NOVEMBER HIGHLIGHTS

SUE KINSEY 3rd in women's national AAU cross-country championships; 2nd in SPAAAU championships.

DAVE BABIRACKI 2nd in SPAAAU cross-country championships; 14th in nationals.

JACKI HANSEN wins Long Beach 16.2 mile run; 4th in SPAAAU cross-country; 16th in nationals; honored by club at party.

MARK COVERT wins Phelan 15 mile run.

RAY HUGHES wins 11.4 mile run in Griffith Park.

WOMEN'S CROSS-COUNTRY TEAM 2nd in SPAAAU championships; 6th in nationals; 3rd in Fountain Valley run.

MEN'S CROSS-COUNTRY TEAM 3rd in SPAAAU championships.

RON KURRLE 2nd in Long Beach 16.2 mile run; BILL SCOBEE 4th.

KINSEY THIRD IN WOMEN'S NATIONALS

SUE KINSEY finished third in the women's national AAU cross-country championships on November 29 in San Mateo.

The Cal-State Northridge junior led the SFVTC squad with a 16:52 in the three-mile race. Defending champion Lynn Bjorklund of the University of New Mexico won again in 16:21.6, followed by Julie Brown of the Los Angeles Track Club in 16:44.

JACKI HANSEN placed 16th among the 186 runners in 17:55. HEATHER TOLFORD was 31st; LEAL REINHART, 63rd; and JACKIE GRAYBOYES, 94th. As a team, SFVTC finished sixth. The LA Track Club won with 87 points.

COMING UP IN DECEMBER

Dec. 5. Weekly all-comers meets begin at West Los Angeles College.

Dec. 7. Western Hemisphere and National Marathon Championship in Culver City.

Dec. 8. Club meeting at club office.


CLUB MEETING ON MON. DECEMBER 8.

Everyone is invited to a club business meeting on Monday, Dec. 8 at the club office, 18321 Ventura Blvd., Suite 900 (Anvil Corp. Hqtrs) in Tarzana, at 7:30 PM.

We'll discuss everything... membership, races, teams, finances, etc. If you'd like to know more about what's going on, here's your chance. If you have an idea or suggestion, bring it along.

Get off the Ventura Freeway at Reseda; go south to Ventura Blvd., go east about 300 yards. It's in the Barclay Bank Building.
# LONG DISTANCE RUNNING SCHEDULE

<table>
<thead>
<tr>
<th>DATE/TIME</th>
<th>EVENT/DISTANCE</th>
<th>DIRECTOR/LOC</th>
<th>LTD/USA NAME</th>
<th>NUMBER</th>
<th>COURSE/FACILITIES/NOTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAT DEC 14 11:00 AM</td>
<td>14th Annual Apple Valley 6.3Ml Handicap</td>
<td>Joe Garrell, 14076 Nipis Rd., Apple Valley, CA 92307</td>
<td>1-5 Fast Time; 1-5 Handicap W/W 1/1; 1-3 Mile; 1-3 Girls 1-3 Local awards</td>
<td>From San Bernardino via Barstow Fwy to Victorville, off through Victorville on 7th St. to Hwy 15, to Apple Valley Inn. Check in at Apple Valley Parking Lot.</td>
<td></td>
</tr>
<tr>
<td>SUN DEC 15 10:00 AM</td>
<td>Mt. Tom 4.0 Mile Hill Climb</td>
<td>Larry Knuth</td>
<td>Open 1-10: 40-49 1-3; 50-59 1-3; 60-1 1-2; 71-99 1-2; Girls 1-3 Local Award</td>
<td>Tough Hill course, from Glendale College track to peak of Mt. Tom. Down Hill. Venture Fwy to San Pasen Rd. N. 1st to Glendale College.</td>
<td></td>
</tr>
<tr>
<td>SAT DEC 21 10:00 AM</td>
<td>Skunk Hollow 15km Handicap</td>
<td>Dennis Rodwell</td>
<td>5 Handicap; open: Sub-Master Vets 40-59; 54/W/W; 15-U 16-19; Award beyond 1st to be by attendance</td>
<td>Paid hilly road through the golf course &amp; agricultural land, last 2 mi are dirt. Venture Fwy to Los Pasos Rd. N. 1st to Crestline Park. Restrooms.</td>
<td></td>
</tr>
<tr>
<td>SAT DEC 27 9:00 AM</td>
<td>Elysian Park 5k Cross Country</td>
<td></td>
<td>Open: 10; Vets 3/2/1; W/W 1/1; Teams: Open 3 5 man teams; sub-masters 1 5 man team; 40+1 5 man team</td>
<td>Roads &amp; trails in Elysian Park. Take Golden State Fwy to stadium Way. N. up stadium Way until you reach starting point just below Dodger Stadium.</td>
<td></td>
</tr>
</tbody>
</table>

**NOTES**

1. Entry fee is $1.50 for all SPA races shorter than the marathon distance. The entry fee for the marathons and 5Ks will be determined by the race director. Boys 19 & under and Girls 13 & under pay $1.00 for races less than the marathon distance if they run in their division. All SPA Championship fees will be $2.00 regardless of age. For all team races, a team entry fee of $1.00 per team will be charged.

2. Only 15-19; 1-10-19; and 12-14 division. In cases where a person is eligible for two categories, that person must declare for one or the other at sign-in. He or she cannot compete in both.

3. AAD card must be shown upon entering or entry fee is doubled.

4. LDRC cannot guarantee that all awards listed will be given. The number and type of awards is at the discretion of the Race Director and is based upon participation.

5. Race entries "TENTATIVE" were so at the time the schedule was published. Announcements regarding races will be made at earlier races.

6. Results of races will be available at succeeding races after about two weeks. They are never mailed out.

**UPCOMING MEETS:** Beginning December 5, 1975 and every Friday thereafter until February 6, 1976 there will be all comers meets at West Los Angeles College. Field events start at 2:30 P.M. (Javelin 1:00 P.M.), running events start at 3:00 P.M. Located at 4900 Fronson Dr., Culver City.

**SCHEDULE**

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00 P.M.</td>
<td>70 YD High Hurdles</td>
</tr>
<tr>
<td>3:10 P.M.</td>
<td>100 YD Dash</td>
</tr>
<tr>
<td>3:20 P.M.</td>
<td>440 - Int. Hurdles</td>
</tr>
<tr>
<td>3:30 P.M.</td>
<td>220 YD Dash</td>
</tr>
<tr>
<td>3:40 P.M.</td>
<td>440 YD Dash</td>
</tr>
<tr>
<td>3:50 P.M.</td>
<td>880 YD Run</td>
</tr>
<tr>
<td>4:00 P.M.</td>
<td>Mile</td>
</tr>
<tr>
<td>4:10 P.M.</td>
<td>2 Mile</td>
</tr>
<tr>
<td>4:20 P.M.</td>
<td>Relays</td>
</tr>
</tbody>
</table>

(Bring your own implements. Dressing facilities are available but limited. Bring your own towel.)
GLENDALE COLLEGE COMMUNITY SERVICE PRESENTS:

**ALL COMER TRACK MEETS**

**FRIDAY** DEC. 12

**FRIDAY** JAN. 9

**FRIDAY** JAN. 16

**FRIDAY** JAN. 23

**RUNNING EVENTS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00</td>
<td>Open 70 Hl (East Straight) 42&quot;</td>
</tr>
<tr>
<td>3:00</td>
<td>Open 100 (West Straight)</td>
</tr>
<tr>
<td>3:15</td>
<td>Novice 70 Hl (East Straight) 39&quot;</td>
</tr>
<tr>
<td>3:15</td>
<td>Novice 100 (West Straight)</td>
</tr>
<tr>
<td>3:30</td>
<td>Novice Mile Section 1 (5:00 &amp; under)</td>
</tr>
<tr>
<td>3:40</td>
<td>Novice Mile Section 2 (5:01 &amp; over)</td>
</tr>
<tr>
<td>3:45</td>
<td>Open Mile Section 1 (4:30 &amp; under)</td>
</tr>
<tr>
<td>3:55</td>
<td>Open Mile Section 2 (4:31 &amp; over)</td>
</tr>
<tr>
<td>4:00</td>
<td>Novice 330 Heats</td>
</tr>
<tr>
<td>4:10</td>
<td>Open 330 Heats</td>
</tr>
<tr>
<td>4:20</td>
<td>Novice 880 Section 1 (2:05 &amp; under)</td>
</tr>
<tr>
<td>4:25</td>
<td>Novice 880 Section 2 (2:10 &amp; under)</td>
</tr>
<tr>
<td>4:30</td>
<td>Novice 880 Section 3 (2:11 &amp; over)</td>
</tr>
<tr>
<td>4:35</td>
<td>Open 880 Section 1 (2:00 &amp; under)</td>
</tr>
<tr>
<td>4:40</td>
<td>Open 880 Section 2 (2:01 &amp; over)</td>
</tr>
<tr>
<td>4:45</td>
<td>Novice 2 Mile</td>
</tr>
<tr>
<td>5:00</td>
<td>Open 2 Mile</td>
</tr>
</tbody>
</table>

* OPEN - J.C., COLLEGE, UNIVERSITY, CLUB, UNA

**FIELD EVENTS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00</td>
<td>Open, Novice, Girls Javelin</td>
</tr>
<tr>
<td>2:00</td>
<td>Open Novice, Girls Discus</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Open 16# Shot Put</td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Novice 12# Girls (8#) Shotput</td>
</tr>
<tr>
<td>2:00-4:30</td>
<td>Open, Novice, Girls Long Jump (6 jumps)</td>
</tr>
<tr>
<td>4:30-5:00</td>
<td>Open &amp; Novice Triple Jump (6 jumps)</td>
</tr>
<tr>
<td>2:00-4:00</td>
<td>Open Pole Vault Pit#1 Starting Height 12-0</td>
</tr>
<tr>
<td>3:00-5:00</td>
<td>Novice Pole vault Pit #2 Starting Height 9-0</td>
</tr>
<tr>
<td>3:00-5:00</td>
<td>Open, Novice, Girls High Jump Starting Height 4-0</td>
</tr>
</tbody>
</table>

NO FINALS - JUST HEATS

**OTHER DATES:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>DEC. 6-7, 9:00 a.m.</td>
<td>UST&amp;FF DECATHLON (OPEN, JC, H.S. SENIORS)</td>
</tr>
<tr>
<td>DEC. 13, 8:00 a.m.</td>
<td>TRACK CLINIC: Javelin (Janis Donins); Long Jump (Tom Tellez); Shotput (Tom Tellez)</td>
</tr>
<tr>
<td>DEC. 20, 8:30 a.m.</td>
<td>AAU MT. TOM HILL CLIMB (4 miles)</td>
</tr>
</tbody>
</table>

ADMISSION TO FIELD 25¢
UNIFORMS. Club uniforms, in attractive solid kelly green with white lettering are available from the club office for $11, in sizes small, medium and large. Dark solid green sweat suits are $22. Make checks payable to SFVTC.

NEWSLETTER. Send all Newsletter material by the 26th of the month to Al Sheahen, 6200 Hazeltine Ave. Van Nuys 91401. (213) 785-1895.

WORKOUT SCHEDULE. Under the direction of Coach Laszlo Tabori, members run together on Tuesday and Thursday from 5:00 PM to 7:30 PM, at Los Angeles Valley College, 5800 Ether Ave., Van Nuys. All club members are welcome.

CLUB OFFICERS.
President.............Earl Rippee
Vice-President........Gaylord Kalchschmid
Treasurer.............Earl Rippee
Secretary.............Open
Membership...............Dick Wager-Smith
Newsletter & Publications.............Al Sheahen

Masters Captains:
Track..................Jerry Wojcik
Long distance............Earl Rippee
Men's Captains............Jon Sutherland and Dave Babiracki

Sub-masters:
Captain (30-39)...Reid Pressley
Women's capt............Jacki Hansen
AAU Rep..................Al Sheahen
Medical director.........Gaylord Kalchschmid

The World Masters Marathon will be held on Sunday, January 25, 1976 at Chapman College in Orange. Called "America's fastest flat course," it is certified with a personal best "almost assured". Entry blanks will be in the mail with your AAU schedule. To be sure, write to: Bill Selvin, 2125 N. Tustin, Space 3, Orange 92665. Send self-addressed, stamped envelope.

MASTERS REPORT
Ed Phillips, Western Masters regional chairman, writes: "I talked with Bob Fine (National AAU Masters Chairman) and tenta­tively we agreed that, by pro­clamation, there will be an organization to be known as 'National Masters Sports Association'.

"I will therefore proclaim that there exists the 'Western Masters Sports Association' and that all who signed up in the application (published in the November SFVTC newsletter) are members.

"I am attempting to sign up a number of track meets, road runs and cross-country events for 1976 to be sanctioned by the NMSA according to the proposed by-laws.

"More to come."

NEW MEMBERS
Allan J. P. Hennessy
12017 Albers, Apt. 17
N. Hollywood 91607
3-19-50
Mile - 4:57 - 1968
880 - 2:11 - 
4-mi. - 20:54 - 1969
George G. Kelley
4471 Ventura Canyon Ave. #D203
Sherman Oaks 91423
784-0716
10-2-33
Long Distance
Michael Kromm
4707 S. Slauson Ave. #1
Culver City 90230
397-0176 (Home)
553-1911 (business)
10-25-45
Carol Cummings Cartwright
19135 Hemmingway St.
Reseda 91335
886-9958
8-16-28
RESULTS OF 1975 AAU ONE HOUR RUN CHAMPIONSHIPS

Ajim Baksh, age 18 was second in the nation, with a distance of 12 mi. 254 yds. Jacki Hansen was second in Women's Division, running 10 mi. 246 yds., which was the years best performance by anyone her age. Club President Earl Rippee was 20th in his age group, just missing 9 mi. by 122 yds, which was the years best performance for age 55. Sid Madden, the amazing 68 year old M.D., set a record for his age and was 9th for over 60 year olds with a distance of 7 mi. 1470 yds.

LATE FLASH

DAVE BABIRACKI placed 14th, in 29:23, six seconds behind Marty Liquori, as Greg Fredricks won the 1975 National AAU Cross-Country Championships on November 30 in Annapolis, Maryland in 28:57. Gary Tuttle of the Striders as sixth. Less than 30 seconds separated the first 15 finishers.

HANSEN INVITED TO COMPETE IN BRAZIL

JACKI HANSEN has just received one of the top honors in the world of long distance running, an invitation to run in the New Year's Eve Sao Silvestre Midnight Run in Sao Paolo, Brazil.

The race has been called "the Le Mans of road racing." It is listed in the Guinness book of records in answer to the question: "What sporting event is watched by more people than any other?" Three million spectators line the streets during a frenzied New Year's Eve celebration as the participates run through a roped-off corridor.

The Sao Paolo newspaper which sponsors the event, hand picks the entrants and pays all their expenses. The top long-distance runner from each nation is generally selected. Jacki is the first woman ever to be invited to the run of about 5½ miles.

LA TIMES 11-29-75

WOMEN OUTRACE THE OLDTIMERS TO LAS VEGAS

Las Vegas- The Striders had their work cut out for them in their annual Million Dollar relay meet which was held in Las Vegas.

The field was larger this year, and the weather was expected to be warmer.

But the Striders were not concerned. They had been practicing in the weeks leading up to the meet. And they were ready.

The meet started on Wednesday and ended Friday at 11 p.m.

The race was stopped for the night.

Thursday was taken off by the in-fielders and the Striders.

Friday was a day of rest.

The women's race was held on the same track as the men's race.

Each runner, the 60 entrants in the women's race, had to run three miles.

HANSEN INVITED TO COMPETE IN BRAZIL

JACKI HANSEN has just received one of the top honors in the world of long distance running, an invitation to run in the New Year's Eve Sao Silvestre Midnight Run in Sao Paolo, Brazil.

The race has been called "the Le Mans of road racing." It is listed in the Guinness book of records in answer to the question: "What sporting event is watched by more people than any other?" Three million spectators line the streets during a frenzied New Year's Eve celebration as the participants run through a roped-off corridor.

The Sao Paolo newspaper which sponsors the event, hand picks the entrants and pays all their expenses. The top long-distance runner from each nation is generally selected. Jacki is the first woman ever to be invited to the run of about 5½ miles.

COURSE RECORD

Mark O'Connell of the San Fernando Valley Track Club won the men's division in 1:20:47.1.

 등의 코스 기록

Mark O'Connell of the San Fernando Valley Track Club won the men's division in 1:20:47.1.

The women's race was held on the same track as the men's race.

Each runner, the 60 entrants in the women's race, had to run three miles.


LA TIMES 11-29-75

WOMEN OUTRACE THE OLDTIMERS TO LAS VEGAS

Las Vegas- The Striders had their work cut out for them in their annual Million Dollar relay meet which was held in Las Vegas.

The field was larger this year, and the weather was expected to be warmer.

But the Striders were not concerned. They had been practicing in the weeks leading up to the meet. And they were ready.

The meet started on Wednesday and ended Friday at 11 p.m.

The race was stopped for the night.

Thursday was taken off by the in-fielders and the Striders.

Friday was a day of rest.

The women's race was held on the same track as the men's race.

Each runner, the 60 entrants in the women's race, had to run three miles.

HANSEN INVITED TO COMPETE IN BRAZIL

JACKI HANSEN has just received one of the top honors in the world of long distance running, an invitation to run in the New Year's Eve Sao Silvestre Midnight Run in Sao Paolo, Brazil.

The race has been called "the Le Mans of road racing." It is listed in the Guinness book of records in answer to the question: "What sporting event is watched by more people than any other?" Three million spectators line the streets during a frenzied New Year's Eve celebration as the participants run through a roped-off corridor.

The Sao Paolo newspaper which sponsors the event, hand picks the entrants and pays all their expenses. The top long-distance runner from each nation is generally selected. Jacki is the first woman ever to be invited to the run of about 5½ miles.

COURSE RECORD

Mark O'Connell of the San Fernando Valley Track Club won the men's division in 1:20:47.1.

 등의 코스 기록

Mark O'Connell of the San Fernando Valley Track Club won the men's division in 1:20:47.1.

The women's race was held on the same track as the men's race.

Each runner, the 60 entrants in the women's race, had to run three miles.

1975 MEN'S MASTERS NATIONAL 25-KILOMETER CHAMPIONSHIPS - SEPTEMBER 14 - SAN FRANCISCO

1. Jim Shettler 42 1:27:48
2. Graham Parnell 45 1:27:58
3. Ray Menzie 40 1:28:21
4. John Rudberg 41 1:30:10
5. Ross Smith 47 1:30:37
12. DAVE PARKER 45 1:33:40

DEVIL TAKE THE HINDMOST -- 11.4 MILES -- GRIFFITH PARK -- OCTOBER 18

RAY HUGHES 36, ran an excellent 65:36 to outdistance the field by nearly five minutes. LDR chairman Steve Broten was 2nd in 70:00. It was by far the smallest turn out at a road race in years. So few showed up that all runners were allowed to complete the full distance over a new course.

LONG BEACH MARATHON PREP -- 16.2 MILES -- OCTOBER 26

JACKI HANSEN won the women's division in 1:36:44, a 5:58-per-mile pace. JIM (OLE) OLESON 55, won the 55-59 division in 1:40:59, an average of 6:13 per mile, a fantastic performance and only six seconds behind Bill Fitzgerald's winning 1:40:53 in the 50-54 group.

RON KURRLE took 2nd in the open division in 1:24:58, a 5:15-per-mile clip, behind winner Jeff Lough's 1:23:46. BILL SCOBIEY was 4th in 1:28:28. REID PRESSLEY ran a 1:44:00. DAVE PARKER won the 45-49 division in 1:38:09.

Jerry Smartt won the 40-44 competition in 1:30:01. Wilbur Williams was 3rd in 1:39:33.

2ND ANNUAL HIGH DESERT 10 KM -- NOVEMBER 1

BRIAN STANSAUk, 23, ran an excellent 36:04, good for 8th place.

MEN'S CROSS-COUNTRY TEAM TAKES 3RD IN DISTRICT CHAMPIONSHIPS

Led by DAVE BABIRACKI, who placed 2nd behind Gary Tuttle of the Striders, the SFVTC's men's cross-country team placed 3rd in the Southern Pacific Association AAU championships at Long Beach State on November 15. JON SUTHERLAND took 12th in the 6-mile race, followed by Carl Smith 13th, Ron Kurrie 19th and Jerry Alexander 22nd for a total of 68 points, behind American Avenue Track Club and Athletes in Action. Dave ran 29:11; Tuttle 28:35. Charlie Horn, Brian Stansauk and Reid Pressley were also among the 120 finishers.

5-MAN TEAMS:

1. American Avenue Track Club 2:32:29
2. Athletes in Action 2:33:43
3. San Fernando Valley Track Club 2:33:49

WOMEN TAKE 3RD IN 3-MILE CROSS COUNTRY

On November 16 at Fountain Valley, the SFVTC women's cross-country team took 3rd place with 63 points behind the Los Angeles Track Club and San Jose Cindergals, who tied for first with 47 points.

Sue Kinsey ran a sensational race, just being nipped at the tape by LATC's Julie Brown. Sue's time was 15:35.0; Brown's, 15:34.6. Jacki Hansen was 5th in 16:24, Heather Talford was 14th, Laura Sisanotti 19th and Leal Reinhart 23rd.

JON SUTHERLAND AND CHARLIE HORN finished 5th and 16th, respectively, among over 100 entrants in the California State cross-country 10 km championships in Santa Maria November 8th. Jon's time was 32:38.

Van Nuys News Report of Nov. 8 Meet
WAGER-SMITH STARS ON TV

Most of us run in relative seclusion... alone, with a friend, or with a small group at Valley College. Even when we race, there is usually only a handful of spectators watching. An exception is the All-Comers' Meets at Pierce when several hundred crowd the stands.

But DICK WAGER-SMITH did his thing before about a quarter of a MILLION people recently.

Maybe you've seen Bryant Gumbel's Sports Challenge Show on KNBC-TV. Gumbel invites viewers to mail in their "sports fantasy". If it's interesting and feasible, Gumbel films and airs it, usually on Wednesdays about 5:45 PM.

Accepting the invitation, Dick penned; "I'd like to prove that an aging, balding 45-year old can beat Francie Larrieu in a quarter-mile run".

Larrieu wasn't available, but Gumbel liked the idea anyway and lined up a top woman 440-runner from the national champion UCLA team. The duel was set for the Bruin's tartan track.

With the television cameras grinding, Dick proceeded to single-handedly advance the cause of women's lib. With tens of thousands looking on, Wager-Smith, normally a 59-second quarter-miler, picked this particular occasion to run a 63, while his opponent, who went by Dick so fast that he still doesn't know her name, breezed home in 57 seconds and change.

"Maybe the camera lights bothered him," one viewing wag mused. "Bring back Bobby Riggs," grumbled a portly, middle-aged executive as his wife and daughters smiled smugly.

Betty Friedan was satisfied. Gloria Steinem approved. Bella Abzug tipped her hat. The ERA moved closer to approval. Dick saved the day with his debonair and articulate manner in the pre-race and post-race interviews. "I was nervous," he admitted, but it was a lot of fun, even though I didn't run my best". Would he do it again? "Sure I would," he enthused. "Maybe I could beat her two out of three".

HANSEN HONORED AT CLUB PARTY

One of the nicest social gatherings in the club's two-year history took place at President Earl Rippee's spacious Tarzana hillside home on November 6th.

About 100 members and guests honored Jacki Hansen's new women's world marathon record of 2:38:19, set October 12 in Eugene, Oregon.

Leal Reinhart provided a tasty and creatively-designed cake, shaped in the form of the record-setting course. Earl presented Jacki with a trophy befitting the occasion. Coach Tabori predicted even greater triumphs for our very own world record-holding sensation.

Jacki expresses her feelings to all of us in this letter:

Dear Earl,

I have a heartful of thanks to send you and all the members of the SFVTC. First, thanks for the splendid party with good food surpassed only by the good company. I realize that a few very special people did a wonderful job feeding the hordes of hungry runners. On all their behalf, thank you.

Next, thanks for my beautiful pen set -- a nice remembrance of an occasion too special to forget. But more than these, thank you all for sending me to Eugene to run. The outcome of the marathon was added icing to an already outstanding trip. I'm just glad everything went so well. And I can't think of a nicer way to celebrate it than to do an all together. It's certainly a great feeling to be part of this club.

Many thanks,
with love,

Jacki
APPLICATION FOR SOUTHERN PACIFIC ASSOCIATION MNEMONIC

Mnemonic, derived from the Greek word mnemonikos, 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 \((56:21-49:36)/10 = 40\) 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 \((240\text{ sec/mile} \times \text{course length})\) 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 \((21+36+29)/3 \times (4/10) = 11\). 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.
MISSION BAY MARATHON

SATURDAY, JANUARY 10, 1976 MISSION BAY PARK, SAN DIEGO 8:00 a.m.

CONDUCTED BY THE SAN DIEGO TRACK CLUB UNDER THE AUDIENCES OF THE SAN DIEGO RECREATION DEPT.

SANCTIONED BY THE PACIFIC SOUTHWEST ASSOCIATION, A.A.U., AND THE UNITED STATES TRACK AND FIELD FEDERATION

COMPETITORS: Open to athletes registered for 1976 or 1975 with the A.A.U. of the United States. Intending competitors who have not competed regularly in long distance runs during the past year, including at least one race of twelve miles or more, must submit evidence of satisfactory conditioning for the Marathon including a schedule of the previous six weeks of training. ALL ENTRIES MUST COMPLETE THE STATEMENT OF MEDICAL FITNESS ON THE REVERSE SIDE OF THE ENTRY FORM.


ENTRY FEES: $3.00 per individual plus $1.00 per team. TEAM ENTRY must include names of team members and each team member must submit a completed individual entry form. DECLARATION OF TEAM MEMBERS must be made at the check-in January 10.

ENTRIES CLOSE MONDAY, JANUARY 5, 1976, with the Mission Bay Marathon, 5846 Meridian Drive, San Diego, CA 92120.

LATE ENTRY FEE: $2.00 for each entry received after January 5, 1976.

AWARDS: Beautiful and distinctive Trophies especially commissioned for the Mission Bay Marathon to the first twenty finishers in the OPEN DIVISION, to the first ten VETERANS, the first five MASTERS, the first three over 60, the first five MEN (18 & under), and the first ten WOMEN. Additional prize awards and merchandise awarded through many, many more places in each division.

SPECIAL RECORD AWARDS: Chronograph wrist watch to the first runner under 2:16:00, watch to all Veterans under 2:30 and to the first Woman under 2:50.

TEAMS: Team awards to the first three members of the first through third place A.A.U. registered teams in each of the OPEN, VETERANS and WOMEN'S Divisions. Teams are not limited in number of team members and the first three finishers on a team count in scoring.

Awards Presentation will be at the AWARDS PICNIC near the Finish at 12:45 p.m. Entrants will be the guests of the San Diego Track Club but are asked to pay $1.00 for each guest to help defray expenses.

CHECK-IN: Before 7:30 a.m., January 10, at North Mission Bay Drive & De Anza Road. The area for the check-in will be lighted and showers and dressing rooms will be available at Mission Bay High School (1/2-mile from the Start), bring your own towel. Runners may check in at the Race Headquarters at the HILTON INN on East Mission Bay Drive Friday, January 9, from 9:00 until 6:30 p.m. and avoid the Saturday morning rush.

COURSE: Certified to be 26 miles 385 yards, two laps in near Mission Bay Park on asphalt and dirt roads with some concrete walks. Guides, signs and painted arrows will be at all turns and intersections. See the detailed map on the reverse side.

AID STATIONS will be at 2-1/2 mile intervals with water and E.R.G. Entrants may have their own preparations placed at specified AID Stations if they are clearly labelled with their name and number and left with the Aid Station crew by 7:30 a.m.

MISSION BAY HALF-MARATHON: For those runners who have not worked up to the 26 miles per week recommended for minimum Marathon preparation, the MISSION BAY HALF-MARATHON (13 miles 205 yards) WILL BE HELD CONCURRENTLY WITH THE MISSION BAY MARATHON. Entry fee for the MISSION BAY HALF-MARATHON will be $1.00 and entries will be accepted until 7:30 a.m. January 10. HALF-MARATHON runners will receive times at all MARATHON splits and their names will be printed with the MARATHON results with their times. HALF-MARATHON entrants will not be eligible for MARATHON Awards, certificates, or T-shirts even if they decide to complete the marathon distance.

ACCOMMODATIONS, AIR TRAVEL AND SAN DIEGO TOURS: For special group rates and package deals, contact SPORTS TRAVEL INTERNATIONAL, LTD., 1531 Cable Street, San Diego, CA 92107 (714) 255-9555 before December 19.

T U R N A D O W N T R O P H Y

MISSION BAY MARATHON

JANUARY 10, 1976 MISSION BAY PARK, SAN DIEGO, CALIFORNIA 8:00 a.m.

In consideration of your accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims or damages I may accrue against the Amateur Athletic Union of the United States, the Pacific Southwest Association, A.A.U., the San Diego Recreation Department, Mission Bay Associates, the San Diego Track & Field Association, their representatives, successors and assigns, for any and all injuries suffered by me at the Twelfth Annual Mission Bay Marathon or en route to or from said event.

SIGNED THIS DAY, 1976.

SIGNATURE

PARENT'S SIGNATURE

ENTRANT'S NAME

AFFILIATION

ADDRESS

DIVISION

OR MISSION BAY HALF-MARATHON

MARATHONER: Do you plan to attend the picnic? _ NO. OF GUESTS

--- THE FRIDAY SPAGHETTI SupP..._ NO. OF GUESTS

COMPLETE MEDICAL STATEMENT ON THE REVERSE SIDE
RECORDS MEET

COLLEGE OF THE DESERT
Palm Desert, California

January 10, 1976

11:30 a.m. Joggers Mile
12 Noon 3,000 Meter Run
12:30 p.m. 60 Meter Dash
1:15 p.m. 600 Meter Run
1:30 p.m. 60 Meter High Hurdles
2:15 p.m. 1,000 Meter Run
2:30 p.m. 300 Meter Dash
3:00 p.m. 8-Man Mile Relay

FIELD EVENTS

11:00 a.m. Hammer
12 Noon Javelin, Shot Put, Discus, Long Jump

(Divisions: Open, Women, 5-year age groups to 75+)

High Jump and Pole Vault will start at 12 Noon to completion. Triple Jump will start on completion of Long Jump.

Weight Men - bring your various weight hammer, shot, discus, and javelin.
"IN CASE YOU DIDN'T KNOW" DEPARTMENT

In the November 1956 Olympics in Melbourne, Australia, Coach Laszlo Tabori, then 24, finished fourth in the 1500-meter run in 3:42.4, and sixth in the 5000-meter run in 14:09.8.

In the 1500, Ron Delaney of Ireland won in 3:41.2; Klaus Richtzenhain of Germany was 2nd and John Landy of Australia 3rd, both timed in 3:42.0. Laszlo, representing Hungary, was 4th, ahead of Britain's Brian Hewson (3:42.6) and Stanislav Junghwirth of Czechoslovakia (3:42.6).

In the 5000, Vladimir Kuts of the Soviet Union won in 13:39.6, followed by Gordon Pirie of Great Britain in 13:50.6, Derek Ibbotson of Britain in 13:54.4, Miklos Szabo of Hungary in 14:03.4, Alby Thomas of Australia in 14:04.6 and Laszlo.

Thomas, by the way, just turned 40 and won the 1500 in the World Masters Championships in Toronto in August in 3:59.5 and 3000 in 8:26.7. A week earlier, he won the 5000 in 14:49.8.

MARATHON RUNNING by Gaylord Kalchschmid

Like most endurance athletes, marathon runners are characterized by their highly developed aerobic capacities (VO₂ max) and an ability to tolerate high rates of energy expenditure (70% to 90% VO₂ max.) without accumulating blood lactate. During marathon (42 km. or 26 mi.-385 yds.) competition these runners must alter their speed to compensate for the detrimental effects of uneven terrain, wind resistance and thermal stress. Such factors add to the circulatory and metabolic demands of running. Heat produced in the active muscles must be transported to the body surface via the circulatory system and subsequently dissipated to the environment. Since the major responsibility of circulation is to transport nutrients and metabolic wastes; increasing the environmental heat stress will overload the circulatory system, thereby reducing performance and posing a risk to the runner's health. Despite these limitations, the marathon has been run in less than 2 hours and 10 min. at an average speed of 12.2 mph or 4 min. and 54 sec. per mile.
DAVE BABIRACKI will compete against other top world-class runners in the 2-mile run in the annual Sunkist Indoor Track Meet on January 16, 1976.

"It is not the critic who counts; not the one who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the one who is actually in the arena; who strived again and again; who knows the great enthusiasms and the great devotion and spends himself in a worthy cause; who, at the best, knows in the end the triumph of high achievement; and who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who make neither victory nor defeat." — Theodore Roosevelt

---

TICKET ORDER FORM

SUNKIST INDOOR TRACK AND FIELD MEET

Friday Evening, January 16, 1976

(For priority rights, this form must be in the mail by December 26, 1975)

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

I hereby apply for:

Reserved Seats at $7.50
Reserved Seats at $8.50
Reserved Seats at $5.50
Reserved Seats at $4.50

Mailing fee

Total

For Office Record

For Office Record

Name:
Address:
City Zip Phone

NEW MEMBERSHIP APPLICATION

NAME DATE
ADDRESS PHONE
CITY STATE ZIP
BIRTH DATE AAU NO. (if any)
INTERESTED IN: EVENT BEST TIME
TRACK FIELD
LONG DISTANCE

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

Yearly membership (includes monthly newsletter)

[ ] Individual Membership ... $10
[ ] Family Membership ...... $15
[ ] Contributing Membership . $25

[ ] Sustaining Membership ... $50
[ ] Century Membership ...... $100
[ ] Patron Membership ...... $500 or more