

(213) 996-1400

SAN FERNANDO VALLEY TRACK CLUB

Coach: Laszlo Tabori
(213) 837-4794



Suite 900
18321 Ventura Blvd.
Tarzana, Calif. 91356

VOLUME 2 NUMBER 3

NEWSLETTER

MARCH, 1976

FEBRUARY HIGHLIGHTS

DAVE BABIRACKI 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 STANSAUK wins Apple Valley Hep.

COMING UP IN MARCH

Sat. March 13. Masters All-comers meet, Los Angeles Valley College. 30 and over.

Sat. March 20. 2nd Masters All-comers meet, Valley College.

Sat. March 20. Los Angeles Marathon, Elysian Park.

Sat. March 13. SPA 25km championships, Lunada Bay.

Sat. March 27. Masters all-comers meet, Glendale College.

BABIRACKI 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 Sunkist Invitational, DAVE BABIRACKI 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.

SFVTC currently has 93 active members. Complete list in this issue.

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

DATE/TIME	EVENT/DISTANCE	DIRECTOR/LDR LIAISON MAN	AWARDS	COURSE/FACILITIES/DIRECTIONS
SAT MAR 6 10:00am	22nd Annual San Fernando Handicap 5mi		Open 5; Handicap 10; Women/W/G 1/1/1; 12-U 13-5 3/3	Flat course on city streets. Restrooms. Golden State Fwy or San Diego Fwy to San Fernando Mission Blvd. E. to San Fernando Recreation Park.
SAT MAR 13 9:00am	SPA 25km Champion- ship at Lunada Bay	Carl Paulson, 89 15th Street, Hermosa Beach, CA. 90254	Open 10; Vets 3/3/1; G/W/W 1/1/1; 16-19 2; 12-U, 13-15, 35+ 2/2/2; Teams: 2 open of 5 men; 1 3 man vet team; 1 3 man 35+ team.	Three laps on paved roads, over moderate hills. Restrooms. Take Palos Verdes Dr. W. to Claydon Rd. W. to Palos Verdes H.S. Showers.
SAT MAR 20 8:00am	L.A. Marathon 26.2mi. Sponsored by Japanese- American Optimist Club & Recreation Dept.	Fred Honda, L.A. Rec. Dept. 200 N. Main St. City Hall East 13th floor, L.A. 90012		Course runs from Elysian Park to Griffith Park & back over paved roads. Some tough hills. Restrooms & showers. Golden State Fwy to Elysian Park, check in at L.A.P.D. Academy.
SUN MAR 21 9:00am	Arroyo Verde 15km Cross Country	Connie Rodewald, 852 Sharon, Camarillo 93010	Fast time trophy 5 HDPC; G/W/W vets. Awards beyond 1st to be by attendance.	Three laps in park on grass & dirt trails with lots of small hills. Ventura Fwy to Victoria, 2mi N. to Foothill, 1mi W. to Park in Ventura.
SAT APR 3 9:00am	10th Annual 2 Man 14mi Relay. Sponsored by Seniors Track Club.	Joe Burgess, 2727 168th St., Torrance 90504	Open 3; Various age groups.	Fairly flat course on paved road through La Mirada Park. Runners in teams alternate 1.4mi laps 5 times each. Santa Ana Fwy to Roscreans, E. to La Mirada Blvd; N. to Alicante; E. to La Mirada Park.
SAT APR 17 10:00am	Conejo Handicap 10km	Connie Rodewald & Conejo Track Club	Awards beyond first to be by attendance.	Ventura Fwy N. to Wendy Dr., W. 3mi to Holloway, N. Knollwood left (West) to Conejo.
SUN APR 25 7:00am	50km Championships awards to all finishers	Connie Rodewald, 852 Sharon, Camarillo 93010. (805) 482-5360	Open; sub-M; Vets 40, 50; boys 19-U; G/W/W; one senior team; one masters team; scores by time.	No pre-entry. Course all paved, rolling but no hills! Entry fee \$3.00 this race only. Ventura Fwy to Calleguas Rd. E. of Camarillo. S. 1mi to Adohr Dairy. Parking in designated area only. Restrooms.

NOTES

- Entry fee is \$1.50 for all SPA races shorter than the marathon distance. The entry fee for the marathons and 50km will be determined by the race director. Boys 19 & under and Girls 13 & 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.
- Girls (12 & U); 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-U 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 Jacki Hansen lectured at Dr. John W. Pagliano'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 10, 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 7:30PM at Los Angeles Valley College, 5800 Ethel Avenue, 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. LU DOSTI placed 2nd in the 40-49 division in 1:00:42, about a 6:30 clip. 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

WES ALDERSON garnered a 4th among the 105 finishers with a handicap time of 18:19 (actual time: 24:29) for this 3.9 mile annual event. BRIAN STANSAUK took 13th in 18:54 (actual: 21:54). LU DOSTI clocked 22:39 and MIKE RICCI, 23:56.

NATIONAL AAU JR. 8 KM CHAMPIONSHIPS
January 24, 1976

RICHARD NANCE took 16th out of 68 finishers in 24:19. Top prep stars Eric Hulst and Thom Hunt finished 1-2, with Hulst running 22:48.

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, 2:30-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 3PM.

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.

"Last 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, CDMTC 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.

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 CDM and a black and requested that he and Cynthia, his wife, join us on a survey tour. We had been given all assurances 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 that matter, 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."

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.

SAN FERNANDO VALLEY TRACK CLUB MEMBERSHIP LIST -- 1976

(Name, Address, Telephone, Birthdate)

Alderson, Wes
4070 Minerva Ave.
Los Angeles 90066
397-7226

Anderson, Carter
5737 Marietta Ave.
Van Nuys 91401
780-7150
6-30-17

Arbogast, Guy
20551 DeForest St.
Woodland Hills 91364
340-1088
6-6-56

Babiracki, Dave
16510 Knollwood Dr.
Granada Hills 91344
360-6723
7-22-52

Babiracki, Ed
16510 Knollwood Dr.
Granada Hills 91344
360-6723

Banken, John
10431 Jellico St.
Granada Hills 91344
363-3263
12-7-34

Berry, Dave
7125 Fulton Ave.
North Hollywood 91605

Blyadow, Ken
2802 Woodwardia
Los Angeles 90024
474-3424
6-26-36

Broten, Steve
13512 E. Ramona Dr.
Whittier 90602
693-4183

Brown, Steve
13531 Rangoon St.
Arlington 91331
780-8438
11-6-52

Buchanan, Wilbur
12573 Terra Bella St.
Pacoima 91331
889-8120
5-18-24

Cartwright, Carol
19135 Hemmingway St.
Reseda 91335
886-9958
8-16-28

Celmer, Stan
20033 Saticoy St.
Canoga Park 91306
341-0996
11-11-38

Chapman, Bill, M.D.
4340 Ledge Ave.
North Hollywood 91602
761-6101
1-15-27

Cochrane, Don
California State Univ.
Northridge 91324
885-2598
3-23-40

Colburn, Bill
5108 Longridge Ave.
Sherman Oaks 91423
784-4559
2-20-26

Coon, Dave
5028 Varna Ave.
Sherman Oaks 91403
981-2491
8-30-42

Damski, John
15140 Hamlin Ave.
Van Nuys 91401
780-8557

Dern, Bruce
95 Malibu Colony Dr.
Malibu 90265

Dosti, Lu
514 No. Las Palmas
Los Angeles 90004
469-9206

Entz, Bill
17331 Eselita
Encino 91316
342-4654
7-7-54

Fagan, Donald
16546 Armstead St.
Granada Hills 91344
363-0378
10-1-58

Farrell, Linda
2029 N. Avenida Reforio #3
Simi Valley 93063
893-9500
5-6-50

Finmark, Earl
10400 Hayvenhurst Ave.
Granada Hills 91344
360-4682
7-20-27

Fonseca, Richard
15128 Martha St.
Van Nuys 91405
780-4485
1-8-35

Foose, Barry
11415 Kismet Ave.
Lakeview Terrace 91342
896-6383
5-28-47

Gearhart, Bill
17819 Merridy St.
Northridge 91324
349-5138
9-12-56

Gleimer, Morris
6617 Woodlake Ave.
Canoga Park 91307
340-8472
1-23-14

Gorman, Miki

Grayboyes, Jacquelyn
10866 Walnut Dr.
Sunland 91040
353-2662
12-15-51

Grimes, Don
4439 Canoga Ave.
Woodland Hills 91364
347-5697
7-26-44

Hansen, Jacki
2010 1/2 Bently Ave.
West Los Angeles 90025
478-8796; 645-7600
11-20-48

Hennessy, Allan
12017 Albers, Apt. 17
North Hollywood 91607
3-19-50

Hollomon, Keith
5900 LeSage Ave.
Woodland Hills 91364
888-8274
11-27-53

Honor, Herb
22445 Macfarlane Dr.
Woodland Hills 91364
348-5162
6-20-31

Hughes, Ray
P.O. Box 1372
Mt. Baldy 91759
(714) 985-9185
1-26-39

Kalchschmid, Gaylord
3179 Black Hills Court
Westlake Village 91361
889-5658
5-18-33

Kelley, George
4471 Ventura Canyon Ave.
Sherman Oaks 91423
784-0716
10-2-33

Kelley, Michael
19127 Eccles
Northridge 91324
885-6981
7-10-42

Kennedy, Mark
1826 1/2 N. Kingsley Dr.
Los Angeles 90027
663-0084
3-18-51

Keysar, Ed
P.O. Box 1107
San Fernando 91341

King, Bob K.
10954 Garden Grove Ave.
Northridge 91324
360-7064
6-23-50

Kinsey, Sue

Kromm, Michael
4707 S. Slauson #1
Culver City 90230
397-0176 553-1911
10-25-45

La Mont, Peter
9021 Wildwood Ave.
Sun Valley 91352
767-1213
2-22-47

Lowell, Ed
19440 Wells Dr.
Tarzana 91356
345-7979
1-1-16

Madden, Sid
462 Mesa Rd.
Santa Monica 90402
459-1682
10-27-07

Manner, Kari
17540 Hlawatha St.
Granada Hills 91344
4-29-39

Martin, Dave
6619 Nagle Ave.
Van Nuys 91401
765-1942
9-30-22

Weisner, Jerry
5127 Hazeltine Ave.
Sherman Oaks 91423
783-3961
2-17-42

Moran, Tina
3422 E. Encinal
La Crescenta 91214
249-7035
11-28-59

McGinn, James
24149 Archwood St.
Canoga Park 91307
883-5217
11-1-33

McGinn, Sean
24149 Archwood St.
Canoga Park 91307
883-5217
6-9-60

Miller, Howard
325 Idaho Ave.
Santa Monica 90403
395-6573

Nance, Richard
16419 Callahan St.
Sepulveda 91343
893-4839
4-17-56

Norton, Dave
13111 Vanowen St. #5
North Hollywood 91605
764-9658
12-29-60

Norton, Hank
13111 Vanowen St. #5
North Hollywood 91605
764-9658
3-26-34

Oleson, James "Ole"
615 So. Bundy Dr.
West Los Angeles 90049
476-4255
12-29-17

Ortiz, Dick
8523 Sylmar Ave.
Panorama City 91402
847-2720
7-23-35

O'Sullivan, John
20716 Burbank Blvd.
Woodland Hills 91364
346-6939
3-27-37

O'Sullivan, Marie
2-24-70

O'Sullivan, Mike
9-10-65

O'Sullivan, Tom
11-10-67

Parker, Dave, M.D.
12471 Gladstone St.
Sylmar 91342

Payne, Richard
5146 Coldwater Canyon Rd.
Van Nuys 91423
980-7132
5-2-52

Penny, Prentice
5243 Southridge
Los Angeles 90043
291-3123
6-22-42

Pepo, Gaby
18321 Ventura Blvd. #900
Tarzana 91356
996-1400

Peterson, Burdette
23545 Neargate Dr.
Newhall 91321
805-259-5351
2.7.23

Portillo, Ernie
8461 Casaba Ave.
Canoga Park 91306
341-6971
1-8-37

Pressley, Reid
13702 Loumont St.
No. Whittier 90601
968-5950 570-2914
2-2-43

Reinhart, Leal-Ann
11915 Goshen Ave. #2
Los Angeles 90049
820-5168
10-11-47

Rippee, Earl
19600 Wells Dr.
Tarzana 91356
345-0292 996-1400
4-29-20

Ritschel, Paul
2133 Le Mayne St.
Los Angeles 90026
666-6528 246-8263
4-2-21

Plassmeyer, Bob
11115 Runnymede St.
Sun Valley 91352
765-6571
7-5-38

Severn, Win
16919 Ventura Blvd.
Encino 91316
981-5264 880-4238
11-30-42

Scobey, Bill
6221 Bristol Rd.
Ventura 93003
805-647-7343
213-344-5324
3-13-45

Sferas, Mark
5730 Yolanda
Tarzana 91356
343-0500

Shapiro, Myron, M.D.
433 N. June St.
Los Angeles 90004
933-4371

Sheahan, Al
6200 Hazeltine Ave.
Van Nuys 91461
785-1895 395-9991
6-28-32

Stansauk, Brian
6156 Yarmouth Ave.
Reseda 91335
343-7310
3-30-52

Stansauk, Dennis
6156 Yarmouth Ave.
Reseda 91335
343-7310
8-2-56

Stansauk, Gary
6156 Yarmouth Ave.
Reseda 91335
343-7310
10-12-50

Statham, John
1607 Manning Ave. #4
Westwood 90024
475-8378

Sturak, J. Thomas
Box 1602
Santa Monica 90406

Tabori, Laszlo (coach)
10837 Franklin
Culver City 90230
837-4794

Tepper, Frank
S.U.F.O. Box 10955
Tucson 85720
602-882-9555
5-28-47

Tolford, Heather
22430 Domingo Rd.
Woodland Hills 91364
348-3127
3-27-58

Wager-Smith, Dick
2394 N. Medina
Simi Valley 93063
805-526-8381
213-348-8401
7-10-29

Wager-Smith, Karen
2394 N. Medina
Simi Valley 93063
805-526-8381

Williams, Bob T.
3857 Arlington Ave.
Los Angeles 90008
292-9900 385-5882
9-17-38

Williams, George
4252 Morro Dr.
Woodland Hills 91364
340-5541
12-26-21

Witkowski, Jim
9337 Wystone
Northridge 91324
349-2921
7-3-57

Wojcik, Jerry
12609 Lithuania Dr.
Granada Hills 91344
363-6652 781-1200;345
2-25-30

Wyndham, Tim
9021 Wildwood Ave.
Sun Valley 91352
767-1213
7-6-40

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.

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)

- | | |
|---|---|
| <input type="checkbox"/> Individual Membership ... \$10 | <input type="checkbox"/> Sustaining Membership ... \$ 50 |
| <input type="checkbox"/> Family Membership \$15 | <input type="checkbox"/> Century Membership \$100 |
| <input type="checkbox"/> Contributing Membership . \$25 | <input type="checkbox"/> Patron Membership \$500 or
more |