

(213) 996 - 1400

SAN FERNANDO VALLEY TRACK CLUB

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VOLUME 2 NUMBER 10

NEWSLETTER

OCTOBER, 1976

SEPTEMBER HIGHLIGHTS

SFVTC WOMEN'S cross-country team wins Blue Angels and Harbor City runs.

HEATHER TOLFORD wins Blue Angel and Harbor City women's cross-country.

JOHN DAMSKI wins four gold medals in Santa Barbara Masters meet.

GAYLORD KALCHSCHMID wins 880 in Santa Barbara Masters.

ED KEYSAR wins 5000 in 2B division Masters.

CAROL CARTWRIGHT wins 1st medal -- a 2nd place women's vet award -- and sets PR in Malibu 10KM.

LEAL REINHART places 8th in National Women's 100km Championships in San Francisco.

ROM KURRELE takes 3rd in SPA-AAU 20KM in Griffith Park.

MIKI GORMAN wins women's vets gold medal in Griffith Park 20KM.

SUE KINSEY takes 1st in intercollegiate cross-country.

JACKI HANSEN competes in women's world marathon championships in Waldniel, Germany.

COMING UP IN OCTOBER

Workouts every Tuesday and Thursday from 5PM to 7PM and each Saturday at 2PM at Los Angeles Valley College, on Ethel between Burbank and Oxnard Blvds, under the direction of Coach Laszlo Tabori. All club members welcome.

Sat. Oct. 9. Masters All-Comers Meet, 12 Noon, Glendale College.

Sat. Oct. 9 Anteater Olympiad, UC Irvine.

QUOTE OF THE WEEK:

"I guess my best talent, sportswise, was in cross-country. I was a high jumper and pole vaulter when I first went to Georgia Tech but I had a severe stone bruise on my heel and had to stop that, so I began to run on the cross-country team. Lately I've taken up softball."

-- Jimmy Carter

Running is addictive, just like alcohol or drugs, claims the chief of psychiatry at San Diego's Mercy Hospital. Dr. Thaddeus Kostrubala has found that about 30-36 minutes after a healthy run, runners develop a "high," and that if long-distance runners suddenly stop running, withdrawal symptoms often result. In fact, says Kostrubala, long distance running may cure alcoholism by enabling heavy drinkers to "transfer their addiction."

LONG DISTANCE RUNNING SCHEDULE

SUN OCT 10 10:00am	MILE SQUARE PARK CROSS COUNTRY	Joe Salcido, P.O. Box 2086, Huntington Beach, 92649	Open 1-10; 20-29; 40-49; 50-59; 60-69; 70-79; 80-89; 90-99; 100-109; 1st place trophies for: Open, 30, 40, 50, 60, 70-79. Medal awards for various age groups.	San Diego Fwy to fountain Valley. Walter E. off-ramp. Proceed to Euclid, L. a park on street or in park.
SUN OCT 17 7:30am	SANTA BARBARA MARATHON	John Brennan, 4476 Meadowlark Ln., Santa Barbara 93110	Open: 1-12; 30-39; 1-3; 40-49; 1-7; 1-3; 50-59; 0; 1-2; Teams open 1-3; 1 Masters team; 3 Men Teams; 1-2 women.	City streets out & back. Check-in at La Playa Stadium on campus of Santa Barbara City College.
Tired of looking at all those old 3rd place trophies? Well the L.D.R.C. can put them to good use, so if you wish to give them up contact: Alan Haas, 1507 Old Mill Road, San Marino 91108.				
SUN OCT 31	NIKE/CATALINA ISLAND Bmi ROAD RACE	Write or call Nelson Farris concerning travel & lodging. 3111 Estero Blvd. West L.A. 90024	T-shirts to all finish- ers. Free lunch & merch- andise awards. Open 7-10 30-49; 50-59; 60-69; 70-79; Women, WU, Girls 3.	5mi around city of Avalon. ALL ENTRANTS MUST PRE-ENTER by Oct. 17. NO LATE ENTERERS. Please contact Mr. Farris as soon as possible. Race is a weekend package that includes round trip to Catalina & 1 night lodging.
SUN NOV 7 9:00am	10th ANNUAL SENIORS T.C. 4 MAN 10mi RELAY. 1/2/3/4 MILES	Ron Watson Day: 536-3346	Teams: Open; 1-3; 30-39; 40-49; 50-59; 12+; 13-15 & women 1st place. Grand circuit 1-3. Individual: Fastest relay, legs	7 loop, mostly grass; restrooms, some showers. San Diego Fwy to Redondo Beach Blvd. (or Fwy N. to Artesia to Paris to Redondo Beach Blvd.) Then E. 3mi to Alondra Park.
SUN NOV 14 10:00am	SPA 10kilo CROSS COUNTRY CHAMPION- SHIPS	Steve Broten, 13512 E. Ramona Dr. Whittier, 90602. Joe Salcido P.O. Box 2086, Huntington Beach, 92649	Open: 1-10; Sub-master 1-3; 40-49 5; 50-59 3; 60+ 1; Women 1-3; W/U 1; Teams: Open 1-3; 40-49 1-2; 50+ 1.	Grass & asphalt with 2 steep hills in Laguna Niguel Regional Park, S. Laguna. San Diego Fwy to La Paz rd., E. to Laguna Niguel Park. Parking in park or on street.
NOTICE TO OUT OF DISTRICT RUNNERS: You are welcome to run in SPA meets, however the awards will be presented to athletes registered in the Southern Pacific Association.				
SAT NOV 20 10:00am	14th PHELAN 15mi HANDICAP. Ribbons to all finishers.	Connie Rodewald, 852 Sharon Dr., Camarillo 93010	5 HDCCP; Open S.M. Vets 1-3, 40-49 5; 50-59 3; Awards beyond 1st to be decided by attendance.	2 laps of the traditional triangular course on roads. 5,000ft. elevation, no smog & a real challenge for HDCCP. Antelope Valley Fwy to HWY 38 into Phelan. Community Center. Restrooms.
SUN NOV 21 9:00am	PICO RIVERA TURKEY TROT - 5mi E/JH/HS 10mi OTHERS	Pat McArdle, Pico Rivera Rec. Dept., 6615 S. Passons Blvd. Pico Rivera	E/JH/HS 3; Open 10, 30, 40, 50, 60+ 2; women 3	605 Fwy to Washington Blvd. West, N. on Passons, W. on Mines to Smith Park. Race begins at Smith Park & circles river bed. Flat but tough.
A LONG DISTANCE COMMITTEE MEETING WILL FOLLOW THE PICO RIVERA TURKEY TROT. ALL CLUBS SHOULD SEND 1 DELEGATE. ALL OTHERS FEEL FREE TO ATTEND.				
SUN NOV 28 11:00am NOON	15th ANNUAL APPLE VALLEY 6.3mi HANDICAP	Jim Correll, 14576 Hope Rd. Apple Valley, 92307	1-5 fast time; 1-5 HDCCP; W/UW 1/1; HS 1-5; JH 1-3; Elem 1; Girls 1-3; local awards.	One 6mi race for Open, W/UW & HDCCP runners. 3mi race for HS/JH/ELEM, Girls & 12-U. From San Bernardino take Barstow Fwy to Victorville on 7th st. to Hwy 18, to Apple Valley Inn. Check in at parking lot.
NOTICE: IN ALL OF OUR LONGER RACES, THERE HAS BEEN A GROWING NUMBER OF BYCYCLE RIDERS, RIDING ALONGSIDE RUNNERS. AS OF THIS RACE, ANY BIKE RIDER FOUND RIDING ALONG ANY RIDER, WILL SUBJECT THE RUNNER TO DISQUALIFICATION!!!!				
SUN DEC 5 8:00am	WOMENS NATIONALS/ WESTERN HEMISPHERE/ SPA DISTRICT MARA- THON CHAMPIONSHIPS	Carl Porter, 4117 Overland Ave., Culver City 90230	Medals to all finishers under 3hrs. Open 1-10; Sub-masters 1-3; 40-49 5; 50-59 3; 60+ 2; Teams Open 1-5; 40-49; 50+ 1.	PRE ENTRY REQUIRED!. Contact Carl Porter for entry blank. Flat course through Culver City to beach & back. Showers & lockers. Check in at Culver City Municipal Pool.

CANCELLED

ALSO SCHEDULED: 16.2 MILE RUN on Sunday, October 24, 9:00AM at Cal. State Univ. Long Beach. SPA-AAU sanction. \$1.50 entry. No pre-entries. Check in 8:00AM at Parking lot west of track. Awards: Open (10); 35-39 (2); 40-49 (5); 50-59 (3); 60- (1); Women (2); Women vets (2). Also 4.1 mile run for 15 and under. Contact: Frank Bole -- 213-432-3985.

STILL MORE....Chapman Invitational Cross-Country, 5 miles. Bill Selvin, Chapman College, Sat. Oct. 23.

DON'T FORGET....SPA-AAU WOMEN'S DISTRICT Cross-Country Championships, Pomona, Sunday, November 7. Jim Allen: 714-626-8054.

MALIBU - TAPIA PARK 10KM - October 3

CAROL CARTWRIGHT, showing remarkable improvement, took the 2nd place women's veterans' medal in this scenic, hilly course in the Malibu Mountains.

Carol's time of 49 minutes was a full eleven minutes faster than her effort on the course a year ago. She attributes her rapid progress to "Laszlo's pushing me every workout. I'd never work that hard by myself."

Carol was accompanied by good friend PAUL RITSCHHEL, who also is "getting in top shape and all my injuries have disappeared."

GAYLORD KALCHSCHMID led a 3-man SFVTC Masters team to a 3rd place finish with an excellent 38:42. DICK FONSECA and JOHN COOK weren't far behind as the other two team members.

Also running on a beautiful, smog-free day were HERB HONOR, DENNIS STANSAUK, BRIAN STANSAUK and AL SHEAHEN. (48, 38, 39 and 55 minutes, respectively.)

Gary Tuttle broke the old course record by over two minutes with a 30:58.

SANTA MONICA MARATHON -- August 29

The only result we have so far is an excellent 3:20:12 by President EARL RIPPEE.

BIG BEAR CITY RUN -- September 12

No times, but in their division (55-59), ED KEYSAR took 2nd and EARL RIPPEE 3rd.

OCCIDENTAL CROSS COUNTRY -- Sept. 19

Again, no times available, but EARL RIPPEE got 2nd in the 50-plus division (Jack Noble won it).

HANSEN RUNS IN GERMANY

Defending her world record 2:38:19 in the women's marathon, Jacki Hansen competed in the Women's World Marathon Championships in Waldniel, Germany on October 2nd. No results, yet.

HARBOR CITY 3-MILE CROSS-COUNTRY

SFVTC won the women's team title as HEATHER TOLFORD (17:58), JACKI HANSEN (18:14) and LEAL REINHART (18:31) finished one-two-three in this 3-mile cross-country event.

WOMEN'S 10KM NATIONAL CHAMPIONSHIPS
Golden Gate Park -- September 12

Improving LEAL REINHART ran an outstanding 37:08 to finish 8th in the 1976 women's national 10km championships in San Francisco. Olympian Cyndy Poor won the event in 34:30 with Judy Graham second.

WOMEN'S QUADRANGULAR INTERCOLLEGIATE
Cal State Northridge -- October 2

SUE KINSEY, running for Cal State Northridge, tied for 1st in 17:48 in the 3-mile cross-country event to lead her team to an easy victory over UCLA, Long Beach State and San Diego State.

SPA-AAU 20 KM CHAMPIONSHIPS
Griffith Park -- September 25

RON KURRLE led a plethora of SFVTC runners with an excellent 3rd place finish in this 2-lap, 2-tough-hill course in Griffith Park, with a time of 63:03.

DENNIS STANSAUK ran a fine 73:25; MIKI GORMAN led the women vets in 76:36; REID PRESSLEY came home in a good 78:25; GARY STANSAUK negotiated an 80:03; rapidly developing MIKE KROMM flashed an 83:53; LU DOSTI and MYRON SHAPIRO teamed for an 86-minute performance, better than a 7-minute-per-mile pace. Needless to say, these are all outstanding times and it points up the depth of cross-country talent among SFVTC members.

BLUE ANGELS SPORTS FESTIVAL 10KM
October 3

Early results...HEATHER TOLFORD won the individual women's race and, with LEAL REINHART and JACKIE GRAYBOYES, led SFVTC to a 1st place victory and beautiful team trophy. Our congratulations. REID PRESSLEY ran a good 37:03. More later..

**MASTERS TRACK AND FIELD MEET
SANTA BARBARA -- October 2**

SFVTC was well represented with seven participants on a cloudless day on the bouncy, University of California-at-Santa Barbara track.

JOHN DAMSKI performed the near-impossible by winning FOUR -- count'em -- 4 -- first place medals in the 60-64 division.

John's used to garnering 3 gold medals but this time he added a first in the 100-yard dash (13.2) to go with his triumphs in the long jump (14'10"), triple jump (30'10"), and high jump (4'6")....a simply amazing performance.

GAYLORD KALCHSCHMID won the 880 in the 40-44 division in 2:12.8 with AL SHEAHEN 3rd in 2:24.4.

ED KEYSAR, in his first major track competition since his series of eye and ear operations, won the 55-59 5000 in a fine 18:23.8. Typically, Ed felt he should have done better (he was gunning for a couple of American records which he missed) but everyone else was very impressed with his tremendous comeback.

JERRY WOJCIK took 2nd in the 45-49 Hammer Throw with a season best 76', and went unplaced with a 117' Javelin toss and 86' Discus Throw.

HANK NORTON ran a creditable 5:18.4 mile, followed by JIM MCGINN, with a seasonal best 5:30.5. HANK doubled with a good 19:07.8 in the 5000.

For the record, meet officials adhered strictly to the rules. Several competitors were refused the right to switch or enter additional events. Remember that if you're planning on competing there next year.

**ALL-COMERS MASTERS TRACK AND FIELD MEET
SET FOR SATURDAY OCTOBER 9 AT 12 NOON
AT GLENDALE COLLEGE.**

**ANTEATER OLYMPIAD AT UC IRVINE ALSO
SCHEDULED AT 10AM ON OCTOBER 9.**

AAU MASTERS NATIONAL CROSS-COUNTRY CHAMPIONSHIPS, BELMONT, CALIF., NOVEMBER 10.
Len Wallach, 1060 Continentals Way No.7; Belmont 94002.

MASTERS HIGHLIGHTS....

Jack Thatcher set a world record in 3A (60-64 age-group) with a 49'6 $\frac{1}{2}$ " shot put at Pasadena City College September 25.

National AAU Decathlon Championships
Gresham, Oregon, July 10--11, 1976:

35-39	Hugh Adams	5546	pts.
40-44	Bruce Hescoek	..	5803	"
45-49	Harry Hawke	4743	"
50-54	Jon Hutchinson	.	3836	"
55-59	Boo Morcom	5200	"
60-64	Claude Hills	...	2632	"
65-69	Bud Deacon	2059	"

1975 World Rankings:

JOHN DAMSKI - 5th in Class 3A (60-64)
Long Jump at 15'3", set in Toronto, Aug.15

DAMSKI - 3rd in Triple Jump at 33'2 $\frac{1}{4}$ ",
set Aug. 16 in Toronto.

DAMSKI - 3rd in High Jump at 4'8", set
Aug. 9 in White Plains, N.Y.

AL SHEAHEN - 8th in 400-meter-hurdles in
61.7 in 1A (40-44) at Toronto, Aug. 15.

These rankings compiled by Veteris, the international veterans magazine published in England.

Damski was the 2nd ranked American in the long jump, and top-ranked American in the high jump and triple jump. Sheahan was the 3rd ranked American in the hurdles.

The legendary Alain Mimoun of France continues to make his mark 24 years after winning the first of his Olympic medals. At the age of 56, Mimoun recorded 2:45:54 for the marathon at Pau, France, on June 20th.

JOHN GILMOUR, also 56, on the same day ran an even better 2:42:47 marathon in Perth, Australia.

At Crystal Palace on June 18th, Jim Dixon 44, ran a world record 55.5 for the 400-meter hurdles.

H. Mandl of Austria, competing in the Yugoslavian Championships in Zagreb on June 6th, set a new world 1A triple jump mark of 47'11 $\frac{1}{2}$ "

ROY FOWLER 41, ran a 10,000 in 30:24.0 in London on May 25th.

NEW MEMBERS **** NEW MEMBERS **** NEW MEMBERS **** NEW MEMBERS **** NEW MEMBERS ****

W.R.C. Shedenhelm
16601 Ventura Blvd.; Suite 102
Encino 91436
3-18-24
788-7080
5km, 10km

Henry Kale
12925 Riverside Dr.
Sherman Oaks 91423
986-6110; 782-9359
1-25-25

Hugh Ames
3161 Ala Ihima #804
Honolulu, Hawaii 96818
808-833-2004
12-30-24
10km, Marathon

Dave Frickel
5211 Wheeler
La Verne 91750
11-13-54
3-mile, 6-mile, X-C

Stan Wright
7801 Alabama Ave. #16
Canoga Park
12-10-50
880, 10km

Bob Epstein
5460 White Oak Ave. #E216
Encino 91316
981-5817; 782-9110
12-1-46
880, Mile

Robert Palmer
24735 Mulholland Hwy.
Calabasas 91302
888-9830; 381-3011
12-7-30
Long-distance

Address Changes:
Dave Coon
11764 Canton Place
Studio City 91604

Jacki Hansen
21643 Circle Trail
Topanga Canyon 90290

WHY THINGS HAPPEN THAT HURT YOU by Gabe Mirkin, M.D.

Although many people take up jogging, only a small percentage continue. The single, most common cause of jogging dropouts is running injuries.

As no medical treatment can effect immediate healing, physicians have very little to offer for running injuries. The treatment of running injuries lies in the prevention of the factors that cause them: overuse syndrome, lack of flexibility, abnormal foot structure, muscle unbalance.

Hard running results in some degree of injury to the muscles. With healing, the muscle shortens and feels tight the next day. This is the time the runner is most susceptible to injury.

Knowing this principle, every runner eventually learns to allow a certain period of time to recover from a hard workout. Most class athletes allow 48 hours for recovery and run hard and easy workouts on alternate days. A less intense workout may need less recovery time. This does not mean that class runners take days off: they may run 20 miles on their easy day. However, they run much more slowly than on hard days.

You must learn to listen to your body. There are many days you will not feel well when you start to run. If you feel better as you go along, continue your workout. If you feel worse as you go along, go home, if you develop local tenderness, you should immediately curtail your workout.

Runners frequently ask whether they should run when they have a

cold or feel sick. You will never do yourself much good by forcing yourself to finish a workout when you just don't have that in your body. You must learn to accept forced days off. Running in training should be fun and the person who listens to his body will get the most out of his jogging program.

The older you are, the longer an injury will take to heal, so it is better to do too little than too much.

In the same way an architect looks to the foundation of a large building to explain upper-story flaws, the runner should look to his feet to explain ankle, knee, hip and back injuries. A good example of this approach can be demonstrated in the consequences of flat feet.

A flat foot does not mean that the arch is flat. It is a condition in which weak ankles allow the foot to roll medially, giving the appearance that the arch is flat (figure 1). Because the foot is rolled medially, an abnormal torque is transmitted to the medial side of the ankle with resultant pain at that site (figure 2).

To compensate for the medially exerted pressure in the ankle, an opposite force is transmitted to the lateral, lower border of the kneecap and to the lateral side of the knee. This force is then transmitted to the lateral side of the hip, and also can cause pain in the small of the back. Correction must result by inserting an Orlon "cookie" under the arch in an effort to

raise the foot from its medially-rolled position.

Some podiatrists make a rigid plastic device in the outline of the foot to be put into the shoe. This often causes blisters because the hard surface rubs against the foot. Podiatrists also make a soft insert to be put in the shoe that conforms to the shape of the bottom of the foot. This often corrects leg problems.

Since we are changing the position of the foot, the shoe must fit exactly on both the sole and heel. As far as I know, only one company makes track shoes in widths and only two other companies make narrow shoes. The New Balance Athletic Shoe Company of Watertown, Mass., makes widths from AAA to EE. Puma (Sports Beconta in Elmsford, N.Y.) and Brooks Shoes in Hanover, Pa., make a narrow ladies' shoe equal to about a men's size 8. All conventional track shoes come in a D width. If you do not have a D width, you cannot use track shoes other than the ones described above.

Special inserts that reduce the width of the shoe one letter grade can be obtained from most sports stores. (The New Balance Company mentioned above makes a good insole and Spenco insoles are available in most sports stores.)

As far as I know, no companies make variable heel widths for track shoes. If the heel fits loosely in the shoe, a little ingenuity is indicated. Glue a 1/2 inch moleskin pad in the shoe.

SOUTH AFRICA TO BE BANNED FROM 1977
WORLD MASTERS CHAMPIONSHIPS?

We have just learned from National AAU Masters Chairman Bob Fine that politics may rear its ugly head in the 1977 2nd World Masters Track and Field Championships, set for Goteborg, Sweden, August 8-14.

After the intensive, successful fight to keep politics out of the 1st World Masters Games last year in Toronto, it appears that the Masters program is now in the same danger as the Olympics, in which political infighting has all but replaced athletic competition as the main attraction.

According to Fine, the South African competitors may be banned from the 1977 event because the Swedish hosts feel compelled to seek IAAF sanction. (The IAAF is the international federation which controls much of track-and-field policy) The IAAF has barred South Africans from competing in the Olympics, and its policy on Masters competition is apparently the same.

Should this interjection of international politics infiltrate into the heretofore open, friendly competition of the Masters program, many feel it would be a giant step backwards.

Masters athletes pay their own way. They are not beholden to a club or organization for travel funds to local or international meets. Nation-states, therefore, should feel no pressure to "gain publicity for their expenditures" by dictating policy.

Masters athletes traditionally have welcomed anyone who wished to compete in their own age group....amateur, "professional," black, white, peace-lover, war-monger, liberal, conservative, racist, sexist, Christian, Jew, atheist.....ANYONE.

Politics plainly do not belong in athletic competition. As Los Angeles Times sports columnist Jim Murray wrote from Montreal this past July:

"The Olympic games...has never solved any political question, rearranged the history of the world, or wrought any great social changes.....It's time, somebody took the bloody flag out of games boys play. A sprinter from the steppes of Russia is no more responsible

for the 'Gulag Archipelago' or the goings-on in Lubyanka Prison than Jim Thorpe was responsible for the treatment of American Indians, or Frank Shorter is responsible for Watergate.

"Gary Player played golf in this country for two decades without, so far as I could see, advancing the cause of apartheid one iota. Neither did the people who pelted him with golf balls as he lined up his putts advance the cause of anti-apartheid....."

"Whoever said you could topple a despotic regime by barring it from the shot put? Where does it end anyway? Do teams refuse to play Notre Dame in football because of the Pope's stand on birth control? Does Michigan refuse to play Ohio State because it voted Republican?....."

"Sport as an instrument of international policy is a spitball against a battleship. Show me a country which will change its internal policies for a first in the high jump and I will show you a country with very strange priorities, indeed."

It is hoped that the Swedish sponsors will not cave in to outside pressures, but, instead, will welcome all veteran athletes to compete in a friendly, tolerant, understanding, enlightened environment.

**SAN FERNANDO VALLEY
TRACK CLUB**



AAU National Convention, Oct. 11-16, 1976 in Phoenix, Arizona. Bob Fine reports there is great danger of the Masters being eliminated as a separate committee, and being put back under the national long-distance-running committee. Fine states that it's vital for Masters to retain their independent status (presently, 50 cents of each Masters AAU dues goes to a separate Masters fund). Everyone is urged to contact friends and/or delegates to the convention and request their support to keep the Masters Committee alive.

APPLICATION FOR SOUTHERN PACIFIC ASSOCIATION MNEMONIC

Mnemonic, derived from the Greek word *mneumonikos*, means to help remember. We use three character mnemonics for identifiers. The first character is the same as the first character of the last name; the second and third characters are chosen when possible from parts of the whole name. For example, Walt Frederick has FRE and Phil Clarke has CLP.

Handicap records are kept for those runners who have been assigned mnemonics. The handicaps are figured thusly: The course record (in some cases the course record is set to about what a mythical SPA "scratch" runner would have) is subtracted from your time and the difference divided by the course length. For example, if you ran 56:21 on a 10-mile course and the record was 49:36, your "score" for that race would be $(56:21-49:36)/10 = 40 \text{ sec/mi}$ (always round down to the nearest second). Your handicap for a particular race is figured by averaging the best five of your previous ten scores. Suppose that your last ten scores were 21, 40, 61, 36, 29, 55, 73, 19, 29 and 38. If the next race was 20 km (12.4 miles), your handicap for that race would be $12.4 \times 26 = 322.4$ seconds, which is 5:20 when rounded down to the nearest ten seconds. (The average handicap was 26.4 or 26 when rounded.)

In a Portsmouth Start (staggered starting times), your starting time is calculated by subtracting from the maximum (240 sec/mile x course length) your handicap for that race. Here, the handicaps are rounded to the nearest 30 seconds. Suppose the race used in the previous example had a Portsmouth start. Your starting time would be $(12.4 \times 240) - (12.4 \times 26) = 2654 = 44:00$ (rounded to the nearest 30 seconds).

If you don't have ten previous results, your handicap is based on the best half of your scores and the result is multiplied by $(n/10)$ where n is the number of scores you have accumulated. Again going back to the first example, after four races your handicap would have been $(21+36)/2 \times (4/10) = 11$. After seven races it would have been $(21+36+29)/3 \times (7/10) = 19$. Records more than two years old are discarded, so you have to run about five races a year to keep a full handicap.

In order to qualify for a mnemonic, you must have finished at least four SPA Long Distance races within the past two years, not including hour runs, relays, and track races. Handicaps will only be computed for those people with mnemonics.

Fill in as much of the following as possible, detach, and send with a business size (4x9") self-addressed, stamped envelope to John Brennand, 4476 Meadowlark Lane, Santa Barbara, California 93105.

NAME (PRINT, as you want it on result sheets):

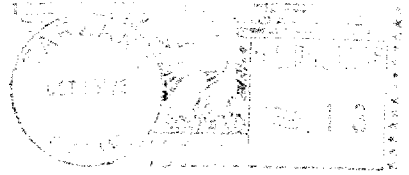
BIRTHDATE: _____ CLUB AFFILIATION: _____

	NAME OF RACE	DATE	YOUR TIME	RACE NO.**
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____
8.	_____	_____	_____	_____
9.	_____	_____	_____	_____
10.	_____	_____	_____	_____

* 18 Spaces maximum

** This is the number shown on the official SPA results sheets and not the number that you wore in the race.

San Fernando Valley Track Club
18321 Ventura Blvd.
P.O. Box K
Tarzana, Calif. 91356



AL SHEAHEN
6200 HAZELTINE AVE. APT. R
VAN NUYS, CA 91401

CLUB UNIFORMS & WARM-UP SUITS

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 Sheahen, 6200 Hazeltine Ave., Van Nuys 91401.

NEW MEMBERSHIP APPLICATION

NAME _____	DATE _____	
ADDRESS _____	PHONE _____	
CITY _____ STATE _____	ZIP _____	
BIRTH DATE _____	BUS. PHONE _____	
INTERESTED IN:	EVENT:	COMMENTS:
TRACK _____	_____	_____
FIELD _____	_____	_____
LONG DISTANCE _____	_____	_____

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

Yearly membership (includes monthly newsletter)

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