

SAN FERNANDO VALLEY TRACK CLUB

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NEWSLETTER

JANUARY, 1976

DECEMBER HIGHLIGHTS

MIKI GORMAN sets new world record in marathon for women vets.

JACKI HANSEN wins Honolulu marathon.

EARL RIPPEE runs PR in Honolulu marathon, finishing 4th in age group.

COMING UP IN JANUARY

Jan. 10. College of the Desert Meet, Palm Desert.

Jan. 12. Club meeting at club office.

Jan. 16. Dave Babiracki runs in Sunkist Indoor meet at Sports Arena.

Jan. 9. All-comers meets resume, each Friday at both Glendale College and West Los Angeles College.

Gorman Eclipses Marathon Record

A new milestone in the growing sport of long distance running was set when the San Fernando Valley Track Club's diminutive Miki Gorman set a world record for women 40 or older in the marathon with a time of 2:47:45.

The 4 ft. 11 in, 89-pound mother of an 11-month old baby ran a sensational race to easily win the women's open division, as well as the over-40 competition, in the National AAU Marathon championship in Culver City.

Valley Track Club teammate Leal-Ann Reinhart 28 was third in 3:04, exceptionally fast for her first marathon try. Penny DeMoss of Northern California finished second in 3:01.

The 26-mile, 385-yard championships were held in clear, 70-degree weather on the Culver City streets of Jefferson, Overland, Vista Dei Mar and Sepulveda.

Encouraging the new national women's champion among the way was teammate and current women's world marathon record holder (2:38:19) Jackie Hansen 27, who passed up the race to compete in the Honolulu Marathon tomorrow.

More than 600 men and women participated in the annual event. Gary Tuttle of Los Angeles won the men's open division in 2:17:26, the first time an American has won the Culver City race since San Fernando

Valley Track Club runner Bill Scobey won in 2:15:21 in 1971.

Her triumph takes on added significance, not only as a world record, but as a study in the aging process on the effect of the health and physical capabilities of human beings.

She is now only the second person in human history who, at the age of 40, has been able to compete successfully on a world-class level in running.

Only New Zealand's Jack Foster, who in 1974 at the age of 41, won a marathon against the best international competition in 2:11:18 (the world record is 2:08:34 by Derek Clayton of Australia in 1969) has previously been able to perform at top-level after age 40.

More men and women are taking up jogging and long-distance running in ever-increasing numbers as tennis courts and golf courses crowd.

HANSEN PLACES IN HONOLULU

San Fernando Valley Track Club's Jacki Hansen, women's world record holder in the marathon, was the first woman finisher in the 1975 Honolulu Marathon with a time of 2:49:24.

Her time was short of her record 2:38:19, set in October in Oregon, but was good under the weather conditions of the race.

Hansen was accompanied to Hawaii by her coach Laszlo Tabori and Valley Track Club president Earl Rippee, who finished fourth in the 55-59 age division with a very strong 3:18:43.

It was an exceptional performance for Rippee in only his second marathon try.

JANUARY AND FEBRUARY LONG DISTANCE RUNNING SCHEDULE

ALL ENTRIES CLOSE 15 MINUTES BEFORE START OF RACE!

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DATE/TIME	EVENT/DISTANCE	DIRECTOR/LDR LIAISON MAN	AWARDS	COURSE/FACILITIES/DIRECTIONS
SAT DEC 27 9:00am	Elysian Park 5km Cross Country	Tom Cory, 1915 Kenneth Road, Glendale 91201	Open 10; Vets 3/2/1; Teams; Open 3-5 man teams Masters 1-5 man team; 40+ 1-5 man team	Roads & trails in Elysian Park. Take Golden State Fwy to Stadium way cut off. N. on Stadium Way until you reach sign in area, just below police academy & baseball stadium.
SAT JAN 3 9:30am	S.T.C. Age Group Runs - 4 Mile	Jim Bole, 5475 Anaheim Rd., Long Beach 90815	Open 5, 16-19 5; 34/40/45/50 3 in each division; 55/60 2/2; 13-15 3; 12 & U 3; G/W/W 1/1/1	Santa Ana Fwy to Rosecrans, E. to La Mirada Blvd., N. to Alicante, E. to La Mirada Park. Grass on paths. Restrooms
LDRC Meeting will follow this race. All clubs should send one delegate. Other interested parties welcome to attend.				
In all races, you must show your ARU card or your entry fee will be doubled. This has not been enforced too well up to now, HOWEVER IT WILL BE ENFORCED FROM NOW ON!				
SUN JAN 4 10:00am	Signal Hill Race 6 Miles	Sponsored by American Avenue Track Club		From San Diego fwy take Lakewood Blvd. S. to Stearns, rt on Stearns to Redondo 1/2 block N. to open fields.
SUN JAN 11 9:00am	Pico Rivera 5 Mile Anniversary Run			Check in at Smith Park, Corner of Rose- mead Blvd. & Mines in Pico Rivera. Restrooms. Flat course through city streets & dirt roads.
SUN JAN 18 3:00pm	18th Annual Long Beach 10km Ocean Run	Geza Botlik, 4119 Exultand Dr., Palos Verdes Pen. 90274		Hard packed sand at low tide. Out & back course. Restrooms. Long Beach Fwy S. to Broadway, E. to Magnolia, S. to Ocean Blvd., E. to Junipero Ave., S. to beach.
SUN JAN 25 10:00am	Casitas 10km Handicap Ribbons to all finishers	Connie Rodewald, 852 Sharon Dr. Camarillo 93010 (805) 482-5360	5 HDCP; Open; sub-M; Vets 40,50; 15-u, 16-19; G/W/W. Awards beyond 1st to be by attendance.	Rolling paved course up to Casitas Dam & back, all trees & wind protected. Park & picnic area. Restrooms. Ventura fwy to Ojai fwy (Hwy 33) 5mi to Foster Park turnoff, marked Casitas Pass/ Santa Ana Rd. Main park is next to fwy
SUN JAN 25 7:30am	6th Annual World Masters Marathon 26.2 Miles	Bill Selvin, 2025 N. Tustin, #3 Orange 92665	Many & various!	Certified & undoubtedly our districts fastest marathon course. Pre-entries required, write Bill Selvin.
IN ORDER TO AVOID CANCELLATION OF SOME RACES WITHOUT NOTICE, YOUR CHAIRMAN MUST HAVE A CONSTANT SUPPLY OF HELPERS FOR TIMING, RECORDING, SIGN-INS, ETC. VOLUNTEER TO DO YOUR SHARE OF THE WORK. CONTACT STEVE BROTEN, 13512 E. RAMONA DR., WHITTIER. WE NEED LIAISON MEN FOR 12 COMING RACES.				
SUN FEB 1 9:00am	28th Annual "POD" Marty 9.6mi Run	Richard Soria, Montebello Dept. of Parks, 722-4700 Days Only	Open 10; HDCP 10; Women 3; 12&U 5; 13-15 5.	Four laps on City Streets. Fairly flat. Restrooms & showers. Check in at Monte- bello Jr. High at Cleveland & Maple in Montebello.
TROPHIES ARE NEEDED BY THE LONG DISTANCE RUNNING COMMITTEE FOR RECYCLING INTO NEW AWARDS. IF YOUR TIRED AT LOOKING AT YOUR OLD TROPHIES CONTACT: ALAN HAAS, 1507 OLD MILL ROAD, SAN MARINO, CA. 91108.				
SUN FEB 8 9:00am	24th Annual Hermosa Beach 5mi Distance Run	Martin DeMontt	Open 5; HS 5; 40/50/60 3/2/1; No women's awards	Scenic but tough course along board walk and soft sand. Restrooms. San Diego Fwy to Artesia, W. to Pier Ave., SW to Hermosa Beach Pier.
WE NEED AT LEAST 5 VOLUNTEERS FOR THIS RACE TO HELP WITH SIGN-INS AND TIMING. PLEASE CONTACT ME IF YOU ARE WILLING TO HELP. - Steve Broten				
SUN FEB 15 8:00am	SPA 30km Championship Sponsored by CCAC	Phil Clarke, 15232 Burton St., Van Nuys 91402, 780-0381	LDRC sends winner to Nationals. Trophy for 1st Medals 2-10; 35-39 1; vets 3/2/1; teams (3 man) 3 open, 1 sub-masters, 1 vet team	Three loops around Culver City on flat paved roads. Restrooms & showers. Check in at Veterans Auditorium, corner of Overland & Culver Blvds. in Culver City.
TO RUN EFFICIENTLY, THE LDRC MUST HAVE A CONSISTANT FLOW OF VOLUNTEERS TO HELP RUN OFF OUR RACES. TO AVOID CANCELLATION OF 10 RACES THIS QUARTER, CONTACT STEVE BROTEN, 13512 EAST RAMONA DRIVE, WHITTIER, CA. AND OFFER HELP!				
SUN FEB 23 9:00am	8th Annual L.A.P.D. 6.1mi Run		Open 5; Vets 3/2/1; W/G/W 2/2/1; 35-39 2.	Tough hilly course on paved roads through Elysian Park. Golden State Fwy to Stadium Way, check in at Police Aca.
SUN MAR 2 10:00am	4th Annual Malibu Cyn Cross Country. 10km Sponsored by CCAC	Bruce Robinson, 6322 Eileen, L.A. 90043	Open 10; Vets 3/2/1; 35+ 2; Women 2; 12-U & 13-15 2/2.	Trails & forests in scenic Tapia Park tough hills & Riverbed. Coast Hwy N. to Malibu Cyn to Tapia Park or Ventura Fwy 101 N. to Las Virgines Rd. W. to Tapia Park. Restrooms. Family Picnic.
LDRC meeting will follow race at noon; each club should send one voting delegate. All other interested parties welcome to attend.				

NATIONAL AAU MARATHON CHAMPIONSHIPS
CULVER CITY -- DECEMBER 7

As reported in the Van Nuys News article reprinted on page one, MIKI GORMAN's triumph was nothing short of fantastic.

Easily winning the women's open division, as well as setting a new world mark for women over 40 in the marathon, Miki's time of 2:47:45 was one of the best marathon times EVER recorded by a woman...only nine minutes over JACKI HANSEN's women's world mark.

Typical of runners, even when performing at their peak, Miki was less than satisfied, feeling she could have gone even faster.

LEAL REINHART's 3:04 was a magnificent effort for her first attempt at the distance.

GORMAN, HANSEN and REINHART give Coach Laszlo Tabori the most formidable array of women marathon runners in the world.

DAVE PARKER ran an excellent 2:51:13, about four minutes slower than his usual 2:47. MYRON SHAPIRO turned in a tremendous 2:54:38. Improving BRIAN STANSAUK also broke three hours with a strong 2:55:48. ED LOWELL, with GEORGE WILLIAMS bicycling alongside the entire distance giving moral support and encouragement, ran a good 3:32.

MIKE RICCI, KEN BLAYDOW and REID PRESSLEY also represented the San Fernando Valley green in the race. Reid went out fast, but had to exit at 17 miles.

Just-turned-forty Truman Clark of the Striders won the Masters Championship in 2:33:28, a new Southern Pacific District mark and the fastest performance by a U.S. master in 1975.

Miki ate spaghetti, rice and noodles the day before the marathon. Early Sunday morning she had honey-pound cake, tea and cookies. After the race, lots of juice.

HONOLULU MARATHON -- DECEMBER 14

Adding to the information in the Valley News article on page 1, the Rippees, the Taboris and Jacki Hansen flew to Hawaii for this event in which 712 of the 758 starters crossed the finish line.

In 75-degree, humid weather, 43-year-old Jack Foster of New Zealand won the open division in 2:17:26, while Jacki took the women's championship in 2:49:24.

JACKI HANSEN and Gary Tuttle were awarded 1975 co-runners of the year by the Seniors Track Club.

Entry requirements for the Boston Marathon on April 19th are 3 hours (open) and 3:30 (masters and women) since April 1, 1975. The Nor-Cal Running Review has blocked seats on TWA and rooms in Boston. If interested, write NCRR, PO Box 1551, San Mateo 94401.

If you have never been registered in the AAU and would like to do so, annual dues are \$3.50. We'll have a few forms at the January 12th meeting. Call the AAU if you prefer at 877-0256, or Al Sheahen at 785-1895 or 395-9991 who has some extra forms he can mail you.

AN INFORMATION MEETING will be held on the final Thursday of each month after the workout under the stands at Valley College in the room at the east end at 7:30PM. New members are especially invited to ask questions about the club. We'll also discuss the formation of teams for upcoming meets and road runs. This month's get-together: January 29th.

DON'T FORGET: January business meeting, Monday, January 12th, 7:30PM, club headquarters, 18321 Ventura Blvd., Tarzana, Suite 900 (Anvil Corp.). Lots of important matters to discuss and vote upon. Get off Ventura Freeway at White Oak or Reseda. Go south to Ventura Blvd., then west from White Oak. It's in the Barclay Bank Bldg.

1976 NATIONAL AAU LONG DISTANCE
CHAMPIONSHIP SCHEDULE

10km - Philadelphia, Pa. - TBA
15km - Santa Barbara - July 4
20km - Gardiner, Mass. - Oct. 31
25km - Cleveland, Ohio - Nov. 20
30km - Albany, N.Y. - March 28
Marathon - Crowley, La. - Oct. 17
50km - Bay area - TBA
50mi - New York City - early Oct.
12mi XC - Belmont, Cal. - Jan. 31
3000M Team XC - So. California - TBA

New AAU reimbursement policy for 1976 Olympic Marathon: Anyone who runs a 2:20 marathon between April 1, 1975 and the Olympic trials on May 22, 1976, gets his transportation, plus room and board, paid to Eugene for the trials. Anyone who runs between 2:20-2:23 is reimbursed room and board, plus transportation IF he makes the team.

NEW MEMBER:

Don Cochrane
Cal-State Northridge Univ.
Northridge 91324
885-2598
3-23-40
Long-distance

WORLD MASTERS MARATHON set for Sunday, January 25 at Chapman College at 7:30AM. You should have received your entry blank with the 1st quarter Long Distance AAU schedule. Contact: Bill Selvin; 2125 N. Tustin #3, Orange 92665.

GEORGE WILLIAMS ran a fine 1:19:42 in the 10.8 miler in the Rose Bowl on November 30.

LDR Long Distance Running Chairman Steve Broten has asked SFVTC to run the annual San Fernando Portsmouth Handicap, scheduled for March 6th. The city of San Fernando formerly sponsored this event, but they have bowed out. We will discuss this at the meeting on January 12th. The LDR is anxious to have each AAU club in the district sponsor at least one run per quarter.

ALL-COMER MEETS - West L.A. College -
4800 Freshman Dr. - Culver City

All-Comer meets scheduled each Friday in January. Field events start at 2:30PM. Running events begin at 3PM.

ALL-COMER MEETS - Glendale College -
1500 N. Verdugo Rd. - Glendale

Three more meets set for Friday, Jan. 9th, 16th and 23rd. Field events start at 2PM; running events at 3PM. 25¢ admission to field.

ALL-COMERS MEET - LONG BEACH - DEC. 20

MARK KENNEDY finished 5th in the mile in 4:16. Mark's 1975 best was the 4:07.2 he ran at Long Beach May 31. He leaves January 1st for New Zealand for a running visit.

RICHARD NANCE ran a PR 9:13 2-mile.

ALL-COMERS WOMEN'S MEET - UCLA - SUN.
JANUARY 4.

Time trials will be held with top performers being invited to compete in the Jan. 16 Sports Arena indoor meet.

The Anaheim Indoor Meet has been cancelled.

The David Pain's and the David Jackson's went to South Africa (December 5 thru December 23) to arrange a possible Masters meet with the South Africans. Report of their trip in next issue.

GLENDALE COLLEGE DECATHLON - Dec. 6.

Newly-turned-40 John Tansley won the 40 & over with Leon Frankamp 2nd. Ex-world record holder Cornelius Warmerdam won the 60 division with Bud Deacon 2nd.

SAN BERNARDINO VALLEY COLLEGE ALL-
COMER MEET - JANUARY 24 - 10AM.

Coach Fortune Gordien has organized this meet with Open, novice and Masters divisions. Track events begin at Noon. No awards. No finals. Just heats. Grass track. 120HM, Mile, 330, 880, 2 mile, Javelin, Shot, Long Jump, Triple Jump, Pole Vault, High Jump.

REPORT OF CLUB MEETING

About twenty members attended the club meeting on Monday, December 8 at the official club office, which doubles as Earl Rippee's Anvil Insurance Corporation, at 18321 Ventura Blvd. on the 9th floor.

Earl announced that the club was solvent, with about \$600 in the bank. He said his company was flying Laszlo and his wife to the Honolulu Marathon, accompanied by Jacki Hansen, himself and wife Barbara.

AAU Representative Al Sheahen informed the group that the AAU was giving all member clubs the option of collecting its own members 1976 AAU dues, then forwarding the sum en masse to the AAU. The sentiment of the group, however, was that the bookkeeping and communication problems were ones which could best be handled by the AAU office, and so voted to let the AAU bill each member individually, as has been the custom in the past.

Al also cited the difficulties in obtaining from the AAU the \$180 promised for Dave Babiracki's travel expenses to the June AAU nationals in Oregon.

Associate member Wes Alderson introduced a whole new set of problems which the Long Distance Running Committee is having with the AAU, and asked for the support of the club.

It seems, according to Wes, that at the annual AAU convention in New Orleans in late November, a number of objectionable motions were passed. Among them was a new rule that, to gain sanction of the AAU for a long distance running event would now cost \$20 instead of \$10.

Another was that the AAU would no longer sanction races which were not sponsored by a member club. In other words, events such as the Culver City Marathon would no longer receive AAU sanction unless officially sponsored by an AAU club.

Wes and other LDR committee members planned to protest the highhandedness of the national AAU action to the local AAU policymakers.

Dave Babiracki will coordinate men's open teams. Anyone interested in running as a team member in the open division in meets and road races should notify Dave, at 360-6723.

Mark Kennedy announced he was going to New Zealand on January 1st for a visit and to compete against top New Zealanders in their summer track season.

Mark suggested that we try to line up John Walker, world mile record holder, to speak to track buffs when he visits Los Angeles to run in the Times' Forum meet in early February.

Mark further proposed a club meet, for SFVTC members only.

Dave, Mark and Jerry Wojcik brought up the subject of fund-raising. A suggestion was made to solicit contributions from local businesses. A committee was formed, consisting of Jacki Hansen, Dave, Mark, Jerry, Jackie Grayboyes and Heather Tolford to propose fund-raising suggestions to the membership at the next meeting on January 12th.

New membership chairman Dick Wager-Smith reported that dues notices would be in the mail shortly; that most members' dues were payable by January 1st; that others would come due a year from their joining date. All members were urged to mail in their \$10 promptly, since we want to issue a new membership list by the 1st of February.

Anyone wishing to go to the Sunkist Indoor Meet on Friday, January 16th as a group should mail \$7.50 to Al Sheahen, 6200 Hazeltine, Van Nuys 91401. We'll get a block of seats and watch the meet together.

The next meeting, at which time specific club projects will be voted upon, will be held on Monday, January 12th at 7:30PM at the club office. Try to make it. We need a lot of club participation if we're going to continue to grow.

Chairman's report of the Masters Track & Field Committee at the A. A. U. 1975 Convention

I went to the Convention pessimistic about advancement of the Masters program in the AAU. After a great deal of work, aggravation, "politicizing", debates and votes I left enthusiastically. A major change was evidenced by the AAU in relation to the Masters, culminating in major structural changes in the program. First of all, we became a separate standing sports committee in track and field for both men (40+) and women (30+) Masters. This means that we will be able to formulate our own rules, in keeping with the AAU Code. We will be able to propose Code changes easier; elect our own officers; stand as equals with the other committees; receive more assistance from the AAU House; and receive 50¢ for our committee out of the AAU dues. It is thus important that all Masters list "MASTERS TRACK & FIELD" as their sport when renewing AAU Membership. Aside from the practical results of this action it is a clear recognition of our accomplishments, our unique program and the need for our autonomy.

A Masters Coordinating Committee is also being formed with Bob Helmick, the 2nd Vice-President of the AAU as Chairman. Its function will be to coordinate all Masters groups within each sport. It is hoped that in the future each respective Masters group within a sport will automatically become a separate standing sports committee. We have already established close rapport with the Masters Swimmers. It is possible that a National Masters Coordinator may be appointed in the future.

The last major action taken by the AAU was the adoption of a resolution that I drew up directed to the IAAF to have a separate Masters Committee formed in that world body and to permit all athletes over the age of 40 to compete in Masters competition, regardless of the IAAF Rule 53 (defining "professionals"). This is quite important as it will affect the proposed World Masters organization and is also related to the question of Masters participation in I. T. A. meets. I was selected as the American representative to any world masters committee in the IAAF.

Based on the above actions of the AAU I can strongly recommend that the Masters continue to work within the AAU both for our particular program and the betterment of all of amateur athletics.

A major restructuring of the AAU will take place next year to comply with the requirements of the Olympic Committee. An Athletic (meaning all running, jumping, throwing and walking events) Control Board will be established. The Masters will be fully represented on that Board. Relative to the Olympic team we will have a voice but no vote. This is another recognition of our status.

There are many things that have to be done in the next year. We have to compose our own rules (most of which we've already determined); work within the IAAF for recognition; continue to work with the AAU in the new Athletic Control Board and Masters Coordinating Committee. There will be two meetings held at the National Outdoor Masters T & F Meet to vote on all of these matters.

Under our new status the AAU Code requires that all site selection and election of officers take place at the AAU Convention. However, I believe that our main meeting should still take place at the Outdoor Championships. Bids for the 1977 meets and thereafter should be presented this summer as well as officers for 1977. Changes in the AAU Code must take place at the Convention. If the Masters are to have a real input in the AAU we must get involved with our local Association. As a separate standing committee we can now sanction our own races at all levels. All Masters are urged to get involved with their local Associations and to attend the Convention if possible. I believe that the AAU would welcome the leadership we can provide. I believe that we should think not only in terms of our own Masters program but also in terms of athletics in general. An AAU Convention can be tiring and irritating but it can also be very productive.

The Following sites were selected for the 1976 Championships:

Indoor Track & Field - Tufts College, Boston, Mass. March 13th or 14th. Contact Bob McVeigh, Boston A.A. 50 Cornhill, Boston, Mass. 02108.

Outdoor Track & Field - July 4th weekend, Gresham, Ore. Jim Puckett, Mt. Hood C.C. 26000 S.E. Stark St., Gresham, Ore. 87030

Decathlon - week after the Outdoor Meet also at Gresham

Pentathlon - (Regular and also Weight Pentathlon) April 2, 3, 4th Raleigh, N.C. contact Bob Boal P.O. Box 5576 State University Station, Raleigh, N.C. 27607

The Long Distance Running Committee selected the following sites:

10000 meter cross country: Belmont Cal. 11-13-76
15000 meter cross country: Hawaii 4-18-75
20 kilo, 5-22-76 Washington, D.C.
25 kilo, TBA, New York City
30 kilo, 6-6-76, Albany, New York
Marathon, 12-12-76, Hawaii
one hour, Southern Pacific, *Santa Barbara, late July.*
50 mile, 11-6-76, New York City.

It should be noted that the woman masters in track and field are now part of our committee. I am requesting that women be given a position on the Executive Board of all of the Regional Councils. Women's events can now be sanctioned as National and Regional Championships. There will be women's events in all championship meets. The number of events will depend on the number of competitors. I am going to recommend that at the minimum there be at least one sprint, middle distance and distance event for women. I hope that more running events and field events will held.

Relative to Long Distance there is a question as to whether the Long Distance Masters (LDM) should operate under the existing Long Distance Running Committee (LDR) or under the Masters Committee. I personally feel that whatever the athletes desire should be granted. I don't believe that anyone at this time really knows what the LDM would prefer. I request that all Masters clubs and race sponsors solicit the opinion of LDM as to which committee they would prefer to work under. I believe that Championship events can be used to spur the movement and that the LDR Committee has not spread them around enough to aid the movement. Most of the races are divided between the Metropolitan AAU (New York City) and the Pacific Coast Associations. For example, the Masters marathon has never been held East of the Rockies. In addition, with the LDM under the Masters Committee we will have more directly involved in our program and more strength with greater numbers. Furthermore, many of our Masters clubs could run various National and Masters Long Distance Championships. The counter argument is that the Masters have been treated fairly in Long Distance Running, are easily intergrated into that program and could better utilize their abilities to develop the LDR program. Opinions on this question would be appreciated.

The weights used by Div. III have been reduced to the 8lb. shot, 1K discus, 600 gram javelin and 12 lb. hammer. This is in keeping with the overwhelming opinion expressed by Div. III athletes at White Plains.

The following American 40+ records were approved:

1 mile, 4:24.0, Ray Hatton; 6 mile 29:59.0, Ray Hatton; 10000 meters, 30:56.0 Ray Hatton; steeplechase 9:18.6 Hal Higdon, 20 kilo 70:50.0 Jerry Smartt; 25 kilo 1:37:30.4 Pete Mundle; 30 kilo, 2:02:16.2 Pete Mundle; 35 kilo 2:48:53 Dan Sheeran; 40 kilo 3:13:22 Dan Sheeran; 50 kilo 3:59:50 Dan Sheeran; 15 miles 1:33:30 Pete Mundle; 1 mile relay 3:33.4 Seniors Track Club; 2 mile relay 8:27.2 N.Y. Pioneer Club, shot 53' 3 3/4" Ed McComas Discus 49.9 meters Ed McComas.

Ken Weidkamp, 14230 SW Derby St., Beaverton, Ore. 97005 has been appointed as the Northwest Regional Chairman and Jim Pepper P.O. Box 12345, Atlanta, Georgia, 30305 has been appointed as the Southeastern Chairman. I refused to accept the resignation of Ed Phillips as the Western Chairman and he is still with us.

I still feel that it is to our advantage to form a National Masters organization despite the glad tidings at the AAU Convention. Such a group, I would hope, would affiliate with the AAU and/or the Road Runners and/or the USTFF. The proposed organization may be called the American Masters Sports Assoc. (AMSA). Eleven clubs have already expressed a desire to participate. No club will lose any autonomy in joining. The organizational meeting will be held at the Outdoor Championships. Enclosed is the proposed Constitution. The advantages would be sharing of expenses, a national newsletter, national sponsors, coordination of activities, and better communication. New York, Phila., Western Penn., Albany, N.Y. Chicago, Atlanta, Ohio, Indiana, Mid-America (Kansas), Houston, Richmond have signed up. I expect at least 20 clubs will join in the next 6 months. All those interested please contact me.

Respectfully submitted,

Robert G. Fine, 77 Prospect Place, NYC 11217

WOMEN'S OLYMPIC MARATHON

by Tom Sturak and Leal Reinhart

The International Road Runners Club based in Switzerland is currently studying the feasibility of including a marathon for women in the 1980 Olympic Games in Moscow. But recent events have confirmed that, by rights, women should be allowed to compete in the marathon at the 1976 games in Montreal.

On October 12 in Eugene, Oregon, Jacqueline Hansen, a 26-year-old Californian, became the first woman to run a regulation marathon (26 miles, 285 yards) in under 2 hours and 40 minutes, lowering the world mark to 2:38:19. Only ten men in the field of nearly 100 finished in front of her in that race. The winner, Jon Anderson, a 1972 Olympic competitor, was duly impressed with Ms. Hansen's feat: "She was real close to a six-minute pace and that's a goal for many guys. A lot of men would be pretty pleased with a time like that."

Indeed they would: In the 1972 Olympic marathon, for example, ten men finished in a slower time (the last, in 3:24:21). Ms. Hansen's time, moreover, would have been good enough -- had she been male -- to win her a place on every American Olympic marathon squad up to the 1960 games. What's more, with 2:38:19, she would have placed among the top six finishers in seven Olympic Games marathons -- and would have won five of those races.

Ms. Hansen is no "freak." Since she herself first lowered the women's marathon record to 2:43:56 in December, 1974, two West German runners, Liane Winter and Christa Vahlensieck, respectively, had raced 2:42:33 and 2:40:15. To date, seven different women have officially recorded ten sub-2:50 marathon performances. All told, probably 25 or more have broken three hours on at least half-a-hundred occasions. Many of these athletes and others coming up will inevitably run much faster. Last February, Oregonian Lili Ledbetter ran 2:56:07 at the age of thirteen.

That this emergence of quality women marathoners has taken place during only the past few years makes their achievements all the more noteworthy. Consider, for example, that in the 1973 Boston Marathon

Jacqueline Hansen was the first woman finisher in 3:05:59 -- nearly half-an-hour slower than her present best time--while Jon Anderson again was the overall winner in 2:16:03, only five seconds off his time this year in the Eugene race.

The first officially recognized marathon mark for women was a 3:07:27 set by Anni Pede Erikamp of West Germany in 1967. (Prior to that time, only a handful of unofficial marks by women can be found, most barely under four hours.) As late as 1970, the record stood at 3:02:35, and only about 25 women had run faster than four hours. But a year later, American Cheryl Bridges lowered the record to 2:49:40, and some 25 women had run within a few minutes of three hours or faster. In late 1973, Japanese-born Miki Gorman, then 38-years-old, raced 2:46:36. A year later, France's Chantal Langlace shaved the mark to 2:46:16.

A major turning point came in September 1974 at the second International Marathon Championships exclusively for women, held in Waldniel, West Germany, where some 40 competitors from 20 nations met. The first seven finishers broke three hours, the best mass marathon performance by women to date (matched in the Boston Marathon this past April). Even more remarkable, only one entrant failed to finish (she twisted an ankle), lending empirical proof to the long-standing hypothesis of Dr. Ernst van Aaken, renowned sports-medicine practitioner (and sponsor of this race), that women are physiologically better suited than men for endurance events. (In the 1972 Munich Olympic marathon, run under similar climactic conditions, 12 of the 74-man field failed to finish.)

No one argues that the best women marathoners are ever likely to be a match for the best men, no more than they are in any track and field event. For example, after a half-a-century of international competition, the best women at 100-meters are still

WOMEN'S MARATHON (continued)

roughly 10-percent slower than the best men sprinters. Since the introduction of a women's 1500-meters in the 1972 Olympics, the gap between the best women and men middle-distance specialists has closed to about 12 percent. The best female marathoners currently run about 19-percent slower than their male counterparts, but this gap is bound to narrow rapidly over the next few years. Consider that 1) men have been engaged in international marathoning for over 80 years; and 2) that over the past forty years, the men's marathon record has come down barely 20 minutes, whereas since 1967 the women's has fallen nearly 30 minutes.

Races create runners and opportunity develops talent. As more women continue to run more marathons, times continue to drop. All of which seems to soundly refute the argument that women have neither the strength for nor the interest in running long distances. The third annual National AAU Womens Marathon Championships held recently in New York's Central Park attracted a field of 44 runners. Though several top-ranked athletes were unable to compete (including Jacqueline Hansen and defending champion Judy Ikenberry), the results were impressive. The race was won by 20-year-old Kim Merritt in 2:46:14 -- fifth best ever by a woman -- over a difficult course. Second in 2:53:02 was Mike Gorman -- now 40 years old -- running her first marathon since giving birth to a baby this past January. The next three finishers also came in under three hours.

Since it was only in 1972 that a 1500-meters (less than one mile) race was added to the women's Olympic schedule, the fact that a marathon study for the 1980 games is even being done might be viewed as nothing short of miraculous. But for today's top women marathoners throughout the world, who have put in years of endless training miles and have recorded dozens of respectable performances, the possibility of competing in Moscow four years hence is small consolation.

Olympic officialdom may argue that it is simply too late to include a women's marathon on next year's schedule for Montreal. But what's to prevent allowing each nation to enter three qualified women (those who have run, say, under three hours) to compete in an integrated marathon? No change in the present program would have to be made to accommodate these women marathoners. And odds are that no official or spectator would have to wait for one of them to stagger into the stadium dead last.

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RECORDS MEET -- JANUARY 10 --
COLLEGE OF THE DESERT, PALM DESERT

This is traditionally a colorful meet, run on grass, in 5-year age groups to 75 and over.

A group is planning on going out together, maybe in Wilbur's or Gaylord's van. Masters captain Jerry Wojcik is coordinating the trip. If you'd like to compete, call Jerry at 363-6652.

Field events get under way at 11AM with the Hammer Throw, followed by the Javelin, Shot Put, Discus and Long Jump.

There's a "Joggers Mile" at 11:30AM followed by a 3000-meter run, 60-meter dash, 600, 600H, 1000, 300, 8-man mile relay and 4-man 240-meter hurdle relay.

A map was published in the December newsletter. Take Route 10, turn off at Thousand Palms on Bob Hope Dr., turn left on 111, left on Park View to the College.

WHAT WE CAN LEARN FROM RACE HORSES, OUR CLOSEST RELATIVES IN THE RUNNING GAME by Al Sheahan

As both a runner and a horse-player I've long been fascinated by the similarities between human running and horse racing. Can runners improve their performances by applying successful techniques used in horse racing? The similarities of the two species are obvious: both humans and horses have legs, a heart, a circulatory and respiratory system; both train for months before they're ready to run in competition; both get sore muscles, both get tired.

But the differences are equally obvious: horses have four legs instead of two; their psychological drives are less refined; they race strictly to make money for someone else, and they are under that someone else's total control.

Over several centuries, the horse trainers have perfected techniques necessary to get the best out of their horses. It's a tough, competitive business, and a trainer has to be good to survive in it. Without good trainers, horses go nowhere. And when they go nowhere, they earn no money.

John Russell is the number one money-winning trainer at the number one track in the United States (both in attendance and purse-money distribution)—Hollywood Park in southern California.

Russell, a cross-country runner while growing up in England, trained Susan's Girl—the top 3-year-old in North America last year. When I approached him at the track, he was anxious to discuss the relative merits of horse and human running training.

I first asked Russell if there were enough similarities between horse racing and human racing to make the subject worth discussing.

Indeed there are striking similarities, he said. "Both have to be in top physical condition for optimum performance. We're talking about animals of different species, granted, but we're talking about flesh and blood animals and what makes them tick. I think there are some valid comparisons."

He said just as humans differ in physiology and psychology, so do horses. He follows a general training program, but allows for physical and emotional differences in his horses, just as good track coaches do with their runners.

Some horses train hard, some train easy. Some run year-round, some need to freshen up on the farm for a few months. In races, some run best out in front, some come from behind. Some are tough, some fragile. Some are built for distance running, some for speed.

But, Russell cautioned, "There are some tremendous differences, too (between human and horse racers)." One of the biggest differences is that horses run for money, and earning as much money as possible is always a prime consideration—even at the expense of a horse's longevity. Second, horses wouldn't compete under these circumstances if they weren't forced; humans would. Third, horses carry more than a hundred pounds on their backs; humans don't. Fourth, they have different metabolism.

The trainer said, "A horse's metabolism is far more accelerated than a human's. That's why they only live to be about 20 years old, and then they keel over." The rapid metabolism means a horse can run faster than a man, but it can't go as long.

The horse's heart works harder than a man's. "I think," Russell told me, "That the human heart is probably the most efficient machine in the entire world. We've had people who have run track come into horse racing and try to train horses with human techniques in mind. They usually just train the horses into the ground."

He said 15 minutes of slow running is a hard day's work for a horse, and that it's easier to overtrain a horse than a man: "The top human athletes do their own training and have their own programs. They decide how hard they should train. And knowing human nature, the inclina-

tion is to undertrain rather than overtrain. But in the horse racing industry, the trainer sits on his fat rear-end and directs what the animal should do. He's a lot less forgiving to the animal than he possibly would be to himself."

When horses are overtrained, the same thing happens with them as with their two-legged counterparts. Their legs get sore. Russell estimated that 80% of the active thoroughbreds "are running on some sort of infirmity." So their hard workouts can come only infrequently, with light training or rest days in between.

I asked Russell why the fastest horses in the world were so fragile.

"I wouldn't really say they're fragile," he said. "But they run under extraordinary conditions. A horse is designed to be fast for self-preservation. But he didn't carry anybody on his back when he made his getaway. And he didn't have to run down a cultivated racing strip that, by animal standards, is very hard. And he didn't have to come smashing away from a starting gate with somebody whipping his rear-end either."

Russell went on to cover a wide range of training and racing techniques, many of which are applicable to humans once adjustments to specific differences are made:

o **Training:** Russell's horses have a 90-day build-up before racing. The first 45 days, the horses do "long slow gallops," starting at a mile and moving up to two miles maximum. They then gradually add speed, running a mile at 80% of race pace. About every fourth day, they run a very fast sprint of about a half mile. They work to a peak. Sound familiar?

o **Sharpening:** His horses start the season with sprint races of perhaps three-eighths of a mile. "They put different demands on him, use different muscles," Russell said. "Usually if you train a horse up to a mile and a quarter, and I'm sure this is true of humans, you can very well do so much long training that you could make the horse psychologically dull. They may need two or three races to reach their peak—not only physically, but psychologically."

He admitted the horses also go in these shorter (and therefore easier) events for the money: "I think Jim Ryun might drop off to some bush meet and win a 440 sprint for a little big money while he's getting himself up to his optimum performance. It's a matter of economics."

o **Pace:** "For the longevity of the horse, it would be better to start off much slower and finish full of run. That's the way they do in Europe, and that's why the times are much slower. In this country, they start as fast as they can, and the fittest or the best is the survivor at the end, which generally means horses are absolutely exhausted at the end of a race. I don't think we're doing the right thing with the horse aesthetically, but there's a dire need for making these horses pay their way."

o **Tactics:** "If a horse is quick, we generally try to sneak a bit of a lead without having to use him. A lot of speed horses will run relaxed and easily if they're out front. They're able to save energy for the stretch run. But if two or three horses go neck and neck for the lead, they usually burn themselves out and set it up for a 'closer.' I suspect the same thing applies to humans. We try to use a horse's talents to advantage. If it's very quick, we don't detract from its ability by taking it back off the pace and expecting it to be quick at the end, because psychologically, it's not capable of doing that. So we try to get as far in front as possible, and hope it can stagger in from there. And occasionally, the strategy works."

o **Race frequency:** Russell's horses run to the limit when they race, as champion human runners do. But he guards against racing the thoroughbreds too often. He wouldn't consider racing a horse twice in one day, or one day and the next.

"In the old days they used to do that," he said. "But horses became more valuable, and because they run faster they've become bigger and stronger. But their legs haven't developed with their ability and talent. Consequently, we're winding up with a higher incidence of leg injuries."

**SAN FERNANDO VALLEY
TRACK CLUB**

18321 Ventura Blvd.

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Van Nuys, Calif. 91356

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

SFVTC ON TV!

Jacki Hansen will be featured on CBS Television (Channel 2) on Sunday, Jan. 18th at 4 pm. The program is "It Takes All Kinds". Supporting cast will be members of the San Fernando Valley Track Club, Coach Laszlo Tabori and Club President Earl Rippee.

If you haven't already sent in your 1976 membership dues, now's the time. Fill out the application if there's any change in your address, phone, etc. and mail with your ten dollars to SFVTC, 18321 Ventura Blvd., Suite 900, Tarzana 91356.

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)

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| <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 |