

The University of Toledo Archives  
Manuscript Collection

Finding Aid

➤ Sy Mah Papers 1968 to 1988 ◀  
UM-62

**Size:** 1 linear foot

**Provenance:** Bonnie Mah Sellers, Modena New York

**Access:** Open

**Related Collections:**

**Processing Note:**

**Condition:** Good

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**Location:** R 16/S B

**Completed by:** Emily Carter, February 20, 1989

**Sy Mah**  
**Papers, 1968-1988**

### **Biographical/Historical Sketch**

Thian K. "Sy" Mah was an assistant professor of Health Promotion and Human Performance at the University of Toledo from 1970 until his unexpected death in 1988. During his lifetime, Mah ran 524 marathons, earning him a place in the Guinness Book of World Records.

**Sy Mah**  
**Papers, 1968-1988**

**Scope and Content Note**

This collection contains the papers of Thian K. "Sy" Mah. The collection covers three main topics, classes and university business, personal papers, and marathons. The collection is arranged alphabetically by topics. Included are notes on his pioneering class in marathon running. One restricted file contains Mah's membership on UT's Faculty Conference Committee.

Also contained in the collection is a manuscript for a 50-page lab manual Mah wrote in 1982, and various computer printouts on his research on running.

**Sy Mah**  
**Papers, 1968-1988**

**Folder List**

<b>Box</b>	<b>Folder</b>	<b>Item Description</b>
1	1	Blood Testing Program
1	2	Boston Marathon 1987
1	3	Canoeing
1	4	Computer Files
1	5	Correspondence
1	6	Course Outlines
1	7	Cross-Country Skiing
1	8	Department of Physical Education
1	9	Essays
1	10	Faculty Conference Committee- RESTRICTED
1	11	Lab Manual
1	12	Lectures and Tests
1	13	Marathons and Clinics 1974
1	14	Marathon Entry Forms 1984
1	15	Marathon Running Class
1	16	Marathon Schedules
1	17	Olympic souvenir 1988
1	18	Orienteering
1	19	Pace Charts
1	20	Physical Eductaion Labs
1	21	Politics
1	22	Publicity
1	23	Sudden Death
1	24	Sy Mah Marathon
1	25	Training
1	26	Triathlons
1	27	Vita