

THE HUMAN

RACE

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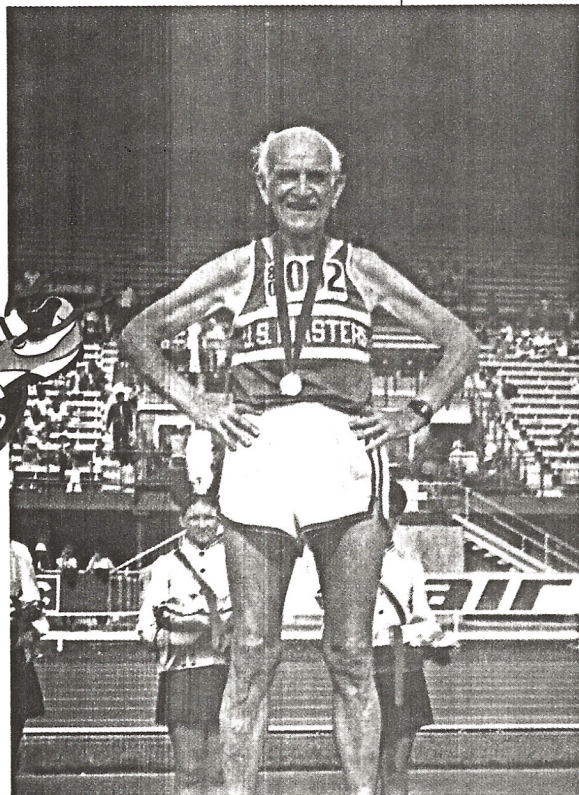
In 1987, 88-year-old **Paul Spangler** traveled to Melbourne, Australia, and won six gold medals at the World Veterans Games—a track-and-field competition held every two years for athletes 35 and older. This July, the Games will take place in Eugene, Oregon, and Spangler, now 90, plans to compete again.

Spangler started running at 67, when too many of his friends were dying from heart disease. But he wanted to help others combat the disease. So after winning \$100,000 on the TV game show "Tic Tac Dough," he generously donated \$50,000 to the American Heart Association.

His winning streak had just begun. He now holds numerous age-group records from 400 meters through the marathon (he ran a 3:59 PR at age 77) as well as a number of national swimming titles. The last three years Spangler was a member of the all-American swim team.

"Everyone should have a fitness program so they can enjoy a high quality of life," says Spangler, a retired doctor from San Luis Obispo, California, who runs 25 miles and swims 3 miles a week.

But Spangler does not pursue fitness alone. He lectures to civic groups, rehabilitation centers and senior citizen gatherings on the benefits of regular aerobic exercise. Plus, he's an inspirational role model who doesn't show signs of stopping: "I hope to be the first centenarian to run the 10-K competitively."



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Paul Spangler wins this month's Golden Shoe Award for inspiring other senior citizens toward a healthier lifestyle.



DEBBIE WEINER

The start of a big race can be particularly difficult for **Sylvia Weiner**. When she finds herself crammed into a small, crowded place, it brings back horrible memories for the 57-year-old grandmother of two. "I put myself up front so I can feel safe," says the sole family survivor of a Nazi concentration camp, which claimed the lives of her parents, grandparents and five brothers and sisters.

Weiner emigrated to Canada as a war orphan. In 1965, she "traded tranquilizers for running" and nine years later ran her first marathon in Boston at a time when women rarely tackled the distance. Since then, she has finished more than 1,000 events. Now a top-ranked masters runner in Canada, Weiner won her age division at last November's Marine Corps Marathon. That race marked her 50th marathon.

Please send short articles, Golden Shoe nominations and sharp color slides to: The Human Race, RUNNER'S WORLD, 33 E. Minor St., Emmaus, PA 18098.

Sylvia Weiner