



THE JOGGER

National Jogging Association

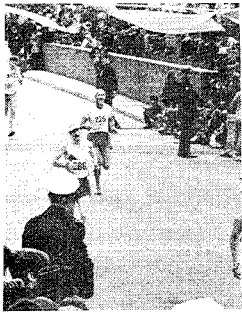
Newsletter No. 17

February/March 1973

Well, it ain't exactly the Miss America Beauty Pageant, but it is . . .

NJA's 1972 LIFE MEMBER JOGGERS

A baker's dozen! And look at the (chronological) ages of these bold hearts



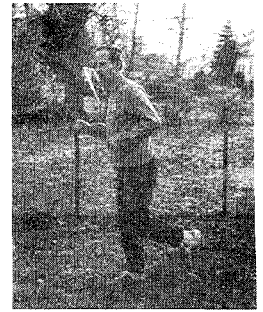
Robert Bartling, (225) LM384
Age: 45, Brookings, SD
. . . at the Boston Marathon



Raymond Horn, LM509
Age: 56, Houston, TX
. . . jogging is difficult?



Donald Trauner, MD, LM2073
Age: 40, San Francisco, CA
. . . having hurdled two cars



John T. Saxton, LM2348
Age: 45, Massapequa Park, NY
. . . the weathervane stance



Joseph S. Lewis, LM2161
Age: 36, Oak Hill, WV
. . . through snow and slush



Vernon J. Sloan, LM1705
Age: 50, Quasqueton, IA
. . . an evening jogger.



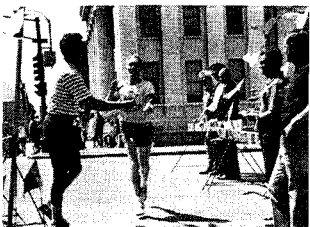
John M. Wilson, LM1852
Age: 58, San Antonio, TX
. . . through sun and sand



Stan Gallagher, LM1840
Age: 45, San Francisco, CA
. . . atop Rainer with Whitakers



Joe Bennett (standing, 3rd left), LM447 and Age: 52 helped organize NJA's Heidelberg, W. Germany chapter, above.



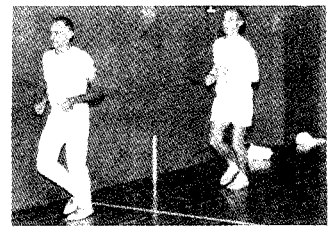
Lorn Gwaltney, LM164
Age: 53, St. Louis, MO
. . . patty cake at 53?



Edward J. Pape, LM1428
Age: 60, Louisville, KY
. . . gape, gape the Pape



P. Bush Elkin, LM184
Age: 59, Dallas, TX
. . . 40 miles per week!



Leo Peimer, (left), LM671
Age: 57, Brooklyn, NY
. . . of indoor fame

THE JOGGER

Newsletter of the National Jogging Association

1832 K Street, N.W.

Washington, D.C. 20006

R. L. Bohannon, M.D., Lt.-Gen. USAF (Ret'd.).....*President*
 Gary Olsen*Executive Director & Treasurer*
 Dan Baldwin*Chapter Coordinator*
 Ruth Williams*New Member Fulfillment and Cards*
 Curt Cunningham*New Member Enrollment*
 Scott Cauger, Lynn Calero*Shipping Expeditors*
 J. Floyd Parker, Lt. Col. USA (Ret'd.).....*Address Changes*
 Open*Awards & Achievement Program*
 Open*Accountant*

FROM THE EXECUTIVE DIRECTOR

With this newsletter you'll find enclosed a flyer on our 1973 Awards and Achievement Program. Carol Bohannon has recently had to step down from overseeing this project and we will welcome the assistance of any members informing us they will direct this activity. . . . The members on page one have stuck by us for at least three years and accomplished a full thousand miles of jogging in 1972; we thank them for faithfully submitting their records and welcome these gentlemen as Life Members. Why 1,000 miles? Just that we feel anyone who's worked up to jogging 1,000 miles in a year will guide and be guided by the experience for life, and thus be a credit to our Association. . . . We are receiving some excellent suggestions and ideas from our increasing membership and we appreciate the renewed interest and cooperation; Marguerite Lentz will return as *Jogger* editor next issue, Curt Cunningham, Ruth Williams and Col. Parker are doing a fine job for us at 1832 K St. where we'll now likely be until July 1973. . . . If you can catch him, you can jog with Bill Emmerton: 765 South Sierra Bonita, Los Angeles, CA 90036 (213) 934-8939. We hope to report in the next *Jogger* on a Marathon event June 23, 1973 at the Univ. of Indiana in which Bill will participate. . . . TWA's *Ambassador* magazine of February 1973 has an excellent article by Don Logan on *The Ancient Marathoners*. . . . Our trip to the International Classic Marathon and Athens, Greece, will be in conjunction with the American Medical Joggers in April 1974. We would be interested in hearing as soon as possible from members who would like to make the trip and plan the itinerary. . . . We would also like to receive from members specific information for our newsletter; that is, more information on exercise treadmills, any references to jogging/running songs and poems, and finally 100-500 word essays on how one breaks the "monotony" of jogging—an often referenced phenomenon in the press, and we'd like to have some of your ideas on this. We have collected some fine material for our announced newsletters and again, we appreciate the response of members in continuing to send in pertinent news articles. . . . Finally, we have made strong contacts in Mexico and New Zealand and will be informing you of jogging in those climes later this year.

—Gary Olsen

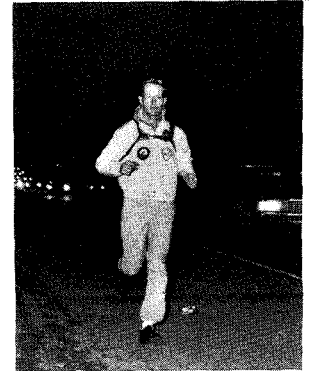
John F. Kennedy 50 Mile Hike/Run

Saturday March 31, 1973

Sponsored by the Cumberland Valley Athletic Club

2,000 entries are expected for this 11th annual Appalachian Trail, C&O Canal trek. Applications: "Buzz" Sawyer, 149 N. Potomac St., Hagerstown, MD 21740.

NJA Life Member Carl Cornett, by often jogging ten miles to and from work, has progressed to jogging over 2,000 miles yearly, and is now considering a run across the U.S.A. Carl will be participating in the JFK 50 miler and will be making two trial runs before March 31. He welcomes company and may be reached through NJA office, (202) 659-9760. (Yes! . . . those are GI issue street shoes on Carl. Having tried several running shoes over the years, Carl finds these the best for himself.)



OCTOBER 1972 9TH ANNUAL RUNNING/JOGGING CHAMPIONSHIP RESULTS

(from Jim Stephenson, The Olympic Club)

Club	Total Mileage	Number Participating	Average Per Man
Aerobics Activity Center	17,543	228	76.8
Buffalo Athletic Club	2,045	43	47.5
Decathlon Athletic Club	2,373	107	22.2
Los Angeles Athletic Club	30,256	633	47.7
Milwaukee Athletic Club	2,255	50	45.1
New Orleans Athletic Club	2,414	36	61.1
New York Athletic Club	25,805	867	29.7
The Olympic Club	22,456	263	83.1
Outrigger Canoe Club	2,302	21	104.6
St. Paul Athletic Club	2,002	67	29.8
Washington Athletic Club	1,335	Unknown	Unknown



COME RUN WITH US

Join the U.S. Masters International Track Team for exciting tour of South Pacific.

Veteran and Age Group Competition in Australia, New Zealand, Fiji, and Hawaii.

"Summer Time" Down Under
December 13, 1973
January 1, 1974

Participate in people-to-people program at Group Discount rates.

Whether you are a world class athlete — want to set a P.R. — or just jog — join this experience of a lifetime!

GROUP LIMITED. SO APPLY IMMEDIATELY

For details contact
DAVID & HELEN PAIN
1160 Via Espana
La Jolla, CA 92037
or call (714) 459-6362

Fly Air New Zealand
Luxury DC-10

THE JOGGING MAN is the title of a "blue-grass" song written and recorded by NJA member Faril Simpson, a State College chemistry professor. If you would like to hear the record before ordering, request a playing from your local station. (Promotional copies are available to all radio stations.) To obtain your copy of the 45 rpm record, mail \$1 to: Faril Simpson 2 Rebecca Lane, Conway, AR 72032.

AWARDS & ACHIEVEMENT PROGRAM

Fourth Quarter 1972 Prize Winners in the 250-Mile Club Drawings

THE NATIONAL JOGGING ASSOCIATION announces the following winners from 250-mile Club Qualifiers for the NJA Award and Achievement Program. Drawings are held at 12:00 noon on the 15th day of each month April-December in the NJA Headquarters Office under strictly supervised conditions. Winners' cards are discarded following each drawing.

One pair NEW BALANCE jogging shoes	Yr. subscription or extension to RUNNER'S WORLD MAGAZINE	Yr. subscription or extension to FITNESS FOR LIVING magazine	Yr. subscription or extension to EXECUTIVE HEALTH REPORT	\$5 Book Credit from NJA
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- 7th Drawing: 15 Oct. 1972 (221 entrants) (UP FROM 168 entrants in 1971): drawn by Dan Baldwin, George Washington Univ., D.C.

NJA Member No. 2161 Joseph S. Lewis Oak Hill, WV	NJA Member No. 2793 Joel L. Smith Bridge City, TX	NJA Member No. 2871 F. Richard Garland Warwick, RI	NJA Member No. 164 Lorn H. Gwaltney St. Louis, MO	NJA Member No. 1533 William T. Blanton APO Seattle, WA
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- 8th Drawing: 15 Nov. 1972 (233 entrants) (UP FROM 191 entrants in 1971): drawn by Karen Thomas, Rehoboth Beach, DE

NJA Member No. 2851 G. Harley Hartung Warrensburg, MO	NJA Member No. 3589 Nancy K. Clark Hagerstown, IN	NJA Member No. 3079 Paul A. Vance, Jr. Newark, DE	NJA Member No. 3011 Wendall W. Hall Miami, FL	NJA Member No. 792 Gerald D. Jacobs Marquette, MI
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- 9th Drawing: 15th Dec. 1972 (245 entrants) (UP FROM 199 entrants in 1971): drawn by Col. J. Floyd Parker, Wash., D.C.

NJA Member No. 631 Roy Kennedy Haskell, NJ	NJA Member No. 1999 Richard W. Myers Escalou, CA	NJA Member No. 3135 Shura H. Lang Huntingdon, PA	NJA Member No. 4259 Donald D. Brown San Antonio, TX	NJA Member No. 3376 Kurt Rose Meridian, MS
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HASH HOUSE HARRIERS RUN FOR FUN

by Harold Stephens

(from January 1973 Pacific Edition, *Off Duty*)

Through a clearing in the jungle several men appear, hot and sweating, out of breath. Their eyes dart back and forth along the ground, searching. Suddenly one spies something, a piece of paper, and he quickly reaches for a battered bugle hanging at his side and gives a short blast, and a shout, "On, on!" They disappear through another cut in the jungle, but soon several dozen more men, in hot pursuit, come crashing through the bush, taking up the chase. Soon the sounds of their shouts and the bugle fade in the distance.

Jungle guerillas? Counter-insurgent trainees? A posse chasing desperadoes? Not at all. They are bankers, engineers, salesmen, accountants, lawyers, college professors. They are members of one of Asia's wackiest clubs, the Hash House Harriers.

Every Monday evening throughout Southeast Asia, from Hong Kong to Kuala Lumpur, to Borneo and even to Australia, they and fellow "Hashmen" go thrashing through the scruffiest, meanest terrain available in an exercise that seems to be pure madness. It is jogging run amok; it is torture, it is fun; it is the Hashmen's weekly run, their finest hour.

"But don't call us an athletic organization," insists Dave Hay, a computer executive who runs with the Singapore Hash. "We're more of a social club. We're not out to win, but only to get to the cold beer first."

Few would call it an athletic organization. It is more a social group that whets its appetite for, ah, liquid refreshment by making these insane runs. It's the sort of get-together that would attract a bloke like Andy Capp.

Started before World War II in Malaya, Hash House Harriers now have chapters in 24 cities. Each meets once a week and members run a trail that has previously been marked through the countryside (or, in some instances, through city streets) by two "hares." And then, when *that's* all over with, they have a friendly bash-up around the bar or beer truck.

The rules are simple: Fifteen minutes or so before the run, two hares mark out a course by scattering bits of paper for the pack

(the "harriers") to follow. The hares can make it as easy or as difficult as they please, but they must keep on their toes. If they are caught before they reach the finish line—supposedly the object of the game—according to the rules, they are stripped and left to get home as best they can.

In practice, however, there are no reported instances in modern times of the hares having been run to ground by the harriers, probably because the rules are stacked in the hares' favor.

A run normally extends 4 to 6 miles and can be completed in about an hour if there are no mishaps—but there usually are. Larger chapters may have as many as 40 or 50 members show up for a run.

The pack plays hell when a former Royal Marine or a Gurkha officer are hares. There are other hazards as well: a sudden down-pour or a gust of wind may wipe out the paper trail. And then in some Malay *kampongs* (villages) there can be havoc when the kampong kids pick up the paper and lay out a new trail—which may lead through a newly manured rice paddy or a waist-deep swamp.

Every club has its anecdotes about members who stray from the pack and come straggling in long after dark. They have been known to come in by taxi, trolley, rickshaw and bullock cart. "You never know what's going to happen on one of the runs," said Jim Stewart, a Hong Kong Hashman. "I always keep a little money tucked away in my running shorts, so I can at least make a telephone call or get a bus back to town."

A few years ago, during the Malayan Emergency, when communists were infiltrating through the jungles, a group of Hashmen who had lost their way ran smack through an insurgents' camp. The guerrillas were too stunned to react—and who wouldn't be, when a dozen sweating foreigners in shorts and tennis shoes go thundering by, blowing bugles and shouting "On, on!" According to local legend, the Harriers didn't stop running until they reached a military patrol, which then went in and rounded up the reds.

(continued on next page)

JOG or WALK




Recommended by Leaders in the PHYSICAL FITNESS PROGRAM

\$17.95 a pair plus \$1.25 postage and handling
NEW BALANCE ATHLETIC SHOE CO.
176-J Belmont St. Watertown, Mass. 02172

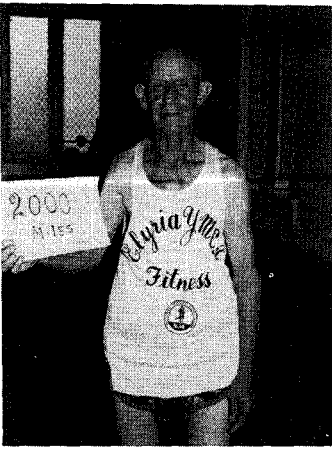
Shoes Make A Difference
Run with JOGSTER—a real running shoe made especially for jogging NEW BALANCE shoes are lighter than most sneakers and have more support. Leather upper and Ripple™ sole give comfort and traction. Special design absorbs shock, reduces fatigue, helps prevent leg problems. Get new running pleasure with JOGSTER.

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60 minute timer . . . variable speeds
YES _____ LaBarge Electronics . . .
 Rush me _____ pacers @ \$9.95 ea.
 tax and postage included.
 My check for \$ _____ is enclosed.
 Name _____
 Address _____
 City, State _____ Zip _____

fill out, clip, and mail to: 7503 S. Broadway
 LaBarge Electronics Division St. Louis, MO 63111



George M. Day of Elyria, Ohio recently celebrated his 87th birthday, his fourth year of jogging, and—averaging 10 miles/week—his 2,000th mile jogged.

HASH HOUSE HARRIERS (continued)

More than one Harrier has had to spend the night in the boon-docks, clad only in "hashorts" and "hashoes," holed up under a ledge or in a cave. It wasn't so funny in Kuala Lumpur some time back when several stragglers failed to return even the next morning. It took a massive search by an army regiment to find them.

Then there was the pack that, by accident, ran into a stream where several Malay maidens were bathing, in the nude. The girls screamed, their men-folk heard them, and with bush knives flashing, they took off after them.

The Hash House Harriers began back in 1938, in Kuala Lumpur, and you could probably almost guess that an Australian was behind it all. The founder was a jovial cobbler by the name of Gispert, who belonged to Kuala Lumpur's famous Selangor Sports Club. One Monday, after a particularly wild party, Gispert decided to sweat out the excesses of the weekend by running around the *padang*, the large open park and athletic ground that is one of the city's landmarks. He started doing this every Monday after work, and soon others began to join him.

But as so often happens, good intentions led to evil ends. At the end of the *padang* was a Chinese eatery known as "the hash house," and it became the custom for the Chinese shopkeeper to greet Gispert and his running mates with quarts of ice cold beer, at the end of their run. Well, one beer led to another, and more runners joined the group, and soon the run was extended. It became a regular Monday event. The canny shopkeeper, rather than lose this lucrative business, followed the pack, loading his truck with cold beer, and driving out to meet them at the finish line. The name "Hash House Harriers" came naturally, and it stuck.

A founding member of the K.L. chapter wrote of those early days:

"Gispert was not an athlete, and stress was laid as much on the subsequent refreshment, etc., as on the pure and austere running. It was non-competitive, and abounded in slow-packs. Life was then conservative rather than competitive."

Gispert was killed during the Japanese occupation of Singapore, but after the war, another member, Torch Bennett, took up the cause. Bennett was an organizer, and he brought some order to the Harriers, setting up rules and seeing that they were heeded. He found that the club had a bank balance remaining from those pre-war years, and he retrieved that. He even put in a war damages claim for the battered bugle and the 24 beer mugs that have been just about the organization's sole property before the war.

Most clubs today assiduously try to avoid acquiring too many rules. "We still pride ourselves on being rather disorganized," said

C. H. Lee of Kuala Lumpur. "After all, the club is really to unwind after a day of organization."

There's precious little formality in the Hash. A chapter's president, often as not, is elected to the post because he failed to show up at election time to defend himself.

Most clubs count at least 30 members, but the Kuala Lumpur chapter ("Hash Supreme Headquarters") currently has about 100. The K.L. club has made more than 1400 runs in its 34-year history. All other chapters date from the 1960s.

Each maintains its individual character. They have to. In Hong Kong there are no jungles, but there are challenging hills, so one formidable club jaunt started at the Star Ferry terminal, proceeded to the top of Victoria Peak, and back down again. Similarly, in Sydney the Harriers run a chalk-mark trail through city streets. In Malaysia, and even in Singapore, where the jungles are truly deep, anything can happen and often does. Runners might be chased by kampong dogs, treed by wild boars, or have to stop and peel off the leeches.

Membership in the Harriers is open to any male (there is also a women's auxiliary with chapters in some places, but with a name like "Hash House Harriets," what chance would you give it?). Europeans and Americans are in the majority in most areas, but the Ipoh club is almost exclusively Malaysian.

Sometimes a local Chinese or Malayan businessman will join, thinking that the Hash is just another social club, and therefore is "good business." But he soon begins to wonder, as he stumbles down a steep gnarled trail, trips over tangled roots, sashes through a marsh and chases off after the pack. At last he makes the finish line, exhausted and worn, only to discover that his cohorts concentrate on beer and rowdy songs and aren't the least interested in talking business. Few Asians remain members for long.

The traditional beer bash at the end is the part seldom appreciated by the wives left at home on a Monday evening. As someone observed in a recent annual report on one chapter's activities:

"With few exceptions, wives complain bitterly about the Hash, and wake up each Monday filled with fear and trepidation at the prospect of the hour at which their loved ones will return to their homes, and in what sort of state they'll be in when they get there." Perhaps some of them feel, as someone once said of the foxhunt, that Hashing is "the unspeakable chasing the uneatable."

But if wives denounce the Hash, at least the beer distributors regard them fondly. In Penang, a couple of years back, a "beer war" ensued when one company tried to snatch the Harriers' lucrative account away from the company that had it. The Harriers were in the comfortable position of being plied with free beer by the competitors. They finally held a meeting, however, and after much discussion, elected to stick with their original brand.

With the jogging madness that has swept America, particularly among the military, you would think that Hash clubs would have blossomed throughout the U.S. and the armed forces overseas. Probably it is because the Great American Sporting Public hasn't heard about Hashing yet that there are no U.S. chapters. When it does, the movement could spread with the speed of the hula hoop. Established Hash clubs are helpful in lending assistance to new chapters, and visitors are always welcome to join a Monday night run. It's a good way to break the ice in a strange city.

And, as they say in the Hong Kong club, "If you have half a mind to join the Hash, that's all you need."

There is no club in Vietnam, for obvious reasons, nor strangely, in Bangkok, perhaps because no such involved excuse is needed to down a beer in any of the city's hundreds of beckoning bars and clubs.

But the Hash madness is spreading, and some Monday evening if a pack of hot-eyed joggers comes dashing through your radish patch, don't reach for the shotgun; it might be more fun to join 'em. "On, on!"

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Two books now available from NJA:

1. *Creative Walking for Physical Fitness*,
by Harry J. Johnson, M.D. \$3.95
2. *Map and Compass* (the Orienteering handbook)
by Bjorn Kjellstrom 3.50

Members' special: both books postpaid for \$7.00

Pete Strudwick is working on book *Up the Shining Mountain*. Pete is the marathon runner with no feet, who has completed the Pike's Peak Marathon and can be seen in *Run Dick, Run Jane*. We will announce the publisher when determined.

AWARDS* AND ACHIEVEMENTS PROGRAM NATIONAL JOGGING ASSOCIATION

Please notify NJA Headquarters by means of a postcard only when you have reached the total jogging mile distances below. For purposes of this program, only miles jogged during your NJA membership are to be reported. Your name will be listed and advanced as you progress through the Calendar Year.

MILES PER YEAR SINCE JANUARY 1

100	250	500	1000	"GOT ONE" CLUB
<ul style="list-style-type: none"> -eligible for NJA pin. May only be purchased by members logging 100 or more miles, beginning January 1. -100-mile pin: \$5.00 -100-mile certificate: \$2.00 	<ul style="list-style-type: none"> -eligible for special "250-Mile Club" emblem. -eligible for monthly drawings beginning each year on April 15, for free awards: *pair of New Balance Shoes (one/ month given to a member) *subscriptions to: Runner's World Magazine Fitness for Living Magazine and *books on jogging, physical fitness, health and nutrition from NJA -just drop a postcard to NJA with your name and membership number, indicating date you completed 250 after joining and in the current calendar year only, and you will be eligible for the next drawing. -eligible member may submit one postcard/year. A winning card is discarded. All others are included in each monthly drawing ad infinitum. Members in good standing will receive notice of award on a quarterly basis. -250-mile club embroidered tri-colored emblem: \$1.00 -year tabs will be available when NJA membership reaches 10,000. -250-mile achievement parchment certificate: \$2.00 	<ul style="list-style-type: none"> -achievement certificate to be awarded by National Jogging Day, ** (October) or year end for accumulating 500 miles while a member of NJA. or -having jogged on 250 different days. or -having jogged more than 125 hours. -500-mile parchment certificate: \$2.00 	<ul style="list-style-type: none"> -achievement certificate to be awarded by National Jogging Day** or year end. -1000-mile parchment certificate: \$2.00 	<ul style="list-style-type: none"> -spread the word! -top NJA recruiters for the year and quarter will be listed. -lifetime membership for enrolling 20 new members. -place your membership number on any application blank or update form (top right corner) for which you wish credit . . . applications provided upon request from NJA Headquarters.
<ul style="list-style-type: none"> -when accomplished in 50 or more sessions within four months, eligible for NJA/PCPF&S jogging emblem and certificate from Presidential Sports Award Program. 	<p>125</p>	<p>500</p>	<p>1000</p>	<p>"GOT ONE" CLUB</p>
<p>1973 Certificates Now Available From NJA Headquarters</p> <ul style="list-style-type: none"> 100 mile (Snoopy) 250 mile Club 500+mile 1000+mile LIFE MEMBER <p>Shipping and Handling charges, each:</p> <ul style="list-style-type: none"> \$2.00—any member at large \$1.00—NJA Chapter Member .50—10 or more delivered to Chapter Representative 	<p>For Lifetime Membership Awards:</p> <ul style="list-style-type: none"> -life membership in NJA for third year members in good standing, who have also accomplished at least 250 jogging sessions. Through 1973, eligible members will be those with NJA numbers up to 2352. -members joining in 1971 (No. 2353-3484) will be eligible in 1974; -members joining in 1972 (No. 3485-5000) will be eligible in 1975. 	<p>For Lifetime Membership Awards:</p> <ul style="list-style-type: none"> -life membership in NJA for third year members in good standing, who have also accomplished at least 250 jogging sessions. Through 1973, eligible members will be those with NJA numbers up to 2352. -members joining in 1971 (No. 2353-3484) will be eligible in 1974; -members joining in 1972 (No. 3485-5000) will be eligible in 1975. 	<p>Submit your mileage report only on a post card to: Awards and Achievement Chairman</p> <p>NATIONAL JOGGING ASSOCIATION 1832 K STREET, N.W. WASHINGTON, D.C. 20006 (202) 659-9760</p>	<p>NJA Life Membership (LM)</p> <ul style="list-style-type: none"> -entitles member to all NJA services, benefits, and mailings for Life. -Awarded for: -enrolling 20 new members into NJA. -\$250 funding of NJA project (Bibliography, Guidelines, Jogging Trails, Foot Problem Survey, etc.) -\$500 Fitness Bookshelf order (from over 200 titles of fitness and health books sold by NJA) -attaining "1000" milestone of A Achievement Program with fulfilled application. (over)

*Any donations to enhance the "250-Mile Club" Awards & Achievement program will be greatly appreciated. The NJA is particularly interested in securing a co-operative sponsoring of these awards with an individual or organization concerned with this endeavor to recognize better fitness levels.

** Inquire for National Jogging Day Participation Certificates and Emblems.

NOTE: Members wishing to serve on Awards and Achievement Committee at policy, administrative, or clerical/statistical levels should contact NJA office anytime.

APPLICATION FOR NJA RECOGNITION AWARDS

TO: Awards and Achievement Committee
 NATIONAL JOGGING ASSOCIATION
 1832 K Street, N.W.
 Washington, D.C. 20006

DATE: _____

FROM: (LIFE MEMBERS: form must be submitted by 15 Jan. following your qualifying year)

Name _____ NJA No. _____ Age _____

Street _____ Apt. No. _____

City _____ State _____ Zip Code _____

OK, NJA, this is to inform you that the jogger above has been a member since (approximately) _____, and since joining, for the calendar year _____ has attained the following milestone of the NJA Achievement Program. (insert year)

Reverification: A postcard has previously been submitted by separate cover for enrollment in the current year "250-Mile Club" drawings.

100 miles _____ (period covered)

250 miles _____ (period covered)

500 miles or equivalent _____ (period covered)

250 sessions _____ (period covered)

125 hours _____ (period covered)

1000 miles accomplished _____ (period covered)

NJ Day Participation _____ (Year) _____ (period covered)

miles accomplished _____ (period covered)

_____ (period covered)

_____ (period covered)

_____ (period covered)

_____ (period covered)

_____ (period covered)

LIFE MEMBERSHIP. Eight items below must be completed:

Membership No. below: for 1973: 1974: 1975: # 2352 3484 5000

Reverification: 1000 miles jogged in one year only. _____

Date completed _____

250 jogging sessions completed. _____

Current membership paid since joining and through at least _____

December of current year. _____

Action photo of life member candidate enclosed. _____

Contribution for forthcoming year NJA Program enclosed. _____ (Suggested: \$25)

This information submitted or postmarked by 15 January. _____

Above verified by: _____

ORDER FORM		(insert quantity—see front page for costs)	
100	Certificate (\$1 each)	_____	_____
250	Emblem (\$5 each)	_____	_____
500	Pin (\$5 each)	_____	_____
1,000	\$TOTAL	_____	_____
TOTAL ENCLOSED		_____	_____

*NJA will assist qualifying member with these if necessary.

_____ NJA Chapter Representative*

_____ NJA Lifetime Member*

_____ Physician

Above to be awarded by:

National Jogging Day (October)

Year End (January delivery)

THE FIRST AEROBICS BOOK
 WRITTEN ESPECIALLY FOR
 WOMEN IS HERE!

AEROBICS (1968) and THE NEW AEROBICS (1970) by
 Dr. Kenneth H. Cooper have literally changed
 the lives of millions of Americans - and aerobics
 is the official exercise program of the U. S.



Air Force. Now Mildred Cooper (with a little help from her husband) has written
 AEROBICS FOR WOMEN exploring the special needs, attitudes and capabilities of women
 in relation to aerobic exercise. AEROBICS FOR WOMEN discusses the medical, physical,
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