OCTOBER-NOVEMBER HIGHLIGHTS


LEAL REINHART takes 2nd in Women's National AAU Marathon Championships in Culver City.

SFVTC WOMEN’s team places 3rd in National AAU Cross-Country Championships in Miami.

RON KURRLE finishes 3rd in National AAU Marathon Championships in Louisiana; wins Long Beach 16-miler; 5th in Beverly Hills 10km.

JACKI HANSEN nab 8th in Women's International Marathon in Germany; sets 15km course record in Vienna.

SFVTC WOMEN’s Cross-Country team wins SPAAAU Championships.

KIKI LANTRY wins SPAAAU Age 12-13 Cross Country Championships; takes 2nd in Nationals in Miami.

VICKI COOK wins SPAAAU 10-11 championships; gets 3rd in Miami.

DENNIS STANSAUK places 4th in Reno, Nevada Bicentennial Marathon.

RAY HUGHES wins sub-master Mile Square Park 10km and Long Beach 16m.

ED KEYSAR, on comeback trail, runs 3:18:18 in Las Vegas 10km.

COMING UP IN DECEMBER


Fri, Dec. 10 & 17. All-Comers Track Meet, West Los Angeles College.

Fri, Dec. 17. All-Comers Track meet, Glendale College.

Sat.-Sun, Dec. 11-12. 7th Annual U.S. Track and Field Federation Winter Decathlon at Glendale College.


GORMAN SETS NEW WORLD RECORD

MIKI GORMAN broke the women's veteran class world's record for the marathon with a time of 2:39:11 to win the 1st annual New York City Marathon. Gorman 41, broke her own record by 8 minutes. Her time is close to the women's open marathon world record held by teammate JACKI HANSEN. MIKI finished 70th among the 2002 starters through Staten Island, Brooklyn, Queens, across the Queensboro Bridge into Manhattan and the finish line in Central Park.
REINHART 2ND IN U.S. AAU NATIONAL WOMEN'S MARATHON CHAMPIONSHIPS

Almost a year to the day of her first Marathon try, determined LEAL REINHART climax a outstanding year with an excellent 2nd place finish in the 1976 Women's AAU National Marathon Championships at Culver City December 5.

Her 2 hours, 50 minutes, 56 seconds was a full 14 minutes faster than her 1975 Culver City time. Over 400 entrants competed in the combined men's-women's traditional run. Teammates JACKI HANSEN and MIKI GORMAN did not compete; Gorman is pointing for the Honolulu Marathon December 12th.

Julie Brown won the women's division with a 2:14:5, an exceptional performance for her first marathon.

REINHART's improvement in 1976 has been dramatic. In February, she won the 6.1 mile Elysian Park run in 36:32. In June, she won a mile at the Pierce All-Comers meet in 5:24, and took 2nd in the finals in 5:14.5. She ran a 37:32 10km at Santa Monica August 28th. Then she finished 8th in the women's national 10km championships in San Francisco in 37:08. And she's been part of SFVTC's women's team that has garnered many trophies in 1976 competition. Congratulations on a fine year.

1976 WOMEN'S NATIONAL AAU CROSS-COUNTRY CHAMPIONSHIPS -- November 27 -- Miami, Fla.

Selling T-shirts for four days at the 1976 AAU Track & Field Championships at UCLA in June paid off for the SFVTC's innovative and talented women's cross-country team as they were able to use the T-shirt proceeds to fly to Miami for the 1976 Women's Cross-Country Championships.

The team of LEAL REINHART, MIKI GORMAN, JACKI HANSEN, DEBBIE HEALD and HEATHER TOLFORD took 3rd place with 124 points. The Los Angeles Track Club, led by Julie Brown (2nd) and former SFVTC-er Sue Kinsey (4th) won the team title with 92 points. Iowa State was 2nd with 104 points.

RON KURRLE continued in outstanding form in finishing 8th overall in 2:12. JOHN MADVIG gave SFVTC two finishers in the top ten, coming in 9th right behind RON in 2:25 and change. More results on the Culver City Marathon in January's newsletter.
“Marathon runners,” wrote Jeffrey Hansen in the Los Angeles Times, “can perform erratically. It depends on how they feel. It depends on the weather and temperature. And it depends on the track—whether it's flat or hilly.

“But most of all, a performance—good, bad or mediocre—depends on showing up at the race site.”

Thanks to Hansen’s article in the Times, which resulted in several sizeable contributions, and to funding from other sources, women’s world marathon record holder JACKI HANSEN was able to make the trip to Germany and show up at the site of this most-prestigious woman’s marathon in the world. She didn’t win, but her world record of 2:38:19 remained intact as Germany’s Christa Vahlensieck finished 1st in 2:45:25; Wisconsin’s Kim Merritt was 2nd in 2:47:12; JACKI 8th in 2:55:50. Traveling companion TOM STURAK notched a 5:40:07 in the same race.

JERRY WOJCIK, competing in the weightmen’s pentathlon at Glendale College on December 4, threw the discus 91’, the hammer 72’, the javelin 118’ and the 35-lb. weight 26’7” to place 8th in the 40-49 category with 1862 points. Jerry says: “I may start some running for speed and conditioning and enter the sprints next year. Those animals are killing me in the weight stuff.”

Joe Gill of the Richmond Track Club made his way along part of the Appalachian Trail and the towpath of the C&O Canal to win the 14th annual John F. Kennedy 50-mile hike/run in 5:59:28 November 20. Gill became only the 2nd person to complete this course in less than six hours. Max White established the course record of 5:55:30 in 1973. 564 started the race.
LONG BEACH MARATHON PREP  
October 24 -- 16.2 miles

RON KURRLE won in an outstanding 1:23:55, a 5:11-per-mile pace.  
RAY HUGHES was the 1st sub-master,  
DENNIS STANSAUK was 35th in 1:42:14;  
DICK FONSECA came in 38th in 1:43:53. GARY STANSAUK ran 60th  
in 1:52:33.

1ST ANNUAL SILVER STATE BICENTENNIAL MARATHON -- Reno, Nevada - Sept, 5

DENNIS STANSAUK ventured to Reno to finish 4th in the open division in 2:55. Brothers BRIAN and GARY came in 20th and 24th in 3:15:04 and 3:21:10. GEORGE WILLIAMS, in his first marathon ever, ran a fine 4:13:15 to finish 127th out of 260 starters. Bob Cooper's 2:39:09 led the 186 who finished this first annual event. The run is held over a rolling hilly course at an 5300 foot elevation, in the Washoe Valley, midway between Carson City and Reno. Temperature was 65 at the start and rose to 75 during the run.

MILE SQUARE PARK CROSS COUNTRY  
October 10 -- 10,000 meters

Unofficial results: RON KURRLE placed 2nd in 32:52 behind Duane Waltmire's 32:38. RAY HUGHES was the 1st sub-master (30-39) in 33-plus minutes.  
DENNIS STANSAUK = 38th = 38:58  
BRIAN STANSAUK = 44th = 39:21  
GARY STANSAUK = 68th = 43:32.  
The weather was hot (80) and smoggy.

DON COCHRANE writes from his University post at Simon Fraser U. in Burnaby, B.C., Canada that he placed 17th and 31st on Sept. 11th and 16th over a 3 5/8 mile cross-country course in Stanley Park, Vancouver. His times were identical: 21:14. On October 6th, running in the men's open division of the Simon Fraser University Cross Country race, he finished in 35:13 over 6.3 miles, good enough for 20th overall and 1st place in the jogger category. His 5:35 mile pace was a personal best.
San Bernardino Five divisions, Medals to Bicentennial Marathon Race will be held Sunday, December 19 at One Blvds. LA Van check in, at 4th & Arrowhead, San Bernardino Chamber of Commerce, Films of James December 18 at Glendale College. A Track and Field Triple Jump (10:15-12Noon) January 7, 14 & 21 at 91208, Phoner 240-1000!265. Shot fee $4.00, Contact 400 Meters High Jump Pole Vault Javelin 400 Meters 1500 Meters Special medals to those who feel sexual Helps Them to Win Rome (4) — Most Italian men and women athletes polled in a survey said intercourse the night before competition helped them to win. The survey of 1,200 athletes took 3½ years and covered winners of events in a wide range of sports, from soccer to track and field. It was the latest in a series of projects conducted by a team of experts on the sexual behavior of Italians. The team is headed by Prof. Giovanni Caletti of the Mestre Hospital near Venice who made public some of the data in advance. Caletti’s conclusions clashed with what a symposium of future soccer managers were told recently. Prof. Ignacio Terra, a former soccer player, said that for optimum performance, soccer players should abstain from sex from Friday through Monday. Sex after the game constitutes excessive stress, Terra claimed. Caletti said the survey showed athletes were sexually more active than average Italians. They begin having relations at a younger age and have sex more often. According to the survey, 57.5% of male athletes have intercourse the day before a competition compared to 41.8% of women. Almost all of them said they find it improves their performance. Sex helps make their reflexes quicker and sharp, them a greater will to win. What helps is not so much the sex act itself but the calm and relaxation that follows, they said. Masturbation, on the contrary, appeared to have a negative effect. “What counts is not the genital discharge but the psychosexual tranquility,” Caletti said. “What matters is not when—before or after the contest—but how and why,” He made these points: If the act involves affection and tenderness it can never be negative. It is important for an athlete to govern sex with intelligence. The survey also showed that 53.1% of male athletes and 31.8% of women have practiced masturbation on the eve of competitions. The experts said this appeared to be connected with disappointing performances, slow reflexes and a lack of concentration. The causes for masturbation were listed as the lack of a partner, loneliness and the want of affection. Six per cent of males and 6.4% of women admitted homosexual acts.
NEW MEMBERS

Richard Smooke
11279 Dana Lisa Drive
Studio City 91604
624-8361
Track: LDR

Elaine Schultze
19850 Greenbriar Ave.
Tarzana 91356
344-6124

Dan Barrows
4544 Stern Ave.
Sherman Oaks 91423
789-0943

Tony Myles has moved to 530 Veteran Ave.,#206, Westwood 90024

UP-COMING TRACK AND FIELD COMPETITION:

All Comers Track Meets at West Los Angeles College, Culver City. Open, Novice, Women and Masters (if enough Master competitors).

RUNNING EVENTS

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<td>400 Relay</td>
<td>3:00</td>
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<td>Mile Run</td>
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<td>120 Yd. H. H.</td>
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<td>440 Yd. Dash</td>
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<tr>
<td>880 Yd. Run</td>
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<td>&quot; January 21, 1977</td>
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<td>Int. Hurdles</td>
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<td>220 Yd. Dash</td>
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<tr>
<td>2-3 Mile Run</td>
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<tr>
<td>Mile Relay</td>
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FIELD EVENTS: All Field Events start at 3:00 P. M. except Javelin which starts at 1:00 P. M. There will not be a Pole Vault at these meets.

TICKET ORDER FORM

SUNKIST INDOOR TRACK AND FIELD MEET

Saturday, January 15, 1977

Make Checks Payable to:
SPORTS ARENA
3939 S. Figueroa Street, Los Angeles, Calif. 90037
Phone 748-6131

I hereby apply for:

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Name
Address
City Zip Phone

(Detach and Mail)
Many Southern California Masters runners joined the tour to Mexico October 21-26.

Bill Adler reports: "Our hosts, the Comite Olympico Mexicana, were so very gracious and hospitable to all U.S. athletes and their dependents. In addition to conducting a first class track and field meet, a reception was given for the U.S. and Colombian athletes at Presidente Domecq Brandy."

Bill arranged for a 2nd Annual International Masters Track and Field Meet in Southern California in 1977. All Latin American countries and Canada will be invited. We'll need a sponsor to help with expenses and a site for housing accommodations for little or no cost to the athletes. Any suggestions will be appreciated. Please write to Bill Adler, PO Box 24791, Los Angeles 90024.

Results of Mexico meet:

100:
- Sub: John Carlos 10.6
- 1A: Van Parish 11.4
- 2A: Bob Watanabe 11.7
- 3A: Bill Morales 13.2

200:
- Sub: John Carlos 23.0
- 1A: Nick Newton 23.6
- 2A: Bob Watanabe 24.6

400:
- Sub: Hilliard Sumner 50.1
- 1A: Sergio Cruz 54.0
- 2A: Hans Bruhner 53.9
- 2A: Bob Sieben 56.1

800:
- Sub: Dave Himmerberger 2:04.6
- 1A: Albalo Ariza 2:09.6
- 2A: Bill Fitzgerald 2:125.0

1500:
- Sub: Dave Himmerberger 4:17.6
- 1A: Albalo Ariza 4:31.0
- 2A: Bill Fitzgerald 5:06.2

No SFVTC members were able to make the trip, but others who did included John Tansley, George Puterbaugh, Art Vesco, Joe Caruso, Shirley Davison, George Ker, Ray Spencer, Phil Conley, Dave Douglas, Parry O'Brien, Hal Smith, Hal Wallace, Nick Newton, Percy Knox, Phil Schlegel, Wayne Ambrose, Avery Bryant, Dave Mack, Ozzie Dawkins, Walt Butler, Bob Hunt and Hugh Adams.

Hal Higdon, who quit the AAU (Runners' World, 1975) writes that he probably won't compete in next year's national championships in Chicago, but is making plans to go to Sweden if the USTFF can issue a travel permit. The rumor that he is rejoining the AAU is untrue.
FITNESS ASSOCIATES

(Lo Angeles) If jogging can do irreparable harm to muscles and ligaments, dislocate your lower back, or cause permanent impairment and pain, as has been recently proposed, you'd never know it by the response of leading west coast physicians and business executives who gathered for The Fitness Conference sponsored by the National Athletic Health Institute and the President's Council on Physical Fitness and Sports. "Jogging is a particularly good cardiovascular conditioner for the busy business executive," said Dr. Jack Wilmore, executive director of NAHI, "as it gives him maximum exercise value in the least amount of time."

"If we can get our top personnel to do nothing else, we try to get them to jog," responded Edwin B. Gilroy, vice president of personnel for international VSI Corporation. He was supported by cardiologist, Dr. David Cirilolo who told the audience, "The exercises, jogging, are particularly beneficial for the middle-aged athletes and people with sedentary occupations.

Produced by Fitness Associates, a private Los Angeles-based company that serves as the marketing arm of NAHI, the conference provided a unique forum for business executives, medical directors and fitness specialists to exchange ideas and examine the role of fitness programs in business and industry. Among the day's major reports:

- Companies that have instituted fitness programs have been exceptionally pleased with the results and have seen, if ever, curtailed programs - even during the recent recession.

- Not only has there been a significant improvement in the health of employees participating in corporate fitness programs, but a definite jump in productivity as well. Attitudes about the job, co-workers and supervisors also improved markedly.

- Safeguarding the life and health of a top executive through a company-sponsored physical fitness program proves to be a lot cheaper in the long run than having to replace him as a result of death or premature "retirement" from heart disease.

- By far the most generally recommended exercise for business executives and other employees was running, combined with a full complement of strength and flexibility exercises.

Gilroy cited the direct benefits his firm was able to measure after just six months on a fitness program designed by NAHI. "Our average body fat dropped from 22 percent to 19 percent," he said. "We saw our average resting pulse rate go from 83 to 65, and our pulse after exercise declined from 135 to 134. Cholesterol, which had been approaching dangerously high levels, was down in the normal range, and triglycerides dropped from 118 mg. to 67 mg. Blood pressure went from borderline hypertension levels of 149/83 to 121/79."

The VSI health and fitness program, which served as a model for the conference, features five basic components: an annual medical examination, a fitness evaluation and personalized exercise prescription - which almost always emphasizes a running component, diet and nutritional guidance, personal counseling on smoking and alcohol consumption, and periodic re-testing. "All the early evidence we have shows that we're on the right track," Gilroy stressed.

A complete series of cassette tapes of Gilroy's remarks and all other talks is available. They include: "The Shape (Sed) of Employers and Employees Today" by Dr. David Cirilolo; "Is Exercise Worth the Effort?" by Dr. Jack Wilmore; "Good Health Is More Than Freedom from Disease" by Dr. Robert Kerlan; "Coronary Heart Disease: The Businessman's Public Enemy No. 1; "Dollars and Sense of Corporate Fitness Programs" by Edwin B. Gilroy; and "Fitness and the Future of America" by Peter Brown, president of the American Association of Fitness Directors for Business and Industry.

The series of tapes ($16.95) or more information about the conference corporate fitness programs may be obtained from Fitness Associates, 504 Avondale Avenue, Los Angeles, CA 90049.

The 1977 National AAU Masters Track and Field Championships will be held in Chicago, Illinois on Saturday & Sunday, July 2-3, 1977. Competition will be held in five year age groups with medals to the first three finishers regardless of how many competitors show up. A full complement of events is scheduled from age 40 through age 89. A selected number of events will be held for ages 30-34 and 35-39. A large number of entrants is expected, due to the central locale of Chicago, which is within 600 miles of over half the population in the nation.
WORD FROM THE PRESIDENT

As you can see from the following series of letters, we have been working to retain our use of the Track and Football field and rest room facilities at Los Angeles Valley College. Dr. Myron Shapero, Paul Ritschel, Carol Cartwright and I have attended meetings on campus and have spoken out for our cause. We are probably clear for this year, and hopefully we will be allowed to continue next year.

Earl Rippee

October 13, 1976

Dr. Alice Thurston, President
Los Angeles Valley College
5800 Fulton Ave.
Van Nuys, Calif. 91401

Dear Dr. Thurston:

You are, no doubt, aware of the pressures placed upon our public educational system by the financial squeeze of higher costs, higher taxes and the reluctance of the general public to increase necessary funding.

It is my understanding that there are budget problems confronting you in regard to the Community Services offered by your institution. The purpose of this letter is to request that you look at the needs of the community, including the wide participation in all of the various programs presently made available through Community Services, which is certainly prima facie evidence of the fact that the Community Services Department of Los Angeles Valley College is meeting its commitments to the general taxpaying public. Any lessening of these services will be a step in the direction of failing to meet the needs of the community, and will probably prove to be counter-productive in getting the voters help in school bond issues and other issues. Conversely, the uninterrupted and undiminished continuation of these services should be a large plus factor in influencing the general public to support our educational system at the polls and with their pocketbook.

Speaking specifically for the jogging and running program coached by Laszlo Tabori, I would like to say that the benefits are tremendous, not only to the many participants of all ages, but in addition, to the entire community and to Los Angeles
Dr. Alice Thurston, President
Los Angeles Valley College

Valle•r College. Coach Tabori's runners, and likewise, Los Angeles Valley College's program are known not only throughout the area, but statewide and nationally, and even worldwide.

At your convenience, but as soon as possible, we would like to meet with you personally to discuss this important matter.

Sincerely,

SAN FERNANDO VALLEY TRACK CLUB

Earl Rippee
President

ER/gp

cc: BOARD OF TRUSTEES
Frederic Wyatt
Ralph Richardson Ph.D.
Ira Reiner
Monroe Richman M.D.
Arthur Bronson
Gwen Moore
William Orozco
Leslie Koltai, Chancellor
Ray Johnson, Director of College Relations and Community Services
Ruby Zuver, Acting Dean of Students
Ray Follosco, Coordinator, Community Services
October 19, 1976

Dr. Alice J. Thurston
President
Los Angeles Valley College

Dear Dr. Thurston:

I have received a copy of a letter from Mr. Earl Rippee, San Fernando Track Club. He has expressed concern as to whether this program may be deleted from funding under the community services budget.

It would appear that such a program would have wide participation and, additionally, reflect a disproportionately low unit cost because of its relative inexpensiveness. I would not like to see the discontinuance of such a widely appealing and medically useful service at Valley College.

Thank you for your kind attention to my concerns.

Very truly yours,

Monroe F. Richman, M.D.
Member
Board of Trustees

November 17, 1976

Dr. Alice Thurston, President
San Fernando Valley Track Club
18321 Ventura Boulevard, Suite 900
Tarzana, California 91356

Dear Earl:

Thank you for your thoughtful consideration for providing a copy of your October 13 letter to Dr. Alice Thurston. I have had many favorable comments about the work that Laszlo Tabori is doing at Los Angeles Valley College and hope that the relations between the San Fernando Valley Track Club and the Community Services Department at Valley College may be both strengthened and expanded. Kindly let me have additional information about the San Fernando Valley Track Club in order that I may be in a better position to support this exciting relationship.

Looking forward to our meeting at a later date and with kindest regards, I am

Most sincerely,

Frederic A. Wyatt
Member, Board of Trustees

cc: Dr. Leslie Koltai
Dr. Alice Thurston

November 29, 1976

Mr. Earl Rippee
19090 Hills Dr.
Tarzana, Ca. 91356

Dear Mr. Rippee:

We appreciated meeting with you on November 9, 1976, and discussing your concerns and the concerns of the college in the distribution of resources within the community services program.

We continue to work on a philosophy of community services for this college and growing out of that philosophy is our commitment in terms of facilities, staff, and programs for the community. We are currently working with the budget for the 1977-78 year and I can assure you that we will attempt to distribute the resources that we have to best serve the ever increasing interests and needs of the community in the most appropriate manner.

The budget will be reviewed by the General Community Services Advisory Committee and the recreation program will have representation on this committee.

Sincerely,

Dr. Alice Thurston
President

Los Angeles Community College District
San Fernando Valley Track Club
18321 Ventura Blvd.
P.O. Box K
Tarzana, Calif. 91356

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CLUB UNIFORMS & WARM-UP SUITS

Club uniforms, in solid kelly green with white lettering are available for $12. 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 Sheahen, 6200 Hazeltine Ave., Van Nuys 91401.

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NEW MEMBERSHIP APPLICATION

NAME _________________________ DATE _________________________
ADDRESS _________________________ PHONE _________________________
CITY _________________________ STATE _______ 4IP _________________________
BIRTH DATE _________________________ BUS. PHONE _________________________
INTERESTED IN: _________________________ EVENT: _________________________
TRACK _________________________ COMMENTS: _________________________
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

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