# SAN FERNANDO VALLEY TRACK CLUB

Coach: Laszlo Tabori (213) 837 - 4794



Suite 900 18321 Ventura Blvd. Tarzana, Calif. 91356

VOLUME 3 NUMBER 1

# NEWSLETTER

JANUARY, 1977

## DECEMBER HIGHLIGHTS

SFVTC Women's Marathon Team captures national championship.

MIKI GORMAN wins National Women's Masters AAU Cross-Country Championship in Belmont, Calif.

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  $\frac{1}{2}$  marathon and qualifies for Boston in first marathon try at Culver City.

# COMING UP IN JANUARY

Sat. Jan. 8. College of the desert track and field meet, Palm Desert.

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.

Jan. 15. Mission Bay Marathon, San Diego.

Sat. Jan. 15. Sunkist Invitational Indoor Meet, LA Sports Arena.

Fri. & Sat. Jan. 21-22. Southern California Indoor Games, Long Beach Arena.

Sun, Jan. 30. World Masters Marathon, Chapman College, Orange, Calif.

#### 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.

				Pg. 2
DATE/TIME	EVENT/DISTANCE	DIRECTOR/LOR LIASON	AWARDS	COURSE/FACILITIES/DIRECTIONS
SUN DEC 26 10:00am	25th ROSEBOWL HANDICAP 10.8mi and 3.1mi	send some volunteers! LDRC meeting to follow this race	13-15 5, 12-u 4 G/⊌/₩V 2/2/2	3 loops plus a flat course, around the Rosebowl. Check in at picnic tables S of Rosebowl in Pasadena.
SUN JAN 2 8:30em	ELYSIAN PARK 5km CROSS-COUNTRY	Brutis Cory 1915 Kenneth Road Glendals 91201.	open:10, vets 3/2/1 open teams 3 (5-man) vet team 1 (3-man)	Roads and trails in Elysian Park. Take Golden State Fwy to Stadium Way cut-off. N on Stadium Way until you reach sign-in area, just below Police Academy and baseball stadium.
SAT JAN 8 9:30em	STC AGE GROUP RUNS 4mi	Steve Broten 13512 E Ramona Dr Whittier 90602	open 5, 16-18 5 35/40/45/50 3 each, 55/60 2/2 13-15 2, 12-u 3	Santa Ana Fwy to Resecrans, E to La Mirada Blud, N to Alicante, E to La Mirada Park. Grand and asphalt paths. Restrooms.
is only mail	out your 1977 AAU appli ed out to those on the L mportant for team awards	O mailing list! If you	belong to a club, be sur	LO (not Track & Field). This schedule e to fill in the club name and number.
SUN JAN 9 9:00am	Sth PICO RIVERA Smi ANNIVERSARY RUN write for confirmation of date!	Pat McArdle Pica Rivere Rec Dept 6615 S Passons 81vd Pico Rivere 90660	open, sub-M vet 40,50,60 12-u, 13-15, 15-18 resident	605 Fwy to Washington Blvd, W to Passons. N on Passons to Mines, U on Mines to Smith Park. Flat course on city streets and dirt roads.
SAT JAN 15 . 8:00am	13th MISSION BAY MARATHON	Bill Gookin 5946 Wenrich Dr San Diego 92120	write for further information—sanctioned by Pacific Southwest	Certified, scenic course around Mission Bay in San Diego.
SUN JAN 15 3:00pm AFTERNOON	19th LONG BEACH 10km OCEAN RUN	Geza Bottlik 4119 Exultant Dr P V Peninsula 90274	apen 7 vet 40/50/60 3/3/1 12-u 2, 13-15 3 16-18 3	Hard packed sand at low tide (watch out for Mr. Jaws!) out and back course. Long Beach Fwy S to Broadway, E to Magnolia, S to Ocean Blud, E to Junipero Ave, S to beach.
5AT JAN 22 9:00am	29th 'POP' MARTY 9.6mi MEMORIAL RUN	Richard Soria Montebello Park & Rec Oept. 722~4100 days only	apen 10, HDCP 10 12-u 3, 13-15 5	Four laps on city streets, fairly flat. Restrooms and showers. Check-in at Montebello Jr. High at Cleveland & Maple in Montebello. No alcohol.
SUN JAN 23 10:00am	2nd CASITAS DAM 10km HANDICAP ribbons to all finishers	Connie Rodewald 852 Sharon Dr Camarillo 93010 (805) 482-5360	HOCP 5 open, sub-M, junior vet 40, vet 50 awards beyond first by attendance	Rolling paved course up to Casitas Dam and back, all trees and wind-protected. Venture Fwy to Ojai Fwy (Hwy 33) 5mi to Foster Park turn-off, marked Casitas View/Santa Ana Rd. Main park is next to Fwy. Restrooms, picnic area.
SUN JAN 30 7:30am	7th WORLD MASTERS MARATHON	Bill Selvin 2025 N Tustin #3 Orange 92665	many and various awards in 5-year age groupings ribbons or certificates to all finishers!	Flat and fast, a PR is almost assured. Our district's fastest marathon course. Pre-entries required, write Bill Selvin.
be missed in Lane, Santa Cumulative H	the results. If you do Barbara 93105. There a	n't have a mnemonic; fi re fifteen races a year at are given out every :	ll out a handicap form, m with handicap awards on quarter based on <u>attendan</u>	plen to run in backwards, or you will ail it to John Brennand, 4476 Meadowlark the day of the race, and the ce and <u>improvement</u> . Non-male runners
SAT FEB 5 10:30am	1st SANTA BARBARA WINTER ROAD RUNS 10mi and 6mi	Robert Aronson P.O. Drawer P-P Santa Berbara 93101 (805) 963-0461 days only		Boys run 6mi, open and masters 10mi, all on roads. Coming N on US 101 take Cabrillo exit (off-ramp in on <u>left</u> side of Huy) turn L oa Cabrillo, pavillion is 1½mi E on the ocean side of Cabrillo. Showers.
SUN FEB 6 9:00am	25th HERMOSA BEACH Smi DISTANCE RUN	Martin DeMott 376~6984 ext 48 days only	open, vet, junior	Scenic but tough course along board-walk on soft sand. Restrooms. San Deigo fwy to Artesia, W to Pier Ave, SW to Hermosa Beach pier.

RESULTS \* \* \* \* \*

# SFVTC WINS NATIONAL AAU 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 -2:38:19) and number 2 (MIKI GORMAN - 2:39:11) fastest women marathoners on the globe.

On Sunday, December 5 at the Women's National AAU Marathon Championships in Culver City, three OTHER Taboricoached 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 9:31:02.

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 Ullyott *	WVTC	2:51:15
4.	Joann Heale	Canada	2:57:49
5.	Marilyn Bevans	Balt.	2:58:29
6.	Judy Ikenberry	RRR	2:58:38
7.	Teresa Hom	SMTC	3:06:02
8.	Jan Avenz	TwinCi.	3:06:49
9.	JUDY MILKIE	SFVTC	3:06:56
LÓ.	Sue Krenn	SDTC	3:07:17
17.	BARBARA PETERSON	SFVTC	3115126

## Junior Women

1.	Diane	Barrett	Unat.	2:46:23
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
4	Donna Gookin	SDTC	3:23:07
5.	Margaret Miller#	STC	3:23:18

<sup>\*1</sup>st 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
Э.	Donna Valaitis	16:55.0
4.	Sue Kinsey	16:57.0
	Doris Heritage	17:14
	Peg Neppel	17:19
	Eryn Forbes	17:31
	Kathy Mills	17:34
	Kathy Prosser	17:36
	Debbie Vetter	17:41
	MIKI GORMAN	17:43
	HEATHER TOLFORD	17:57
	DEBBIE HEALD	18:19
-	LEAL REINHART	18:51
37.	JACKI HANSEN	18:52

# Team:

Ι.	Los	Angeles	Track C	lub	92
2.	Iowa	a State			104
3.	San	Fernando	Valley	TC	124

# NEW MEMBERS\*\*\*\*\*NEW MEMBERS\*\*\*\*\*NEW

Barbara Peterson 10339 Zelzah #71 Northridge 91326 363-4063 12-9-56

LDR: Marathon

Steve McCalley 2039 Evergreen St. Burbank 91505

1500 to Marathon

842-2010

11-10-53

John Shaw 481 Gayley #109 West Los Angeles 90024 478-9086 10-26-56 LDR

Ronald Wolfgarth 6929 Penfield Ave. Canoga Park 91406 348-5476 7-20-35 100, 220, LJ Curtis Shy 1540 S. Orange Grove Ave. #7 Los Angeles 90019 936-9911 5-19-35 100 to 5000 meters

John Drenth 10557 Lindley Ave. #42 Northridge 91326 363-2243 9-6-49 LDR

Address of Miki Gorman: 421 S. Van Ness Ave. #41; Los Angeles 90020 487-4210; 8-9-35; LDR, Marathon.

# RESULTS OF HONOLULU MARATHON December 12

MIKI GORMAN came down with a bug and could not run as planned in this race as Kim Merritt and Duncan Mac-Donald won the women's and men's divisions.

## Men:

1.	Duncan MacDonald	2:20:37
2.	Ron Wayne	2:21:26
3.	Jack Fultz	2:24:05
4.	Jeff Galloway	2:24:42
4.	Kenny Moore	2:24:42
	Jack Foster (injured)	2:28:12

#### Womenı

1.	Kim Merritt	2:44:44
2.	Elizabeth Richards	2:50:26
3.	Gayle Barron	2:52:16

# NATIONAL MASTERS CROSS-COUNTRY CHAM-PIONSHIPS -- Belmont, Calif. -- Nov. 13

MIKI GORMAN raced to an impressive,  $3\frac{1}{2}$  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

# MORE CULVER CITY MARATHON RESULTS

BOB LEBOWITZ ran his first marathon and completed the course in 3:27:32 to qualify to run in Boston. In the November 20th Rose Bowl ½ marathon, Bob ran a PR (personal record) in 1 hour, 33 minutes....good for 27th place.

## 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 lightweight 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, 8½ 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 Temale athletes who are registered with AAU for 1977. 50¢ per event. Contact: Bob Seaman 926-5785. 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 % 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 accomodations, 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 BABIRACKI 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 Sheahen at 785-1895 or write Bob Boal, Box 5576, State University Station, Raleigh, N.C. 27607.

REPORT OF 89TH NATIONAL AAU CONVENTION -- Phoenix -- October 10-16, 1976

Among the major news items eminating from the AAU's 89th National Convention was the annoucement 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.

#### IN MEMORIAM

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 43 earlier last year, and that of Dr. Leslie Truelove 53, 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.

#### ELECTION OF NEW OFFICERS

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

## IDEAS NEEDED

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 Pact 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 Hiking

#### **3 KILOMETER CHALLENGES**

(1 kilometer = 62137 miles)

- 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 emobssed, slik 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 (1,228.45 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)

- 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'lf soon be increasing the average distance, tho, and be the first kid on your block to receive the attractive, embossed 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 (3,181.67 Kilometers)

  The greatest challenge of all and an achievement that will fay to rest doubts about your sanity and willingness to go the extra mile for 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 (below) 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 mites, notify NJA headquarters by card or letter for presentation of your earned award. Entrants completing the 1,977 Kilometer or Mile Challange must submit their Logbook for certification and presentation of ward. The Logbook will be returned with Your award.

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

APPLICA	ON/The National Jogging Association's 1977 New Year's Challenge
I accept the challenge of NJA's 1977 I	v Year's Program. Enroti me todayi
: Kilometer Challenge. I hope to c	plete: [ ] 365 [ ] 1,000 [ ] 1,977 Kilometers (Enrollment fee \$5.00, enclose with application)
[ ] Mile Challenge, I hope to comple	[ ] 365 [ ] 1,000 [ ] 1,977 Miles (Enrollment fee \$5.00, enclose with application)
Both Challenges above (Enrollme	fee \$10.00, enclose with application)
Name/Age	01101
Street	EARLY ENROLLMENT AFFORDS MORE TIME TO COMPI
City/State/Zip	EARLY ENROLLMENT AFFORDS MORE TIME TO YOUR CHALLENGES - SO ENROLL PROMPTLY!
	YOUR CHALLENGES - SU ENTIRE
	10011
For Gift Enroles:	
For Gift Enrolees: Name/Age Street	And the second s

Return with remittance to: National Jogging Association, 1910 K St. NW, Suite 202, Washington, D.C. 20006

Sen Fernando Valley Treat City 1832i Ventura Blod. P.O. Bou K Torzono, Calit, 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 APP	PLICATION	
NAhiE		DATE	
ADDRESS		PHONE	
CITY	യ സ്ഥാന	ZIP	·-·
BIRTH DATE	······································	BUS, PHONE	
INTERESTED IN:	EVENT:	COMMENTS:	
Track			
FIELD			
LONG DISTANCE		-	
I would like to be enrolle	d in the category	checked below:	
<b>Tearly</b> membership (include	s monthly newslett	ter)	
Individual Membership .	\$10	Sustaining Membership	<b>. \$</b> 50
Family Membership	\$15	Century Membership	. \$100
Contributing Membership	\$25	Patron Membership	. \$500 or more