs, on its weekly foray through the toughest terrain around.

From Sydney to Seoul and long long to Southack, there are more than 30 chapters dedicated to "washing," a combination of jogging, mountain-climbing and steet-cleaning. Although their conditions help-hoare ranges from three to five miles, "Runners," of the Televators, insist that the exercise is only a small part of its purpose.

Weekend Excursions: "We're not health fanatics," says Don Jones, a member of the Sydney chapter. "We're more a bunch of fellows who wish to develop a good thirst that we can drink off at the end of the run.

It all started 37 years ago in Kuala Lumpur when an Australian named A.G. Glasper began jogging on Monday nights to sweat off the excesses of the preceding weekend. It didn't last long, however, since his run always ended with several rounds of cold beer, a small bar and restaurant known as the Hard House.

A few of Mr. Glasper's friends joined him, and the group began running through the Malaysian countryside. The Hard House's enterprising Chinese proprietor then realized the idea of the Glasper's business, followed the runners with a beer wagon and was always at the finish line to greet them. As more travelers came, the casual jog evolved into a variation on the 19th Century British game of bare and bongs. One "bar" would set the trail and "bongs" or other runners would follow it.

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Staff Reporter of The Wall Street Journal

U.S. mariners striking down south -- Jim Whitely is a master of the Hard Boiled School of Journalism. As an urbanite, he is known to the South Korean business community as the professional and proper manager of Marine Midland Funk's Seoul branch.

If that is true, why is Mr. Whitely here on a Saturday afternoon, dressed in orange sweat suit and hat, running through a racy, noisy "Val Oil" at the top of his lungs? And why are 30 foreign businessmen, diplomats and missionaries following him shouting the same thing?

The money is obvious to the foreigners in this small village 10 miles north of Seoul, who have seen this fellow before. They know it is nothing more than the Seoul chapter of the Hard Boiled Harriers, one of Asia's oldest and most irreverent sports clubs, on its weekly foray through the toughest terrain around.

From Sydney to Seoul and long long to Southack, there are more than 30 chapters dedicated to "washing," a combination of jogging, mountain-climbing and steet-cleaning. Although their conditions help-hoare ranges from three to five miles, "Runners," of the Televators, insist that the exercise is only a small part of its purpose.

Weekend Excursions: "We're not health fanatics," says Don Jones, a member of the Sydney chapter. "We're more a bunch of fellows who wish to develop a good thirst that we can drink off at the end of the run.

It all started 37 years ago in Kuala Lumpur when an Australian named A.G. Glasper began jogging on Monday nights to sweat off the excesses of the preceding weekend. It didn't last long, however, since his run always ended with several rounds of cold beer, a small bar and restaurant known as the Hard House.

A few of Mr. Glasper's friends joined him, and the group began running through the Malaysian countryside. The Hard House's enterprising Chinese proprietor then realized the idea of the Glasper's business, followed the runners with a beer wagon and was always at the finish line to greet them. As more travelers came, the casual jog evolved into a variation on the 19th Century British game of bare and bongs. One "bar" would set the trail and "bongs" or other runners would follow it.