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AAU DISTANCE CHAMPIONSHIPS: Those 40 and over in the AAU Masters Meet Distance Championships this year will find out more contact information in the following list:

10-K ROAD (11-12-14), New York, N.Y.: Contact: RUNNER'S DIGEST, 1585 Broadway, New York, N.Y. 10036.

15-K ROAD (13-15-17), Los Angeles, Calif.: Contact: LAUS, 11900 Wilshire Blvd., Los Angeles, Calif. 90025.

20-MILE TRAIL (20-22-24), San Francisco, Calif.: Contact: SAN MATEO TRAIL CLUB, 40 Kirkland Dr., San Mateo, Calif. 94402.

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The laments of men with poles

By JOHN JAMESON

NEW YORK — Pole vaulter walks up to the 12-meter picket line at the I.A.A.F. track meet in the Starlight Theater. "I saw the guy make a 17-foot jump," said a passerby. "But I don't know whether he made it over or not."

The answer won't come until tomorrow, when the meet is run again. The vaulter was an Olympic medalist from Canada, and his performance was watched by thousands of fans.

แล้ววันนี้เพื่อนๆ คุณจะไปร่วมงานฉลองการสังเวยในโลกนี้หรือไม่? หรือคุณจะรับผิดชอบอย่างไร?

Saturday's pole vaults were delayed due to rain, but the meet continued on schedule. The vaulter, who had previously competed in the Canadian Olympic trials, was one of the favorites. The meet is part of the World Indoor Track and Field Championships.

เมื่อวานนี้เพื่อนๆ คุณจะไปร่วมงานฉลองการสังเวยในโลกนี้หรือไม่? หรือคุณจะรับผิดชอบอย่างไร?

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**Monday, September 15, 1975**

10:00 a.m.

26 km and 10 km Lake Yamanaka Course

**At the Foot of Mt. Fuji**

Yamanashi Prefecture, Japan

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**Friday, March 13, 1975**

**ADVERTISER #2**

FAKE STARTS

**Masters (Veteran) ATHLETICS**

**1975 initial start in So. California in 1968 -- a mere 8 years ago. It might come as a shock to U.S. Vets that the British Veterans have been organized since 1933 -- 44 yrs. ago when a group got together and organized Chairman of the Vet's A.C., still active and boasts a membership of over 1000. The oldest veterans are the 92-year-old "Tartan Flash" Duncan Macleod (90) and Charlie Speckly (98). The last time Duncan and Charlie raced Duncan prevailed with his appearance on a cold day in a good race against Charlie until a 1965 attempt to achieve similar results. The book race brought forth an indignant response. The British, long tradition, have held their annual events during each of the last few years, with over 40 years and Club member Harry Wicks has acted as Toastmaster at no less than 37 of these affairs. Some track records.

Ollman Jim Herberger of Killington, Kansas, who allegedly "hates" track, competed in the Veterans mile at the U.S. National Indoor Meet in Oklahoma City. Jim was 23 points over the Veterans record and ran an excellent 4:32:6 but was edged out of Ist by Ray Graham (54) by 1.3 sec. We are looking forward to some fine performances from Jim in the Veterans mile at the 1967 U.S. Amateur Track and Field Championships when he locks horns with both the East and West Coast top runners. In an indoor affair 2"5 at Kansas State, Capt John Groom and Ralph Greenfield scored a 4:56.6 and 5:00.4, respectively.

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70-year-old winning McFadden (52) reports on the U.S. Masters, Raleigh, North Carolina 4.5-4.6. As usual the weather was bad, according to Win; cold with wind gusts up to 40mph. It didn't seem to deter him as he did a 15'10" long jump, setting an Age Group (70+) record. He now holds all three age-group records from ages 44-66 and 70 each year for 8 years. He can still perform well.

**Some other fine performances were turned in by Lee McRae (52) -- 3-mile 11:12.54 and 4000m (50) 15:15.7. Durabiole Wexler (45) tied the age 50 winner at 13' in the Pole Vault and also did 18'10" in the L.J. Hal Hogan (45) with a 10'7" Steeplechase took the title in the Mile with a time of 4:43.8. Alan Waterman (56) turned in a Mile 12:59.4. Alex H. All five were 54 & 54 AG.**

**Results printed on Page 4.**
ILENE A. HAWKINS MEMORIAL TRUST ESTABLISHED

Riley A. Hawkins (49) of Jamaica died March 18, 1975, as the result of an accident involving massive heart attack. Riley was the older brother of UNM Faculty Ossie Hawkins (46). Ossie 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 age athletes to Southern California from Jamaica for international competition. Donations to this fund may be sent to Ossie Hawkins, (490 N. Catalina, Los Angeles, CA 90027).

From JSE News:

1975 TRIAL'S END MARATHON, Seattle, Oregon

We were lucky enough to have nine days to attend the Trial's End Marathon. We took 48 days to travel up, doing all of it on the coast. We camped in State Parks each night and ran in a different place each day. We drove through rain, snow and wind until we reachedかな3, Oregon. We headed north and Clark first sighted the Pacific Ocean. We sometimes rode on horseback and enthusiasts cut out most of his running to concentrate on the field events.

Despite an impressive list of physical problems ("one leg shorter than the other, sciatica, extremely flat feet, extreme pronation of the feet, adductors tendinitis, pulled muscles in both calves and arthritic knees"), he won a national Marathon championship in 1974 and a highly-rated javelin thrower. But he still liked running and couldn't cut much with these limitations. So he began experimenting. To know about Ed Phillips' shoes, you have to know about him and his thinking.

I have always been this way," Mrs. Phillips said, "I’ve been an runner for years, but phored a couple of rolling hills in the first part, and an upgrade that felt like the Lafayette Run Run. I ran a gold car company and the looks around her disaster area of a kitchen. "We’ve been married nearly 20 years, and he always of us had some project going.

Ed had plasters in the mixing bowls, molds in the oven and shoes in the refrigerator where he used to keep the cheese. He is a mechanical engineer by profession and a tinkerer by obsession. He has produced a number of inventions as an "necessity is the mother of...

When his back went out on him a few years ago, he designed a contoured rubber pad for his bed. His wife said of "When I made the bed, it look like I was trying to throw a boyfriend in there.

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 hydraulic devices which allowed him to throw with proper technique. These worked so well he’s thinking of patenting them.

When I came to see Ed, he was onto something new. He’d turned his wife's kitchen into a laboratory to produce a better foot support. This was last spring. He had pulled a 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 sidesteping 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 49-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 a rubber-like material.

"These are very tough," he said as he held up the floppy strips of off-white material, ragged at the edges and pooled with bubble marks. "I'm not satisfied with them. But they are a whole lot better than the plastic ones.

After that, the work got more complicated. A less persistent and inventive man than Phillips would have given up. But he went on, through four major failures and a dozen minor ones while hunting down the insert he pictured in his mind. Procedures were the minor hangups, materials were the major ones.

He finally arrived at Tartan, the track material. "It’s so comfortable," Ed told me over the phone. "It’s like... putting your feet back in the womb." He said, "Come on over and make a pair for yourself. It's fairly easy to do."
These are forward biased and are made for running. You can't run in Earth Shoes, and you can't walk very well in them.

"Besides," he added, handing me one of his running shoes, "these weigh only about one-fourth as much. I had him size 11 weights 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?"

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

"For instance, I weigh 175 pounds. If I run with ground contact 69% of the time, then my average contact force is actually 292 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-link lever with its fulcrum at the ankle. This means that to support 400 pounds on the ball of the foot, the Achilles tendon is subjected to 1600 pounds of tension."

"Needless to say," he noted, "we don't see many marathoning toe runners."

Instead, they slam down on their heels. Phillips' challenge was to design a shoe which kept runners off their heels, while not throwing intolerable stresses onto their achilles tendons.

He came up with a sole which is thickest just behind the ball of the foot. Impact centers on this point and the sole is flatter, a modified toe-running style. But because the "lever arm" is much shorter than in 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 found a shoe which satisfied him.

The early models, he said, "chewed my feet into raw hamburger, completely stripping the blisters. The sole was too rigid. I kept at it, progressing generally in a direction away from rigidity, and toward mobility and comfort. About nine months 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 sole and market them through established shoemakers and shoe rebuilders. (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 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 non-runner (because of injuries) to 30-40 miles per week on city streets and sidewalks. I even do interval training that way because I run at night 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 they're starting all over."

He added, 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 was Queen Street only seconds after the start of the "Bound the Bay" on Saturday afternoon.

More than 5000 people lined up outside the Town Hall to run in the Auckland Star-sponsored event.

Mr. Don Walker, president of the Auckland Joggers Club, which organized the event, said that although 4119 people entered officially, hundreds more joined in the fun run.

Half of the official entrants completed the 11.77-kilometre distance in under 100 minutes—nine of them were over 70 years old.

Mr. Eric Woods, one of the organizers of the Joggers Club, today thanked the Star for sponsoring the event.

"Without the Star, the "Bound the Bay" just couldn't have happened."

It was a fantastic day, but with 600-odd starters, it would have been impossible for the club to organize mechanically.

Mr. Woods compared the first run in 1973, when there were only 120 runners, with this year's start at the Town Hall.

"I was up in the Fire Brigade's snazzy unit and it was just like a happy river flowing down 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. Woods feels the Joggers Club may have to control the flow of runners when entry next year.

He adds that one way to do it would be to get the mayor to widen Queen Street.

Greater Flight to Toronto-Calling All!

The Nationals at White Plains, N.Y., and the World Masters in Toronto will be well represented by West Coast athletes and their fans. 140 have signed up for the all expense 11-day jet tour (except meals) from L.A. to N.Y. to Toronto. The L.A. Flight departs Aug. 7 and returns Aug. 18th. Total cost is $510, including transportation, airport pickup and return and university housing both in New York and Toronto.

Both events this year include select Women's and Sub-Masters events.

The sponsors and the U.M.T. are coming up with space for housing, social arrangements, and transport to the truck. These events, based on planes to date, will be the most extensive and best organized Masters championships presented in this part of the country.

Toronto reports entries from 25 nations and expects 1500-2000 athletes. A large number of them expect to compete in the Masters Games. The AMG Masters should have at least 1000 entries and once again we should see record shattering performances in every 5-year age division. Only one Marathon will be offered and that will be in Toronto.

We have entry blanks for Toronto, White Plains and the Western Regionsals and will mail on request for those who have already requested same. Please send stamped addressed return envelope.

Relays in White Plains will be on Sunday so they will not interfere with the 110, 200, 400 and 800s. If you wish to enter the Division 11, 11 1/2 or 4x400 or 4x400 Relays and compete for the U.M.T. drop us a note and you will be put on a team. Please give a recent time for the 100 or 200 or your age.

The Charter is an affair affair which closes 60 days prior to departure; therefore must have your reservations and full payment not later than June 1st.

If for some reason you cannot make the Charter flight but plan to go back East to compete anyway, please contact Sports Travel International Ltd., Helen Pain, Manager, 1911 Cable St., San Bruno, CA 94066 and she will be happy to handle your individual arrangements. One-wayes are available, if we can match you with another going in the opposite direction.
I won 22 ribbons in one recent track season and a national sports magazine recently gave me an achievement Award for running 25 miles in 5 Hours, 47 Minutes. And I celebrated my 60th Birthday by running 63 laps around a quarter-mile track.

Once in a while, someone calls me a health nut. When they do, I say, "Just the contrary a few times and I know I'd rather be a live health nut than a dead stone figure."

I don't care what anybody calls me - I'm happy because I've turned a job into a hobby and hobby into a job.

- From National Impertor Dr. George K. Knox is a pencil psychologist and hypothesizer in Columbus, Ohio.

MARCH 4, 1975

Understand Your Administration

By Robert D. Lewis

National Master Coadinator

The Masters program will see some changes as more people understand the different goals and programs that are being run by the Masters programs. One of the big goals is to increase the amount of track activity and the number of events.

The Masters program is designed to meet the needs of athletes who are not able to participate in the regular track and field events.

Proposed changes in the Masters program will include:

- Increasing the number of events.
- Introducing new events.
- Improving the quality of events.

These changes are being made to increase the attractiveness of the Masters program and to increase participation.

The Masters program is designed to meet the needs of athletes who are not able to participate in the regular track and field events.

BAILLIE IS BACK IN RUNNING

The lines are deeper on the forehead these days, and he’s not running quite as quickly as he did 10 and 20 years ago.

But Bill Baille, 41, in June, is back competing again with the 40-and-over athletes in the Masters Association. The 1500 metres event. He was giving away 20 years to some of the more recent Masters, yet he showed he’s still to be reckoned with.

Baille didn’t win - he finished sixth in 3:50.17 - but with his running form and concentration, he is believed to be a world record for a 40-and-over athlete.

It has come to the Masters on the world veteran’s record in an amazing 54.52s, held by another former Olympian, Michel Bekelemi of France.

For Baille, however, it was still a highly encouraging performance. Six months ago he was almost crippled. A growth on his right heel was causing him such pain - he could barely jog. Even walking in street shoes was painful.

"I’ve been living with the pain for 10 years and it was gradually getting worse," said Baille.

Several athletes I know had their condolences offered to me and I was looking around for the right surgeon to have mine done. But I wasn’t about to rush into it. Then I met Marjorie Stephen Jones at the Commonwealth Games in Christchurch last year.

"She has had a similar injury to mine and had undergone an operation in 1965."

"The second year after she finished third in the Tokyo Olympic Games. It was only then I thought that’s good enough for me."

So I came to Christchurch for the operation last September and it has proved 100% successful."

"The doctor who operated found a nerve was misrouted and it had to be corrected on my heel."

"I am not sure if it will eventually save our members."

Baille is back in running.

(Please turn to page 11)

FIELD & TRACK

IN THE NEWS...

By Tom Huddle

The Masters program is the youngest of the major athletic events in the United States. It was founded in 1946 by the Amateur Athletic Union (AAU).

The Masters program is designed to meet the needs of athletes who are not able to participate in the regular track and field events.

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(1964 Baille because New Zealand’s fourth sub-decile, with a life of 54.52.)

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Special Note:
1975 NATIONAL M.J. MARATHON WILL BE HELD: NERACHON ORGANIZATION, SUNDAY, OCTOBER 12 AT 8:30 A.M. THE 26-MILE COURSE WILL BE ALONG COUNTRY ROADS. ENTRY FEE: $2.00 TO ALL. REIGNS DIVISIONS: SOUTHERN OREGON SIZZLERS TRACK CLUB. LIVERS: 2-YR. CATEGORIES. ADDRESS ALL ENTRIES TO: SOUTHERN OREGON SIZZLERS, JERRY BAHRSTEDT. P.O. BOX 1024, PHOENIX, ARIZONA 85235.

AD DUO LONG DISTANCE CHAMPIONSHIPS — those men who wish to compete in the 26-MILE M.J. MARATHON LONG DISTANCE CHAMPIONSHIP THIS YEAR WILL FIND SIGHTS AND CONTACT INFORMATION IN THE FOLLOWING LIST:

Aug. 8 26-KILO ROAD (12.42M), New York, N.Y. Contact: Richard G. Thall, 100 West 42nd St., New York, N.Y. 10036.

Aug. 1 ONE-MILE TRACK, DOUGLAS 440 TRACK through Aug. 1. Contact: John Brent, 2133 Elmore Rd., Toledo, Ohio 43605.

Aug. 15 26-KILO ROAD (12.42M), San Francisco. Contact: Harvey Opperman, 702 10th St., San Francisco, CA 94107.

15 THE WORLD BEST VETERAN LONG DISTANCE RUNNERS COMPETITION: 2-MILE, 10K.

Lake Yamanaka (at foot of Mt.Hoji) Yamanashi Prefecture, Japan; July 10-20+; Gentlemen 45 yrs. & older. 35 yrs. age classes. Contact: Helen Pain, Sports Travel International, Inc., 1451 Cleveland St., San Diego, 92110.

July 1975 U.S. MARATHON CHAMPIONSHIPS TO BE HELD IN WHITE PLAINS, N.Y. 12-KILO RUN, 10K-SA. Contact: Fred Darrow, Box 884, N.Y.C., 10052.

Published by:
david h.r. pain
helen l. pain
1160 via españa
la jolla, california
(714) 459-6362

Beer Gusslers Make A Hash Of The Run Off In Asian Country Side
In Japanese Countryside
FOREIGNER FOR EASIES
BEER GUSTEES MAY BECOME FRESH-AIR FIENDS DURING MAY, AS "TRAIL" ENDS
JUNE 17, 1974 SHIPS FOR JAPAN

By Robert Frankel

Staff Reporter of the Wall Street Journal

A two-lap, 26-kilometer race stroll in Japan is a serious and sani man. Well-educated, soft-spoken, urban, he is known to the North Korean business community as the professional and proper manager of Marine Midland Bank's Seoul branch.

If all that is true, why is Mr. Whiteley here on a Saturday afternoon, dressed in orange sweat suit and heat, running through a rice paddy yelling "Out" at the top of his lungs? Why are 26 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 sort of group before. You know that is nothing more than the Seoul chapter of the Hash House Harriers, one of Asia's oldest and most impressive sports clubs, off on its weekly foray through the tough terrain around them.

From Sydney to Seoul and Hong Kong to Hong Kong, there are more than 25 chapters dedicated to Hashing, a custom of mountain-climbing and people-chasing, often accompanied by much drinking and steed-chaos. Although physical conditioning helps—honorable range from three to five miles—"Hashers," or members of the Club, insist that exercising in only a small part of its purpose.

Warrick Evanses

We're not health fanatics," says Don Jones, a member of the Sydney chapter, "we're mere bunch of fellows who wish to develop a good light that we don't drink off at the end of the run."

It all started 37 years ago in Kino Lumper when an Australian named A.S. Gipsker began jogging on Monday nights. Since his death off the enemas of the preceeding weekends. The racing did little good, how ever, so he had several rounds of cold beer at a small bar and restaurant known as the Hash House.

A few of Mr. Gipsker's friends joined him, and the group began to run different routes through the New Zealand countryside. The Hash House's importing Chinese proprietor, anxious to keep Mr. Gipsker's business, followed the men on their runs, and was always at the finish line to greet them. As the friends joined the group, the casual jog evolved into a variation on the 19th Century British game of hare and hounds. The "Hare" would set the trail and the "Hounds" or other runners would follow it.

PLEASE TUNE TO PAGE 17
CONT. FROM PAGE 1

Reputation Claim

Mr. Lee, one of the first Nash House Harriers, recalls that "Gisport wasn't an athlete, and strenuous exertion was laid as much on the subsequent refreshment as on the pure and simple running. Life was thus conservative rather than competitive."

Mr. Gisport was killed at the battle for Singapore during World War II, and the club was revived after the war by another Australian, Torch Bennett, who is best remembered for the peace-time war reparations to replace 24 missing beer mugs and the club's old badge, which had been used to masquerade as the runners.

The club was named the Saiai Luminator until 1962, when one of its members moved to Singapore and started a branch there. Other branches soon followed, and today there are 13 clubs in Malaysia, five in Australia, two in Hong Kong and one each in several other Asian centers.

Many chapters print weekly newsletters, and some issue elaborate yearbooks chronicling the runs. The Malaysian club had more than 1,000 runs, and other clubs, including those in Singapore and Saiai, Malaysia, have had more than 500. Although most chapters are restricted to men, a few have recently started women's auxiliaries so that Nash House Harriers can join in the runs. 

Alcohol Runs

Most chapters use shaved newspaper, or, in urban areas where litter is a problem, chalk or flour to mark the trails. When there is snow on the ground, the Saiai Harriers use multicolored foam rubber welding cord. Throughout the run, short false trails peel off from the main trail at varying intervals. The call of the "Harriers" is "Paul On!" and everyone shouts to signify that he is still on course. Most importantly, the trail ends at a barrel of beer or friendly pub.

Every chapter tells stories about its weekly battles for survival. In Malaysia, "Harriers" are always getting to spend the night in a field or small village far from home. A Hong Kong weekly member has had to contend with "Yoga, rats, snakes and the outraged complaints of irate housewives." And members of one Australian club still feel lively after they recall one trail that wound through eight pubs.

In South Korea, Kit Villiers, a charter member of the Seoul chapter, fell into a manure pit a few months ago and almost drowned. It took six washings at a local farmer’s well to get him clean. Another chapter followed the trail through a firing range belonging to the South Korean army.

When a "Nash" sets the trail, he "Warns the runners and their children that a group of foreigners will be passing through and tells them not to worry about the shooting," says Wolfgang Gut, laudato’s manager and another charter member of the South Korean club. The explanation usually works, but it sometimes encourages the children to play a game of their own—picking up the paper, thus wiping out the trail for several hundred yards.

"Harriers" are Omnipresent

People in Seoul know they should never schedule a party that conflicts with this day because "none of us would show up," Mr. Whitely says. Other members tell of postponing business meetings and trips abroad so they wouldn’t miss a run.

Members cite many reasons for their devotion, "I recharge my batteries every time I come out here," says Paul Hado, who runs a 14-hour "Alcohol Run," for Cancer Glass Works in Seoul. Others talk about camaraderie and the thrill of "crossing the Korean countryside or the escape from business pressures."

"This is the one time of the week I really relax," Mr. Hart says.

But perhaps the best explanation 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."

**ALCOHOL GOOD OR BAD!!**

It’s a fact that running makes the metabolism of alcohol more efficient and therefore the drug is less dangerous in the physically conditioned person than the non-conditioned individual.

Alcohol is a source of calories — calories only; there is no protein for tissue building, nor is it a significant source of carbohydrates. Carbohydrates and protein yield calories at the rate of 4 per gram. Fat yields 9 calories per gram, alcohol, 7 calories per gram. Alcohol is handled by the body more like fat than carbohydrates, and we destroy it, (the ore you depend on your emotional function) but it can safely metabolize a limited amount each day.

The amount of alcohol the liver can safely metabolize is, of course subject to individual variation. However, studies that are less than perfect but are of a 20 year magnitude out of France (these studies have been repeated in recent years to substantiate this information) suggest that consumption in truly less than 80 grams per day over a 20 year period, the liver's function is not significant. Note the limitations — 20 years and 80 grams (12 oz. of 5% beer is 18 grams of alcohol) — 1 oz. proof liquid = 15.5 grams of alcohol.

Eighty grams is a generous amount of alcohol when considered on a daily basis. Of course, a bottle of beer has an additional 50 grams (more or less) of carbohydrate, so as a fuel source beer is quite good but as a body builder and health protector it does not score.

Our advice is, if you drink, run to burn the calories and if you do not drink, run anyway.

--- Donald R. Gassman, M.D.---

P.S. Purchases of my book "Too Young to Die" have increased modestly. However, there are still books available, autographed, at $10.25. Write for address. 8025 S.E. 52nd Ave., Portland, Oregon 97260.

**FIVE MILE — LAST MINED RACE**

FARMINGTON — 1975

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<tr>
<th>Name</th>
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<td>3. Ross Smith</td>
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<td>4. Bill Hoffner</td>
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<td>5. Dennis Toepkepen</td>
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<td>7. Jim O’Neill</td>
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<td>8. Pat Ganser, Sr.</td>
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<td>9. Ulrich Konig</td>
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<td>10. Hal Batchart</td>
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<td>11. Steve Stouder</td>
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<td>12. J.J. Schrader</td>
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<td>13. Alan Rasmussen</td>
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**ALCOHOL DIVISION**

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<tr>
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<td>2. Herb Meyler</td>
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<td>3. Fred Phillips</td>
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<tr>
<td>4. Ray Humes</td>
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<tr>
<td>5. Dave Smith</td>
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<td>6. Catherine Smith</td>
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<td>7. Gary Hovey</td>
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<td>8. Bob Belling</td>
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<td>9. Len Mullinich</td>
<td>56</td>
<td>57:47</td>
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<td>10. Paul Spangler</td>
<td>76</td>
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<td>11. Bob Youngman</td>
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<td>12. Robby Pullman</td>
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**MEN’S DIVISION**

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<td>2. Don Hanks</td>
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<td>3. Catherine Smith</td>
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**EVY I-40-44**

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<td>2. Bill Smith</td>
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<td>3. Lee Maxion</td>
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**EVY II-45-49**

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**EVY III-50-54**

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<td>2. Bob Bollinger</td>
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**EVY VI-70**

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<td>2. Bill Nance</td>
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<td>3. Ron Hirsch</td>
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NORTHERN CALIFORNIA SENIORS T.C.

HERNDON & FIFE TIMES

1. Group 4 Winners: Steve Meck 63:30
2. Seymour & Virginia Collins 67:10
3. John & Ruth Anderson 68:02
4. Bob & Ruth Anderson 70:17
5. Pat & Betty Cameron 71:09
6. Bob & Carol Cameron 71:19
7. Bob & Carol Cameron 72:20
8. Keith & Dale Waller 79:40
9. Bruce & Alice Bingall 85:16

DR. PAUL SPANDLER (71) receives his rewards for recording his 10K victory at the Northern California Seniors 5-mile Road Race.

DEPRESSIONS OF THE LAKE MIRAGE FIVE MILE

In March we travelled to San Francisco to participate in the Northern California Seniors Lake Merced 5-mile Race. Limited exclusively to Masters (45+) athletes. A field turnout of 136 starters impressed us but even more important was the large number of women who participated. Ruth Anderson (45) 55:00 was let alone and right in the middle of the pack at 59th place, and nine husband and wife teams vied for this award. Here both the husband and wife actively train and compete in events such as this we can see the value of competitive running for adults. One time performance observed were Jim O’Neill’s (45) 7th place mark at 77:47 and Ed Preston’s (56) 10th 90:16. Alan Waternman (56) at 31:49 looked very strong and is returning to his pre 1872 form. Bill Hanks (65) looks 10 years younger and runs the same way coming in 2nd at 37:47. Jack and lovely Ethel Donnert the meet the mower and did a fine job followed by lots of good fellowship with hot dogs, beer and wine.
Published by:
david h. pain
helen l. pain
1160 via espana
la jolla, california (714) 459-3626