WINTER HIGHLIGHTS


DEBBIE HEALD wins UCLA mile, wins Rosebowl 3-mile, wins Long Beach indoor mile and is 2nd in Sunkist indoor mile.

RAY HUGHES wins sub-masters SPAAAU Cross-country championship, wins sub-master Long Beach 6-mile.

GAYLORD KALCHSCHMID wins Masters Hidden Valley 1/2-marathon, 2nd in Masters Casitas Dam 6.2 miler.

LEAL REINHART wins women's 1/2-marathon at Mission Bay.

MIKI GORMAN named California Female Cross-country athlete of the year.

JACKI HANSEN wins women's AAU Cross-Country championship.

GARY STANSAUK wins Handicap division in Skunk Hollow 15KM, 6th in 4th quarter LDR standings.

CAROL CARTWRIGHT sets new women's age-48 mark with 3:35 Mission Bay marathon.

12 SFVTC members named to All-California Honor Roll.

SENIOR ALAN CRANSTON joins club.

SFVTC Open Men's team takes 2nd in Elysian Park 5KM.

ERNIE PORTILLO gets 3rd in Masters Casitas Dam 6-mile, 4th in Masters Hermosa Beach 5-mile.

COMING UP IN MARCH


Sat, March 12. Masters meet, Pasadena City College.


Sun, March 27. SFVTC Installation-of-Officers Dinner.

DAVE FRICKEL places 2nd in Elysian Park 5KM, 4th in Rosebowl 10-mile, wins Pico Rivera 5-mile, 3rd in Long Beach 10-mile, 2nd in World Masters marathon, 4th in Hermosa Beach 5KM.

DAVE BABBRACK takes 4th in SPAAAAU Cross-country championships.

STEVE McGALEY nabs 5th in SPAAAU 30KM.

EARL RIPPEE garners 2nd in Palm Desert Joggers mile.

DICK FONSECA and BOB REED set PR's in Culver City marathon.

DENNIS STANSAUK takes 4th in Rose Bowl Marathon, 2nd in 4th quarter LDR totals, 3rd in Antelope Valley 10KM, 5th in Hidden Valley Marathon, 2nd in George Washington 8-mile.

BARRY FOOSE notches 4th in Hidden Valley Marathon, 5th in Washington 8-mile, 8th in Casitas Dam 6-mile and 9th in Hermosa Beach 5-mile.

VERNE TjARKS 4th sub-master at Casitas.
LONG DISTANCE RACING SCHEDULE

SAT MAR 5
10:12am
23rd SAN FERNANDO 6m HANDICAP
Connie Redwald
852 Sharon Dr
Camarillo 93010
(805) 482-5360
RACE 10
open, sub-M, junior vet 60, vet 50
awards beyond first by attendance


SAT MAR 12
9:00pm
SPA 25m CHAMPIONSHIPS AT LUMINADO BAY
Carol Rowland
89 15th Street
Hermosa Beach 90254
open, sub-M
vet 40/50/60
10-12
open team 2 (5-man)
open team 1 (2-man)
vet team 1 (3-man)
4 laps of a moderately hilly course on paved roads. Take Harbor Fwy to Pacific Coast Hwy, turn R to Hawthorne Blvd, on Hawthorne Blvd until dead-ends to ocean. Turn R to Miller hills Rd. (Luminao Bay)

SAT MAR 19
10:00pm
5th JAPANESE-AMERICAN OPTIMIST CLUB MARATHON
Fred Toda
LA Dept of Rec
220 N Main St
City Hall East 15th Fl
Los Angeles 90012
many and various


Course runs from Elysian Park to Griffith Park and back over paved roads. Some tough miles. Restrooms & Showers. Golden State Fly to Elysian Park, check in at LAPD Academy.

SUN MAR 27
9:00am
NATIONAL MASTERS 15km CROSS-COUNTRY CHAMPIONSHIPS
Culver City Athletic Club
masters men 10
masters women 3
(team of first)
masters men team 3 (5-man)
masters women team 3 (3-man)

Brand new certified course in Tapia Park. Take Ventura Fwy (101) to La Virgenes Rd W 5mi to Tapia Park. Dr Pacific Coast Hwy to Malibu Cyn Rd (Pepperdine U in on the corner) E 5mi to Tapia Park. Restrooms.

10:10am
15km CROSS-COUNTRY OPEN RACE
Seniors Track Club
open race - open sub-M & junior awards only

Beginning January 1977, Long Distance running on the National level is divided into three separate championships: women's LDR (women 39 and under), men's LDR (men 39 and under), and Masters LDR (men Local association awards and age groups do not have to match national awards and age groups). For patient.

DATETIME LOCATION/DISTANCE DIRECTION/ON-LINE AWARD COURSE/FACILITIES/DIRECTIONS
SAT MAR 2
9:30am
11th SENIORS TRACK CLUB 2 MAN 14 MILE RELAY
234 Burgersri
2721 168th St
Torrance 90504
(213) 327-5381
open 5
various age groups
15 two-man teams
Fairly flat course on paved road through La Mirada Park. Runners in teams; alternate 1.4mi laps 5 times each. Santa Ana Fwy to Rosecrans. E to La Mirada Bl N 3/4mi to Alliances. E to La Mirada Park.

SUN MAR 3
3:00pm
AIA NATIONAL 2-HOUR TRACK CHAMPIONSHIP
Connie Redwald
852 Sharon Drive
Camarillo 93010
(805) 482-5360
ribbons & certificates to all finishers
masters men 4 masters women 2
senior men 2
senior women 1
NATIONAL PALM SPRINGS
Award to first to finish. Awards to top-3 finishers. All age groups.

SUN MAR 9
10:00am
2nd CONDE 10km HANDICAP
Connie Redwald
952 Sharon Drive
Camarillo 93010
(805) 482-5360
ribbons to all finishers
KCP 5
open, sub-M, junior vet 40, vet 50
awards beyond first by attendance
Nilly paved course on Patmore Road in Newbury Park. Ventura Fwy to Wendry Dr W 3mi to Holloway Rd (right) to Knolls. E to ERINTRA and Banyon Park. Restrooms and picnic area.

SAT & SUN APR 16-17
NIKE CATALINA ISLAND 8mi ROAD RACE
writer
1317 Westwood Blvd
West LA 90024
concerning travel and housing
T-shirts to all finishers, free lunch & merchandise awards.
open 10 30/40/50/60/70/80/90/100
won 1 G/F/P
2 won 1 T-shirts
3 won 1 supermarket
Smile around the city of Avalon. All antics must pre-arranged by Fab 15. Please contact Nelson Farris as soon as possible. Race is an overnight package that includes round trip to Catalina and 1 night lodging.

SAT APR 23
8:00am
1st LEGE LAKE 10,000m ROAD RUN
Nancy Guirro
9242 Sloan Ave.
Pico Rivera 90660
open 5, vet 40/50/60
10-12
16-18
2
merchandise awards
Takes Romona Fwy to Santa Anita Ave, E to Legge Lake Parking Lot. Go 605 Fwy to Verdana Mill Rd, to Dumpe Rd to Legge Lake. Restrooms and picnic area.

SUN APR 24
7:00am
SPA 50k DISTRICT CHAMPIONSHIPS
Connie Redwald
852 Sharon Drive
Camarillo 93010
(805) 482-5360
open, sub-M, junior vet 40, vet 50
prediction awards
senior team one masters team scores by time
The pre-entry. Course paved, rolling but no hills! Entry fee $1.00 and bring BICYCLES this race only. Ventura Fwy to Santa Rosa/Pleasant Valley La E to Camarillo, S 1mi to Agoura Dairy. Water & ESS provided if you bring help with you.

NEW NOTES:
1. Entry fee is $1.50 for all SPA races shorter than the Marathon distance. For everyone. The entry fee for the marathon and the 50km will be determined by the race director. All SPA Championships will be $5.00 for everyone. For all team races, a team entry fee of $1.00 per team will be charged.
2. Ask card must be shown upon entering or entry fee is doubled. THIS RULE WILL BE ENFORCED

(805) 482-5360
### 1977 Masters Track and Field Schedule

**Code:**
- M: Masters events only
- L: Limited Masters events
- 1: Dirt, clay or cinder track
- 2: Tartan track

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Code</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat. Mar. 12</td>
<td>Noon</td>
<td>M-1</td>
<td>CDMTC vs. Striders dual meet, Pasadena City College; all clubs and individuals invited to enter.</td>
</tr>
<tr>
<td>Sat. Mar. 26</td>
<td>10AM</td>
<td>L-1</td>
<td>Easter Relays, Santa Barbara (100 yd. dash only).</td>
</tr>
<tr>
<td>Sat. Apr. 2</td>
<td>10AM</td>
<td>L-1</td>
<td>Herbert Hoover Relays, Menlo Park.</td>
</tr>
<tr>
<td>Sat. Apr. 23</td>
<td>10AM</td>
<td>L-1</td>
<td>Mt. San Antonio Relays, Walnut, Calif.; Contact: George Ker, 16750 Index St., Granada Hills 91344.</td>
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<tr>
<td>Sun. Apr. 24</td>
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<tr>
<td>Sun. May 1</td>
<td>10AM</td>
<td>M-1</td>
<td>Chapman College Meet, Orange, Calif.</td>
</tr>
<tr>
<td>Sat. May 7</td>
<td>10AM</td>
<td>L-1</td>
<td>Fresno Relays (100 yd. dash only).</td>
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<tr>
<td>Sat. May 14</td>
<td>Noon</td>
<td>M-1</td>
<td>7th Annual Grandperson Games, LA Valley College, Van Nuys, Calif.</td>
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<tr>
<td>Sun. May 15</td>
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<tr>
<td>Sat. May 21</td>
<td>Noon</td>
<td>M-1</td>
<td>3rd Annual Striders Relays, Cal Poly Pomona.</td>
</tr>
<tr>
<td>Sat. May 28</td>
<td>10AM</td>
<td>L-1</td>
<td>California Relays, Modesto (100 yd. dash only).</td>
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<tr>
<td>&quot;</td>
<td>&quot;</td>
<td>10AM</td>
<td>1st Annual 'Don Palmer Memorial Track Meet', UC Irvine.</td>
</tr>
<tr>
<td>Sat. June 11</td>
<td>Noon</td>
<td>M-1</td>
<td>Southern California District (Southern Pacific) AAU Championships, Simi, Calif.</td>
</tr>
<tr>
<td>Wed. June 15</td>
<td>7PM</td>
<td>L-1</td>
<td>All-comers meets, each Wednesday thru July, Pierce College, Woodland Hills, Calif.</td>
</tr>
<tr>
<td>Sat. June 18</td>
<td>M</td>
<td></td>
<td>National AAU Masters Weight Pentathlon, New York, N.Y.</td>
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<td>&quot;</td>
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<td>L-1</td>
<td>Compton Invitational, Compton.</td>
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<tr>
<td>&quot;</td>
<td></td>
<td>noon</td>
<td>Western AAU Regional Championships, Santa Ana College.</td>
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<tr>
<td>Sun. June 19</td>
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<tr>
<td>Sat. June 25</td>
<td>10AM</td>
<td>M-2</td>
<td>Senior Olympics, UC Irvine.</td>
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<tr>
<td>Sun. June 26</td>
<td>&quot;</td>
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<tr>
<td>Sun. July 3</td>
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<td>Mon. July 4</td>
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<tr>
<td>Fri. July 22</td>
<td>7PM</td>
<td>L-1</td>
<td>All-comers Championships, Pierce College, Woodland H.</td>
</tr>
<tr>
<td>Mon. Aug. 8-</td>
<td>&quot;</td>
<td>&quot;</td>
<td>2nd Bi-Annual Masters World Championships, Goteborg, Sweden.</td>
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<tr>
<td>Sun. Aug. 14</td>
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<td></td>
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<tr>
<td>Sat. Sept. 3</td>
<td>10AM</td>
<td>M-2</td>
<td>2nd Annual Masters Pan-American Games, Los Angeles.</td>
</tr>
<tr>
<td>Sat. Oct. 1</td>
<td>1PM</td>
<td>M-2</td>
<td>4th Annual Santa Barbara Meet, UC Santa Barbara.</td>
</tr>
</tbody>
</table>

Entry blanks for all major Masters meets will be printed in prior month newsletter.
ELECTION OF NEW CLUB OFFICERS

On January 27, at the general meeting of the club at Valley College, six members were picked as a nominating committee: Carol Cartwright, Dave Babiracki, Tina Moran, Paul Ritschel, Jerry Wojcik and Morrie Gleimer.

In the next 12 days, those six talked to everyone who had expressed an interest in helping with the duties of keeping our club growing and functioning smoothly.

On February 8, the committee met at Valley College and nominated the following members for the year 1977:

- President: Jim Downey
- Vice-President: Lu Dosti
- Secretary: Mary Ann Smith
- Treasurer: Mike Kromm
- Editor-Newsletter: Al Sheahan
- Membership (3): Carol Cartwright, Cheryl Madvig, Earl Rippee
- AAU Representative: Dave Babiracki
- Uniforms: Leal Reinhart
- Fun-Runs: Paul Ritschel
- Team Captains: Open: Dave Babiracki, Women: Paul Ritschel
- Sub-Masters: Reid Pressley, Masters I Track: Jerry Wojcik, Masters II Track: Gaylord Kalchschmid, "LDR": Wilbur Buchanan, Masters III: Earl Rippee, "LDR": Sid Madden

Enclosed is an official ballot. Each club member gets one ballot. You may vote for one of the above or for anyone else in the club for any office.

Most of the jobs are self-explanatory. The President runs the meetings, sees to it that everyone else is doing his or her job, provides leadership and makes sure things run smoothly. The Veep pinch hits when the President is unavailable and is active in promoting the interests of club members.

The Secretary handles minutes and correspondence. The Treasurer keeps the books. The Editor compiles the newsletter. The Membership troika recruits new members, makes guests feel at home at the workouts and at meetings, carries membership applications around, sends membership dues to the Treasurer.

Please mark your ballot and mail it to the club office no later than March 18.

MINUTES OF GENERAL MEETING -- JAN. 27

In addition to the selection of a nominating committee, the following business was transacted:

1. President Rippee announced we now had 140 members, one of whom is United States Senator Alan Cranston.

2. The bank balance on Dec. 31 was $2076.

3. Laszlo encouraged everyone who uses the Valley College facility on Tuesdays and Thursdays to send $10 to Julie Rawson at LA Valley College, 5800 Fulton Avenue, Van Nuys 91401. This is a registration fee for the February-June semester. It's important we do this if we want to continue to use the college grounds.

4. Dave Babiracki pointed out that the club has been remiss in organizing races. He suggested we promote one in Balboa Park.

On January 2, HEATHER TOLFORD packed up her running shoes and moved to Eugene, Oregon where she will attend the University and run on the track team. Under Coach Tabori, HEATHER improved her mile time from 5:18 to under 5 minutes and became a national-caliber, cross-country runner.

She will be missed, partially because it is hard to find anyone to fill her size 3½ shoes, but mostly because she was one of the most consistent, hard-working and cheerfully optimistic among us. We wish her good luck and good speed and look forward to seeing her at the track and field nationals at UCLA in June.
RESULTS

FINAL 2nd QUARTER 1976 LDR TOTALS

1. Joe Marino .......... 92
6. DENNIS STANSAUK ...... 73
6. GARY STANSAUK ...... 73
34. REID PRESSLEY ...... 45
50. RON KURRLE ........ 36

FINAL 3rd QUARTER 1976 LDR TOTALS

1. RON KURRLE .......... 69
14. DENNIS STANSAUK ..... 42
22. GARY STANSAUK ...... 38
28. BRIAN STANSAUK .... 35

Congratulations to RON KURRLE who gave SFVTC its first-ever SPAAU long-distance-running quarterly championship. The top seven (of 10 possible) races count in a runner's totals. RON ran in only five races, but won or finished high up in all of them to win the title.

Congratulations also to DENNIS, GARY and BRIAN STANSAUK, and REID PRESSLEY for their frequent and consistently good performances in the solid green of the SFVTC.

NATIONAL AAU 25-KILOMETER - Nov. 10, 1976 - YOUNGSTOWN, OHIO

Late result, but a good one.... RON KURRLE finished 11th in the National 25km in 1:22:19. The race was won by Frank Shorter in 1:17:56.

SPA-AAU 10KM CROSS-COUNTRY CHAMPIONSHIPS -- Nov. 14, 1976

Also late, but DAVE BABIRACKI, returning to early-1976 form, came in 4th in this short (5.6 mile) course in 27:52. Tom Lux won in 27:22 followed by Chuck Smead in 27:25. REID HARTER placed 24th in 28:51. RAY HUGHES, on the comeback trail, ran very well to finish 47th among the 161 finishers in 29:52. RAY was the 1st age-35-and-over finisher. JACKI HANSEN won the women's crown in 34:36 (102nd) overall. GARY STANSAUK garnered 10th in 38:11. EARL RIPPEE 56, was 4th in the 50-plus group in 38:45; SID MADDEN 69, ran an outstanding 40:53. As a club, SFVTC came in 9th with an average time of 32:28. Santa Monica TC won with an average 28:13.

ROSE BOWL MARATHON - NOVEMBER 20, 1976

More from November....DENNIS STANSAUK was 4th in the open division in 2:45:35 in a race won by Don Moses' 2:28. GARY STANSAUK finished in 3:44:50. GEORGE WILLIAMS completed the half-marathon in a fine 1:40.

14TH PHELAN HANDICAP -- NOVEMBER 20

New member GILBERT SALIBA picked up a good 7th in 1:49:20 over this 15 mile run. Steve Chase won it in 1:26:19.

15TH APPLE VALLEY HANDICAP - 6.3 MILES - NOVEMBER 28

Still more from November....DENNIS STANSAUK, our 20-year old iron man, accomplished a 16th in 37:55. His omnipresent brother GARY 26, bagged 23rd in 40:53. The race was won by Mike Mueller in 33:40. Julie Rodewald, age 7, the daughter of race director and tireless worker Connie, won the handicap division in 30:23 (actual time 60:03).

WESTERN HEMISPHERE MARATHON - DECEMBER 5

In the January newsletter, some fine performances were overlooked: BILL SCOBEY placed 13th in 2:29:07 while DENNIS STANSAUK completed the 26.2-mile trip in 2:45:36. SFVTC, represented by SCOBEY, RON KURRLE and JOHN MADVIG, placed 2nd in the men's open team competition behind Santa Monica Track Club. DICK PONSECA set a PR (personal record) of 2:15:01 and was presented with an award for his fine finish in the 40-plus division.

New member BOB REED, who says he just started running last year at age 40, ran a 3:12:11 in his first marathon try. Amazing.
RESULTS

Fiesta Bowl Marathon - December 18
Arizona

Ron Kurrle -- getting better -- ran 2:19.

Skunk Hollow 15km - December 19

Phil Ryan won it in 50:06, seven seconds off his own course record. Dennis Stansauk was 25th in 58:21, and Gary Stansauk 28th in 60:25 among the 117 starters. Gary won the Handicap Division in 47:15.

Rosebowl 10-Mile - December 26


Rosebowl 3-Mile - December 26

Debbie Heald was the first woman finisher in an excellent 15:21.

4th Quarter LDR Point Totals

Ron Kurrle successfully defended his 3rd quarter championship by edging Dennis Stansauk for the 4th-quarter LDR point-total title, 80 to 78, as SFVTC garnered a 1-2 finish, a very rare fait accompli.

Gary Stansauk added a 6th place with 68 points, Brian Stansauk nabbed 17th with 53, Ray Hughes got 21st with 50.

In the April newsletter, Steve Broten reports on his two-year experience as chairman of the AAU Long Distance Running Committee.
COLLEGE OF THE DESERT MEET - PALM DESERT - JANUARY 8

EARL RIPPEE was the lone SFVTC representative at this traditional open-masters meet in the desert warmth. Race-wise EARL surprised the local sharpers with a 2nd place finish in a predict-your-time joggers mile. EARL opted for a 7:20 4-lapper, finished in 7:23, and only lost to clever 14-year-old Fred Alvarez, who’s 6:59 just missed his predicted 7:00 by one tick. Such veteran pacers as Tom Richards and Eddie Halpin could not match Earl’s built-in clock.

MISSION BAY MARATHON - JANUARY 15

Kirk Pfeffer won this annual classic setting a new course record of 2:16:23. The old mark was held by Ed Mendoza with a 2:16:33 in 1975. SFVTC’s RON KURRLE, continuing his extraordinary fall-winter season, placed 4th in 2:23:40. DENNIS STANSAUK improved by 4 minutes over his Culver City time with a 2:41:39 for 57th spot.

GARY STANSAUK came in with a 3:21, just ahead of REID PRESSLEY’s 3:22 and BRIAN STANSAUK’s 3:24. Brian was 520th out of over 1500 starters.

CAROL CARRIGHT 48, turned in a simply amazing performance. In her first marathon try, after little more than a year of serious training under Coach Tabori, CAROL ran an outstanding 3:35. Her improvement has been dramatic, and her time puts her close to the top ranks of women masters long distance runners in the United States.

Carol was accompanied on the run by PAUL RITSCHEL. MIKE PERKINS also finished as SFVTC was well represented.

In the Half-Marathon, LEAL REINHART won the women’s title with a strong 1:21:05 for the 13.1 mile course, a 6:21-per-mile pace.

*CAROL’s time is a new US women’s age-48 record, breaking the old mark of 3:46:21 set by Lida Askew.

LONG BEACH INDOOR MEET - JANUARY 21-22

DEBBIE HEALD won the women’s mile run in 4:50.4. GAYLORD KALCHSCHMID took 6th in a very competitive Masters mile in 4:58.

LONG BEACH OCEAN RUN - JAN. 16 - 6.2Mi.

Mark Dulany and Jim Arquilla of Athletes In Action tied for 1st in 33:10. RAY HUGHES 37, placed 4th (1st in Sub-Master) in 33:51, one second behind DAVE FRICKEL’s 33:50 for 3rd place.

JERRY SMARTT won the Master’s division in 36:13. BARRY FOOSE made his presence felt with a 36:19 for 17th.

ERNIE PORTILLO’s name appeared on the results’ charts for the first time with a good 43:00, good for 63rd overall among the 130 finishers and 7th in the 40-49 division. ANN FOOSE ran well to finish in 64:57.

RICHMOND, B.C, 6.3 MILE - JAN. 22

DON COCHRANE ran the 6.3 mile Richmond, British Columbia Run, placing 16th. His 33:11 time gave him a 5:17 mile pace, a personal best.

2ND CASITAS DAM HANDICAP - 6.2 MILES JANUARY 23

GAYLORD KALCHSCHMID, approaching top form, took 2nd place in the 40-49 division over this tough course with an excellent 40:39. Dick Durand won the Masters division in 40:20.

Eight SFVTCers showed up as improving BARRY FOOSE led the way with an 8th place finish in 36:40. Allen Rude set a new course record of 33:34. DENNIS STANSAUK was 11th in 37:04. VERNE TJARKS, making one of his infrequent appearances, took 4th in the sub-master group — 16th overall—with a fine 38:45. VERNE must be having secret midnight workouts.
GARY STANSAUK took 29th, just nine seconds behind GAYLORD, in 40:48. ERNIE PORTILLO, who just turned 40 and looks like a strong threat in the Masters division this year, notched a very good 43:06, picking up an award as the 3rd 40-49 finisher. JIM McGINN showed noticeable improvement with a good 45:46 for 65th spot. ANN FOOSE was the 6th woman finisher in 61:40. Jessie Jo Smith 46, won the handicap division in 50:59 (49:19).

STILL MORE RESULTS

(Casitas run – cond.)

WORLD MASTERS MARATHON – ORANGE, CAL. JANUARY 10

Incredible RON KURLE, running his 2nd marathon in 15 days, took two minutes off his January 15th Mission Bay time to WIN the World Masters Marathon in an outstanding 2:21:42. This is 45 seconds faster than RON’s 2nd place finish in this race in 1976. Very quietly, Ron seems to be smashing the theory that you should only run a marathon every 3 or 4 months.

DAVE FRICKEL gave SFVTC a 1-2 finish in the World Masters with an excellent 2:23:34, two minutes behind Ron.

SAN DIEGUITO HALF-MARATHON – SOLANO BEACH, CALIF. – FEBRUARY 5

San Diego’s Mike Cour won this coastal run in 1:12:09. DENNIS STANSAUK was 16th in 1:17:16; BRIAN STANSAUK took 72nd in 1:25:07 and brother GARY ran 1:27:07 for 86th among the 475 finishers.

SANTA BARBARA WINTER ROAD RUN – FEB. 5

Gary Tuttle won this one in 43:24, setting a new course record for the 8.5 miles. DAVE COON took 57th among the 95 finishers in 1:01:55. Chuck Seekins 60, won the handicap in 41:50 (56:50). John Brennand won the Masters in 46:56.

ANTELOPE VALLEY 10-MILE -- FEBRUARY 6

Choosing this longer event over the 5-mile Hermosa Beach race the same day, the ubiquitous STANSAUK brothers ran 56:28 (3rd-DENNIS); 61:33 (GARY), and 64:06 (BRIAN) as Carlos Alfaro won this Lancaster run in 55:36.

25TH HERMOSA BEACH RUN--5 Ml -- FEB. 6

Jim Arquilla won this one in 29:36, short of “Speedy’s” course record of 27:30. DAVE FRICKEL, continuing his fine season, took 4th in 30:31. BARRY POOSE, moving up slowly in the rankings, bagged 9th in an excellent 31:58 in the high surf and heavy sand. ERNIE PORTILLO, looking very good, was 4th in the Masters in 38:44 while JIM McGINN rounded out the SFVTC contingent with a 43:10, 85th among the 113 finishers. Clyde Alling 59, won the handicap in 27:13 (37:11).

PALMER ROAD RUN -- VANCOUVER, B.C. -- FEB.12

DON COONRANE, running in the 10-mile Palmer Road Race in Vancouver, Canada, placed 24th in the Open Men’s, and 1st for his team, the Burnaby Villanova in a time of 57:16.

HIDDEN VALLEY MARATHON -- FEBRUARY 13

National AAU 50-mile champion Frank Bozanich of San Diego won the Hidden Valley Marathon in 2:36. DENNIS STANSAUK was 5th in 3:10. CAROL CARTWRIGHT finished her 2nd marathon in a month, but we didn’t get her time. GARY STANSAUK ran the half-marathon in 1:29:13. BARRY POOSE took 4th in the 6.1 mile quarter-marathon. GAYLORD KALCHSHA (a) won the 40-49 division in a tremendous 2:39. The first time ever, to our knowledge, that an SFVTC member has won a Masters long-distance run. GAYLORD averaged well under 6-minutes-per-mile and, at age 43, could be heading for his best year ever. He’s the top SFVTC middle-distance Masters runner and one of the top ten in the nation.
EVEN MORE RESULTS

SPAAU 30-KILOMETER CHAMPIONSHIPS
CULVER CITY -- FEBRUARY 20

His training clearly honed to a finely tuned edge, RON KURRLE continued perhaps the most outstanding series of runs ever put together by an SFVTC member as he won the local AAU 30-km championships in Culver City in 1:38:58.8.

STEVE McCALLEY accomplished a splendid 5th-1:43:07, while JACKI HANSEN took 41st overall in 2:02:08. More results and placings in the next issue.

LOS ANGELES TIMES INDOOR GAMES -- INGLEWOOD FORUM -- FEBRUARY 4

DAVE BABIRACKI led for part of the way in the two-mile run of the annual LA Times Indoor meet before fading to 5th in 8:59. New Zealand's Rod Dixon won the event over an international-class field. Dave's time was 30 seconds off his 8:29 two-mile effort in 1976, but the season is young and he will improve in the coming months.

GEORGE WASHINGTON'S BIRTHDAY RUN
-- RIDEAUREST, CALIF. -- 8 MI. -- FEB. 19

Mike Harrig won this one in 43:19.
DENNIS STANSIAUK took 2nd in 43:51 with BARRY ROSE 5th in 45:18. GARY STAN-SIAUK did 49 and change as these dedicated group of runners took the SFVTC green 150 miles north into the high desert country.

NEW MEMBERS

U.S. Senator Alan Cranston
1318 Massachusetts Ave. S.E.
Washington, D.C. 20003
100 yd. dash

David Werrihugh
15233 Ventura Blvd.
Sherman Oaks
783-2791
4-16-35
LDR

Elaine Thomas
2615 6th St., Apt. J
Santa Monica 90405
339-1800
7-4-45
880 - 2:32

Jerry Trexel
8507 Topanga Canyon Blvd.
Canoga Park 91304
340-1074; 787-2232
12-5-42
220, 440, 880

Bob Reed
1391 Valley High Ave.
Thousand Oaks 91360
805-495-1218; 782-6125
9-27-35
LDR, Marathon (3:12)

John Statam
8460 Hollister St.
Ventura 93003
475-3878
1-11-50

Susan Lynn Andrews
16920 Encino Hills Drive
Encino 91316
990-4973
2-1-62

Bruce Brinkema
5735 Corteen Place
North Hollywood 91607
985-0995; 667-6237
2-5-35
Marathon - 3:27

Cheryl Madvig
14759 Addison St.
Sherman Oaks 91402
886-6121
6-5-53
LDR

Diana McKelvey
P.O. Box 2294
Sepulveda 91343
381-7776
9-19-48

Marilyn Hathaway
225 S. Lucia
Redondo Beach 90277
379-0027
10-21-56
LDR

New address for:
Frank Tepper
6206 Hazeltine Ave. #1
Van Nuys 91401
988-0808
5-28-47

Miles, 2-mile, 880, LJ

John - 3:27

LDR

Marathon
OUR THANKS AND GRATITUDE TO...

EARL RIPPEE has been the President of the San Fernando Valley Track Club for two years. He will shortly be moving his insurance business and residence to Orange County, but he'll remain an active member and supporter of the club.

Since 1973, when he was one of the founders of the club, Earl has unselfishly given of his time, his energy and his considerable financial support.

In 1974, when then-President Ed Keysar was forced by illness to resign, Earl took over the reins and kept the club moving forward. For several months, he had very little help. Had it not been for his efforts during those lean times, the club could very easily have gone down the drain like many other clubs which spring up, flash for a while, then disappear as fast as they started.

In addition to serving as President, Earl, along with his able, dedicated secretary Gaby Pepo, handled the job of Treasurer, Secretary, Membership, Uniforms and printed the newsletter. He captained the 50-59 team, and in his spare time, ran a successful business and trained for a 3:18 marathon.

He did all this mainly at his own expense so that the club treasury could be slowly built up to a respectable level.

Under his leadership, the San Fernando Valley Track Club has become one of the top clubs in California. We are now a strong, viable organization with 150 members and growing rapidly as more people become aware of the benefits of running and staying fit. We have top runners and a top coach, but, more important, we have a spirit of friendship which transcends competition, and a feeling of comradeship from sharing, together, a health-giving avocation.

SFVTC is now entering a new plateau. We will miss Earl as President, but it's really time that all the work he did is spread around a little...we're getting too big.

We wish Earl well, and we hope he'll always be close by, offering his advice and guidance.

SPAAU MEN'S TRACK AND FIELD COMMITTEE MEETING -- FEBRUARY 14, 1977

The monthly meeting of the SPA-AAU Men's Track and Field Committee was held Feb. 14 at the LA Board of Education under the chairmanship of Hal Harkness.

20 men attended, of which 8 represented clubs.

1. The chairman reported a current treasury balance of $3036.

2. The committee voted to give $188 to John Warkington for airfare to Seattle, where he participated in the Western Indoor Pentathlon Championships Feb. 13.

3. It was moved to make it a Committee policy to fund worthy athletes for all indoor championships. The chair pointed out that first priority had always been given to outdoor championships and that the money available would not do both. The motion was defeated on a tie vote.

4. The committee voted $150 to a fund to send a javelin thrower named Haley to the World Games for the Deaf in Bucharest, Rumania. Haley, with a best throw of 234', is reported to be the world's best among the deaf.

5. The District is planning to run an all-comers meet the last Sunday in May at a site not yet chosen. The Chairman stated there was a great need for more such meets in April, May and June for the senior non-college athletes. He requested all clubs to consider sponsoring one, possibly in cooperation with a local community college.

The next meeting will be held at the same place (Room 230 or cafeteria) at 7:30PM, Monday, March 14.

-- Ed Lowell

The 2nd Annual Mt. Sac Relays Marathon is set for Saturday, April 23, 1977 at 8:00AM. Awards in each age group. For entry blanks, write to Pomona Jaycees; P.O. Box 285; Pomona 91766. Entry fee $4.00 by April 16. Late entry $5.00
In response to our query in the last newsletter for ideas on how to improve the club, we received one reply. It was from Adrian Van Rijs and he has several interesting suggestions:

Dear Al,

In reply to your request in the January newsletter, I have the following suggestions:

1) I think there are many prospective track enthusiasts who, like me, cannot give up the time to travel to workouts. I think it would be ideal if there was a workout location in the West Valley. The Pierce College Track is available to joggers. Why not have it official workouts of the club?

2) Again, due to limited time, it is almost impossible to attend track meets out of the area. Yet I, and presumably many others, would like to compete occasionally. So why not have monthly competitive meets organized at the training location.

3) A training program that includes workouts other than with the club would be beneficial. For instance, I run 3 or 4 times a week from 3 to 5 miles. It would be nice if the track coach could give some direction to optimize these personal workouts. Perhaps a personal training record can be worked out that would be checked by the coach periodically to attain absentee coaching when it is impossible to attend scheduled track meets.

With the busy schedules of business people today, most people find that the only way they can depend on regular exercise is to do it first thing in the morning. Yet to have the help of a coach and periodic track meets is almost essential to optimize results and keep interest high.

Yours truly,

Adrian

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In as much as members of the IAAF appear to wish to use the Masters Track Program to advance their own political preferences, I suggest that American athletes silently express our point of view by refraining from participation in the 1977 World Masters Games in Sweden.

-- Ed Lowell

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EARL RIPPEE, RON KURRLE and BOB LEBO-WITZ are tentatively planning to compete in the Boston Marathon next month.


All SFVTC members can get 10% off most items at All-Pro Sports, 16919 Ventura Blvd., Encino.

Jack Leydig of the West Valley Track Club in San Mateo is conducting an Alpine/Bavarian Road Runners Tour. 16 days, from Aug. 6-22...$899 from LA-Frankfurt-LA. Compete in international road races like rugged Sierre 28km run in Switzerland. Visit Munich, Innsbruck, Adidas factory near Nuremburg, Rhine River, Black Forest. Runs thru Alpine countryside. Picnics. Stay in homes of Swiss runners for 3 nights. Write Jack Leydig, P.O. Box 1551, San Mateo 94401.
On Saturday, March 12 at Pasadena City College, the Master Striders and Corona Del Mar Track Club will hold a dual meet. All clubs and individuals are invited to enter the meet as guests of the two gracious and sportsmanlike hosts.

Dirt track. $2.00 entry fee for as many events as you wish to enter. Sign up at 11AM.

Order of events: SM, I, II, III. Women can enter in any event in addition to those listed for women only. No awards. Running events start at Noon, field events at 11AM.

Although there is growing resentment that the South Africans may be banned from the 2nd World Masters Championships in Sweden this year, plans are firming for what should be the most exciting Masters competition in the history of this young sport.

Complete entry blanks and time schedules will be printed in the April newsletter. Meanwhile, you may wish to send $250 as an advance travel deposit to Helen Pain, whose Sports Travel International is chartering two planes from each coast.

2-week and 4-week tours are available. (All details next month as well as in the July, 1976 newsletter) The meet runs from August 8-14 in Goteborg, Sweden. Flights leave August 2-3 and return August 17th and 28th.

To reserve your spot, send check (or ask for immediate info) to Sports Travel Int., 1951 Cable St., San Diego, Ca. 92107.

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Late word that the Seniors Track Club will host an all-comers Masters meet at a site to be announced on April 9 or 10. More details next month.

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ALL CALIFORNIA HONOR ROLL

Each year California Track News attempts to select the most outstanding California athletes in the various divisions of our sport and award them "All California" status.

The following members of the San Fernando Valley Track Club were chosen for this special honor:

DAVE BABIRACKI Open track
JOHN DAMSKI Masters track
MIKI GORMAN Women's LDR; XC
JACKI HANSEN Women's LDR
DEBBIE HEALD Women's XC
GAYLORD KALCHSCHMID Masters track
RON KURRLE Open LDR
ED LOWELL Masters track
SID MADDEN Masters track
LEAL-ANN REINHART Women's LDR
AL SHEAHEN Masters track
HEATHER TOLFORD Women's XC
Masters Athletes of the Year

Compiled by a panel of Masters experts for Track and Field News.

Div. Age | Name | Events
--- | --- | ---
1A (40-44) World | Jack Foster | Marathon-2:17:54; 3000-8:17.4
1B (45-49) World | Bob Humphreys | Discus-182.8"
American | Manuel Alonso | 1500-4:10.6; 3000-8:52; Steeple-9:53.8
American | Shirley Davison | LJ-21'8"; TJ-40'10"
2A (50-54) World | Jack Greenwood | HH-15.5; IH-59.0; 400-53.6; 200-24.1; 100-11.1
2B (55-59) World | Richmond Morcom | Decathlon-5248; PV-16'1"; LJ-19'8"
3A (60-64) World | Clive Davies | 1hr-10'5,20'5; 1500-4:58; 10km-36:29
3B (65-69) World | Ken Carnine | Discus-141'7"; Javelin-126'10"; 400-65.6
4A (70-74) World | Harold Chapson | 800-2:35.8; 1500-5:25.1; 3000-11:46.2
4B (75-79) World | Paul Spangler | 800-3:20.3; 1500-6:28.4; 5000-22:16

California Masters Athletes of the Year

Compiled by a panel of Masters experts for California Track News.

1 (40-49) Track | Shirley Davison | National AAU Masters Champion in LJ & TJ
2 (50-59) | Bill Fitzgerald | 800-2:10.5; 1500-4:18.5
3 (60-69) | Jack Thatcher | National champion & age records in SP & Discus
4 (70-79) | Paul Spangler | National champ in 400, 800, 1500, 5km, 10km
1 (40-49) LDR; XC | Truman Clark | 4 marathons of 2:32 or better
2 (50-59) | Jim O'Neil | National XC Champion & age records
3 (60-69) | John Montoya | Consistent winner
4 (70-79) | Paul Spangler | 2nd in National XC Championships

SFVTC stalwarts JOHN DAMSKI and SID MADDEN received votes in the Division 3 category to achieve honorable mention.

Open/Women California Athletes of the Year

Open Track | Bruce Jenner | Olympic champion and world record decathlon
Open XC | Bob Thomas | 8th in Nationals
Open LDR | Gary Cuttle | AAU Marathon & 15km champion
Women Track | Kathy Schmidt | Olympic bronze medal in javelin
Women LDR | MIKI GORMAN | Year's best marathon - 2:39

Congratulations to SFVTC member MIKI GORMAN for being named the outstanding California female long distance runner. Honorable mention in women's LDR went to JACKI HANSEN (runner-up) and LEAL-ANN REINHART. RON KURRLE received votes in the open LDR division. DEBBIE HEALD and HEATHER TOLFORD achieved honors in women's cross-country.

All-Time California Women

JACKI HANSEN is listed as the fastest California women marathoner of all time (as well as the whole world) with her 2:38:19 world record on Oct. 12, 1975. MIKI GORMAN is the 2nd fastest Californian of all time with her 2:39:11 on Oct. 24, 1976. LEAL REINHART holds the 6th fastest ever, a 2:50:36 on Dec. 6, 1976. DEBBIE HEALD holds the 7th best mile of 4:38.5 on March 16, 1972, and the 6th best 2-mile of 10:12.4 on March 16, 1973.
SAN FERNANDO VALLEY TRACK CLUB

March 3, 1977

The San Fernando Valley Track Club will hold its annual Installation of Officers Dinner on Sunday evening, March 27, 1977 from 4 P.M. to 7 P.M., at the Spaghetti Castle, 16325 Ventura Blvd., Encino. This is located between Havenhurst and Woodley on Ventura. Cost is $5.25 per person.

The menu will of course be Spaghetti and you have the choice of one of the following meals:

1. Spaghetti with Meat Balls
2. Spaghetti with Rich Meat Sauce
3. Veal Parmigiana
4. Gourmet Speciality
   Tiny Bay Shrimp in Scampi Sauce
   Heaped on Spaghetti

All meals include non-alcoholic beverage and ice cream.
(Spumoni of course)

A cash bar will be available for those who desire alcoholic beverages.

Please attend. Your attendance will be greatly appreciated by the outgoing and incoming officers of the club. This will be a fine social evening and give everyone the opportunity to participate in and meet the membership.

Please make your reservations by calling the club office at 213-996-1400 or by completing the form at the bottom of this letter and giving it to Jim Downey at practice. Please reserve by March 18.

Officer's Dinner Reservation - by March 18, 1977 RSVP

Name ________________________________

No. of Reservations (Please circle) 1 2 3 4 5 6_____

Type Dinners (Please indicate meal number above)

1.____ 2.____ 3.____ 4.____
AMERICA'S DEAF ATHLETES NEED YOUR SUPPORT

XIII WORLD GAMES FOR THE DEAF
BUCHAREST, ROMANIA — JULY 16-26, 1977

HELP US ACHIEVE OUR GOAL

LEND A HELPING HAND NOW BY CONTRIBUTING TO THE STEVE McCALLEY WGD FUND

The deaf do not think of themselves as belonging to a minority group; in their minds, they are simply affiliated with a physical handicap. Despite this handicap, they strive to be active in all realms of life and to live in the mainstream of society. They do the same things as any average person does as well as they can. They work, marry, have children, buy homes, drive cars and pay taxes, and they have their own "Olympic" games.

Since deaf athletes of "Olympic" nation are thinly scattered all over the nation, it is impossible for the United States Committee to promote profit-making track meets similar to the sectional and national track meets and tryouts sponsored by the regular United States Olympic Committee. Due to the persistent lack of funds, American deaf teams have been forced to leave some of their best athletes at home.

Most of the athletes who will represent the United States in the upcoming World Games must be selected now, because funds must be raised directly from people who know those athletes. It will require $2,500.00 for each athlete for training expenses, equipment, clothing, transportation, meals, lodging and incidentals. It also covers a post-games tour.

One of the American athletes selected for participation in the 1977 World Games for the Deaf, to be held in Bucharest, Romania in July, is Stephen McCalley. Steve now holds the World Deaf records for the 1600 meter, mile, two mile and five mile runs, and also holds the American record for the 10,000 meter run. He has unofficially broken the world record for the three mile run in local track meets.

Steve McCalley is nominated by the American Athletic Association of the Deaf as one of our most valuable athletes.

Steve is a member of the San Fernando Valley Track Club; the only deaf member of that organization. He regularly competes against the best of hearing runners in the United States and from foreign countries as well. He has made an enviable record in such competition and on a result was invited to participate in the Thames Indoor Games at the Forum this year; the first deaf athlete known to have been so honored.

As mentioned above, Steve will need $2500 by April 1, 1977 in order to represent the United States in the World Games for the Deaf (perhaps better known as the "Deaf Olympics"). Those who would like to donate any amount towards this fund should do so now. Mail all contributions (which are tax-deductible) to the Steve McCalley WGD Fund; 2039 Evergreen St. Burbank, CA 91505. Should more than the necessary amount be collected, the surplus will be used in support of other participants who might need it. If further information is desired, contact Bruce W. McCalley at the above address, or phone 842-2010.

The deadline is March 25, 1977

SEND YOUR CONTRIBUTION NOW

STEVE MCALLEY WGD FUND
2039 Evergreen St.
Burbank, CA 91505

CONTRIBUTIONS ARE DEDUCTIBLE FOR FEDERAL INCOME TAX PURPOSES
CLUB UNIFORMS & WARM-UP SUITS:

Club uniforms, in solid kelly green with white lettering are available for $10. Dark solid green warm-up suits are $22. Make checks payable to SFVTC and 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 ___________________________ BUS. PHONE ___________________________

INTERESTED IN: ___________________________ EVENT: ___________________________ COMMENTS: ___________________________

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