FEBRUARY HIGHLIGHTS

DAVE SABIRACKI runs lifetime best 8:29.3 in finishing 4th in San Diego Invitational Indoor Meet Feb. 21, competes in Wales in international cross-country championships.

JACKI HANSEN wins 30km championship run as SFVTC finishes 5th.

MIKI GORMAN top woman finisher in 30km run in Japan.

LEAL REINHART wins women's Elysian Park 6.1 mile run.

GARY STANSAK wins Apple Valley Hcp.

DAVE SABIRACKI RUNS 8:29.3 2-MILE

Improving by ten seconds over his lifetime best time of 8:39 in the January 21 Los Angeles Sports Arena Sunlist Invitational, DAVE SABIRACKI ran a sensational two miles in 8:29.3 in the San Diego Invitational on February 21st, finishing 4th in an international class field including Olympic Marathon champion Frank Shorter.

Hanging back over a near-suicidal fast early pace, Dave ran a very smart race over the indoor boards. Gradually closing the gap as the leaders slowed, he took the lead with about 7 of the 22 laps to go, and held it until the last couple of laps before dropping back to finish less than twenty yards behind the winner.

REINHART WINS ELYSIAN 6-MILE RUN

Improving LEAL REINHART won the women's division of the Elysian Park 6.1 mile run on Sunday, February 22nd in an outstanding 36:32 over some very tough hills in this 8th annual L.A.P.D. event.

HANSEN WINS 30KM CHAMPIONSHIPS

JACKI HANSEN won the women's SPA 30km championships in Culver City on Feb. 15 in 1:54:43. SFVTC's women's team was 5th. MYRON SHAPIRO ran 2:01:03. LU DOSTI broke the 2-hour barrier with an excellent 1:57:33, a 6:18-per-mile pace.

GORMAN WINS JAPAN 30KM

On February 23rd, MIKI GORMAN won the women's division in the Japan 30km championships in 1:57. Over 8000 competed in the race, with Miki finishing in the top 300 overall.
### Long Distance Running Schedule

<table>
<thead>
<tr>
<th>DATE/TIME</th>
<th>EVENT/DISTANCE</th>
<th>DIRECTOR/ADMIN</th>
<th>COURSE/FACILITIES/DIRECTIONS</th>
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<tbody>
<tr>
<td>SAT MAR 6</td>
<td>22nd Annual San Fernando Handicap 5mi</td>
<td>Open 5K Handicap 10K; Women/W/E 1/1/1; 12-U 13-5 3/3</td>
<td>Flat course on city streets. Restrooms. Golden State Fay or San Diego Fay to San Fernando Masonic Blvd. E. to San Fernando Recreation Park.</td>
</tr>
<tr>
<td>SAT MAR 13</td>
<td>SPA 25km Championship at Lomas Park</td>
<td>Open 10K Vets 3/3/1; 1/4/1/1/1; 16-19; 12/20-13-25 2/2/2; Teams: 2 open of 5 men; 1 3 men 35+ team.</td>
<td>These laps on paved roads, over moderate hills. Restrooms. Take Palos Verdes Dr. W. to Clayton Rd. W. to Palos Verdes H.S. Showers.</td>
</tr>
<tr>
<td>SUN MAR 21</td>
<td>Arroyo Verde 15k Cross Country</td>
<td>Fast line trophy 5 HCFS; C/W/W Vets. Awards beyond last to be by attendance.</td>
<td>These laps in park on grass &amp; dirt trails with lots of small hills. Venture Fay to Victoria, Wil. W. to Foothill, Wil. W. to Park in Venture.</td>
</tr>
<tr>
<td>SAT APR 3</td>
<td>10th Annual 2 Man 14mi Relay. Sponsored by San Jose Track Club.</td>
<td>Open 5K Various age groups.</td>
<td>Fairly flat course on paved road through La Mirada Park. Runners in teams alternate 1.4mi laps 5 times each. Santa Ana Fay to Rosecrans, E. to La Mirada Blvd; N. to Alhambra; E. to La Mirada Park.</td>
</tr>
<tr>
<td>SAT APR 17</td>
<td>Conejo Handicap 10k</td>
<td>Awards Beyond First to be by attendance.</td>
<td>Venture Fay to Wendy Dr., W. W. to Hmong, W. Knollwood left (west) to Conejo.</td>
</tr>
<tr>
<td>SUN APR 25</td>
<td>50k Championships awards to all finishers</td>
<td>No pre-entry. Course all paved, rolling hills. Entry fee $1.00 this race only. Venture Fay to Caliguire Rd. E. of Camarillo. S. to Avenida De Oro. Parking in designated area only. Restrooms.</td>
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</tbody>
</table>

**Notes:**

1. Entry fee is $1.50 for all SPA races shorter than the marathon distance. The entry fee for the marathons and 50k will be determined by the race director. Boys 12 & under and Girls 15 & under pay $1.00 for races less than the marathon distance if they run in their division. All SPA Championship fees will be $2.00 regardless of age. For all team races, a team entry fee of $1.00 per team will be charged.

2. Girls (12 & 13); Women (13-29); Women Vets 30+ must either run in their division or in the Open; same for boys in 16-19; 13-15; and 12-14 division. In cases where a person is eligible for two categories, that person must declare for one or the other at sign-in. He or she cannot compete in both.

### On the Lecture Circuit

Coach Laszlo Tabori and women's marathon world-record-holder Jackie Hansen lectured at Dr. John W. Faglioni's Sports Medicine Seminar March 6 and 7 at the South Coast Plaza Hotel in Costa Mesa.

Sponsored by the Orange County Podiatry Association, the conference featured heart specialists, authors and many experts in such fields as acupuncture and weight training, geared for the runner and jogger.

### Race Walking

The City of Los Angeles Department of Recreation and Parks is sponsoring an AAU-sanctioned race walking meet on Saturday, April 16, at 9:30AM at the Sepulveda Sports Center, 17017 Burbank Blvd, in Encino.

9:30–11AM - Boys and girls age groups in one and two mile walks

11AM–12:20 - Women's open, men's open, prediction race and men's vet, 5km to 10km

Medals to first ten places most events

Contact: Fred Honda 485-4871

Under the direction of Coach Laszlo Tabori, members run together on Tuesday and Thursday from 5:00PM to 7:45PM at Los Angeles Valley College, 5800 S. Van Nuys. All club members are welcome.
CATCHING UP ON RESULTS

APPLE VALLEY HANDICAP
December 14, 1975

GARY STANSAUK took 1st place in the handicap division of this 6.3 miler in the upper desert. Finishing with a "fast" time of 42:11, Gary's handicap gave him a 30:45, seven seconds ahead of second-place Jack Noble. Brother BRIAN STANSAUK placed 9th in the handicap group and 21st overall with a good 38:33.

MT. TOM CLIMB
December 20, 1975

BILL ENTZ placed 6th in this 4.0 mile run to the top in 29:51, REID PRESSLEY came in 27th among the 72 finishers in 35:34.

SKUNK HOLLOW HANDICAP
December 21, 1975

BRIAN STANSAUK took 4th in the handicap division, 11th overall in 56:24 for this 9.3 mile run, a 6:04-per-mile pace. GARY STANSAUK took 2nd in the handicap group with 1:03:08 fast and 46:15 handicap. MIKE RICCI ran a very good 1:04:31 to place 4th in the 40-49 bracket.

ELYSIAN PARK 5KM CROSS COUNTRY
December 27, 1975

REID PRESSLEY finished 32nd in the handicap among the 166 finishers in 18:49 "fast" and 15:49 handicap. LU DOSTI continued in fine form with a good 20:10. WES ALDERSON negotiated the hilly course in 20:55.

SANTA BARBARA ALL-COMERS MEET

HEATHER TOLFORD, showing good early season form, journeyed to Santa Barbara to run a solid 5:08 mile in an all-comers meet.

STC AGE GROUP RUNS
January 4, 1976


NATIONAL AAU JR. 8 KM CHAMPIONSHIPS
January 24, 1976


MALIBU CANYON CROSS COUNTRY 10KM
February 29, 1976

Partial results: JIM McGINN, in his first major competitive run, clocked in 49:30. GEORGE WILLIAMS right behind in 49:33. (GEORGE earlier negotiated the Hidden Valley 13.1 mile semi-marathon in 1 hour, 50 minutes)

22nd ANNUAL SAN FERNANDO HANDICAP
March 6, 1976

Partial results: DAVE BABIRACKI; GEORGE WILLIAMS and other SFVTC members helped Connie Rodewald direct this always-enjoyable Portsmouth Handicap run, where the slowest runners start first, and the fastest last, with the first one to cross the finish line the winner.

GAYLORD KALCHSCHMID, warming up for the National AAU Indoor Masters Championships in Boston, ran the 6-mile flat course over San Fernando city streets in an excellent 36:25, about a 6:04-per-mile pace. LU DOSTI finished not-far-behind in 37:53. REID PRESSLEY finished high up in the handicap with a "fast" time of 37:23. JIM McGINN improved his Malibu time with about a 45-minute journey. AL SHEAHEN ran 48:32. DENNIS STANSAUK came in with a 36:23. BRIAN STANSAUK, who has competed in more road runs the past year than any other SFVTC member, entered his first race in several weeks due to an injury, and ran a cautious 39:44.
ANNOUNCEMENTS

JACKI HANSEN is the Los Angeles distributor for E.R.G. -- Gookinaid. This, as you may know, is the only activity drink, formulated by 40-year-old, 210-marathoner-chemist Bill Gookin of San Diego, to replace what you need when you're running -- while you're losing them -- in the ratios they're lost -- without gastric upset or discomfort -- even while competing.

Jacki has ERG available in plain, lemonade or fruit punch flavors. 75 cents for a half-gallon package. $8.40 for 12, $16.20 for 24.

Call her at 645-7600 before 5 PM.

WE GET LETTERS...

RAY HUGHES graciously writes to tell us that he is alive and well and living in Mt. Baldy. "I have endured over three months of reduced activity," Ray writes, "due to a stress fracture of my right fibula just above the ankle. First October, I made an ill-fated decision to see what kind of results I could get from covering big mileage in training. After a period of gradual build-up, I put together 183 miles in ten days and broke down. I probably would have healed sooner but my addiction to running wouldn't let me lay off and I maintained about ten miles of running per day throughout. Now my ankle doesn't hurt anymore and I have begun the process of getting back into shape again."

One of the top runners in SFVTC, Ray says it's only his 3rd injury in 23 years of running (he's 37). Ray is not the first runner to break down from overtraining and we hope to see him back in action soon.

RUNS TO DRAMATIZE WORLD POVERTY

Comedian and civil rights activist Dick Gregory, a former 4:24 miler who has fasted up to 550 consecutive days in protest of U.S. involvement in Vietnam, will run from Los Angeles to Boston to dramatize the plight of the poor in the United States and around the world. Gregory begins his cross-country trek on March 30 from LA.

MASTERS REPORT

The 3rd Annual Corona Del Mar Track Club Relays, scheduled for March 27 in San Luis Obispo, have been cancelled. However, CDWTC is hosting a Masters All-Comers Meet at Glendale College the same day. It starts at 12 Noon. The College is at 1500 N. Verdugo Rd., Glendale.

The traditional two Masters All-Comers meets will be held on the prior two Saturdays at Los Angeles Valley College, 5800 Ethel Avenue, Van Nuys. Events in 10-year age groups: 30-39; 40-49; 50-59; 60 and over. Starting time: Noon. Dates: March 13 and March 20.

Please make another change to your 1976 Masters Track and Field schedule. The 2nd Annual Strider Relays will be held, not on April 17 as previously announced, but on Saturday, May 22nd, at Cal Poly Pomona. Entry forms and schedule of events will be printed in the May newsletter.

The Chapman College Meet, scheduled for Sunday, May 2nd, has been cancelled.

Track and Field Magazine Masters Athletes of the Year:

40-44 Jack Foster, New Zealand
45-49 Jack Greenwood, Kansas
50-54 Bill Fitzgerald, Palos Verdes
55-59 John Gilmour, Australia
60-64 Konstanty Maksimczyk, Britain
65-69 Norm Bright, Seattle
70-74 Harold Chapson, Honolulu
75-79 Paul Spangler, San Luis Obispo

The 3rd Annual Hawaiian AAU International Masters Track and Field Meet is set for April 16,17,18. Entry deadline: April 8th. Contact: Harold Chapson, 1350 Ala Moana #1308, Honolulu, Hawaii 96814. For info on U.S. Masters tour -- April 13 to 20 -- contact Sports Travel International 4869 "B" Santa Monica Avenue, San Diego 92107.

Send all newsletter material by the 26th of March to Al Sheahen, 6200 Hazeltine Avenue, Van Nuys 91401. Or call 785-1895 or 395-9991.

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Masters Tour to South Africa

Dave Pain reports on the upcoming Masters tour to South Africa, December 17, 1976 through January 9, 1977:

"Following our support of the South African athletes at Toronto, an invitation to the USMTT (U.S. Masters Track Team) to visit their country was extended. Since a team visit to South Africa involved other considerations, including the question of how a multi-racial team, such as ours, would be received, we consulted with Dave Jackson of CDW and a black and requested that he and Cynthia, his wife, join us on a survey tour. We had been given assurance that a mixed team would be accorded all courtesies and that no embarrassments would occur. Nevertheless, we felt it advisable to see for ourselves. Accordingly the Pains and Jacksons spent two weeks touring South Africa visiting its major population centers...and talking to its people.

"Although one can barely scratch the surface of a country such as this in a short period...South Africa does seem quite ready to discuss its race situation and how they are handling it....In their way, they are attempting to resolve their race problem.

"...we are satisfied that if change in their cultural patterns is to come about, it must commence through sport which presents the unique opportunity of bringing large groups of people together where interests and attention is focused. In so doing we demonstrate that mixing of peoples can occur without suffering any dire consequences.

"...Based on our experience, we are satisfied that every member of the team will be graciously welcomed and well received throughout our visit; that we can expect multi-racial competition on their side in fully desegregated circumstances.

"As a further inducement to our coming, they will cover most of the cost of internal transport and housing for the competitors....this will greatly reduce the cost of the tour for competitors.

"South Africa is sports crazy. They smart from current bans from international competition by inviting a multi-racial U.S. Masters team to their country for competition. Many people and governments, for multi-racial. We feel that South Africa will only change its Apartheid policies as a result of external pressure, boycott and disenfranchisement from international sport.

"Although such a position may have had merit in the past, we feel that the situation has changed sufficiently so that a policy of open exchange of ideas and social intercourse is more likely to achieve the desired result.

"USMTT was created to further adult fitness through age group athletic competition. Now, it finds itself in a position of demonstrating that people of different races and cultures can work and play together without friction and with total disregard as to race or color. Since this invitation was unsolicited, we must assume that the South Africans themselves wish to display the USMTT as a multi-racial team to their own countrymen in an effort to break down racial barriers that have taken 300 years to erect.

"We feel that more can be accomplished in this respect by the team competing in South Africa than by our staying home. Accordingly, the USMTT will compete on a multi-racial basis in South Africa, departing the U.S. on December 17, 1976 for three weeks and returning January 9, 1977. You and your friends, including non-competitors, are invited to participate in what may prove to be a historic episode in modern South African sport.

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Runner Needs Aid: In June, runner Janet Scott was out for a run in Newburyport, Mass., when she was attacked by someone using a cement block as a weapon. She was beaten badly in the face and left for dead. Every bone in her face was broken. It will require several sessions of corrective surgery to get things back in order—for which a significant amount of money is required. Anyone who wishes to assist a fellow runner may contribute to the "Janet Scott Fund," c/o Institution for Savings Bank, Newburyport, Mass. 01950.
<table>
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<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
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<td>Anderson, Carter</td>
<td>5737 Murlette Ave., Van Nuys 91401</td>
<td>720-3150</td>
<td>6-30-70</td>
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<tr>
<td>Archibald, Guy</td>
<td>20551 Deforest St., Woodland Hills 91364</td>
<td>340-1068</td>
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<tr>
<td>Amos, John</td>
<td>16500 Sylmar Ave., Van Nuys 91401</td>
<td>780-5357</td>
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(Names, Addresses, Telephone Numbers, Birthdates)
If you haven’t already sent in your 1976 membership dues, now’s the time. Fill out the application if there’s any change in your address, phone, etc. and mail with your ten dollars to SFVTC, 18321 Ventura Blvd., Suite 900, Tarzana 91356.

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**NEW MEMBERSHIP APPLICATION**

NAME ___________________________ DATE ___________________________

ADDRESS ___________________________ PHONE ___________________________

CITY ___________________________ STATE ___________________________ ZIP ___________________________

BIRTH DATE ___________________________ AAU NO. (if any) ___________________________

INTERESTED IN: ___________________________ EVENT ___________________________ BEST TIME ___________________________

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