DECEMBER HIGHLIGHTS

SFVTC Women's Marathon Team captures national championship.


SFVTC Women's Cross-Country team wins La Crescenta 3000-meter race.

DAVE BABIRACKI wins individual 3000-meter La Crescenta run.

DEBBIE HEALD, HEATHER TOLFORD and LEAL REINHART run 1-2-3 at La Crescenta.

BOB LEBOWITZ runs PR in the marathon and qualifies for Boston in first marathon try at Culver City.

COMING UP IN JANUARY


Sat. Jan. 8. Women's track and field meet, UCLA.

Fri. Jan. 7, 14, 21. All-comers meets at Glendale College and West Los Angeles College. Also Jan. 28 at West LA.


CLUB WORKOUTS

Under the direction of Coach Laszlo Tabori, members run together on Tuesday and Thursday from 5:00PM to 7:00PM, and most Saturdays from 2:00PM to 4:00PM, at Los Angeles Valley College, 5800 Ethel Avenue, Van Nuys. All club members are welcome.

1977 MEMBERSHIP DUES

1977 Membership dues for those on the calendar year are due now. Please mail your $10 ($15 family membership) to Gaby at the club office, 18321 Ventura Blvd., Tarzana 91356.
<table>
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<tbody>
<tr>
<td>SUN DEC 26 10:00am</td>
<td>ROSEBOWL HANDICAP 10K and 3.1mi</td>
<td>Hand some volunteers</td>
<td>Open top 10, HDCP 10. 15-15 5, 12-4 4. 6/9/40 2/2/2.</td>
<td>Follow this race. Bring along everything the Rosebowl. Check in at picnic tables 8 of Rosebowl in Pasadena.</td>
</tr>
<tr>
<td>SAT JAN 8 9:30am</td>
<td>9’3’ AGE GROUP RUNS 4mi</td>
<td>Steve Platan 13512 E Rainwater Dr Whittier 90002</td>
<td>Open 5. 16-18 5. 5/10/5/55 3 each. 55/5/2 2/2. 12-16 2, 12-3.</td>
<td>Santa Ana Fwy to Rosecrans, E to Las shopping area. R to ocean. Fwy to Smith Park. Flat course on city streets and dirt roads.</td>
</tr>
</tbody>
</table>

When filling out your 1977 AAA application, be sure to designate your major sport as LD (not Track & Field). This schedule is only mailed out to those on the LD mailing list. If you belong to a club, be sure to fill in the club name and number. It will be important for team awards and also for LD representation.

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<tr>
<td>SAT JAN 15 8:00am</td>
<td>MISSION BAY MARATHON</td>
<td>Bill Goodwin 5946 Warren Dr San Diego 92120</td>
<td>Write for further information-sanctioned by Pacific Southwest.</td>
<td>Certified, scenic course around Mission Bay in San Diego.</td>
</tr>
<tr>
<td>SUN JAN 16 3:00pm</td>
<td>LONG BEACH 10K</td>
<td>Geza Bottlik 6719 Exulant Dr P.V Peninsula 90274</td>
<td>Open 7. Vet 40/30/29 3/1. Test 2, 13-15 3 16-18 3.</td>
<td>Hand packed sand at low tide (watch out for Mr. Jowl) out and back course. Long Beach Fwy S to Broadway, E to Magnolia, S to Ocean Blvd, E to Junipero Ave, S to beach.</td>
</tr>
<tr>
<td>SUN JAN 23 10:00am</td>
<td>CASITAS DAM 10K HANDICAP</td>
<td>Cornie Rodwell 822 Sharon Dr Camarillo 93010</td>
<td>HDCP 5. Open, sub-9, junior vet 40, vet 50.</td>
<td>Rolling paved course up to Casitas Dam and back, all trees and wind-protected. Ventures Fwy to Ojai Fwy (may 35) S to Foster Park turn-off, marked Casitas View/Santa Ana Rd. Main area is next to Fwy. Restrooms, picnic area.</td>
</tr>
<tr>
<td>SUN JAN 30 7:30am</td>
<td>WORLD MASTERS MARATHON</td>
<td>Bill Solvin 2056 N Dustin Rd Orange 92665</td>
<td>Many and various awards in 5-year age groupings. Ribbons or certificates to all finishers!</td>
<td>Flat and fast, a PR is almost ensured. Our district's fastest marathon course. Pre-entries required, write Bill Solvin.</td>
</tr>
</tbody>
</table>

Runners! Please wear your number of alphanumeric on the front of your jersey unless you plan to run in backwards, or you will be missed in the results. If you don't have a numeric fill out a handicap form, mail it to Jane Brennan, 4655 Rosedale Lane, Santa Barbara 93105. There are fifteen races a year with handicap awards on the day of the race, and the cumulative handicap series awards that are given out every quarter based on attendance and improvement. Non-race runners will continue to be eligible for handicap and handicap award, regardless.

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<tr>
<td>SAT FEB 5 10:30am</td>
<td>SANTA BARBARA WINTER ROAD RUNS 10mi and 5mi</td>
<td>Robert Aronson P.O. Drawer P-3 Santa Barbara 93101 (805) 965-0661 days only</td>
<td>Open 5, sum-7. 3 masters 49/50/60 3/2/1. 12-4, 13-15 4, 16-18 3. Check-in 9:30-10:00.</td>
<td>Boys race 6mi, open and masters 10mi, all on roads. Coming on US 101 take Cabrillo exit (off-ramp in on US 101) turn L on Cabrillo, Peoillon is 17mi E on the ocean side of Cabrillo. Showers.</td>
</tr>
<tr>
<td>SUN FEB 6 9:00am</td>
<td>HERNOSA BEACH 5K DISTANCE RUN</td>
<td>Martin DeHaas 376-6928 ext 48 days only</td>
<td>Open, vet, junior.</td>
<td>Scenic but tough course along boardwalk on soft sand. Restrooms. San Diego Fwy to 405 to Pico Ave, S to Hermosa Beach pier.</td>
</tr>
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</table>
SFVTC WINS NATIONAL AAGU WOMEN’S MARATHON TEAM TITLE DEC. 5

Brilliant is the only word to describe SFVTC’s Coach LASZLO TABORI’s development of the finest group of women marathoners anywhere in the world.

Laszlo has trained the number 1 (JACKI HANSEN -2:39:11) and number 2 (MIKI GORMAN - 2:40:11) fastest women marathoners on the globe.

On Sunday, December 5 at the Women’s National AAU Marathon Championships in Culver City, three OTHER Tabori-coached runners won the national team title.

LEAL ANN REINHART (2nd in 2:50:36), JUDY MILKIE (9th in 3:06:56), and BARBARA PETERSON (17th in 3:15:26) edged out the Rialto Road Runners with a combined time of 9:12:58 to RRR’s 9:15:16, West Valley Track Club was 3rd in 9:11:02.

The depth of talent among SFVTC women is remarkable, and has clearly established Coach Tabori as one of the finest women’s long-distance running coaches in the world.

Placings:
Senior Women
1. Julie Brown LATC 2:45:32
2. LEAL REINHART SFVTC 2:50:36
3. Joan Ulloty* WVT 2:51:15
4. Joann Heale Canada 2:57:49
5. Marilyn Bevans Salt. 2:58:29
6. Judy Ikenberry RRR 2:58:38
7. Teresa Hom SWTC 3:01:02
8. Jan Avenz TwinCl. 3:01:49
9. JUDY MILKIE SFVTC 3:06:56
10. Sue Krenn SDTC 3:07:17
17. BARBARA PETERSON SFVTC 3:15:26

Junior Women
1. Diane Barrett Unat. 2:46:13
2. Cindy McGee RRR 3:12:17

Masters Women
1. Nicki Hobson SDTC 2:58:14
2. Martha Klopter No.Car. 3:09:25
3. Toshiko d’Elia Unat. 3:10:04
5. Margaret Miller# STC 3:23:18

*1st in 30-39  #1st in 50-59

SFVTC WINS WOMEN’S 3000-METER TEAM RACE DEC. 18; MEN’S TEAM TAKES 3RD

SFVTC’s powerful women’s cross-country team (1st in SPAAAU; 3rd in nationals) completely dominated this picturesque team race through La Crescenta Park, running 1-2-3-5-6 to easily capture the women’s team title.

DAVE BABIRACKI, on the comeback trail after a virus cut short his 1976 Olympic hopes, won the men’s competition by 20 meters in 8:49.2 to lead the men’s team to a 3rd place finish.

DEBBIE HEALD won the women’s crown in 10:38, followed by HEATHER TOLFORD in 10:50, LEAL REINHART in 11:28, PAM FIRESTONE, 5th in 11:40 and 14-year old new member SUSAN ANDREWS, 6th in 12:07.

1976 WOMEN’S NATIONAL CROSS-COUNTRY CHAMPIONSHIPS -- November 27 -- Miami

As reported in the December issue, our women’s cross-country team took 3rd in Miami, being upset by the Los Angeles Track Club, whom we had beaten for the local SPAAAU championship Nov. 7.

Placings:
1. Jan Merrill 16:37.6
2. Julie Brown 16:52.0
3. Donna Valaitis 16:55.0
4. Sue Kinsey 16:57.0
5. Doris Heritage 17:14
6. Peg Neppel 17:19
7. Eryn Forbes 17:31
8. Kathy Mills 17:34
9. Kathy Prosser 17:36
10. Debbie Vetter 17:41
11. MIKI GORMAN 17:43
14. HEATHER TOLFORD 17:57
26. DEBBIE HEALD 18:19
36. LEAL REINHART 18:51
37. JACKI HANSEN 18:52

Team:
1. Los Angeles Track Club 92
2. Iowa State 104
3. San Fernando Valley TC 124
NEW MEMBERS

Barbara Peterson
10339 Zelzah #71
Northridge 91326
363-4563 12-9-56
LDR: Marathon

John Shaw
481 Gayley #109
West Los Angeles 90024
478-9066 10-26-56
LDR

Curtis Shy
1540 S. Orange Grove Ave. #7
Los Angeles 90019
936-9911 5-19-35
100 to 5000 meters

Steve McGalley
2039 Evergreen St.
Burbank 91505
842-2010 842-2010
1500 to Marathon
11-10-53

Ronald Wolfgarth
6929 Penfield Ave.
Canoga Park 91406
348-5476 7-20-35

John Drenth
1540 S. Orange Grove Ave.
Los Angeles 90019
936-9911 5-19-35

Steve McCalley
2039 Evergreen St.
Burbank 91505
842-2010 842-2010
1500 to Marathon
11-10-53

Kim Merritt
241 S. Van Ness Ave. #41
Los Angeles 90020
8-9-35 100, 220, LJ

National Masters Cross-Country Championships -- Belmont, Calif. -- Nov. 13

MIKI GORMAN raced to an impressive, 3½ minute victory to claim the national AAU Women's Masters Cross-Country Championship in Belmont Nov. 13th.

Miki ran away from a good field over a hilly, sometimes slippery course, in 38:54 for the 10-kilometer trip.

Santa Barbara's John Brennand won the men's championship in 34:36.

Women Masters
1. MIKI GORMAN 41 38:54
2. Nicki Hobson 45 42:28
3. Dorothy Stock 44 43:09

Lithe Ladies Wanted

Bill Heimanson of North Hollywood is involved with projects where he may be needing athletic women for photographs, perhaps with weight machines, and light-weight motorized bicycles. If you could use some extra cash, you might give him a call at 763-4945.
The annual College of the Desert Meet, with open and 10-year age competition for masters, will be held Saturday, January 8 at the college in Palm Desert. The meet begins at 11:30AM with a joggers' mile. Odd distances are the rule...60 meters, 600, 1000, 3000, 5 mile road race, plus all the field events. See December's newsletter for a map on how to get there.

All-comers track meets continue at West Los Angeles College, Culver City, every Friday in January beginning at 3:00PM. Open, Novice, Women and Masters.

All-comers meets also at Glendale College, 1600 N. Verdugo Ave., on Fridays, January 7, 14 & 21, also at 3:00PM. Open, Novice.

Sunkist/LA Times Indoor Qualifier for Women will be held Saturday, January 8th at Drake Stadium, UCLA, at 9:30AM. Open to all female athletes who are registered with AAU for 1977. Entry fee: $3.00. Contact: Bob Seaman 926-5?85. Open, age-group.

Women's outdoor meets set for UC Irvine on Sunday, January 30 at 9AM, (age-group), and at UC Santa Barbara on Sunday Feb. 13 at 9:30AM.

Fifth Annual Paul Masson Champagne Marathon through Saratoga and Cupertino, Sunday, January 16, 9:00AM. Contact: Dan O'Keefe, 20032 Rodrigues Ave., Cupertino, Calif. 95014.

Men's open and novice also included in Jan. 30 UC Irvine meet starting at noon.

The 13th annual mission Bay marathon and half-marathon will be run Saturday, January 15 at 8:00AM in Mission Bay Park, San Diego. Late entries accepted on race date. Pre-race spaghetti dinner on Friday night at Hilton Hotel Race HQ. Post-race dinner Saturday. For accommodations, contact 714-225-9555.

The 5th Annual World Masters Marathon is set for Sunday, January 30 at 7:30AM at Chapman College, Orange, Calif. Entry fee: $3.00. Send to: World Masters Marathon Committee, 2125 North Tustin, Space 3, Orange, Cal. 92665. Open, 5-year age groups from age 35-69, Over 70, Boys & girls age-groups, women 26-36, Women 40 & over. Military, Law Enforcement...something for everyone.

Sunkist Invitational Indoor Track and Field Meet, Saturday, January 15, at Los Angeles Sports Arena, 3939 S. Figueroa St. For tickets phone 748-6131. Top men & women track & field athletes from throughout the world as part of 1977 indoor circuit. DAVE BASINACKI may run in 2-mile.

Southern California Indoor Games, Long Beach Arena, Friday & Saturday, January 21-22. Contact: Don DeNoon, 434-2760. Masters, women, open.

Los Angeles Times Indoor Meet at the Forum in Inglewood, Friday, February 4th.

The Occidental Insurance Co. International Masters Track & Field Championships -- formerly the Southeastern U.S. Masters -- will be held April 1,2 & 3 at North Carolina State University, Raleigh, N.C. Five-year age competition for men from age 30. Ten-year women's events from 30. For more info, call Al Sheahan at 785-1895 or write Bob Boal, Box 5574, State University Station, Raleigh, N.C. 27607.
Among the major news items emanating from the AAU's 89th National Convention was the announcement that the 1977 AAU Outdoor Nationals would also serve as the trials to pick the U.S. team for the first-ever World Cup competition in track and field.

The AAU championship event is scheduled for June 9-12 in Los Angeles at UCLA's Drake Stadium. The initial International Amateur Athletic Federation World Cup will take place September 2-4 in Dusseldorf, West Germany -- and the IAAF plans to make the competition an annual happening, except in the quadrennial Olympic years.

Former University of Florida coach Jimmy Carnes was elected national men's track and field chairman, succeeding Dr. Leroy Walker. Carnes proposed a 3-point plan to aid U.S. track and field -- corporate sponsorship of national events and track clubs, government grants to postgraduate scholar-athletes, and a mass participation program administered through the nation's parks and recreation departments.

Dr. Evie Dennis was re-elected national women's track and field chairperson.

Key legislative action taken at the convention included:

* Cross country was added to the women's track and field committee's area of responsibility.

* A masters long distance and road running committee was established.

* The registration fee paid to the national organization was increased by 50¢ to $1.50 per athlete as of January 1, 1977.

* A masters coordinating committee was authorized.

The 1977 National Convention was scheduled for October 9-16 in Columbus, Ohio.

We are sorry to have to report the passing of Don Palmer, 47, of the Corona Del Mar Track Club. Don succumbed to a heart attack on December 6, 1976 after a workout with friends.

We will miss Don. Everyone who knew him, liked him. His openness and friendliness were contagious. Don personified the spirit of competition that is the ideal of the Masters Program -- friendship is first, winning is second.

Don's death, together with long-distance masters champion Jim Shettler earlier last year, and that of Dr. Leslie Trueove 43, at the 21-mile mark of the Lion's Gate Road Runners Marathon, is tragic and disturbing. Yet it should not discourage other runners. Running is not the key to immortality. It apparently is not even a guarantee of long life. But there is not a doubt that it improves the quality of one's life. And that, after all, is quite a lot.

An election will be held soon for new club officers. Please be thinking of who you would like to nominate. Our President, Earl Rippee, is unable to be a candidate for re-election as he is moving to Laguna Beach this spring. Earl says he will continue to be a club member and will support the club as much as possible.

How can we make our club better? What do you think we are doing right? Or wrong? What would you like to see done? What suggestions do you have for the newsletter? For team competition? For casual fun-runs? For travel allowances? For anything at all? Drop your ideas in the mail to Al Sheahen, 6200 Hazeltine Ave., Van Nuys 91401.
The National Jogging Association (NJA) proudly announces the 1977 NEW YEAR'S RESOLUTION CHALLENGES [Run Walk Jog Hike]

Join the 1977 New Year's Resolution and start now and begin your distance count up this fall. Earn awards early and display them throughout 1977. Motivate others with your example. To be eligible for awards all challenge distances must be started after September 1, 1976 and completed by 31 December 1977.

6 Total Awards Possible!
Awards for all distances are presented for any combination: Running, Walking, Jogging, or Hiking.

3 KILOMETER CHALLENGES
(1 kilometer = .62137 mile)

1. 365 Kilometers (226.8 miles) A modest challenge for beginners or those with physical limitations. If you're in a way where a mile a day isn't quite your style, gear up for "A K per day." One will lead to another and when you've reached the full 365, send for your embroidered silk ribbon right away.

2. 1,000 Kilometers (621.37 miles) An achievable challenge in a year's time at 3 K's per day. Advanced runners may meet this challenge in two or three months. Completion will earn a distinctive embroidered "1,000 Kilometer" emblem for your shirt or jacket.

3. 1,977 Kilometers (1,226.45 miles) The Challenge of the Year. And an achievement worthy of admiration and respect. Completion and certification will earn an exclusive, embroidered emblem and enrollment in NJA's 1977 Resolution-Conquered Club.

3 MILE CHALLENGES
(1 Mile = 1.60934 Kilometers)

1. 365 Miles (587.39 Kilometers) A mile a day may be just right for you to start and get in the swing of things. We dare say you'll soon be increasing the average distance, tho, and be the first kid on your block to receive the attractive, embroidered silk ribbon that will be presented to you on completion.

2. 1,000 Miles (1,609.34 Kilometers) Are you good for three miles per day? If so, you will be eligible for the red, white and blue 1,000 mile emblem, especially made for this NJA milestone.

3. 1,977 Miles (1,226.45 Kilometers) The greatest challenge of all and an achievement that will lay to rest doubts about your stamina and willingness to go the extra mile (or more)! Completion and certification will earn you an embroidered emblem of superior design, and national publicity.

THE PERSONAL LOGBOOK & CERTIFICATE PROCEDURE
Upon receipt of your Application (label) and enrollment fee, the National Jogging Association will promptly send you a letter of acknowledgement and your personal 1977 New Year's Challenge Logbook. You may embark upon your goals as of Sept. 1, 1976 or immediately upon receipt of log. Enter the distance covered daily and the total distance to date in your log. As you complete each of the cumulative challenges for 365 and/or 1,000 kilometers or miles, notify NJA headquarters by card or letter for presentation of your earned award. Entrants completing the 1,977 Kilometer or Mile Challenge must submit their Logbook for certification and presentation of award. The Logbook will be returned with your award.

Throughout 1977, the NJA Newsletter, The Jogger, will carry reported stories of interest on particular courses or distances run in accomplishing challenges.

APPLICATION/The National Jogging Association's 1977 New Year's Challenge

I accept the challenge of NJA's 1977 New Year's Program. Enroll me today!

[ ] 1 Kilometer Challenge. I hope to complete: [ ] 365 [ ] 1,000 [ ] 1,977 Kilometers (Enrollment fee $5.00, enclose with application)

[ ] 1 Mile Challenge. I hope to complete: [ ] 365 [ ] 1,000 [ ] 1,977 Miles (Enrollment fee $5.00, enclose with application)

[ ] Both Challenges above (Enrollment fee $10.00, enclose with application)

Name/Age:

Street:

City/State/Zip:

For Gift Enrolees:

Name/Age:

Street:

City/State/Zip:

EARLY ENROLLMENT AFFORDS MORE TIME TO COMPLETE YOUR CHALLENGES - SO ENROLL PROMPTLY!

Return with remittance to: National Jogging Association, 1910 K St. NW, Suite 202, Washington, D.C. 20006
San Fernando Valley Track Club
18321 Ventura Blvd.
P.O. Box K
Tarzana, Calif. 91356

CLUB UNIFORMS & WARM-UP SUITS:
Club uniforms, in solid kelly green with white lettering are available for $12. Dark solid green warm-up suits are $22. Make checks payable to SFVTC -- denote your size -- and mail to the club office, 18321 Ventura Blvd., Suite 900; Tarzana 91356.

NEWSLETTER MATERIAL
The SFVTC newsletter depends on the membership for articles, results, coming events, etc. Please submit this information by the 26th of the month to Al Sheahen, 6200 Hazeltine Ave., Van Nuys 91401.

NEW MEMBERSHIP APPLICATION

NAME ______________________ DATE ______________________
ADDRESS ______________________ PHONE ______________________
CITY ______________________ STATE ______________________ ZIP ______________________
BIRTH DATE ______________________

INTERESTED IN:
TRACK ________________ FIELD ________________ LONG DISTANCE ________________

I would like to be enrolled in the category checked below:
Yearly membership (includes monthly newsletter)

□ Individual Membership ... $10 □ Sustaining Membership ... $50
□ Family Membership ........ $15 □ Century Membership ....... $100
□ Contributing Membership .... $25 □ Patron Membership ....... $500 or more