

# Masters Newsletter

MAY, 1973

## Eastern Masters Outdoor Champs Set For July 21

The Eastern Masters Outdoor Track and Field Championship, co-sponsored by the N.Y.C. Dept. of Recreation and Parks and the Masters Sports Association, will be held at Randalls Island Stadium, N.Y.C. on July 21st. A five mile A.A.U. open walk is scheduled to kick-off the meet at 10:00 A.M.

A total of 18 Master track and field events along with 10 A.A.U. events, two for women and one Masters 30 plus 220 yard dash for women, are on a program expected to run from 10:00 A.M. to 6:00 P.M.

Entries will close on July 7th and post entries will not be accepted.

With the elimination of post entries a new procedure will be installed. This will insure a smoother meet with adherence to a timetable, elimination of errors in seedings, proper number of entrants in heats and a better guarantee that times and awards will be more accurately recorded.

All entrants will receive thru the mail, prior to meet time, a printed program listing time of each event, seedings and-or heats that they are scheduled to run in. In addition, every participant will receive a souvenir Masters emblem to commemorate the '73 Championship.

In order to make this a championship meet we can all be proud of, the race committee has asked that all athletes provide the information on entry forms pertaining to best performances and time.

Accurate seedings can make for a more interesting race, and one that will be more competitive, with possible record times so please provide a realistic estimate of your best time.

## Tax-Deductible Status Granted To Masters Assn.

The U.S. Internal Revenue Service announced that the Masters Sports Association has been classified a charitable organization.

As a result dues and contributions, to the Association, are deductible on tax returns.

A \$25.00 Sponsor category has been established by the executive committee with 20 members presently on that list. With the new tax — deductible status it is expected that the sponsors roll will be increased.

The sponsors contributions can be a vital factor in attracting the National Masters to N.Y. since the sponsoring body (Masters Sports Assoc.) will require by the A.A.U. to post a \$2000.00 advance to cover meet expenses.

The 20 members who have so far contributed:

1. William Brobston
2. Harold Colen
3. Bud Deacon
4. Otto Essig
5. Robert Fine
6. Ray Guenter
7. Lawrence Holzman
8. Carmine Lunetta
9. Walter McConnell
10. Andrew Magna
11. Leonard Olsen
12. David Pain
13. Mel Parker
14. Phil Partridge
15. Gilbert Phillips
16. Gerald Reuter
17. George Sheehan
18. Jerry Smith
19. Marvin Stein
20. Jonathan Tobey

**RENEW  
YOUR MEMBERSHIP  
NOW**

## 5 Age Group Records At Eastern Masters Championships

Five new age records were eclipsed at the First Annual Masters Indoor Track and Field Championship held at New Jersey's Peddie School on March 10th.

Over 150 athletes from 12 states and the District of Columbia and as far away as California and Hawaii competed in a full schedule of track and field events.

## Perpetual Runners

By 6 P.M. the Runners stopped at the Peddie School. Master runners packed it in, friends and relatives called it a day and trophies rested in cars or appreciative hands.

However, the meet was really not over for one hard working group, that ran in every event. There were no complaints, from these hardy runners, for it was a labor of love. Even with the lights out this group just kept on running.

For that matter Bob Fine hasn't stopped running either. He's been chasing these 3 marathoners ever since but can't get them over the finish line.

As Bob puts it our 3 Association stop-watches won't stop, they took off at the Peddie School and haven't been seen since.

All we can add to this Phantom Story is — please come home our wandering stop watches, all is forgiven, we need you at Randalls Island.

The over 50 2-mile mark fell to George Sheehan, Alexander Hossack, and George Major and to Otto Essig in the over 60 class. One field event mark was erased when George Braceland cleared 8'6½" in the pole-vault for over 60.

Each of these records has been submitted to Track and Field News for inclusion in the 1974 edition of "Age Records."

Two relays, the one and two mile, both won by the N.Y. Pioneer Club, were included in the Masters program for the first time. Future meets will include relay events and an effort will be made to get comparable times where these events are on other regional Master programs.

Times for the veteran runners in several events flirted with existing age group marks despite the handicap of a 10 lap to the mile track and a ban on spikes on the Tartan surface. If performances at this first indoor meet are indicative of what's to come the Monmouth College, and the two Randall Island Championships on a ¼ mile Tartan surface, with spikes permitted, should see a wholesale assault by Eastern Masters on the Age Record book.

Team honors went to the N.Y. Pioneer Club with 32½ points trailed by the Birmingham TC 23, Corona Del Mar 18, Potomac Valley TC 11 and the United A.A. of N.Y. with 10 points.

No one team dominated any of the places in either field or track events with the first five clubs evenly distributing winners in all five places. Nineteen clubs fielded entries which gives some indication of the steady growth of Master Competition and club interest.

Times when compared to some of our past meet records continue to show improvement in all events and a steady influx of new faces with a consequent sharpening of competition.

Officials whose efforts kept events moving, recorded times and places were appreciated by both athletes and spectators, included Hank Courtlandt, Carole Kaufman, Aron Tobey, and Beth Gordon and of course The Peddie School whose really fine facilities were made available to all of us.

## Post Entries Out For Championships

Post entries will no longer be accepted at Masters Championship meets. The new policy will be in effect starting with the July 21st Eastern Masters Championship at Randalls Island. Post entries will continue to be accepted at development meets.

Closing date for the July meet is July 7th and entries post-marked after that date will not be accepted.

The decision to follow the practice of A.A.U. and N.C.A.A.

championship procedures and close all events to post entries was made by the meet committee following the Eastern Indoor Championship. Race Chairman Henry Courtlandt pointed out that over twenty-five percent of the competitors were post entrants, making a smooth meet an almost impossible task.

Proper seeding was difficult, scheduling of heats and adherence to a time schedule was a task officials found difficult to stick to. As a result a three hour

meet ran over six hours at a cost to the association, who engaged facilities on a hourly basis, of twice the projected cost.

Bob Fine, Masters Sports Association President, pointed out that Master track events are receiving a growing amount of publicity. He said that if we want to continue to improve the Master image, championship meets will require the same professional running as any other track and

(Continued on Page 3)

(RESULTS ON PAGE 3)

**Masters Newsletter**  
 PUBLISHED BY  
**N.Y. Masters Sports Association**  
 Room 1400  
 11 Park Place  
 N.Y.C., N.Y. 10007

## A Note On Injuries

Right now we're going to ask everyone to give us the benefit of their personal experience.

Thru the years all of us have suffered any number of injuries. For the most part we have all

shared identical ills. Where we differ is the methods we used to get back on our feet.

Some of us have used hot packs, cold packs, tape, braces, supports, whirlpool, witch doctors, voodoo and you name it. Most of us will try anything to avoid the horrible withdrawal symptoms that accompany a prolonged layup.

We would like to compile a list of injuries and most important what you did to set things right. For example what did runner A do for a pulled hamstring and what was runner B's remedy. How long before each runner was cured.

Perhaps we can help each other. If one runner A cured the same disability in 3 weeks but it took runner B 6 weeks maybe runner A's treatment would be worth a try.

Let's hear about your problem, remedy, and time it took to cure. Space allowing, we'll pass it on.

## COMING MEETS

June 16 - Metropolitan A.A.U. Masters Track & Field Championship (Special Open Events for Non - Metro Athletes) Randalls Isl. N.Y.C. 10 A.M. Contact M.S.A.

June 27 - Cape May, New Jersey, 2 miles on Boardwalk 5:00 P.M. Rooms will be provided for athletes and family. Contact Bob File care of Colonial Inn, Cape May, New Jersey.

July 21 - Eastern Masters Outdoor Track & Field Championship-Randalls Island N.Y.C. 10:00 A.M. - No Post Entries Contact M.S.A. for Entry Form.

July 29 - R.R.C. N.Y., Pentathlon ¼, ½, 1, 2, 5 Mile Events Van Cortlandt Park, Bronx, N.Y.C. 10:00 A.M. - Parsippany, N.J. Masters Events Contact Don Spitzer, 5 Ferndale Drive, Parsippany, N.J.

## From Your Editor

We hope that this Newsletter in its new format is going to be welcomed by the membership. Those of us who put it together, are probably so elated with our brainchild, that we can't see the obvious shortcomings. That's a task we leave up to our readers. Let's have your criticisms! They'll be welcome! Without them we can't make the improvements you want.

Let's also have your ideas as to what we can add to make this quarterly (or thereabouts) a real reflection of the Master Runner. We have all the publication we need for the young upstarts under 40, and nothing for those of us who refuse to go over the hill.

We would like to give our members a well rounded letter. Of course we have certain restrictions. All of us have family, job, and training schedules that eat up time so lend a hand and let's have your news items. Remember if you find it interesting, or amusing, chances are so will fellow runners.

Being a peculiar breed the damndest things seem to strike our interests. Put them in any form you like. Give us the Facts. We will put the story together.

## This Is Last Issue To Be Mailed To Non-Members

This edition of the Masters Newsletter will be the last mailing to our non-members and those who have failed to renew their membership.

Executive Committee members agreed unanimously to restrict mailing to actively enrolled members and sponsors. Costs of mailing have grown steadily and inclusion of the large group who do not pay yearly dues has become prohibitive.

In an attempt to cut costs a bulk mailing permit has been obtained, names have been put on

addressograph plates and a regular newspaper format has been adapted. These steps will eliminate costly hand addressing, higher duplication and postal charges.

It is hoped that those who have permitted their membership to lapse will be back with us. We need every member. Not just for your dues but suggestions as to how to improve the Masters status, our meets, newsletters and any other goals that the membership feels are worthwhile.

MASTERS SPORTS ASSOCIATION

## MEMBERSHIP

## RENEWAL

## BLANK

RENEWAL MEMBERSHIP APPLICATION - 1973

Dues (\$5.00) Sponsor (\$25.00 Emblem (\$2.00) \$ \_\_\_\_\_

Birth day \_\_\_\_\_ Name \_\_\_\_\_

Address \_\_\_\_\_

Check payable to  
 "Masters Sports Assoc."  
 11 Park Place, N.Y.C. 10007

## Shoe Preference What Shoes Are We Wearing?

All kinds of figures exist on runner preference for what we put on our most valuable asset — our feet.

The best shoe for workouts, for distance, for road racing, for marathons and for the fly boys in the sprints — if you believe the ads every manufacturer has the best.

We even know how many feet were enclosed in which shoe in every event in the '72 Olympics. How many new records used which shoe and if they dared you would see an ad that sympathized with the loser, who lost, because he didn't shroud his dogs in brand.

I'm sure the recent study made by Runners World "All About Distance Running Shoes" is a reliable document that the runner can use to advantage.

So why should the Masters Sports Association want a study of its own?

## SHOE PREFERENCE QUESTIONNAIRE

1. What shoe do you find best for:  
 a. Your Long Slow Distance Workouts

b. Track Events

c. Sprints 60 - 440 if you do

d. Road Racing

e. X Country

2. Do you make personal changes - additions to your shoes to accommodate your problems— please give details:

3. Do you remove any of the details that come with your shoes because they are not essential.

For one good reason! Every figure, and not just on shoes, are aimed at the younger competitor!

What are the top favorites when your over 40, 50, or 60. Those arches have a longer history of use and disabuse. Tendons, Achilles heel and ankles want help and maybe, just maybe, it's not the same kind our Juniors are in need of.

How about starting a little study of our own on the Master Class? Not just on shoes but on every aspect of running and field events. What are the areas you think we should look at. What do you want to know that will keep you going to 101. If we don't help each other with an exchange of experiences no one else will.

It's a big job compiling info like this but let's tackle the problem and not just wish.

Fill out the questionnaire, add your comments and let's get the info in print.



# Results of 1973 Winter N.Y. Road Runners-

VEIS 40-49

MASTERS 50.T

- Race I RRC SERIES B**  
**10 MILE RUN JAN. 7, 1973**  
 ( ) Overall Finish  
 Veteran  
 1. Joe Burns(14) 34:26  
 2. Dr. Walter McConnell (16)  
 3. Nat Cirulnick(29) 37:10  
 4. Kay Campbell(50) 37:19  
 5. Al Williams(34) 37:38  
 6. John Howes(35) 37:40  
 7. Art Kliek(36) 37:42  
 8. Joe Caldwell(38) 37:51  
 9. Jerome Mahrer(39) 38:34  
 10. Hon Arnold Fraiman(42) 39:11  
 11. Bob Muller (45) 39:35  
 12. Jim Fixx(49) 40:00  
 13. Raymond Guenther(55) 40:37  
 14. Allen Druckman(62) 41:46  
 15. Dr. Alfred Mauro(63) 41:53  
 16. Joe Doherty(64) 42:07  
 17. George Haller(67) 42:19  
 18. Robert J. Rother(69) 42:58  
 19. Dudley Glasse(78) 44:23  
 20. Al Zeisiger(81) 45:39  
 21. John O'Regan(82) 45:40  
 22. Dr. Irving Abrams(83) 45:43  
 23. William Horowitz(89) 49:19

- Masters**  
 1. Dr. George Sheehan(28) 37:03  
 2. Henry S. Price(59) 41:17  
 3. Fred Burke(79) 44:24  
 4. Jack Finger(86) 47:36  
 5. Irving Epstein(92) 50:45  
 6. Harry Newkirk(100) 55:00  
 6. Al Williams(31) 65:55  
 7. Jerome Mahrer(34) 66:09  
 8. Joe Caldwell(35) 66:22  
 9. Robt Urie(37) 66:45  
 10. John Howes(38) 67:18  
 11. Rod MacNichol(39) 67:31  
 12. Don Dixon(40) 67:44  
 13. Key Campbell(44) 69:00  
 14. Jim Nolan(45) 69:05  
 15. Geo. Haller(47) 69:13  
 16. Raymond Guenther(48) 69:25  
 17. Hon. Arnold Fraiman(49) 69:32  
 18. Bob Muller(50) 69:50  
 19. Jim Fixx(51) 70:07  
 20. Jim Moran(55) 70:21  
 21. Dr. Lewis Schwartz(56) 70:28  
 22. Robt. Malone(62) 72:00  
 23. Allen Druckman(67) 73:00  
 24. Robt. Rother(68) 73:16  
 25. George Sailer(70) 73:28  
 26. Dr. Alfred Mauro(74) 74:45  
 27. Al Zeisiger(79) 77:21  
 28. Dudley Glasse(81) 78:30  
 29. Dr. Irving Abrams(85) 80:39  
 30. Joe Doherty(87) 81:10  
 31. John O'Regan(89) 83:00

- Race II RRC SERIES B**  
**Ten Mile Run Jan.14,1973**  
 Veteran  
 1. Joe Burns(11) 58:40  
 2. Dr. Walter McConnell(19) 62:09  
 3. John Toby(20) 62:59  
 4. Nat Cirulnick(27) 64:26  
 5. Art Kliek(30) 65:00  
 6. Al Williams(31) 65:55  
 7. Jerome Mahrer(34) 66:09  
 8. Joe Caldwell(35) 66:22  
 9. Robt Urie(37) 66:45  
 10. John Howes(38) 67:18  
 11. Rod MacNichol(39) 67:31  
 12. Don Dixon(40) 67:44  
 13. Key Campbell(44) 69:00  
 14. Jim Nolan(45) 69:05  
 15. Geo. Haller(47) 69:13  
 16. Raymond Guenther(48) 69:25  
 17. Hon. Arnold Fraiman(49) 69:32  
 18. Bob Muller(50) 69:50  
 19. Jim Fixx(51) 70:07  
 20. Jim Moran(55) 70:21  
 21. Dr. Lewis Schwartz(56) 70:28  
 22. Robt. Malone(62) 72:00  
 23. Allen Druckman(67) 73:00  
 24. Robt. Rother(68) 73:16  
 25. George Sailer(70) 73:28  
 26. Dr. Alfred Mauro(74) 74:45  
 27. Al Zeisiger(79) 77:21  
 28. Dudley Glasse(81) 78:30  
 29. Dr. Irving Abrams(85) 80:39  
 30. Joe Doherty(87) 81:10  
 31. John O'Regan(89) 83:00

- Race III RRC Series B**  
**12 Mile Run January 21, 1973**  
 Veteran  
 1. Dr. Walter McConnell(26) 1:15:35  
 2. Nat Cirulnick(31) 1:16:58  
 3. Art Kliek(33) 1:17:24  
 4. Bob Kapell(34) 1:17:25  
 5. John P. Howes(35) 1:17:28  
 6. Joe Caldwell(37) 1:18:31  
 7. Al Williams(39) 1:19:06  
 8. Robt Urie(40) 1:19:12  
 9. Jerome Mahrer(47) 1:20:17  
 10. George Haller(48) 1:20:23  
 11. Rod MacNichol(50) 1:20:53  
 12. Raymond Guenther(52) 1:22:12  
 13. Hon Arnold Fraiman(53) 1:22:41  
 14. Bob Muller(54) 1:23:05  
 15. Gerald Miller(55) 1:23:26  
 16. Jim Moran(57) 1:24:14  
 17. Dr. Lewis Schwartz(58) 1:24:25  
 18. Jim Nolan(61) 1:24:39  
 19. Dr. Alfred Mauro(67) 1:26:51  
 20. George Sailer(69) 1:27:17  
 21. Allen Druckman(70) 1:27:24  
 22. Joe Doherty(73) 1:28:09  
 23. Robt J. Rother(75) 1:29:57  
 24. Al Zeisiger(80) 1:33:49  
 25. John O'Regan(83) 1:39:38  
 26. Neal Spottler(84) 1:40:08

- Masters**  
 1. Fred Burke(79) 1:32:58  
 2. Irving Epstein(86) 1:41:08  
 3. Dick Rothchild(91) 1:48:14  
 4. Ed Granowitz(92) 1:49:47  
 5. Harry Newkirk(94) 1:55:55  
 6. George Haller(93) 26:28  
 7. Art Kulek(25) 26:40  
 8. Bob Muller(30) 27:16  
 9. Jim Fixx(34) 28:03  
 10. Robt J. Rother(35) 28:28  
 11. Ernie Medaglia(41) 30:14

- Masters**  
 1. Fred Burke(42) 31:18  
 2. Bill Steiner(47) 33:14  
 3. Ed Granowitz(50) 34:47  
 3. Ed Granowitz(50) 34:47  
**Race V—Heart Assn.**  
**5.2 Mile Road Run—February 3,1973**  
 Veteran  
 1. Joe Burns(17) 27:35  
 2. Dr. Walter McConnell(37) 29:06  
 3. Dan Dougherty Sr.(42) 29:43  
 4. Kay Campbell(55) 30:34  
 5. George Haller(59) 31:12  
 6. Dario Di Domenico(61) 31:14  
 7. Dr. Paul Kiehl(68) 31:51  
 8. Jack Wallace(72) 32:20  
 9. Owen Cassidy(75) 33:33

- Race IX—Bob Preston Memorial**  
**5 Mile Road Run—March 11,1973**  
 Veteran  
 1. Bob Fine 29:55(42)  
 2. George Haller 30:13(45)  
 3. John Toby 30:28 (47)  
 4. Bob Kapell 30:37 (49)  
 5. Tom Talbot 31:30 (56)  
 6. Dr. Lewis Schwartz 32:05 (61)  
 7. Allen Druckman 32:52 (75)  
 8. Jim Fixx 31:58 (77)  
 9. Robt J. Rother 34:15 (89)  
 10. Howard Pivonick 34:54 (92)  
 11. Dudley Glasse 35:41 (104)  
 12. Jerome Mahrer 36:44 (110)  
 13. Thomas McEvilly Jr. 37:52 (116)  
 14. Al Rothuss 39:30 (123)

- Masters**  
 1. Dr. George Sheehan(46) 30:21  
 2. Dave Pain(64) 32:12  
 3. Irving Taylor(74) 32:48  
 4. Henry Bruce(80) 33:35  
 5. Fred Burke(97) 35:11  
 6. Mike Squillace(106) 36:16  
 7. Mike O'Hara(108) 36:33  
 8. Ed Granowitz(120) 38:24  
 Special Trophy for over 55 years  
 Won by Irving Taylor—58yrs.

- Race VI RRC Roberto Clemente**  
**12 Mile Run—February 11,1973**  
 Veteran  
 1. Joe Burns(11) 1:10:55  
 2. Bob Fine(36) 1:16:06  
 3. Al Williams(44) 1:18:16  
 4. Art Kliek(47) 1:18:50  
 5. George Haller(50) 1:20:15  
 6. Rod MacNichol(51) 1:20:47  
 7. Don Dixon(53) 1:21:14  
 8. Joe Caldwell(54) 1:21:37  
 9. Bob Kapell(57) 1:22:00  
 10. Gerald Miller(60) 1:22:30  
 11. John P. Howes(61) 1:22:34  
 12. Nat Cirulnick(63) 1:22:48  
 13. Bob Muller(65) 1:22:55  
 14. Jim Nolan(69) 1:24:00  
 15. Jim Moran(69) 1:24:32  
 16. Charles Van Zandt(71) 1:24:34  
 17. Ed Graham(73) 1:25:37  
 18. W. Ross Yates(75) 1:26:45  
 19. Dr. Alfred Mauro(79) 1:28:38  
 20. Allen Druckman(81) 1:29:01  
 21. Robert J. Rother(84) 1:30:07  
 22. John O'Regan(90) 1:35:00  
 23. Al Zeisiger(94) 1:37:22  
 24. Dudley Glasse(95) 2:37:39  
 25. Neal Spottler(103) 1:46:54

- Masters**  
 1. Ed Granowitz(99) 1:41:52  
 2. Dick Rothchild(107) 1:46:50  
 3. Dr. Richard Keating(109) 2:08:21  
 4. Irving Epstein(110) 2:16:54  
**Race VII—Mike Hannon Memorial**  
**20 Mile Road Run—February 25,1973**  
 Veteran  
 1. Joe Burns(19) 2:02:40  
 2. Sam Gratch(33) 2:10:22  
 3. Art Kliek(34) 2:10:29  
 4. Bob Kapell(36) 2:11:13  
 5. Geo. Haller(37) 2:11:56  
 6. Al Williams(39) 2:12:40  
 7. Dan Dougherty Sr.(41) 2:13:00  
 8. Robt Urie(50) 2:17:36  
 9. Don Dixon(53) 2:18:39  
 10. John P. Howes(54) 2:18:50  
 11. Harry Henrique(57) 2:20:38  
 12. Bill Shanahan(58) 2:20:47  
 13. Joe Caldwell(60) 2:21:24  
 14. Gerald Miller(67) 2:25:46  
 15. Jim Nolan(70) 2:26:19  
 16. Dr. Lewis Schwartz(71) 2:27:31  
 17. Bob Muller(72) 2:27:46  
 18. Ed Graham(73) 2:27:40  
 19. Jerome Mahrer(74) 2:27:53  
 20. Jack Wallace(75) 2:28:03  
 21. Robert J. Rother(78) 2:29:17  
 22. Mauro Capurso(81) 2:30:50  
 23. W. Ross Yates(82) 2:32:40  
 24. Dr. Paul Kiehl(86) 2:37:45  
 25. Allen Druckman(90) 2:41:41  
 26. Jim Fixx(91) 2:42:02  
 27. Dr. Alfred Mauro(92) 2:43:02  
 28. John O'Regan(95) 2:54:50  
 29. Ernie Manhiata(96) 2:56:13  
 30. Dudley Glasse(97) 2:59:00

- Masters**  
 1. Dr. George Sheehan(52) 2:18:05  
 2. Bill Coyne(55) 2:19:37  
 3. Joe Fernandes(59) 2:20:54  
 4. Irving Taylor(79) 2:29:44  
**Race VIII—Central Park**  
**Six Mile Road Run—March 4,1973**  
 Veteran  
 1. Joe Burns(8) 33:48  
 2. George Haller(27) 37:10  
 3. Bob Kapell(31) 37:37  
 4. Art Kliek(32) 37:47  
 5. Dr. Lewis Schwartz(39) 38:59  
 6. Jim Borden(40) 39:12  
 7. Rod MacNichol(43) 39:29  
 8. Jim Fixx(52) 40:26  
 9. Allen Druckman(54) 40:39  
 10. Robert J. Rother(58) 41:56  
 11. John O'Regan(73) 44:54  
 12. Al Zeisiger(76) 45:50  
 13. Jerome Mahrer(77) 45:57  
 14. Thomas McEvilly Jr. (80) 46:25  
 15. Robert Nelson(83) 47:08  
 16. Al Rothuss(86) 48:24  
 17. Neal Spottler(88) 49:44

- Masters**  
 1. Irving Taylor(49) 40:13  
 2. Fred Burke(66) 43:13  
 3. Ed Granowitz(81) 46:43

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