AUGUST HIGHLIGHTS

REID HARTER finishes 5th in AAU National 15KM Championships; takes 2nd in Santa Monica Festival 10KM.

MIKI GORMAN wins Santa Monica Women's Vets 10KM.

HEATHER TOLFORD wins Santa Monica Women's Open 10KM.

RON KURRLE places 2nd in Long Beach 8-mile beach run; takes 3rd in College-of-Canyons 6-mile run.

REID PRESSLEY breaks 5-minute mile barrier for first time.

DAVE BABIRACKI gets married.

SUE KINSEY, MIKI GORMAN, DAVE BABIRACKI, JACKI HANSEN named to 1975 AAU All-American team.

COMING UP IN SEPTEMBER

Sun, Sept. 12. SPAAAU 50-mile run Championships, 200 laps around the Santa Monica College track.

Sat, Sept. 25. SPAAAU 20KM championships, Griffith Park.

Sat, Sept. 25. Masters all-comers track meet, Pasadena College.

Sat, October 2. Mens Masters Track & Field Meet, Santa Barbara.

Four members of SFVTC have been named to the 1975 AAU All-American team:

SUE KINSEY was named to the 10-member All-American AAU Women's Cross-Country team.

JACKI HANSEN and MIKI GORMAN, along with Kim Merritt, were named to the 3-member Women's Marathon team.

DAVE BABIRACKI was awarded the honor of being on the 10-member Men's Cross-Country team.

National AAU Certificates of Achievement were presented to Sue, Jackie, Miki and Dave for their outstanding performances.

SFVTC is fortunate to have runners of their caliber representing us, and we sincerely congratulate them for the remarkable success they have achieved.

CLUB WORKOUTS

Under the direction of Coach Laszlo Tabori, members run together on Tuesday and Thursday from 5:00PM to 7:00PM at Los Angeles Valley College, 5800 Ethel Avenue, Van Nuys. All club members are welcome.
LONG DISTANCE RUNNING SCHEDULE

<table>
<thead>
<tr>
<th>DATE/TIME</th>
<th>EVENT/DISTANCE</th>
<th>LOCATION/ROUTE</th>
<th>FACILITIES</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAT SEPT 10 10:00am</td>
<td>MILE SQUARE PARK CROSS COUNTRY</td>
<td>Joe Salvaggio, 902-3665, Huntington Beach, 92649</td>
<td>Finish line at 46th St. &amp; Main St.</td>
<td>More details to follow.</td>
</tr>
</tbody>
</table>

Tired of looking at all those old 3rd place trophies? can put them to good use, as if you wish to give them up. Contact: Alan Mas, 5073 Old Mill Rd., San Marino 91108.

Tired of placing last all the time? Well the L.O.R.C. can put them to good use, as if you wish to give them up. Contact: Al Mas, 5073 Old Mill Rd., San Marino 91108.

SUN SEPT 12 10:00am | 10TH ANNUAL SENIORS T.C. 4 MAN 10m RELAY, Y/2/3/4 MILES | Ron Watson Day: 506-3646 | These medals mean? Well the L.O.R.C. can put them to good use, as if you wish to give them up. Contact: Al Mas, 5073 Old Mill Rd., San Marino 91108.

SUN SEPT 12 - Griffith Park 10th annual Cross-Country Run. $1.00. staggered starting times from 8:00AM (see August newsletter). Women run 1-mile, Masters 2-miles. Open 3.6 miles.
SANTA MONICA SPORTS FESTIVAL
10,000-METER -- AUGUST 28

SPVTC runners made a fine showing on Saturday, August 28 in the annual Santa Monica Sports Festival 10-kilometer run.

About 20 club members showed up to run in this very popular run up and down the 1½ mile grassy knoll area between San Vicente and the pier, overlooking the Pacific Ocean.

So many contestants showed up that it was divided into two races. In the open division, under the watchful eye of Coach TABORI, REID HARTER ran a powerful race to finish 2nd with RON KURRLE 5th.

In the female division, MIKI GORMAN won overall, also capturing the Women’s Veterans 1st-place medal. She just nipped VICKI COOK, who took 1st in the Girls’ Elementary Division. HEATHER TOLFORD won the Open Women’s 1st place medal, with LEAL REINHART 2nd.

Results:
Men’s Open:
REID HARTER ........... 30:36
RON KURRLE ............ 31:34
JOHN MADVIG ........... 33:36
MIKE KROMM ............ 41:05

High School:
BERT SHIRLEY .......... 33:18
JIM SHAW ............... 35:18
RAYMOND COOK .......... 35:38
TIM DOWNEY ............ 37:50
KEVIN DOWNEY .......... 39:22
DAVID NEIDORP .......... 41:49

Masters:
GAYLORD KALCHSCHMID 36:13
MYRON SHAPIRO .......... 43:58
SID MADDEN ............ 43:57
JIM McGINN ............ 44:58
AL SKEAHER ............ 50:40

Women:
MIKI GORMAN ........... 35:50
VICKI COOK ............. 35:50
HEATHER TOLFORD ...... 36:38
LEAL REINHART .......... 37:32

-- Reported by JACKI HANSEN

COLLEGE OF THE CANYONS
JULY 11 -- 6-MILE CROSS COUNTRY

Bob Hayes was the winner in 31:04. SPVTC finishers included RON KURRLE, 3rd in 31:37, DENNIS STANSAUK, 25th in 35:35, GARY STANSAUK, 53rd in 37:43, and JERRY HACKETT, 68th in 38:47.

LONG BEACH SEA FESTIVAL
AUGUST 7 -- 6-mile Beach run

Over 250 starters traversed this run on the sand at low tide. RON KURRLE finished 2nd, DENNIS, GARY and BRIAN STANSAUK finished in 48:38, 52:32 and 54:02, respectively.

NATIONAL AAU and SPAAAU 15KM CHAMPIONSHIPS -- SANTA BARBARA -- JULY 4

Gary Tuttle won by 30 seconds over Chuck Smead, Jim Nuocio and Tom Bryant. SPVTC’s REID HARTER was an outstanding 5th in 47:25. JOHN MADVIG finished 39th in 51:23. DENNIS STANSAUK took 60th in 54:14. GARY STANSAUK ran 61:12. TINA MORAN finished 5th in the women’s division in 69:18. GEORGE WILLIAMS was 9th in the 50-59 group in 69:51. Tuttle’s winning time was 45:42. HARTER’s splits at the 5KM and 10KM were 15:27 and 31:19.

10TH SOUTH EL MONTE HANDICAP -- JUNE 26 -- 7.9 Miles

Ed Chaidez won in 43:18. DENNIS STANSAUK took 12th in 48:33. DAVE COCHRAN was 24th in 52:12 and GARY STANSAUK finished 51st in 56:40. About 150-175 started, but 50 or so dropped out due to the heat.

-- Above results from Stansauks

GRIFFITH PARK 13 KM -- JULY 31

Partial results include an excellent 3rd in the 50-59 division by EARL RIPPEE in 58:32. PAUL RITSCHEL ran a good 60:30 and GEORGE WILLIAMS a fine 65:00.
REID PRESSLEY writes from a computer-programming assignment in Texas that he finally -- after 32 years of trying -- broke the 5-minute mile barrier with a smashing 4:57.3 at the final All-Comers meet at Bell High July 22. ...a great achievement, made even more rewarding because this was about Reid's 18th or 19th try at it. He's keeping in shape by running at a high school track next to the motel in Pasadena, Texas.

DON COCHRANE, for the next year, will be on the faculty of Education at Simon Fraser University in Burnaby, British Columbia. He writes: "I would like to maintain my membership... I'll be back in a year and, I trust, in good condition. I have found some magnificent tracks around Burnaby Mountain so running is a delight. Still, I miss the crowd on Tuesdays and Thursdays."

JACKI HANSEN is the Los Angeles distributor for E.R.G. -- Gookinaid. This activity drink, formulated by 44-year old chemist and 2:30 marathoner Bill Gookin, scientifically replaces your lost liquids when you're running, as you're losing them. No gastric upset or discomfort. Jacki has ERG in plain, lemonade or fruit punch flavors. 75 cents for a half-gallon package, $5.80 for 12; $16.20 for 24. Call her at 645-7600 before 3PM.

NEW MEMBERS * NEW MEMBERS * NEW MEMBERS

Adrian Van Rijs
4332 Morro Dr.
Woodland Hills 91364
346-5332; 996-5800
10-15-35
5-10 miles

Gary Smith
20909 DeLaGuerra
Woodland Hills 91364
883-2462; 344-1353
8-2-39
Mile to 10,000 meters

Gary Barfatani
22262 Ninea Court
Woodland Hills 91364
346-7953
7-14-60
Javelin; 440 relays

David Sutphin
3245 Oregon Avenue
Costa Mesa 92626
(714) 540-3259; (714) 979-2311
6-5-41
440 to 3 miles

Change of Address:
Stan Celmer
10511 Lindley Ave. #125
Northridge 91324 360-1439

LONG DISTANCE POINT TOTALS

As of June 29, GARY STANSAUK was in 12th place with 40 points, DENNIS STANSAUK in 18th with 36, BRIAN STANSAUK in 27th with 30 points, Joe Marino leads with 81 points, placing in six of the ten scoring events.

BABIRACKI MARRIES

DAVE BABIRACKI and Elizabeth LaBass tied the knot at the Church of Latter Day Saints in Canyon Country on Sept. 4.
The highlight of the early-fall track season is the annual track and field meet in Santa Barbara Saturday, October 2nd.

It's a fine setting with a top track. Competition is in 5-year age divisions, 40 and over. It's the off-season, so many of the big guns aren't in top shape (last year a 2:19 won the 880 in the 40-44 division). It should be fun.

A group of SFVTC Masters is planning on driving up together in a van or two. If you'd like to go, call coordinator JERRY WOJCIK at 363-6652 or 781-1200: ext. 345. Entry blank is in this issue.

The Striders are sponsoring a Masters All-Comers Meet at 10AM on Saturday, September 25 at Pasadena City College. $3.00 entry fee. Pay at the track.

The Striders have voted to join the AMSA (American Masters Sports Association) and retain AAU membership at the same time.

Jerry Smartt posted a new course record of 32:51 in the Santa Monica 10km run August 28, 13 seconds ahead of Truman Clark. Associate member TOM STURAK, making a fine comeback after battling injuries for two years, finished ninth in 37:05.

The 1976 National Masters AAU Marathon Championships are set for Honolulu December 12. The National AAU Masters 3000-meter Team Race Championships will be held in the Los Angeles area sometime in December.

A Masters all-comers meet will be sponsored by Corona Del Mar Track Club on either Sat. Oct. 9 or 16 at a site to be announced.

Sixty competitors leave for a 6-day visit and track meet in Mexico City on October 21-26.

The 1977 Western AAU Regional Championships will be held in Los Angeles. Meet chairman Tom Clayton will be looking for volunteers to help plan and work the event.

The 1976 Olympics in Montreal served as a sounding board for many athletes who let the American people know that it is unrealistic to expect American athletes to attain the competitive superiority of the East Germans and the Russians.

The Eastern Europeans, it is well documented, receive "pay" in the form of free or low-cost housing, expenses, no-work jobs, and so on, while many American athletes must live off their savings, parents or work on a job, in which case their training always suffers.

In the wake of the Olympics a measure was introduced in Congress which would have granted athletes or their parents or spouses a tax refund of up to $500 annually to help defray the expenses of training for championship athletic events. It was passed by the U.S. Senate but killed by a House-Senate Conference Committee on September 1st.

Most people, however, are unaware of Olympic Rule 26. Passed in 1975, it allows an amateur athlete to be subsidized on a par to our European counterparts.

Under Rule 26, it is now legal for businesses to permit amateur athletes to take time off to train and compete with no loss of pay. For example, a runner working in an office or whatever might take off at 2 PM to train instead of working until 5PM.

This is done all the time in Europe. In England, Hadbury Chocolates has a factory supporting 100 track athletes who work until 2PM and then train.

The 1976 National AAU Convention will be held at the Del Webb Townhouse, Phoenix, Arizona from October 10-16.
By JOYCE S. LERLIN
Staff Reporter of The Wall Street Journal

CHICAGO—"Take two aspirin and call me in the morning" may someday be the prescription for much more than the common headache. In the future, doctors may prescribe the familiar tablets to prevent heart attacks, certain types of stroke, post-surgical blood clots and arthritis, among other things.

Researchers warn that conclusive proof of aspirin's broad lifesaving powers is some time off. "It would be a disaster if the public began to take aspirin wildly, day in and day out, before we know all the benefits and risks," says Dr. James B. Schoenberger, chairman of the preventive-medicine department at Rush Presbyterian-St. Luke Medical Center in Chicago. Dr. Schoenberger is directing a three-year, $18 million federal study that is testing whether aspirin decreases the risk of a second heart attack. The study, involving 4,500 persons, is the largest ever to evaluate the drug.

But encouraged by preliminary evidence, some physicians already are convinced that two aspirin a day may keep any number of serious illnesses away. Almost certainly, the result will be to increase use of a medicine that is by far the most widely used in the world because of its relative safety and cost..

The most convincing evidence comes from recent studies done now it works. The answer may be that it affects prostaglandins, hormone-like chemicals regulators found in nearly every body tissue. By blocking the production of prostaglandins, aspirin appears to reduce fever and inflammation and possibly in this way alleviates headaches.

It is through prostaglandins that aspirin also blocks the clumping of platelets. Without aspirin, those tiny, disc-shaped blood cells stick together to form a clot that plugs up an injured or diseased blood vessel. Clots in arteries are a major factor in heart attacks and strokes.

The beneficial properties of aspirin have been known for a long time. Known medically as acetylsalicylic acid, it belongs to a family of drugs found naturally in shrubs and trees, such as the willow. Some 3,300 years ago, the Greek physician Hippocrates recommended willow bark for childhood pain. Today, aspirin is derived from petroleum.

A French chemist synthesized modern aspirin in the 1890s, but the formula was ignored as an oddity until it was rediscovered 40 years later by Felix Hoffman, a scientist for Friedrich Bayer & Co. in Germany. Mr. Hoffman's firm licensed Bayer's patent. Bayer's world-wide annual sales now top $7 billion, despite aspirin's widespread use.

Aspirin might help avoid heart attacks, researchers suspect, by slowing blood clotting. It also may cut back some strokes, other ills but its hazards stir worry.

PHOTO CAPTION

Lawsuit's First Woman to Run a Marathon in 100 Years

Women's XC sked

1976 LOREN'S AAU CROSS-COUNTRY SCHEDULE

Sat 9-11 Long Beach State
Sun 9-12 Griffith Park
Sat 9-18 Patriots (Laguna Niguel Park)
Sat 9-25 South Bay (Harbor Area Park)
" " Las Vegas (Univ. of Nevada)
Sat 10-2 Blue Angels (Mile Square Park)
Sat 10-9 Rialto (Ferris Hill Park)
Sat 10-16 Cheetahs (Mt. SAC)
Sat 10-23 Reedley
Sat 10-30 Ventura (Arroyo Verde Park)
Sun 11-7 SPAAAU District Championships (Bonelli Regional Park)
Sat 11-13 California State Meet (Gibson Ranch, Sacramento)
Sat 11-20 Area Jr. Olympics (Nordhoff HS, Ojai)
Sat 11-27 National AAU Championships (Miami, Fla.)
Sun 12-5 National AAU Women's Marathon Championships (Culver City)
# AAU Masters

## National Track & Field Championships

### 100 Meter Finals (Men)

<table>
<thead>
<tr>
<th>Division 2A (20-29)</th>
<th>Division 3A (30-39)</th>
<th>Division 4A (40-49)</th>
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<tr>
<td>LINCOLN, Lane</td>
<td>SUMMER, Jr., Millard</td>
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<td>BANKS, Paul</td>
<td>VELLA, James</td>
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<td>WELLS, Bill</td>
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<td>CAIRN, Nat</td>
<td>HEATHER, Jr., Millard</td>
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<td>DAVIS, Bill</td>
<td>HUBERT, Frank</td>
<td>HUBERT, Frank</td>
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<td>GILBERT, Bob</td>
<td>HUBERT, Frank</td>
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<td>JOHNSON, Robert</td>
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### 400 Meter Finals (Men)

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### 10,000 Meter Finals (Women)

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### Additional Notes

- **Division 2A**: 10.95, 11.67, 11.81, 11.14, 12.71
- **Division 3A**: 11.45, 11.72, 12.80, 12.92
- **Division 4A**: 11.07, 11.44, 11.54, 11.56, 11.73
- **Division 2B**: 11.80, 11.83, 11.00, 12.16, 12.16
- **Division 3B**: 11.93, 11.94, 12.42, 12.19, 13.55
- **Division 4B**: 12.06, 12.47, 13.76, 12.87, 14.26
- **Division 5A**: 13.03, 13.46, 13.90, 14.11, 14.78
- **Division 6A**: 13.76, 13.84, 13.92, 14.10, 15.90
- **Division 7A**: 18.22, 15.08, 14.27, 15.42, 23.85
- **Division 8A**: 20.14
### BOO METER FINALS (MEN)

<table>
<thead>
<tr>
<th>Division</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>Division A</td>
<td>Black, Bob</td>
<td>6:03.00</td>
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<tr>
<td>Division A</td>
<td>Jenkins, Greg</td>
<td>6:08.10</td>
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<tr>
<td>Division A</td>
<td>Knollinger, Dave</td>
<td>6:15.70</td>
</tr>
</tbody>
</table>

### 100 METER FINALS (MEN)

| Division A | Reed, Jerry        | 6:01.80   |
| Division A | Robinson, Tom      | 6:06.10   |

### DISCUS FINALS (MEN)

| Division A | Black, Bob         | 153.1     |
| Division A | Jenkins, Greg      | 154.8     |
| Division A | Knollinger, Dave   | 155.9     |

### SHOT PUT FINALS (MEN)

| Division A | Reed, Jerry        | 6'01.80   |
| Division A | Robinson, Tom      | 6'06.10   |

### 5000 METER FINALS (MEN)

| Division A | Black, Bob         | 16:05.60  |
| Division A | Jenkins, Greg      | 16:19.00  |
| Division A | Knollinger, Dave   | 16:20.50  |
| Division A | Reed, Jerry        | 17:02.00  |
| Division A | Robinson, Tom      | 17:36.00  |
| Division A | Black, Bob         | 17:47.00  |
| Division A | Jenkins, Greg      | 18:41.00  |
| Division A | Knollinger, Dave   | 18:57.00  |
| Division A | Reed, Jerry        | 19:36.00  |
| Division A | Robinson, Tom      | 20:13.00  |

### DISCUS FINALS (MEN)

| Division A | Black, Bob         | 153.1     |
| Division A | Jenkins, Greg      | 154.8     |
| Division A | Knollinger, Dave   | 155.9     |

### SHOT PUT FINALS (MEN)

| Division A | Reed, Jerry        | 6'01.80   |
| Division A | Robinson, Tom      | 6'06.10   |

### 800 METER FINALS (MEN)

| Division A | Black, Bob         | 16:05.60  |
| Division A | Jenkins, Greg      | 16:19.00  |
| Division A | Knollinger, Dave   | 16:20.50  |
| Division A | Reed, Jerry        | 17:02.00  |
| Division A | Robinson, Tom      | 17:36.00  |
| Division A | Black, Bob         | 17:47.00  |
| Division A | Jenkins, Greg      | 18:41.00  |
| Division A | Knollinger, Dave   | 18:57.00  |
| Division A | Reed, Jerry        | 19:36.00  |
| Division A | Robinson, Tom      | 20:13.00  |

### DISCUS FINALS (MEN)

| Division A | Black, Bob         | 153.1     |
| Division A | Jenkins, Greg      | 154.8     |
| Division A | Knollinger, Dave   | 155.9     |

### SHOT PUT FINALS (MEN)

| Division A | Reed, Jerry        | 6'01.80   |
| Division A | Robinson, Tom      | 6'06.10   |

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### BOO METER FINALS (WOMEN)

| Division A | Black, Bob         | 153.1     |
| Division A | Jenkins, Greg      | 154.8     |
| Division A | Knollinger, Dave   | 155.9     |

### DISCUS FINALS (WOMEN)

| Division A | Black, Bob         | 153.1     |
| Division A | Jenkins, Greg      | 154.8     |
| Division A | Knollinger, Dave   | 155.9     |

### SHOT PUT FINALS (WOMEN)

| Division A | Black, Bob         | 153.1     |
| Division A | Jenkins, Greg      | 154.8     |
| Division A | Knollinger, Dave   | 155.9     |

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### DOUBLES FINALS (MEN)

| Division A | Black, Bob         | 153.1     |
| Division A | Jenkins, Greg      | 154.8     |
| Division A | Knollinger, Dave   | 155.9     |

### DISCUS FINALS (WOMEN)

| Division A | Black, Bob         | 153.1     |
| Division A | Jenkins, Greg      | 154.8     |
| Division A | Knollinger, Dave   | 155.9     |

### SHOT PUT FINALS (WOMEN)

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| Division A | Jenkins, Greg      | 154.8     |
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### SHOT PUT FINALS (WOMEN)

| Division A | Black, Bob         | 153.1     |
| Division A | Jenkins, Greg      | 154.8     |
| Division A | Knollinger, Dave   | 155.9     |
### 10,000 METER FINALS (MEN)

**Division 1A**
- HUTTON, Ray 32:00.00
- MUNN, George 32:38.00
- LEYBA, Echarger 33:01.00
- ROSS, Alde 33:01.00
- DUD, Robert 33:01.00

**Division 1B**
- PATELL, Gordan 34:00.00
- SKELLA, Ross 34:18.00
- STEVENS, David 34:44.00
- MCD, Steve 35:35.00
- SHEPP, John 36:18.00

**Division 2A**
- WHEELER, Jim 33:35.00
- ARENORTH, Roland 33:35.00
- ROSS, Gerald 34:35.00
- GREGSON, Joseph 34:35.00
- BALD, Stanley 35:47.00

**Division 2B**
- HAYES, Norman 33:19.00
- MURPHY, Joe 33:33.00
- LEWIS, Bob 41:07.00
- HUTSON, Jim 44:17.00

**Division 3A**
- DAVIES, Clive 36:32.00
- MILL, John 36:39.00

**Division 3B**
- ANDERSON, Bill 38:48.00

**Division 4A**
- GREGORY, Louis 52:34.00

**Division 4B**
- SPARKS, Paul 47:30.00

### 3,000 METER STEEPLECHASE (MEN)

**Division 1A**
- HAY, Dennis 10:26.44
- GOLDBERG, James 10:36.44

**Division 1B**
- PATELL, Graham 10:40.10
- STEVENS, David 11:08.00

**Division 2A**
- ARMSTRONG, Roland 11:18.60
- SMITH, Al 11:27.10
- BOISE, Jack 11:37.20

**Division 2B**
- WERTZ, Alan 11:52.28
- LONG, Robert 12:01.70
- MILLER, Joseph 12:37.90

**Division 3A**
- McKINNON, E. 14:48.00

**Division 3B**
- BIRCHMAN, Willis 19:01.10

### LONG JUMP FINALS (WOMEN)

**Division 2A**
- FAIRBANK, Nortie 9’ 11”

### 400 METER HURDLE FINALS (MEN)

**Division 1A**
- PARE, Harold 1:02.13
- SMITH, Dale 1:02.19
- ANDERSON, Bill 1:02.36
- SHEPP, John 1:02.40
- CRAWFORD, Tom 1:03.70
- WALKER, Tony 1:08.10

**Division 1B**
- GREENWOOD, Jack 1:00.02
- ROGERS, David 1:00.02
- ROB, Jack 1:00.02
- HUTCHINSON, Jim 1:10.00
- TAYLOR, John 1:27.70

**Division 2A**
- HINT, Robert 1:03.70
- GOGGL, Alfred 1:07.04

**Division 2B**
- GOGGL, Vince 1:29.93
- LOCH, Ed 1:24.06
- DICK, John 2:28.50

**Division 3A**
- BIRCHMAN, Willis 1:26.72

**Division 3B**
- ANDERSON, Herm 2:00.00

### 400 METER RELAY FINALS

**Division 1A**
- NORTH, John 1:10.60
- ROGERS, Bill 1:10.60
- SMITH, Dale 1:10.60
- SHEPP, John 1:10.60

**Division 1B**
- NORTH, John 1:10.60
- ROGERS, Bill 1:10.60
- SMITH, Dale 1:10.60
- SHEPP, John 1:10.60

**Division 2A**
- NORTH, John 1:10.60
- ROGERS, Bill 1:10.60
- SMITH, Dale 1:10.60
- SHEPP, John 1:10.60

**Division 2B**
- NORTH, John 1:10.60
- ROGERS, Bill 1:10.60
- SMITH, Dale 1:10.60
- SHEPP, John 1:10.60

**Division 3A**
- NORTH, John 1:10.60
- ROGERS, Bill 1:10.60
- SMITH, Dale 1:10.60
- SHEPP, John 1:10.60

**Division 3B**
- NORTH, John 1:10.60
- ROGERS, Bill 1:10.60
- SMITH, Dale 1:10.60
- SHEPP, John 1:10.60

### 8,000 METER WALK FINALS (MEN)

**Division 1A**
- KINDELBERGER, David 26:08.00

**Division 1B**
- MILAN, Bob 26:08.00

**Division 2A**
- FINE, Robert 26:07.00

**Division 2B**
- LUND, Robert 26:08.00

**Division 3A**
- O'NEILL, Larry 26:09.00

**Division 3B**
- OPPENHANS, Ernie 26:11.00

**Division 4A**
- MARCHAND, Hel 34:42.00

**Division 4B**
- MARCHAND, Hel 34:37.00

### 110 METER HURDLE FINALS (MEN)

**Division 1A**
- JACOBS, Dave 15.90

**Division 1B**
- ANDERSON, Bill 17.25

**Division 2A**
- BRENNER, Jack 15.50

**Division 2B**
- ROGERS, Bill 15.50

**Division 3A**
- HESS, Robert 20.15

**Division 3B**
- HESS, Robert 20.15

**Division 4A**
- MARCHAND, Hel 24.44

**Division 4B**
- MARCHAND, Hel 24.44

### 200 METER FINALS (WOMEN)

**Division 1A**
- MURTH, Mary 27.07

**Division 2A**
- PHAIR, Ruth 40.34

**Division 3A**
- GOLDA, Josephine 42.80

**Division 4A**
- HICKS, Burns 49.97
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<tr>
<th>Event</th>
<th>Division 1A</th>
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<th>Division 2A</th>
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MEN'S MASTERS TRACK AND FIELD MEET
Saturday, October 2, 1976
University of California at Santa Barbara

PRELIMINARY SCHEDULE OUTLINE

10:30 AM Hammer Throw (Divisions 5,6,7,8) 2:05 PM 440 Yard Dashes
Discus Throw (Divisions 1,2,3,4) 2:20 PM 100 Yard Dashes
11:30 AM Hammer Throw (Divisions 1,2,3,4) 2:30 PM High Jump, Triple Jump,
Discus Throw (Divisions 5,6,7,8) Javelin
1:00 PM Shot Put, Long Jump, Pole Vault 2:50 PM 880 Yard Runs
1:00 PM "Hurdles" 3:05 PM 220 Yard Dashes
1:25 PM Mile Runs 3:20 PM 5000 Meter Run
1:55 PM 440 Relays 3:50 PM Mile Relays

Note: In all field events except the High Jump and Pole Vault, each contestant gets only 6 attempts. There is a time limit of 1 hour and 30 minutes for each event. Please assist in keeping events moving. In the event a competitor is unable to complete his attempts in the high jump or pole vault in the time allotted, he will be permitted to compete in a flight other than the one to which he is assigned.

ALL FIELD EVENTS WILL BE RUN IN REVERSE GROUP ORDER STARTING WITH DIVISION 8, EXCEPT HAMMER & DISCUS.

DIVISIONS: 1 (40-44) 2 (45-49) 3 (50-54) 4 (55-59)
5 (50-64) 6 (65-69) 7 (70-74) 8 (75-79)

ENTRY DEADLINE is SEPTEMBER 25, 1976 -- IN HAND, not post-marked.

Name ______________________________________ Age ______ Date of Birth ________
Address __________________________________________________ Zip ______

Please enter me in the following events:

Entry fee: $3.50 first event - $2.00 each additional event - $5.00 relay teams
Make checks payable to Club West and mail along with this form to: Club West, P.O. Box K, Goleta, Cal. 93017 Phone: (805) 687-6323.

ATHLETE/TEAM RELEASE

In consideration of my/our entry, I do hereby, for myself/ourselves, heirs and administrators, waive and release all claims I/we may have against the Men's Masters Track & Field Meet, its representatives, the various sport governing bodies, for any and all injuries suffered by me/us in my event, sport or facility

Also, I certify that I/we have no physical defects that would prevent me/us from competing. Further I/we take full responsibility for personal equipment owned by me/us for breakage.

My 1976 AAU number is: ________________________ (Registration required)

Individual's signature
MEN'S MASTERS TRACK & FIELD MEET
Saturday October 2, 1976
UNIVERSITY OF CALIFORNIA AT SANTA BARBARA
PRELIMINARY SCHEDULE OUTLINE

TRACK EVENTS

1:00 p.m. Hurdles  2:50 p.m. 880 Yard Runs
1:25 p.m. Mile Runs  3:05 p.m. 220 Yard Dashes
1:55 p.m. 440 Relays  3:20 p.m. 5,000 Meter Run
2:05 p.m. 440 Yard Dashes  3:50 p.m. Mile Relays
2:20 p.m. 100 Yard Dashes

FIELD EVENTS

10:30 a.m. Hammer Throw  10:30 a.m. Discus Throw
( Div.'s V, VI, VII, VIII )  ( Div.'s I, II, III, IV )
( as soon as finished with one event report to the other )

1:00 p.m. Shot put, Long jump, Pole vault
2:30 p.m. Triple jump, Javelin, High jump

NOTE: In all field events EXCEPT the HIGH JUMP and POLE VAULT each contestant gets only 6 attempts. There is a time limit of 1 hour and 30 minutes for each event. PLEASE-ASSIST IN KEEPING EVENTS MOVING!!!

In the event a competitor is unable to complete his attempts in the HIGH JUMP or POLE VAULT in the time allotted, he will be permitted to compete in a flight other than the one to which he is assigned.

ALL FIELD EVENTS WILL BE RUN IN REVERSE GROUP ORDER STARTING WITH DIVISION VIII EXCEPT HAMMER & DISCUS.

DIVISIONS: I (40-44) II (45-49) III (50-54) IV (55-59)
V (60-64) VI (65-69) VII (70-74) VIII (75-79)
IX (80-84)

ENTRY DEADLINE IS SEPTEMBER 25, 1976. In our hand September 25, NOT POST MARKED THE 25TH.
MEN'S MASTER TRACK & FIELD MEET
OCTOBER 2, 1976
Co-sponsored by Santa Barbara Recreation Division & Club West
UNIVERSITY OF CALIFORNIA AT SANTA BARBARA

Entry Blank & Release Form

Name ___________________________ Age _______ Date of Birth ____________ Zip ________

Address ___________________________________________________________ Zip ______

Please enter me in the following events: 1. __________________________ 2. __________________
3. __________________________ 4. __________________________ 5. __________________
6. __________________________ 7. __________________________

Entry fees: $3.50 first event - $2.00 each additional event - $5.00 Relay Teams

Make checks payable to Club West and mail along with this form to:

CLUB WEST
P.O. Box K
Goleta, Ca. 93017 Phone (805) 687-6323

ATHLETE/TEAM RELEASE

In consideration of my/our entry, I do hereby for myself/ourselves, heirs
and administrators, waive and release all claims I/we may have against the
Men's Masters Track & Field Meet, its representatives, the various
sport governing bodies, for any and all injuries suffered by me/us in any
event, sport or facility.

Also, I certify that I/we have no physical defects that would prevent me/us
from competing. Furthermore I/we take full responsibility for personal
equipment owned by me/us for breakage.

My 1976 AAU number is: __________________________ (REGISTRATION REQUIRED)

[Signature]

Individual's signature

September 25, 1976 is the DEADLINE for entries. NO exceptions for either
individuals or relay teams. Clubs should be responsible for relay team entries.
All members of relay teams must be from the same club.

ENTRY MUST BE IN OUR HANDS ON SEPTEMBER 25, 1976, NOT POSTMARKED THE 25TH!
CLUB UNIFORMS & WARM-UP SUIT:

Club uniforms, in solid kelly green with white lettering are available for $11. Dark solid green warm-up suits are $22. Make checks payable to SFVTC -- denote your size -- and mail to the club office, 18321 Ventura Blvd., Suite 900; Tarzana 91356.

NEWSLETTER MATERIAL

The SFVTC newsletter depends on the membership for articles, results, coming events, etc. Please submit this information by the 26th of the month to Al Sheahan, 6200 Hazeltine Ave., Van Nuys 91401.

NEW MEMBERSHIP APPLICATION

NAME ___________________________ DATE ____________
ADDRESS ___________________________ PHONE ____________
CITY ___________________________ STATE ________ ZIP ________
BIRTH DATE ___________________________
INTERESTED IN: ___________________________ EVENT: ___________________________
TRACK ___________________________ FIELD ___________________________
LONG DISTANCE ___________________________

I would like to be enrolled in the category checked below:

Yearly membership (includes monthly newsletter)

[ ] Individual Membership ... $10  [ ] Sustaining Membership ... $50
[ ] Family Membership ....... $15  [ ] Century Membership ...... $100
[ ] Contributing Membership . $25  [ ] Patron Membership ...... $500 or more

[ ] ] [ ] [ ]