MAY HIGHLIGHTS

DAVE BABIRACKE wins open division at Hansen Dam 10 M.

MIKI GORMAN wins woman division at Hansen Dam

SFVTC Women team champions at Hansen Dam GORMAN,REINHART,PATERSON

SFVTC - 50-59 win two distance medley relays Strider and Don Palmer relay meets

SFVTC 40-49 set world mark in the four mile relay at Don Palmer Relays

JACKIE GRABOYES MARRIED T. J. BRYANT ON MAY 1ST. ALL SFVTC MEMBERS ARE INVITED TO JACKIE & JEFF'S OPEN HOUSE ON SUN. JUNE 26TH FROM 2-5 PM AT 10866 WALNUT DR., SUNLAND, CA. 91040 (213)353-2662 (SO. OF HANSEN DAM - WENTWORTH-SUNLAND BLVD.)

OFFICERS

LETTERS

ARTICLES

RESULTS

ENTRY BLANKS

ORDER BLANKS, OTHER INFO

COMING UP IN JUNE

Sat. June 11 SPAAU-Master Championship Cal State Northridge


Sat. June 11. Palos Verdes Marathon

Sat.-Sun. June 18-19 3rd. Annual Far Western AAU Championship Master and Sub-Master Santa Ana J.C.

Sat. June 18. Yankee Doodle X-C Feck Park, San Pedro

Sat. June 24-25. Boys Age Group meet Lakewood H.S.-Long beach


Sat.-Sun. June 25-26. Distance Carnival Lompoc...All Ages

Fri.-Sat.-Sun. June 24,25, & 26 Watts Summer Games

Thur.-June 30. Monthly Club Meeting 7:30 P.M. L.A. VALLEY COLLEGE RECREATION CENTER.


**OFFICERS**

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<tr>
<th>Role</th>
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<tr>
<td>President</td>
<td>Jim Downey</td>
<td>805-240-2530</td>
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<tr>
<td>Vice President</td>
<td>Lu Dosti</td>
<td>469-9206</td>
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<tr>
<td>Treasurer</td>
<td>Mike Kromm</td>
<td>397-0176, 593-1911</td>
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<td>Secretary</td>
<td>Mary Ann Smith</td>
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<tr>
<td>Membership</td>
<td>Carol Cartwright</td>
<td>886-9958</td>
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<td>Cheryl Madvig</td>
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<td>Earl Rippee</td>
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<td>News Letter</td>
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**TEAM CAPTAINS**

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**NEW MEMBERS/CHANGES**

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<td>Broten, Steve</td>
<td>13512 E. Ramona Dr, Whittier 90602</td>
<td>693-4183, 6-1-52</td>
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<td>James, Miona</td>
<td>3969 So Orange Dr, L.S., CA 90008</td>
<td>292-5074</td>
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<td>Laub, Ray</td>
<td>13856 Kittridge St, Van Nuys 91405</td>
<td>787-8440</td>
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<td>Norton, Hank (chg)</td>
<td>13111 Vanowen St, N Hollywood, CA 91605</td>
<td>764-9658, 782-1393</td>
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<td>Downey, James</td>
<td>17171 Roscoe #142, Northridge 91324</td>
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<td>Smith, Mary Anne</td>
<td>16977 Strawberry Dr, Encino, CA 91436</td>
<td>981-1188</td>
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| A MESSAGE FROM YOUR EX-EDITOR....

As you may know, Jerry Hackett has graciously agreed to take over the writing of the newsletter as of the June, 1977 issue.

I feel Jerry will do an outstanding job. He is articulate and creative, and deeply committed to the continued success of the club.

I have thoroughly enjoyed the editorship these past two years, but the time has come to pass the baton. Jerry will bring a fresh approach and new ideas, and should make the newsletter better than ever.

I will continue to handle publicity for the club. Please feel free to call on me for anything in that area.

-- Al Sheahen
Letter From  
Art Kruger  
U.S. World Games Committee  
To Steve McCalley  

Dear Steve:  

We have $2500 for you, the amount needed for your participation in the XIII World Games for the Deaf.  

Please permit me on behalf of the USA Games Committee and the AAAD to express our sincerest appreciation to you and your Committee for the very splendid fund raising effort.  

I am very happy for you. This will be the other experience of your life, one you will never forget. I know you will do your very best at the upcoming Games and bring honor to yourself and those wonderful people who supported you and especially San Fernando Valley Track Club.  

You will be a credit to our United States team and reflect favorably upon our education system and our country. I know you will not fail your supporters and you will bring back a medal or two especially in GOLD.  

By supporting this campaign, they all are giving you your chance to travel to Romania and demonstrate the traditions of American democracy and good sportsmanship.  

I would like through the Burbank daily as well as the publication of your track club to express my heartfelt thanks to each and everyone who helped so generously in raising the needed money so as to make possible the participation for you.  

Be sure to let Mike Kromm, Earl Rippee and Coach Laszlo Tabori read this letter.  

I think I have done another great job in coordinating the individual fund raising drives throughout the country. For the past two months I have been getting money EVERY DAY. By now we are nearing the $300,000 mark in our WSG Fund for the Bucharest Games. Plenty more are coming in as there are several $2500s already achieved, and I am awaiting their checks. It is likely we will have around $350,000 in the fund to get them all to Bucharest.  

Sincerely,  

S/ART KRUGER  
Chairman  

Its great to see one of our members participate in an event like this. All who contributed in any way to help Steve should pat themselves on the back. I know we all wish Steve the best. Having worked out with Steve I'm sure he will do very well in the competition.  

GOOD LUCK AND GOD SPEED STEVE.  

To the Editor:  

Although I did not know Mark Kennedy personally, I knew of him, and of his running accomplishments, and I was deeply disturbed by news of his death as carried in the last edition of the SFVTC Newsletter.  

As a strictly "fun runner" in the multifaceted world of long distance running, I am yet a dedicated advocate of the health benefits accrue from a life style which includes running and jogging as components essential to well being. Common sense must prevail, and as pointed out by Ernst Jokle, Professor of Sports Medicine at University of Kentucky, infections diseases do not share the benefits of immunity confirmed by liberal doses of exercise. Neither, as it seems in Mark Kennedy's case, do deeply rooted personal problems.  

The implication, however, that Mark's death was caused by a heart problem was one which disturbed me to the point that I was moved to inquire as to the cause of his death from friends in the L.A. County Coroners' Office. The assurance I received from this personal communications and which I wish to pass along to SFVTC members, was that Mark's death was in no way caused by a failure of any organ system. Specifically, there was no cardiac or pulmonery problem present in any form. The search for a specific cause of death is continuing, but to blame it on an anatomic defect of his coronary arteries was premature and misleading.  

Signed: Ken Blaydow, MD
SECOND HAND SMOKE -- A KILLER
(Seniors Track Club Newsletter)

Most fit people don’t smoke and believe that if they stay fit, and lean that they are safe from lung cancer and heart disease. As the following articles (Courtesy Senior T.C. Newsletter) demonstrates your health can be seriously affected if you are exposed to sufficient secondary smoke due to your work environment or occupancy of smoke filled spaces such as restaurants and cocktail parties. Carbon monoxide (CO) has been implicated as the factor in tobacco smoke which increases the risk in smokers of arteriosclerosis, ischaemic heart disease, and fetal damage.

When carbon monoxide enters your blood it combines with hemoglobin, the red blood pigment that carries your oxygen around. The combination is called carboxyhemoglobin (CO-Hb). It cannot carry oxygen. Just ten puffs on a single cigarette will raise your CO-Hb level by 1.45%! That one cigarette removed 15% of your red blood cells from their job of carrying oxygen.

The smoking of a single cigarette increased the platelet’s response to clotting. This helps explain the increased incidence of thrombosis in cigarette smokers. Nixon (VA Hosp, Dallas) reported three heart attacks in young men with normal coronary arteries! They were ages 24, 25 and 26. They were smokers. Increased platelet activity is thought to be the mechanism of these coronary thromboses in smokers with normal coronary arteries -- and a single cigarette can cause measurable changes in platelet response! As Chairman of the committee on "jogging deaths" for AMIA, I have worked with two other deputy medical examiners Orselli and Carroll. We were with the local Coroner’s Office for about ten years (one or more of us). During this time a quarter of a million autopsies were reviewed and our combined personal experience is around 10,000 autopsies. There are no mysteries about death -- everything has a cause! Since STC is made up of lean individuals who are fairly active I will share this little "secret" with you. If I see a fatal heart attack in a lean, active individual who thinks he is fit, I can tell how much tobacco smoke he had... because in this setting it is "dose-related." (Excluded are the grossly obese, diabetics and hypertensives on medication. These individuals are really "patients" and can have a heart attack with a lesser dose of tobacco smoke.)

If you die of coronary heart disease, STC member, look at this table to see the dose of tobacco smoke needed.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Packs/day</th>
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<td>Under age 30</td>
<td>.3 packs/day</td>
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<tr>
<td>Under age 40</td>
<td>.2 packs/day</td>
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<tr>
<td>40 to 50</td>
<td>.1 pack/day</td>
</tr>
<tr>
<td>50-55</td>
<td>.second-hand smoke for 16 hours/day</td>
</tr>
<tr>
<td>55-60</td>
<td>.second-hand smoke for 8 hours/day</td>
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Of course, some can tolerate more smoke, but this is the MINIMUM DOSE to produce fatal heart attack in a lean, fit individual.

I can tell by looking at the heart, if the individual smoked... and estimate the total dose in "pack-years." But that is not exciting because "smoker’s small vessel disease" is dose-related to smoking. Any good Medical Examiner can tell your "life style" from your autopsy!

Smokers who do not inhale, subject those around them to a higher dose of smoke than themselves because they hold their tobacco-burner "downwind" so that the smoke curls around the head of someone else. Lab tests can measure the effects of just ten puffs of a cigarette. It poisons 1% of your red blood cells and speeds up your blood-clotting mechanism. This is a real danger. If you are already a heart patient, I know smoking. Any good Medical Examiner can tell your "life style" from your autopsy!

If ten puffs on a cigarette is bad, it doesn’t take a genius to worry about spending several hours in a "blue cloud of smoke" -- and if an employer exposes all his employees to 8 hours of tobacco smoke a day, he will have very few around to collect retirement benefits.

**SMOKERS GIVE CANCER TO NONSMokers**

As I ran my 70th marathon at the Mission Bay course enjoying the fresh air, I recalled those famous words of our editor:

"Reserve the date now for our annual banquet... it is a great event... 200 people or so... and NO ONE SMOKING... just fresh air and fresh conversation."... Why is fresh air so enjoyable? Because it is good for you! For every ten smokers that die from lung cancer there is one polite nonsmoker who got his fatal dose of tobacco smoke from room air.

Since cigars put out 6 times as much smoke into room air, it is not surprising that it only takes 1% cigar smokers with cancer per nonsmoker. Urban nonsmokers are at risk, not rural. (You have to be...
exposed to smoke in closed places to get lung cancer and city dwellers do spend over 90% of their time in closed places i.e., homes, public assembly areas, offices, autos, etc.) One cigarette adds 25.8 mg of particulate matter (TPM) to room air as "side stream smoke." This comes directly off the burning end. An equal amount goes into the lungs as "mainstream smoke." When the smoker exhales, he adds about 15 mg of TPM to room air for a total of 40 mg per cigarette. The federal clean air standards for room air is 0.263 mg/m, so one cigarette pollutes 150 cubic meters of room air.

Cancer experiments with mouse skin have indicated that sidestream smoke has a greater tumor-producing activity than mainstream smoke. The smoker therefore "shares" the more dangerous part of the smoke with you! The "Cigarette Equivalent" (C.E.) for passive smoking is estimated to be between 0.01 and 0.2 C.E. per hour in the "average" urban closed space. Here is a rough scale by which you can judge your own closed space exposure. In general, if the C.E. is less than a half a cigarette per hour, the symptoms appear on the surface of your body; the eyes, nose, tongue etc. Between 0.5 and 1.0 C.E. causes symptoms deep inside your body; nausea, headache, etc. Above 1.0 C.E., the symptoms are systemic: Wheezing, vomiting, irregular heart rate, chest pains, etc. Most cancer patients give a history of "30 pack-years" of smoking. This means one pack-a-day for 30 years, or three packs-a-day for ten years. This dose of smoke has enough carcinogens to cause cancer. If you are a nonsmoker who lives and works with smokers, you can get this dose of carcinogens through "passive smoking"...

Some of the carcinogens in tobacco smoke are in the "tars." Others are named by their chemical structure: benzopyrene, pyrene, phenols, cadmium, etc. All are in the Total Particulate Matter (TPM) and are particles under two microns in size so they are "fully respirable," meaning they go all the way down into the deepest lung tissues and stay there!

(Next time you are trapped in a smoke filled room recall the warnings in this article and get out. Editor.)

Dear Athlete:
The May 8th Forty Plus Track Meet has been rescheduled for Saturday, July 9th, same program of events, same time, etc.

Please let me hear from you if the new date is not OK with you; I will return your prepaid fee. If I don't hear from you by July 1st, I will assume you are competing.

One slight change in schedule: Event #6, (Divisions E,F,G,H,I and J) will start at 10:00 A.M. (30 minutes earlier) due to possibility of heat.

Due to extra work in lining track, setting up field equipment, etc., the entry fee will be two dollars ($2.00) for all prepaid entries and all who enter prior to midnight July 5th, three dollars ($3.00) for late entries.

Many prepaid entries will have some money returned at the meet.

Remember:
One fee - enter unlimited number of events. Certificate to first three in all events.

Anyone (male or female) may compete by paying entry fee, your time or distance will be recorded. Even if you are the only official entry - no certificate, unless there are two entries.

Bill Selvin
Chapman College
RESULTS:

LDR Cumulative scores First Quarter

6 Dennis Stansauk  82 pts
10 Ron Kurrle  77 pts
44 Ernie Portillo  49 pts

11th Senior TC 2 Man 14 Mile Relay 4-2

Man/Women Division

Steve Broten, Debbie Heald 78:55

Individuals

Steve Broten  11  37:24
Reed Pressley  31st  41:14
Debbie Heald  34  41:31
Cheryl Madvig  109  55:53
Jim Downey  114  57:43

AAU NAT 2 Hr Track Ch 4-3

UCLA 60 Finishers Cool & Windy

1 Ken Moffitt  21 miles  1419 yds
9 Dennis Stansauk  19 Mi  630 yds
10 Dave Parker  19 mi  409 yds

2nd Canjo 10 Km Hc April 9 Ranjo
cool & cloudy 120 finishers

1) Bill Scobey 32.16 (course record)
6) Barry Foose SFVT  34:22
22) Dennis Stansauk  38:08
34) Ernie Portillo  39:42
50) Jim McCinn  41:21

Mt Sac Relays: April 23 Mt SAC Host

Smoggy Already reported were the fine performances by SFVTC representative in the men and woman 1500 meters. Steve Mc Calley 3:49.5 and Debbie Heald 4:22.8. The next day Dennis Stansauk finished 5th in the marathon running in the hot 88 degree and smoggy weather he ran a very good 2:45.33

Cinco de Mayo 10.9 Mi Run May 7

Bevedere Park 65° partl cloudy 130 Finishers

1) Jim Capezzuto Boston AA/USA F  56:38
5) Ron Kurrle  58:25
12) Barry Foose  61:50
17) Dennis Stansauk  63:32
51) Ernie Portillo  72:51

5th Annual Hansen Dam 10 Mile Run May 7

Hansen Dam 250 Starters *God only knows how many finish
50 degrees cloudy and cold
SFVTC Womens open team finished 1st
   63:44 per person
Men open team finished 2nd
   53:31 per person

Individuals

1) Dave Babirocki  50:47
4) Steve McCalley  52:28
5) Dave Frickel  53:05
15) Ron Kurrle  55:11
18) Barry Foose  56:03
28) Dennis Stansauk  57:51
47) Miki Gorman 1st woman  60:25
56) Leal Reinhart  62:06
58) Lu Dosti  62:24
59) Tom Stevag  62:38
67) Reed Pressley  64:26
86) Mike Kromm  67:40
97) Mike Perkins  68:51
Barbar Paterson  68:52
Lynn Honeywell  71:30
Carol Cartwright  71:31
Joel Drackman  74:19

Great Participation by the club we should have this more often a picnic was held afterwards and a good time was had by all. Of course, we realize that the next event kept some of us out of this neat but on second thought maybe we should have participated.

Fontana Days 10.75 Miles May 21

Fontana 83 degrees and smoggy
75 finishers

1) Tom Lee  55:12.3
27) Dennis Stansauk  65:36
35) Reid (El Capitan)Pressley 74:04
45) Barbara Paterson  78:34
1st woman

Los Posas Hills 10 mile May 22

70 degrees and overcast 90 finishers

1) Bill Scobey  55:03
6) Dennis Stansauk  60:38
Ernie Portillo  68:25
2nd 40:49

6
Forty-one-year-old housewife Miki Gorman won the women’s mile and 6-mile runs as 230 over-age-30-athletes competed in the 7th annual Grandfather Games (May 14-15) at Los Angeles Valley College (in Van Nuys, California).

The lithe, Laszlo Tabori coached, San Fernando Valley Track Club Boston Marathon winner easily won the mile in 5:16.2 and 6-mile in 36:10.

1975 and 1976 triple-winner John Damski, Lockheed electrician, won the triple jump for over-60’s in 31’4", but had to settle for 2nd in the high jump at 4’6" and 3rd in the long jump at 14’9"); All three marks bettered Damski’s ’76 performance, indicating that Masters competition gets tougher each year.

Jim (Ole) Olesson took 1st in the 6-mile for 50-59 year-old runners in 37:52, and 2nd in the 3-mile in 17:45.5.

Meet director and Valley College track coach George Ker won the 50-59 Shot in 44’6”, and nabbed 2nd in the Discus with 131’6”.

Hilliard Sumner of Woodland Hills beat 1968 Olympic bronze medalist John Carlos in the 30-39 division of the 440, 49.9 to 50.0. Carlos evened the score with a two-meter triumph over Sumner in the 220 in 21.8. Sumner's 100-yard victory in 10.1 earned him outstanding performer in the 30-39 class.

Monty Montgomery 70, of Sherman Oaks, won the 70+ 880 in an excellent 2:42.6. Montgomery holds dozens of world age records in middle-distance events.

Lockheed credit analyst Jerry Hackett took 3rd in the 30-39 880 in (Encino) 2:03.3, while Reid Pressley and Vern Tjarks, of the Valley Track Club garnered 4th and 5th in the 30-39 mile in 5:01.5 and 5:01.6.

Don Grimes 32, of Woodland Hills took 2nd in the Pole Vault in 12’.

Canoga Park's Ernie Portillo 40, in his first Masters Track Meet, ran a surprisingly strong 2:11.9, good for 2nd in the 880. Westlake Village's Gaylord Kalchschmid took 4th in the same event in 2:12.8, followed by actor Bruce Dern in 2:15.1.

Sid Madden 68, picked up two 3rds in the 60-69 group with a 2:55 half-mile and 6:26.2 mile.
Other Valleyites placing were: Wilbur Buchanan, of Pacoima, 5th in the 100 in 12.0 and 8th in the 220 in 27.7; Paul Evans 51, Canoga Park, 4th in the Shot at 35'10"; 4th in the Hammer Throw at 81'11" and 7th in the Discus in 98'7"; Valencia's Ed Bell 41, 5th in the 440 in 56.5; Hank Norton, Van Nuys, 6th in the 40-49 mile in 516.5 and 7th in the 3-mile in 17:38; Jim McGinn 43, Canoga Park, 7th in the mile in 5:24.1 and 9th in Van Nuys, the 3-mile in 19:06; Al Sheahen 5th in the 40-49 330 hurdles in 46.3; Valley College professor Jerry Wojcik, 6th in the 40-49 hammer and triple jump at 76' and 30'1"; Mike Hiller 38, 2nd in the 5000 walk in 39:54, 5th in the 3-mile in 20:48 and 8th in the mile in 6:07.5; Jerry Meisner 35, Encino, 6th in the 880 in 2:13.2.

The Valley Track Club's 30-39 mile relay team finished 2nd in 3:49.7 with Hackett turning the anchor leg in 53.9.

Top performances included Novato's Ted Cain 40, with a 51.3 440, 41.3 330 hurdles, and 15.8 120-hurdles as he copped honors in the 40-49 division.


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RESULTS -

Results of Grandfather Games

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<tr>
<td>1st Gary Miller</td>
<td>COM</td>
<td>2:01.9*</td>
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<tr>
<td>2nd Charles McKenney</td>
<td>SCS</td>
<td>2:03.3</td>
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<tr>
<td>3rd Jerry Hackett</td>
<td>SFVTC</td>
<td>2:03.3</td>
<td></td>
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<tr>
<td>6th Jerry Meisner</td>
<td>SFVTC</td>
<td>2:13.2</td>
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<tr>
<td>8th Mike Hiller</td>
<td>SFVTC</td>
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<td>CDM</td>
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<tr>
<td>2nd Jim Murphy</td>
<td>SMT</td>
<td>4:33.7</td>
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<td>3rd Dennis Fitzgerald</td>
<td>SCS</td>
<td>4:44.4</td>
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<td>4th Reid Pressley</td>
<td>SFVTC</td>
<td>5:01.5</td>
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<tr>
<td>5th Vern Tjarks</td>
<td>SFVTC</td>
<td>5:01.6</td>
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<tr>
<td>8th Mike Hiller</td>
<td>SFVTC</td>
<td>6:07.5</td>
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<tr>
<td>Event - Pole Vault</td>
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<tr>
<td>2nd Don Crimes</td>
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RESULTS OF THE GRANDFATHER GAMES MAY 14, 1977

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<td>1st BOB EMERLING SCS</td>
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<tr>
<td>2nd KEN DENNIS CDM</td>
<td>2nd JOHN WELDY ARR</td>
</tr>
<tr>
<td>3rd NICK NEWTON SCS</td>
<td>3rd PETE MIDDLE SMTC</td>
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<tr>
<th>EVENT 3 MILE</th>
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<tbody>
<tr>
<td>1st JERRY SMARTT SCS</td>
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<tr>
<td>2nd JIM DAVIS SCS</td>
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<tr>
<td>3rd LEONARD EFRON UNA</td>
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<tr>
<td>8th REDMOND GLEESON SCS</td>
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<tr>
<th>EVENT 120 HU (36)</th>
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<tbody>
<tr>
<td>1st TED CAIN SCS</td>
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<tr>
<td>2nd HAL SMITH SCS</td>
</tr>
<tr>
<td>3rd MAL ANDREWS</td>
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<tr>
<th>EVENT 330 HU</th>
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<tbody>
<tr>
<td>1st TED CAIN SCS</td>
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<tr>
<td>2nd MAL ANDREWS</td>
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<tr>
<td>3rd HAL SMITH SCS</td>
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<thead>
<tr>
<th>EVENT 220 Heat #1</th>
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<tbody>
<tr>
<td>1st DAVE SEGAL CDM</td>
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<tr>
<td>2nd KEN DENNIS CDM</td>
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<tr>
<td>3rd NICK NEWTON SCS</td>
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<tr>
<th>EVENT 440 RELAY</th>
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<tbody>
<tr>
<td>1st CDM #1</td>
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<tr>
<td>2nd CDM #2</td>
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<tr>
<td>3rd SCS #1</td>
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<tr>
<th>EVENT 6 MILE</th>
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<tbody>
<tr>
<td>1st JERRY SMARTT SCS</td>
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<tr>
<td>2nd JOE LIVESAY UNA</td>
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<tr>
<td>3rd JIM DAVIS SCS</td>
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<tr>
<th>EVENT 440 Heat #1</th>
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</thead>
<tbody>
<tr>
<td>1st DAN BARROWS SCS</td>
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<tr>
<td>2nd ED BELL UNA</td>
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<tr>
<td>3rd HALL WALLACE STC</td>
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<tr>
<th>EVENT 5000 WALK</th>
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<tbody>
<tr>
<td>1st LEONARD EFRON UNA</td>
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<tr>
<td>2nd JAMES FIELDS UNA</td>
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<tr>
<td>3rd JOHN FRIES UNA</td>
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<table>
<thead>
<tr>
<th>EVENT 220 Heat #2</th>
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<tbody>
<tr>
<td>1st DICK GLASGOW SDTC</td>
</tr>
<tr>
<td>2nd TED VICK CDM</td>
</tr>
<tr>
<td>3rd BOB RADFORD CDM</td>
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<td>2nd ED BELL UNA</td>
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<tr>
<td>3rd HALL WALLACE STC</td>
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<table>
<thead>
<tr>
<th>EVENT 100 Heat #1 &amp; Heat #2</th>
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</thead>
<tbody>
<tr>
<td>1st BOB EMERLING SCS</td>
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<tr>
<td>2nd ERNIE PORTILLO STC</td>
</tr>
<tr>
<td>3rd JIM PARKS STC</td>
</tr>
<tr>
<td>4th REDMOND GLEESON SCS</td>
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<td>4th JERRY BELLAN CDM</td>
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<tr>
<th>EVENT 330 HW</th>
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<tbody>
<tr>
<td>1st TED CAIN SCS</td>
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<tr>
<td>2nd MAL ANDREWS</td>
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<tr>
<td>3rd MAL ANDREWS</td>
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<tr>
<td>1st JERRY SMARTT SCS</td>
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<tr>
<td>2nd JOE LIVESAY UNA</td>
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<td>3rd JIM DAVIS SCS</td>
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<th>EVENT 5000 WALK</th>
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<tbody>
<tr>
<td>1st LEONARD EFRON UNA</td>
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<tr>
<td>2nd JAMES FIELDS UNA</td>
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<td>3rd JOHN FRIES UNA</td>
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*NEW RECORD
**THIS HEAT RECORD
<table>
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<tr>
<th>EVENT</th>
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<tbody>
<tr>
<td>Javelin</td>
<td>PHIL CONLEY WVTC</td>
<td>SPENCER LETCHER MCSTC</td>
<td>HARRY HAWKE SDTC</td>
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<tr>
<td>Shot Put</td>
<td>BOB HUMPHREYS CDI</td>
<td>GEORGE WATERMAN SDTC</td>
<td></td>
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<tr>
<td>Discus</td>
<td>BOB HUMPHREYS CDI</td>
<td>HARRY HAWKE SDTC</td>
<td>GEORGE WATERMAN CDI</td>
</tr>
<tr>
<td>Hammer</td>
<td>GORDON BOBELL UNA CDI</td>
<td>BOB HUMPHREYS CDI</td>
<td>DAVE DOUGLASS SCS</td>
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<tr>
<td>Long Jump</td>
<td>DAVE JACKSON CDI</td>
<td>MARSHALL KARY SDTC</td>
<td>DON MATT CDI</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>DAVE JACKSON CDI</td>
<td>SHIRLEY DAVISSON CDI</td>
<td>MAL ANDREWS</td>
</tr>
<tr>
<td>High Jump</td>
<td>NICK NEWTON SCS</td>
<td>PHIL CONLEY WVTC</td>
<td>LEON FRANKAMP CDI</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>K.C. KEFFER CDI</td>
<td>CARLOS COTA SDTC</td>
<td>DOUG DITMARR AIA</td>
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<td></td>
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<td>DAVE DOUGLASS SCS</td>
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Outstanding Performers: DIV I
TED CAIN SCS
BOB HUMPHREYS CDI

EVENT 100 Heat #1 & Heat #2
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<tbody>
<tr>
<td>BOB WATANABE UNA CDI</td>
<td>TOM PATSALIS CDI</td>
<td>PETE FETTER CDI</td>
</tr>
<tr>
<td>11:00</td>
<td>11:6</td>
<td>11:7</td>
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EVENT 220 Heat #1 & Heat #2
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<tr>
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<tbody>
<tr>
<td>BOB SIEBEN SDTC</td>
<td>BOB WATANABE UNA CDI</td>
<td>DON WATT CDI</td>
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<tr>
<td>25.4</td>
<td>25.7</td>
<td>26.8</td>
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EVENT 440
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<tbody>
<tr>
<td>BOB SIEBEN SDTC</td>
<td>BOB HUNT SCS</td>
<td>DAVE LEWIS CDI</td>
<td>HOWARD KING SCS</td>
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EVENT 880
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<tbody>
<tr>
<td>M. HERNANDEZ SMTC</td>
<td>AVERY BRYANT STC</td>
<td>DAVE LEWIS CDI</td>
<td>HOWARD KING SCS</td>
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<tr>
<td>2:18.0</td>
<td>2:23.4</td>
<td>2:35.0</td>
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EVENT 3 MILE
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<tbody>
<tr>
<td>LLOYD MILLER</td>
<td>JAMES OLESON SFVTC</td>
<td>AVERY BRYANT STC</td>
<td>HAROLD DAUGHTERS SCS</td>
<td>HOWARD KING SCS</td>
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<tr>
<td>17:14</td>
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EVENT 6 MILE
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<tbody>
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<td>JAMES OLESON SFVTC</td>
<td>HOWARD KING SCS</td>
<td>BOB LONG SCS</td>
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<tr>
<td>37:52</td>
<td>40:30</td>
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*MEET RECORD
**TIES MEET RECORD
RESULTS OF THE GRANDFATHER GAMES MAY 14, 1977

DIVISION II ...continued

EVENT 70 HJ (32")
1st BOB HUNT SCS 9:96*
2nd TOM PATSALIS CDM 10:1
3rd AL GUIDET CDM 11:3

EVENT 300 LH
1st BOB HUNT SCS 46:11*
2nd AL GUIDET CDM 47.01
3rd HAYDEN PARKS SDTC 50.7

EVENT 440 RELAY
1st SDTC 50.5
2nd CDM 50.8

EVENT SHOT PUT
1st GEORGE KER CDM 55'6-3/4"
2nd DAN ALDRICH CDM 39'8\(\frac{1}{2}\)"
3rd BOB STONE UCSTC 36'2"

EVENT DISCUS
1st DAN ALDRICH CDM 132'2"
2nd GEORGE KER CDM 131'6\(\frac{1}{2}\)"
3rd BOB STONE UCSTC 108'6\(\frac{1}{2}\)"

EVENT JAVELIN
1st PETE FETTER CDM 196'2"
2nd DAN ALDRICH CDM 139'10"
3rd LES SILVER US MSIS 128'10"

EVENT HAMMER
1st DAN ALDRICH CDM 116'5"*
2nd TOM DEVAUGHIN CDM 106'5"
3rd F. DEBERNARDI UNA 98'3"

EVENT LONG JUMP
1st TOM PATSALIS CDM 18'7\(\frac{1}{2}\)"
2nd FLOYD SIMPSON UNA 16'5\(\frac{1}{2}\)"
3rd RAY SPENCER SDTC 15'11"

EVENT TRIPLE JUMP
1st TOM PATSALIS CDM 37'11"
2nd DAVE BROWN CDM 33'5"
3rd RAY SPENCER SDTC 32'3\(\frac{1}{2}\)"

EVENT HIGH JUMP
1st FLOYD SIMMONS UNA 5'0"
2nd BURL GIST CDM 5'0"
3rd ORV GILLETT CDM 4'10"

EVENT POLE VAULT
1st DON GROSE CDM 11'6"
2nd DAVE BROWN CDM 10'6"
3rd ORV GILLETT CDM 10'""

EVENT 5000 M WALK
1st BOB LONG SCS 31:08

OUTSTANDING PERFORMERS: DIV. II
BOB HUNT SCS
DAN ALDRICH CDM

DIVISION 70+

EVENT 100
1st SING LUM 14.0*
2nd PETER THOMASSEN 14.3
3rd BOB BLAKELY 14.9

EVENT 220
1st MONTY MONTGOMERY UNA 32.0
2nd SING LUM 32.7
3rd PETER THOMASSEN 36.0

EVENT 880
1st MONTY MONTGOMERY UNA 2:42.6*

EVENT 70 HURDLES (30")
1st WIN MCFADDEN 15.3

EVENT LONG JUMP
1st WIN MCFADDEN 11'4"
2nd BOB BLAKELY 9'6-3/4"
3rd RED DOMS SCS 7'11\(\frac{1}{2}\)"

EVENT TRIPLE JUMP
1st WIN MCFADDEN 25'0\(\frac{1}{2}\)"
2nd RED DOMS 21'0"

EVENT HIGH JUMP
1st WIN MCFADDEN 3'10"

EVENT SHOT PUT
1st RED DOMS SCS 38'3\(\frac{1}{2}\)"
2nd S. HERMANN CW 38'3\(\frac{1}{2}\)"

*MEET RECORD
RESULTS OF THE GRANDFATHER GAMES MAY 14, 1977

DIVISION 70+ ...continued

EVENT DISCUS
1st RED DOMS SCS 109' 4½"
2nd STAN HERMANN CW 99' 3½"
3rd WIN McFADDEN 99' 1½"

EVENT JAVELIN
1st RED DOMS SCS 105' 9"

EVENT HAMMER
1st STAN HERMANN CW 86' 5"
2nd RED DOMS SCS 54' 9"

EVENT 5000 M WALK
1st CHESLEY UNRUH SDTC 31:03*

Outstanding Performers: DIV. 70+ *MEET RECORD
RED DOMS SCS
MONTY MONTGOMERY UNA

********************************************************************************

The San Fernando Valley Masters Runners took a first and third in the 4th annual Striders Relays at Cal Poly Pomona (May 21).

The age 50-59 division team of the Laszlo Tabori coached local club won the distance medley relay in 13:20. Pacoima's Wilbur Buchanan (440 in 61.3), Tarzana's Earl Rippee (880 in 2:38), Lu Dosti (1320 in 3:57) and Ole Olesson (mile in 5:44) comprised the team.

The age 30-49 team placed third in its division of the distance medley relay in 11:54.1, as Mike Kromm (440 in 63.6), Al Sheahen of Van Nuys (880 in 2:16.0, Encino stockbroker Jerry Weissner (1320 in 3:34.5) and Canoga Park's Ernie Portillo (5:01.0 for the mile) banded together.

/2-/
RESULTS OF THE GRANDFATHER GAMES MAY 14, 1977

DIVISION 70+ ...continued

EVENT DISCUS
1st RED DONS SCS 109'4½"
2nd STAN HERMANN CW 99'3½"
3rd WIN McFADDEN 99'1½"

EVENT JAVELIN
1st RED DONS SCS 105'9"*

EVENT HAMMER
1st STAN HERMANN CW 88'5"
2nd RED DONS SCS 54'9"

EVENT 5000 M WALK
1st CHESLEY UNRUH SDTC 31:03*

Outstanding Performers: DIV. 70+
RED DONS SCS
MONTY MONTGOMERY UNA

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The age 40-49 Masters runners of the San Fernando Valley Track Club set a world 4-mile relay mark and won three out of three relays entered to win team honors in the Don Palmer Memorial Track Relays (May 28) at UC Irvine.

The 7-relay carnival featured over-age-30 runners from throughout the Southland.

The Laszlo Tabori-coached foursome of Hank Norton, Van Nuys (5:05.8), Pete Mundle (4:53.4), Canoga Park’s Ernie Portillo (5:02.0), and Westlake Village’s Gaylord Kalchschmid (4:53.2) beat the So. Calif. Master Striders by 3.9 seconds in 19:54.4 to establish a new world record for over-40 runners in the seldom-run event.

The quartet of Valencia’s Ed Bell (5:12.5-440), Van Nuys’ Al Sheahan (2:12.9 - 880), Kalchschmid (3:35 - 1220), and Portillo (5:02.1 - Mile) won the Distance Medley Relay in 11:47.4 and capped a busy afternoon with a 100-meter win in the 2-mile relay.

SFVTC’s 30-39 squad took runner up honors in the 4-mile, distance medley, two-mile and sprint medley relays, with Canyon Country’s Jerry Hackett running mile anchor legs in 4:52 and 4:54.8. Reid Pressley, Mike Kromm, and Encino’s Jerry Weinor and Verne Tjarks handled the stick.

The club’s age 50-59 tandem was edged by the Seniors Track Club in the distance medley relay with Pacoima’s Wilbur Buchanan (6:20), Tarzana’s Earl Rippee (2:38), Lu Dosti (3:47.5), and Ole Olesson (5:27.3) carrying the baton to a 12:53.4 silver trophy.

Next major Masters meet is June 11 at California State University, Northridge.

It was amusing to me while reviewing these results the number of members that do participate in the various events. They did seem to be a certain amount of name repetition: Mike Hiller was the iron man of the grand person games 8 events Dennis Stansauk a road race almost every week Ernie Portillo participating in road races and track meets

I’m sure that you all are participating I like to see us print more results so we can all measure our own performances and be envious of you other participants. Because I’m not as good a statistician as Al Sheahan I need your help to get this info. I as that each of you use the form below to keep me posted on what you have done. Give it to me, at practice mail it, or give it to your team captain.

TEAM CAPTAINS PLEASE HELP ME GET THIS INFO
1977 PALO DISTRICT TRACK & FIELD MEET

Saturday, June 11, 1977, at California State University, Northridge.
Admission free (froc Norcross) 18110 Reseda Blvd., Northridge, or (tartan track)
Admit: District AAU medals for first three places in each event. If there are four or more entries, only award two medals. Two entries-one medal. One entry-no medal. Only AUB DISTRICT members eligible for awards, but all other "guests" are welcome to compete. AUB membership available at meet.
Enter fee: $3.00 for one event, $1.50 each additional event. $6.00 Relay League.


Track Events
10:00 1 mile walk
11:00 2 mile walk
12:00 4 x 120 yd Relay (Men)
12:30 120 yd hurdles Div. I, II, III (Boys)
13:00 120 yd hurdles Div. IV (junior)
14:00 Mile run (split Div. if necessary)
14:30 800 yd Div. I, II, III, IV
15:00 100 yd Sr Div. I, II, III, IV
2:00 100 yd Jr Div. I, II, III, IV
2:30 220 yd Men, Women
3:00 800 yd Div. I, II, III, IV
3:30 2 mile run
4:15 220 yd Jr Div. I
4:30 220 yd Jr Div. II, III, IV
5:00 Women Mile run (Split)

Field Events
11:00 Pole Vault All Div.
12:00 4 x 100 yd Relay
12:30 Long Jump All Div.
13:15 Triple Jump All Div.
1:00 Discus Div. III, IV
1:00 - 1:30 shot SH, Div I
2:00 Discus Div. III, IV
2:00 Shot Div. II
3:00 Discus Div. II
3:30 Shot Div. III, IV

Please enter me in the following events:

In consideration of my/sur entry, I do hereby for myself/ourselves, heirs and administrators, waive and releas all claims, I've may have against the 1977 AUB Seniors Track Club District Masters Track & Field meet, its representatives, the various sport governing bodies, for and on all injuries suffered by me, in the event, sport or facility. I certify that I've had a physical before this could prevent me from competing. Furthermore I'll take full responsibility for personal equipment owned by me/us for event.

By AUB number 1st 237

Date

ATHLETICS: IS MY LIABILIT

June 6, 1976 is the DEADLINE for entries. Fill check payable to seniors

Send to: Jim Parks
1162 Eynemore Dr.
Valleym, Cal. 93065

A LATE FILE OF 2:00 PM EVENT WILL BE CHARGED FOR ENTERIES RECEIVED
1977 AAU WESTERN REGIONALS MASTERS
TRACK AND FIELD CHAMPIONSHIPS

Sponsored by Master Striders, CDMTC, and Santa Ana College.
Open to all registered AAU male and female athletes 30 years of age or older as of June 18, 1977. (Proof of age should be available on request.)

Date and Place: June 18 and 19, 1977 at Santa Ana Community College.
Fees: $5.00 for first event and $3.00 for each additional event. Relay teams $12.00, and may enter on day of the event. (All team members must be from same club.)
Post Entries: Will be accepted on days of events if there is space available.
Entry Deadline: All entries must be received by June 1, 1977 in order to avoid late entry fee. They should be made payable and mailed to Thomas D. Clayton, Meet Director, 19303 So. Cliveden Avenue, Carson, California 90746. (No entry fee will be refunded on default.)
Awards: Awards will be given for the first three places in all events and each entrant will receive an attractive commemorative participant's patch. Awards will still be by divisions even where there has been a consolidation of entrants (due to lack of numbers) into one event.
Order of Competition: If trials prove unnecessary, the finals will be run as per schedule. Competition in each running event will begin with women age 30-34. Upon conclusion of all the women's running events, men age 30-34 will run and so on through age 75+. Field Events: High Jump and Pole Vault Competition will be one event for all competitors (separate awards per division). Other field events on Saturday will be run in reverse order of age division with ages 75+ first and so on until women ages 30-34. Sunday's field events will be conducted by age groups in the same order of all running events (women age 30-34 first, etc.).

**TIME SCHEDULE**

<table>
<thead>
<tr>
<th>Saturday, June 18</th>
<th>Sunday, June 19</th>
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<tbody>
<tr>
<td>12:00 Noon</td>
<td>11:00 A.M.</td>
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<tr>
<td>3000M Steeplechase (one race)</td>
<td>Triple Jump, Javelin</td>
</tr>
<tr>
<td>12:30 P.M.</td>
<td>12:00 Noon</td>
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<tr>
<td>110M HH Trials</td>
<td>5000M Walk (one race)</td>
</tr>
<tr>
<td>1:00 P.M.</td>
<td>1:00 P.M.</td>
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<tr>
<td>100M Trials--LJ, Hammer</td>
<td>110M MH.Finals</td>
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<tr>
<td>2:00 P.M.</td>
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<tr>
<td>1500 Finals</td>
<td>400M Finals</td>
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<tr>
<td>3:00 P.M.</td>
<td>2:00 P.M.</td>
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<tr>
<td>400M Trials</td>
<td>100M Finals--PV, Discus</td>
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<tr>
<td>3:30 P.M.</td>
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<tr>
<td>800M Trials--SP, HJ</td>
<td>800M Finals</td>
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<tr>
<td>4:00 P.M.</td>
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<tr>
<td>200M Trials</td>
<td>200M Finals</td>
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<td>3:30 P.M.</td>
</tr>
<tr>
<td>5000M Finals (one race)</td>
<td>10,000 Finals (one race)</td>
</tr>
<tr>
<td>5:00 P.M.</td>
<td>4:30 P.M.</td>
</tr>
<tr>
<td>400M 1H Finals</td>
<td>1600 Relay Finals</td>
</tr>
<tr>
<td>5:30 P.M.</td>
<td></td>
</tr>
<tr>
<td>400M Relay Finals</td>
<td></td>
</tr>
</tbody>
</table>
SADDLEBACK INN
1660 East First Street, Santa Ana, CA 92701 714/835-3311

7 P.M. HOSPITALITY HOUSE - BUFFET BANQUET - DINNER 8 P.M.

LODGING ACCOMMODATIONS AVAILABLE

PLEASE RESERVE _____ PLACES AT THE BUFFET BANQUET ON JUNE 18
AT THE SADDLEBACK INN.

CHECK OR MONEY ORDER IS ENCLOSED TO COVER _____ DINNERS AT
$7.20 PER PERSON (TAX AND TIP INCLUDED).

SIGNED

______________________________

(TEAR OFF)

NAME (please print) ______________ DATE OF BIRTH ______________
AAU NUMBER ___________ DIVISION ___________ AFFILIATION ___________
ADDRESS __________________ PHONE __________________

EVENTS I WISH TO ENTER (Please put 1977 best competitive marks)

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, and executors, waive, release and forever discharge any and all damages which I may have, or which may hereafter accrue to me against Santa Ana College, the AAU, or their officers and agents, for any and all damages which may be suffered by me in connection with my entry or association with the 1977 AAU Master Western Regionals Track and Field Championships. I certify that my level of training is such that I am prepared to compete and recognize the right of the Meet Director to require supplementary training and/or medical evidence before allowing me to compete, and further recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

DATE _______________  ATHLETE’S SIGNATURE _______________
8111 ANNUAL SENIOR OLYMPICS TRACK/FIELD
University of California - Irvine
June 25 & 26, 1977

Check-in time: Noon-5 p.m. each day. Daily rates include room & 3 meals on a per person basis: $14 double, $16 single. There is a daily charge of 25¢ (except on Sunday) for parking which is collected at check-in. Enclosed reservation card must be completely filled in & accompanied by check for full amount. To insure your reservation postmark no later than June 14. Make check payable to: The Regents of the University of California. Mail to: Conference Coordinator, Room 255, Administration Bldg., UCI, Irvine, CA 92717; ATTN: Katie Heap. Direct all housing/food questions to her. REFUNDS: On cancellations prior to 6/17 only.

LOCKERS/SHEROES - Not available. Large restrooms near track are suitable for dressing.

TRACK/FIELD SURFACES - Running track & all jump runways are tartan. ¾" spikes or less are required. Throwing circles are concrete. Spikes longer than ¾" are allowed on grass javelin runway.

QUALIFYING HEATS - Usually necessary in middle age groups from 100 thru 400 meters. Heats are seeded according to times submitted on entry. Advancement is by place, not time. Heat & lane assignments are posted at track. If necessary to know prior to meet whether a heat is required, call (213) 938-5548 on Thursday, June 23, between 9 a.m.-4 p.m. only.

FIELD EVENTS - High Jump/Pole Vault bars will be set at appropriate heights for age group, then raised 2" & 6", respectively, at a time. You may start at any height, but bar will not be lowered. Other field events: 6 tries, best one.

FINISHES - Finishes for the 5,000 & 10,000 runs and steeplechase will be in a chute similar to x-country finishes. Upon finishing each runner will be given a place tag. Do not leave finish area until official has taken this tag. Have a friend keep track of your laps.

WALKING COURSES - 5,000 meters held on track. 10,000 meters begins & ends on track with course well marked through the campus. After returning to track from campus use outside lane only as another track event will be underway on inside.

PROGRAMS/RESULTS - Souvenir programs are on sale at meet for $1. Highlights/Results of Sr. Olympics-’77 may be reserved for an additional $1 & will be mailed, postpaid, during October.

IMPLEMENTED:

<table>
<thead>
<tr>
<th>AGE</th>
<th>DISCUS</th>
<th>HAMMER</th>
<th>SHOT PUT</th>
<th>JAVELIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>25-49</td>
<td>16 lb.</td>
<td>16 lb.</td>
<td>600 ga.</td>
</tr>
<tr>
<td></td>
<td>50-59</td>
<td>12 lb.</td>
<td>12 lb.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>60-79</td>
<td>8 lb.</td>
<td>8 lb.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>80 plus</td>
<td>6 lb.</td>
<td>6 lb.</td>
<td></td>
</tr>
<tr>
<td>Women</td>
<td>25-49</td>
<td>8 lb.</td>
<td>8 lb.</td>
<td>600 ga.</td>
</tr>
<tr>
<td></td>
<td>50 plus</td>
<td>6 lb.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

HURDLES:

<table>
<thead>
<tr>
<th>AGE</th>
<th>110 METERS</th>
<th>400 METERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>25-39</td>
<td>33&quot;</td>
</tr>
<tr>
<td></td>
<td>40-49</td>
<td>33&quot;</td>
</tr>
<tr>
<td></td>
<td>50 plus</td>
<td>33&quot;</td>
</tr>
<tr>
<td></td>
<td>60 plus</td>
<td>33&quot;</td>
</tr>
<tr>
<td>Women</td>
<td>25-39</td>
<td>33&quot;</td>
</tr>
<tr>
<td></td>
<td>40 plus</td>
<td>33&quot;</td>
</tr>
</tbody>
</table>

28 barriers: 36"  7 water jumps (all ages including women)
<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 a.m.</td>
<td>5,000 walk final</td>
<td>8:45 a.m.</td>
<td>10,000 walk final</td>
</tr>
<tr>
<td>9:35 a.m.</td>
<td>100 sprint trials</td>
<td>9:30 a.m.</td>
<td>10,000 run (25-49)</td>
</tr>
<tr>
<td>10:15 a.m.</td>
<td>10,000 run (50+&amp;Women)</td>
<td>10:20 a.m.</td>
<td>200 sprint trials</td>
</tr>
<tr>
<td>11:15 a.m.</td>
<td>100 sprint finals</td>
<td>10:40 a.m.</td>
<td>steeplechase</td>
</tr>
<tr>
<td>12:45 p.m.</td>
<td>400 trials</td>
<td>11:20 a.m.</td>
<td>400 finals</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>1500 finals</td>
<td>12:05 p.m.</td>
<td>200 finals</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>400 relay finals</td>
<td>12:45 p.m.</td>
<td>800 finals</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>5,000 run (25-49)</td>
<td>1:30 p.m.</td>
<td>400 hurdle finals</td>
</tr>
<tr>
<td>3:10 p.m.</td>
<td>200 family relay finals</td>
<td>2:10 p.m.</td>
<td>5,000 run (50+ &amp; Women)</td>
</tr>
<tr>
<td>3:45 p.m.</td>
<td>Pole Vault</td>
<td>2:45 p.m.</td>
<td>1600 relay finals</td>
</tr>
<tr>
<td>5:00 a.m.</td>
<td>Hammer</td>
<td>6:30 a.m.</td>
<td>Discus</td>
</tr>
<tr>
<td>6:30 a.m.</td>
<td>Discus</td>
<td>8:30 a.m.</td>
<td>40-49</td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>Shot Put (2 rings)</td>
<td>8:30 a.m.</td>
<td>25-39</td>
</tr>
<tr>
<td>8:45 a.m.</td>
<td>Shot Put (2 rings)</td>
<td>9:30 a.m.</td>
<td>65 &amp; Over &amp; Women</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Shot Put (2 rings)</td>
<td>10:30 a.m.</td>
<td>50-59</td>
</tr>
<tr>
<td>9:15 a.m.</td>
<td>Shot Put (2 rings)</td>
<td>10:45 a.m.</td>
<td>60-64</td>
</tr>
<tr>
<td>9:45 a.m.</td>
<td>Shot Put (2 rings)</td>
<td>11:00 a.m.</td>
<td>50-59</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Shot Put (2 rings)</td>
<td>10:45 a.m.</td>
<td>60-64</td>
</tr>
<tr>
<td>10:15 a.m.</td>
<td>Shot Put (2 rings)</td>
<td>11:00 a.m.</td>
<td>50-59</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Shot Put (2 rings)</td>
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<td>50-59</td>
</tr>
<tr>
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<td>Shot Put (2 rings)</td>
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<td>50-59</td>
</tr>
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</tr>
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<td>50-59</td>
</tr>
<tr>
<td>12:00 a.m.</td>
<td>Shot Put (2 rings)</td>
<td>11:00 a.m.</td>
<td>50-59</td>
</tr>
<tr>
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</tr>
<tr>
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<td>Shot Put (2 rings)</td>
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</tr>
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<td>Shot Put (2 rings)</td>
<td>11:00 a.m.</td>
<td>50-59</td>
</tr>
<tr>
<td>1:00 a.m.</td>
<td>Shot Put (2 rings)</td>
<td>11:00 a.m.</td>
<td>50-59</td>
</tr>
<tr>
<td>1:15 a.m.</td>
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</tr>
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</tr>
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<td>Shot Put (2 rings)</td>
<td>11:00 a.m.</td>
<td>50-59</td>
</tr>
</tbody>
</table>

**Field Events**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 a.m.</td>
<td>High Jump</td>
<td>8:30 a.m.</td>
<td>Pole Vault</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Javelin</td>
<td>9:30 a.m.</td>
<td>Hammer</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Discus</td>
<td>10:30 a.m.</td>
<td>40-49</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Shot Put (2 rings)</td>
<td>11:30 a.m.</td>
<td>25-39</td>
</tr>
<tr>
<td>12:30 a.m.</td>
<td>Long Jump</td>
<td>12:30 a.m.</td>
<td>65 &amp; Over &amp; Women</td>
</tr>
</tbody>
</table>

**NOTES**

Running Order: Oldest age groups to youngest. In certain events, depending upon number entered, more than one age group will run concurrently. Awards & records always based upon 5 year age groups.

Schedule Conflict: Notify event officials.

Women: Run with oldest men's group unless sufficient entries dictate otherwise. In 5000 & 10000 runs, perform with 50 & Over Men. See above for field events.

Track Availability: Day prior to meet & from 8 a.m. on Sat./Sun. of meet.

Registration: Pick up packet at participant's gate. Questions about entry, see Clerk of Course. REMEMBER: Entries close 6/19. No Post Entries.

Starting Blocks/Batons/Poles: Local entrants bring blocks with small spikes in case UCI unable to supply. Bring own batons & vaulting poles.

Numbers: Place number on front only. Races in Assigned Lanes: At end of race remain in your lane and turn around, walk back toward finish line so judges are able to see your number.
GENERAL INFORMATION

ELIGIBILITY — Any man/woman, age 25 & over (except as noted), who does not gain livelihood from competing in the sport entered.

ENTRY — The entry form on this sheet may be used for any and all sports. If you wish acknowledgement of your entry, enclose a stamped, self-addressed business-size envelope with your entry.

SPECIFIC EVENT INFORMATION — If you did not receive this information on your sport(s) with this sheet, send in a stamped, self-addressed business-size envelope with your entry so it can be mailed to you.

ENTRY DEADLINE — One week prior to start of competition except where noted in your sport(s). Incomplete and/or late entries will be returned. This applies to relays as well as individual and team events. Phone entries will not be accepted at any time.

AGE GROUPS — Five year age groups; i.e., 25-29, 30-34, 35-39, etc. except where noted. Age of youngest team member or doubles partner determines age group except for soccer.

FEES — Entry fee is $5 per person for one’s first event (except where noted) and $3 per person per event for each additional event. This applies to doubles, team and relay competitions, as well as individual events. NO REFUNDS. In addition to entry fee certain sports charge nominal fees for facilities, administration, parties, etc.

INTERNATIONAL SENIOR OLYMPICS ASSOCIATION — Join the ISOA by sending in the enclosed application and receive your membership card (good for all Senior Olympic events), your booster patch, your gold enameled pin, your quarterly publication, and your discounts on group travel. Keep up on what’s happening in adult fitness. Be excited by the old idea “God helps those who help themselves.” Meet new friends. Visit new places. Enjoy your life to its fullest. LICK THE PHYSICAL CRISIS — EXERCISE

ACCOMMODATIONS — Contact local Chambers of Commerce. Those competing in or near Irvine from June 18 on may stay at the University of California at Irvine by making reservations 2 weeks ahead of time through Katie Heap, Conference Coordinator, Room 225, Administration Bldg., UCI, Irvine, CA 92717. Cost is around $15 per person per day, includes room and meals.

SOUVENIR PROGRAM/HIGHLIGHTS AND RESULTS — Reserve your copies of 1976’s souvenir program and the 8-page Highlights/Results (mailed in Oct.) now by enclosing an additional $2 with your entry. Postpaid. For U.S. Airmail, add $3 for program and $75 for Results.

AWARDS — Participation award to all entrants. Three place awards — gold, silver and bronze with appropriate ribbon — in each age group in each event. Awards presented upon completion of each event. Awards not presented on day of event will only be mailed at the expense ($2 handling + postage) of recipient.


ALL FEES, DONATIONS, ETC. GIVEN TO SENIOR OLYMPICS* ARE TAX DEDUCTIBLE TO THE FULL EXTENT OF THE LAW*. Not part of International or U.S. Olympic Committees.
CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
MUNICIPAL SPORTS SECTION
IN COOPERATION WITH KIWANIS CLUB OF SAN PEDRO
PRESENTS 12th ANNUAL

YANKEE DOODLE CROSS COUNTRY MEET

DATE OF EVENT: SATURDAY JUNE 18, 1977
ENTRY BLANK PECK PARK
560 N. WESTERN AVE. SAN PEDRO, CA

ENTRY BLANK AND FEE MUST BE RECEIVED BY JUNE 13, 1977
AT: MUNICIPAL SPORTS OFFICE
200 N. MAIN ST., CITY HALL EAST, 13th FLOOR, LOS ANGELES 90012

CARL MANGIAMELI, PRESIDENT, Kiwanis
GENERAL CHAIRMAN: WILLIAM C. TOOLE
Kiwanis Club of San Pedro
CONSULTANT: SYD KRONENTHAL
Superintendent of Recreation, Culver City

OFFICIAL STARTER: BILL MAYNARD
Track Coach, Miraleste High School
HONORARY STARTER: BOB CONS
National A. A. U. and Cross Country Champion
Member of 1960 Olympic Team

REGISTRANT HOSTESSES: MARY ANN, LYNN & LISA FELANDO
MEET COORDINATOR: HERMAN E. WOOTEN, I
Los Angeles Harbor Area Sports Director

COMMITTEES
COURSES AND AWARDS: BUD OLDS, Chairman
REFRESHMENTS: BOB and GRACE HOKWORTH, Co-chairpersons
FINISHING AND RECORDS: DR. JOHN GOODE, Chairman
COURSE MARSHALLS: KEY CLUBS OF SAN PEDRO HIGH SCHOOL,
MIRALESTE HIGH SCHOOL, AND KEYWANNETTES

* * * REGULATIONS * * *

1. High School Novice Event - Any participant who has not received a school letter is eligible.
2. Jr. Varsity & 10th Grade Event - A participant may not enter this event if they have earned a varsity letter.
3. June High School Graduates may represent the school from which they graduated, if desired.
4. DEADLINE FOR APPLICATION AND ENTRY FEE - FRIDAY, JUNE 13, 1977
   If participant’s application and entry fee are not in on June 13, 1977, an additional $5.00 will be charged to the above entry fee.

TROPHIES will be given to: 1st, 2nd and 3rd place in each event. A team trophy for High School Summer Track Club, College Summer Track Club or Athletic Club with least points in each division. A team must consist of at least five (5) members and that team and its members must be registered prior to the date of the race.

MEDALS will be given to:
Jr. College (4th-10th Pl.) Women’s Div. 18 Over (4th-10th Pl.) Men - Over 50 (4th-10th Pl.)
Open Division (4th-20th Pl.) Men - Over 40 (4th-12th Pl.) Girls 13-17 (4th-10th Pl.)
Boys 13-Under (4th-10th Pl.) Girls 14-17 (4th-10th Pl.)

The course which is located at Peck Park in San Pedro, has a truly Cross Country setting in the midst of trees, canyons and large grass area.

* * * REGULATIONS * * *

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MAKE CHECKS PAYABLE TO: MUNICIPAL SPORTS ACCOUNT Mail or deliver to: MUNICIPAL SPORTS SECTION, City Hall East - 13th Floor, 200 N. Main St., Los Angeles 90012. Receipts given only if requested.
TWELFTH ANNUAL YANKEE DOODLE CROSS COUNTRY TRACK MEET
SANCTIONED BY S.P.A., A.A.U. - UNDER LONG DISTANCE RUNNING COMMITTEE
JOHN DUHIG, CHAIRMAN

PARTICIPANT'S APPLICATION

NAME __________________________ AGE ___ DATE OF BIRTH---------
ADDRESS ________________________ PHONE ______________________
REPRESENTING: High School Club College Club
Athletic Club Unattached A.A.U. Card #

DIVISION (Check one only) PARTICIPANTS MAY COMPETE IN ONE EVENT ONLY

Girls 13 & Under........................................... ¾ mile
Boys 13 & Under........................................... 1 mile
High School - Novice................................. 2 miles
Men - Over 40 years of age...................... 2 miles
Men - Over 50 years of age...................... 2 miles
Girls 14-17 years of age......................... 1 mile
Jr. Varsity & 10th Grade...................... 2 miles
Women’s Division - 18 years & Over.............. 1 mile
High School - Open................................. 2 miles
Jr. College Division................................. 4 miles
Open Division........................................... 4 miles

REGULATIONS

1. High School Novice Event - Any participant who has not received a school letter is eligible.
2. Jr. Varsity & 10th Grade Event - A participant may not enter this event if they have earned a varsity letter.
3. June High School Graduates may represent the school from which they graduated, if desired.
4. DEADLINE FOR APPLICATION AND ENTRY FEE - Friday, June 13, 1977

If participant’s application and entry fee are not in on June 13, 1977, an additional $.50 will be charged to the above entry fee.

MAKE CHECKS PAYABLE TO: MUNICIPAL SPORTS ACCOUNT
MAIL OR DELIVER TO: MUNICIPAL SPORTS SECTION
200 N. Main Street
City Hall East - 13th Floor
Los Angeles, CA 90012

WAIVER OF LIABILITY AND HEALTH STATEMENT

In consideration of my entry being accepted, I, intending to be legally bound; do hereby, for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages, which I may have, or which may hereafter accrue to me against the Recreation and Parks Department, the San Pedro Kiwanis Club and all officials concerned, or their respective offices, agents, representatives, successors and/or assigns, for any and all damages which may be sustained and suffered by me in connection with my association with or entry in and arising out of my traveling to, participating in, and returning from said Yankee Doodle Cross Country Meet, presented by the Department of Recreation and Parks for the City of Los Angeles. I, furthermore, certify that I have undergone a recent (within one year) complete physical examination by a physician, and that I know of no physical or mental condition which might be aggravated through my participation in this program.

SIGNATURE OF PARTICIPANT __________________________
Parent or Guardian
If under 18 years of age, signature of Parent or Guardian.

22
BASIN A BLUES

5 &

15K RUNS

SYLMAR

SAT. JUNE 25

9:00 AM

EL CARISO PARK,

SYLMAR

AWARDS: SHOES TO 1ST MAN AND WOMAN —

T-SHIRT TO OTHERS

OPEN: 1-15

40+: 1-5

50+: 1-3

60+: 1

WOMEN: 1-5

WAV: 1-4

ADDITIONAL T-SHIRT AWARDS

IN 5K.

DIRECTIONS: TAKE GOLDEN ST. FREEWAY (5)
TO ROUTE 118 WHICH CONNECTS TO
THE NEW FOOTHILL FREEWAY (210). TAKE
FOOTHILL FREEWAY TO HUBBARD. GO
N. ON HUBBARD 1 MILE TO EL CARISO
PARK. PROCEED TO N. END OF PARK
TO PARKING LOT.
BOYS AGE GROUP STATE TRACK AND FIELD CHAMPIONSHIP

DATE: JUNE 24 & 25 1977 FRIDAY-SATURDAY

PLACE: LAKEWOOD HIGH SCHOOL LONG BEACH, CALIFORNIA

SANCTIONED BY: SOUTHERN PACIFIC ASSOCIATION

SPONSORED BY: THE LONG BEACH LANCERS TRACK & FIELD CLUB

ELIGIBILITY: ALL COMPETITORS MUST HOLD A CURRENT AAU CARD FROM THEIR RESPECTIVE ASSOCIATION.

FACILITIES: CRUSHED ROCK- 9 LANES (½ INCH SPIKES ON TRACK)
LONG JUMP, HIGH JUMP, POLE VAULT AND TRIPLE JUMP (MUST USE ½ INCH SPIKES)
RESTROOMS WILL BE AVAILABLE

LIMITATIONS: 7 & UNDER (ONLY TWO EVENTS)
9 & UNDER (3 EVENTS PLUS RELAYS)
10-11 (3 EVENTS PLUS RELAYS)
12-13 (3 EVENTS PLUS RELAYS)
14-15 (4 EVENTS PLUS RELAYS)
16-17 (4 EVENTS PLUS RELAYS)

ENTRY FEES: $2.00 PER ATHLETE FOR EACH INDIVIDUAL EVENT
$2.50 PER ATHLETE FOR RELAYS
ENTRY FEE MUST ACCOMPANY THE COMPLETED ENTRY FORMS: NO ENTRY WILL BE ACCEPTED WITHOUT FEES ENCLOSED.

BIRTH CERT. EVERY ATHLETE MUST SEND A COPY OF HIS BIRTH CERTIFICATE OR HE WILL NOT BE ABLE TO COMPETE IN THIS MEET. ALL COPIES WILL BE RETURNED

CHEQUES OR MONEY ORDERS: MAKE ALL ENTRY FEES PAYABLE TO THE LONG BEACH LANCERS TRACK CLUB

MAIL COMPLETED ENTRIES TO: JAMES TOWNSEND
1355 W. 32ND STREET
LONG BEACH, CALIF. 90810
(213) 426-1849 or 427-8766 (AFTER 7:00pm)

ENTRY DEADLINE: THE ENTRY DEADLINE IS SATURDAY JUNE 11, 1977

SEEDING: LANE ASSIGNMENTS IN ALL PRELIMS WILL BE MADE FROM THE TIMES SUBMITTED ON THE ENTRY FORMS.

AWARDS: 1st= TROPHY
2nd= TROPHY
3rd= TROPHY
4th= GOLD MEDAL
5th= SILVER MEDAL
6th= BRONZE MEDAL

RELAY AWARDS: TROPHIES TO FIRST THREE PLACES ONLY (POINTS FOR FOURTH-SIXTH)

TEAM TROPHIES: TOP THREE HIGHEST SCORING TEAMS IN EACH AGE GROUP.
1st, 2nd and 3rd PLACE TROPHY TO THE TEAMS THAT SCORE THE MOST COMBINED POINTS.
TROPHY TO THE COMPETITORS CROSSED MOST OUTSTANDING IN EACH AGE GROUP
Fourth Annual Lompoc DISTANCE CARNIVAL

Sponsored by the Lompoc Jaycees, the Lompoc Valley Distance Club and the United States Track and Field Federation.

All events sanctioned by USTFP; marathon, Sunday, June 26, sanctioned by the Southern Pacific Association of the AAU.

Date: Saturday, June 25, and Sunday, June 26, 1977.

Place: Lompoc High School, Huyck Stadium, 515 W. College Avenue, Lompoc, CA.

Races:

Saturday, June 25
9:45 a.m. All Comers Road Race (5 miles). Register 8:30-9:30 at corner of Pine and 'H' St.
5:15 p.m. Four Mile Relay
6:00 p.m. Women's Invitational 3000 meter Run on track
6:30 p.m. Family Team Run (1 mile)
7:00 p.m. USTFP National Invitational Junior Six Mile Run on track

Sunday, June 26
8:00 a.m. First Annual Valley of the Flowers Marathon and Half Marathon

We have modified this year's program of events to allow a full range of distance events for the seasoned as well as the novice runner.

All Comers Road Race: This event which opens the distance carnival precedes the Flower Festival parade in view of thousands of spectators. See map for route. Entry fee, $1.50 on day of race.

Four Mile Relay: New event. Trophies to winning open team. Medals to second and third place teams. We will add more divisions if we have at least two teams per category: junior men (19 and under), women, and masters. Entry fee $6.00 per team, $8.00 on day of race. Pre-entry preferred.

Women's Invitational 3000 meter Run: Open to qualified runners only. 11.50 two mile time. Free lodging, meals, entertainment to 5 best qualified. Last year's race was one mile. Entrants included winner, Debbie Heald, 4:53.9; Lynne Maltinsky, Kelly Wells. No entry fee.

Family Team Race: One mile on the track. Three categories: (A) husband/wife; (B) parent/offspring; (C) offspring/offspring. Fastest team time wins. Entry fee $3.00 per team, $4.50 on day of race.
Former winners have included: 1974 - Jim Schankel, national prep leader, 28:58.0;
1975 - Thom Hunt, meet record holder, 28:55.8; 1976 - Tim Holmes, 2nd best prep
junior time, 30:11.2. Free lodging, meals, entertainment to 10 best qualified Juniors.
No entry fee.

Valley of the Flowers Marathon: New event. Sunday, June 26, 8:00 a.m. Scenic
route through the Lompoc flower fields and La Purisima Mission. Clean air and ave­
gerage 71 degree summer temperature. Full details in special flyer. Entry $3.00;
late entry, $4.00.

Awards:
Commemorative ribbons to all finishers in All Comers Road Race
Trophies to winning team members of Four Mile Relay, medals to 2nd and
3rd place
Trophies to top four in Women's Invitational 300 meter Run
Trophies to top five in National Invitational Junior Six Mile Run
T-shirts and certificates to all finishers of the Valley of the Flowers Mar­
athon and Half Marathon. Special framed certificates to winner and other
category finishers described in marathon flyer
Steve Prefontaine Award, in memory of America's great distance runner,
for the athlete demonstrating the most courageous performance in either the
Junior Six Mile Run or Women's 3000 Meter Run

Distance Carnival T-Shirts: Special Distance Carnival T-Shirts can be purchased at
Huyck Stadium Saturday or Sunday for $3.50. These T-Shirts will be different from
the Marathon T-Shirts which can only be obtained by finishing the marathon or half
marathon.

For further information or assistance contact:
Joe Sciame, Meet Director
Lompoc High School
515 W, College Avenue
Lompoc, Ca. 93436
School phone: (805) 736-2371
Home phone: (805) 736-4916
FIRST VALLEY OF THE FLOWERS MARATHON AND HALF MARATHON
Sunday, June 26, 1977 8:00 a.m.

Sponsored by the Lompoc Valley Distance Club and the Lompoc Jaycees.
Sanctioned by the Southern Pacific Association of the AAU.

PLACE: Starts and finishes at Huyck Stadium, adjoining Lompoc Senior High School, 515 West College Avenue, Lompoc (see map on reverse side).

CHECK-IN: Before 7:30 a.m., June 26th at Huyck Stadium. Post-race showers will be available at Lompoc High School (bring your own towel).

ENTRY FEES: Pre-registration—$3.00/entrant; post-registration—$4.00/entrant ($7.00-7:145 a.m. race day). Please pre-register before race day by returning the entry blank with or without fee. If no fee is sent, you may pay the pre-registration fee of $3.00 on race day at check-in.

COURSE: A certified 26 mile, 385 yard scenic loop (certificate pending) on asphalt and hard-pack dirt surfaces around Lompoc, its adjoining flower fields, and the beautiful La Purisima Mission State Park. Course is flat except for one sizable hill at Mission entrance (approximately 13 miles out). Half marathon is a flat loop around Lompoc and its flower fields. Guides, signs, and arrows will clearly mark both courses. Both marathon and half marathon will start and finish at Huyck Stadium.

TIMES: Split times will be given at the one-mile mark and at the 5, 10, 15, 20, and 25-mile marks.

REFRESHMENTS: ERG and water will be provided at 5, 10, 15, 20, and 25 miles. Entrants may have their own preparations placed at designated stations if they are clearly labeled with their name and number and given to Aid Station Crew at check-in by 7:30 a.m.

AWARDS: T-shirts and certificates to all finishers. Special framed certificates to winners of all categories.

AWARDS CEREMONY: 2:00 p.m., Sunday, June 26th

RESULTS: Mailed to all entrants.

ENTRY FORM
Cut off and return with fee to: Joe Sciame, 1305 Orchid St., Lompoc, CA 93436 (phone: 805 736-4916). Make checks payable to Lompoc Valley Distance Club.

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims or damages I may accrue against the Lompoc Valley Distance Club, Lompoc Valley Jaycees, Southern Pacific AAU, County of Santa Barbara, City of Lompoc, Lompoc Unified School District, State of California, for any and all injuries suffered by me while travelling to and from, and competing in, the Valley of the Flowers Marathon and Half Marathon.

Signed __________________________ Parent's signature ________________ Date__________

Name(print) __________________________ Age ________________ AAU # ________________

Address __________________________________ street city state zip ________________

Representing(school, club, service, or unattached) __________________________

Previous best marathon __________________________ Shirt size __________________________

Event(circle one): Full Marathon Half Marathon

Division(circle one): Men's: Open(18-39), 40-49, 50+

Women's: Open, over 30

Male or Female: 17 and under, 18 and over

Sparhetti Dinner(circle one): I will/will not attend the pre-Marathon Spaghetti Dinner on Saturday, June 25th (for details, see reverse side).

Number in party ________________ Amount enclosed $__________
Midwest Masters
180 North La Salle Street
Suite 2207
Chicago, Illinois 60601

Event: U.S. Master's National AAU Track and Field Meet
Dates: July 1, 2 and 3, 1977
Place: North Central College, Naperville, Illinois
22 miles west of Chicago
Track: Completely new, $250,000 chevron surface metric-8 lane track, on campus
Entry Deadline: 6:00 p.m., Tuesday, June 21, 1977
Housing: Available at North Central College on campus: $6.00 per night, double occ.
Meals: Available at North Central College on campus: $8.00 per day, per person for 3 meals.
Transportation: Twenty minutes from O'Hare Airport, 50 minutes from downtown Chicago on Burlington Railroad.

Divisions:

**MEN**
- 1a (40 - 44)
- 1b (45 - 49)
- 2a (50 - 54)
- 2b (55 - 59)

**WOMEN**
- 3a (60 - 64)
- 3b (65 - 69)
- 4a (70 - 74)
- 4b (75 - 79)

**SUB-MASTERS**
- 30 - 39, MEN

Fees: $7 for first event and $3 for each additional. Relay team fee is $10.

**Impliments**

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<tr>
<th>Division</th>
<th>Javelin</th>
<th>Discus</th>
<th>Shot</th>
<th>Hurdles</th>
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<tr>
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<td>2.0kg</td>
<td>16 lb</td>
<td>39HH-36H</td>
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<tr>
<td>1b</td>
<td>800 gm</td>
<td>2.0kg</td>
<td>16 lb</td>
<td>39HH-36H</td>
</tr>
<tr>
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<td>12 lb</td>
<td>36HH-33H</td>
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<td>36HH-33H</td>
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<tr>
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<td>8 lb</td>
<td>30HH-30H</td>
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<tr>
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<td>8 lb</td>
<td>30HH-30H</td>
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<td>600 gm</td>
<td>1.0kg</td>
<td>8 lb</td>
<td>30HH-30H</td>
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OFFICIAL ENTRY FORM FOR THE 1977 AMATEUR UNION OF THE UNITED STATES MASTERS (OVER 40 YEARS) NATIONAL TRACK AND FIELD CHAMPIONSHIPS

Please enter me in the following events, for which I have enclosed payment of the entry fee of $70. I authorize the Midwest Masters Association to deduct $15.00 from the entry fee to cover any expenses incurred in connection with my participation. I understand that I must be an AAU registered member of the Midwest Masters Athletic Club to compete. I understand that all entry fees are non-refundable.

**Important Notice:** Inspector should verify that the applicant is over 40 years of age.

**BANQUET RESERVATIONS (July 2nd, 10 AM):**
- Room reservations per person: $8 per meal (3 meals per day)
- Banquet: $5.50 per person, X no. of people attending
- $5.00 per child (12 and under, X no. of children)

**Total Entry Fee Enclosed**

Payable To Midwest Masters

**ATHLETE'S RELEASE (Must be signed):**

In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and assigns, waive, release and forever discharge and hold harmless, and in consideration of the entry fee and all expenses which I may incur, to which rights and all claims for damages which I may have, or which may hereafter accrue to me against North Central College, City of Naperville, the AAU, their officers, agents, employees, heirs and assigns, or any and all damages which may be suffered by me in connection with my entry or participation in the AAU MASTERS TRACK AND FIELD CHAMPIONSHIPS, I hereby that my level of training is such that I am prepared to compete and recognize the right of the Meet Director to require supplementary training and/or medical evidence before allowing me to compete and further recognize that the right of any authorized member of the medical staff to require my withdrawal from competition or to determine the extent of any injury to my person is hereby given.

**Date:**

**Signature:**

**ATHLETIC INFORMATION:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
<th>Attending School or College</th>
<th>Attending Years</th>
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**RETAIL ENTRY FORM:**

Relay: 1

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<tr>
<th>Relay Number</th>
<th>Distance</th>
<th>Event</th>
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<td>1</td>
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**NOTE:** Separate entry forms and $5.00 payment to Midwest Masters are required for each team entered. Resulting certificate with signature below that all numbers and members of each team that your membership has entered.

**Mail Completed Entry Forms To:**

JANETT MILLER
MIDWEST MASTERS
3503 WILLIAMS PARKWAY
RACINE, WI 53405

**Omit: A copy from printer.**

**Date:**

**Fine Print:**

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<th>Line</th>
<th>Notes</th>
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<th>Notes</th>
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<td>3</td>
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</tbody>
</table>

**Date:**

**Signature:**

**Date:**

**Signature:**
UNIFORMS:

We will be ordering new San Fernando uniforms shortly. They will be made up specially for us by a company which outfits many professional teams. They are very high quality and are guaranteed to last 5 years or 5,000 racing miles (whichever comes first). The shorts will be white with green stripes, European cut, with built-in brief. The tops will be green tank tops with white trim and a white San Fernando logo. They will cost $23 per set. In order to insure proper fit in ordering, I am asking everyone to measure and fill out the information below and mail it to me with a check for $23, payable to the San Fernando Valley Track Club. Orders must be received by June 15. This is an absolute deadline. The uniforms will be ready about the end of July. You can pick them up from Leal-Ann Reinhart before work-out or make other arrangements. Also, kelly green club T-shirts will be available at $4.00 each starting June 15.

NAME ____________________________

TOP: Chest measurement: _______ SHORTS: waist mmst: _______ Hip mmst: _______

MAIL TO: Leal-Ann Reinhart
11915 Goshen Ave. #2
Los Angeles, CA 90049

ERG ORDER FORM

½ gal. Packages

For 3... $2.25
For 12... 8.40
For 24... 16.20
For 48... 31.20
For 72... 45.00
For 100... 60.00

Cost

(Add $1.25 for Shipping)

Specify Flavor: Competition

Lemonade

Fruit Punch

INFORMATION ON MY PARTICIPATION

NAME ____________________________

ADDRESS: ____________________________

DATE ___________ MEET ___________ EVENT(S) ___________ TIME ___________ PLACE ___________

SEND TO: Jerry Hackett 27970 Carvel Dr. Canyon Country, Ca. 91351
MEMBERSHIP APPLICATION

NAME_________________________________________ TELEPHONE______________

ADDRESS______________________________________________________________

CITY__________________________ STATE____ ZIP____

ALTERNATE ADDRESS_________________________ BUS. PHONE_______________

BIRTH DATE___________________ OCCUPATION___________________________

INTERESTED IN: DISTANCE/EVENT BEST TIME/MARK

TRACK________________________

FIELD________________________

LONG DISTANCE RUNNING_____________________

RACE WALKING____________________

MEMBERSHIP DUES ANNUALLY - $10.00 (INDIVIDUAL)

$15.00 (FAMILY)

*MONTHLY ACTIVITY DUES - $ 5.00 (INDIVIDUAL)

*Monthly Dues represent those dues applicable to the SFVTC FITNESS PROGRAM which is offered and controlled by Mr. Laszlo Tabori the renowned coach of the SFVTC.

SIGNATURE____________________ DATE________________

Make checks payable to: San Fernando Valley Track Club
San Fernando Valley Track Club
18321 Ventura Blvd.
P.O. Box 19
Tarzana, Calif. 91356

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**CLUB UNIFORMS & WARM-UP SUITS:**

Club uniforms, in solid kelly green with white lettering are available for $14. 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.

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**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 Sheahan, 6200 Hazeltine Ave., Van Nuys 91401.