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SAN FERNANDO VALLEY TRACK CLUB

Coach: Laszlo Tabori
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NEWSLETTER

FEBRUARY, 1976

JANUARY HIGHLIGHTS

JACKI HANSEN voted U.S. female athlete-of-the-year by Runners World Magazine; takes 2nd in Sao Paolo Midnight Run.

DAVE BABIRACKI runs lifetime best 8:39 two-mile to finish 4th in Sunkist Invitational in Sports Arena; places 2nd in National Cross-Country qualifier to earn trip to Wales.

RON KURRLE takes 2nd in World Masters Marathon in 2:22:27.

COMING UP IN FEBRUARY

Fri. Feb. 6. Dave Babiracki runs 2-mile in Times Indoor Games at Forum.

Sat. Feb. 21. Babiracki runs in San Diego Indoor Games.

Tues. Feb. 24. Dave flies to Wales, Great Britain for international cross-country championships.

Sun. Feb. 15. SPAAAU 30km championships, Culver City.

HANSEN WOMAN ATHLETE-OF-THE-YEAR

JACKI HANSEN added to her impressive list of 1975 achievements by being named the female U.S. athlete of the year by Runners World Magazine.

"Liane Winter, Christa Vahlensieck and Jacki Hansen," the magazine notes, "took turns improving the world marathon best. It started the year at 2:43:54 (Hansen) and ended at 2:38:19 (Hansen again.) So Jacki was named the top US woman runner."

Jacki beat out Francie Larrieu, Julie Brown and others to win the coveted honor. Irena Szwinska, Poland's 440-yard record setter (51.3) repeated as World athlete of the year. John Walker and Bill Rodgers were rated top world and U.S. male runners respectively.

BABIRACKI RUNS 8:39 IN SUNKIST MEET

DAVE BABIRACKI, the San Fernando Valley's prime candidate for a trip to Montreal as a member of the U.S. Olympic team, overcame the tight turns and elbowing that are synonymous with indoor running to race to an outstanding 8:39 clocking in the two-mile run of the Sunkist Invitational Meet at the Los Angeles Sports Arena January 16th.

With Coach Tabori and a club rooting section cheering him on, Dave placed 4th behind Paul Cummings' phenomenal -- for this early in the season -- 8:29. Frank Shorter was second.

Boxed in for the first few laps, Dave broke into the lead and held it through a 4:18 mile before Cummings went by with about four laps to go. The time broke Babiracki's previous 2-mile best of 8:42, set outdoors last May.

LONG DISTANCE RUNNING SCHEDULE

ALL ENTRIES CLOSE 15 MINUTES BEFORE START OF RACE!

Page 2

| DATE/TIME | EVENT/DISTANCE | DIRECTOR/LDR LIAISON MAN | AWARDS | COURSE/FACILITIES/DIRECTIONS |
|--|---|---|--|---|
| 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 men) 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 22 9:00am | 8th Annual L.A.P.D. 6.1mi Run | | Open 5; Vets 3/2/1; W/G/WV 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 FEB 24 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 sconic 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. | | | | |
| SAT MAR 6 10:00am | 22nd Annual San Fernando Handicap 6mi | | Open 5; Handicap 10; Women/WV/G 1/1/1; 12-U 13-5 3/3 | Flat course on city streets. Restrooms. Golden State Fwy or San Diego Fwy to San Fernando Mission Blvd. E. to San Fernando Recreation Park. |
| SAT MAR 13 9:00am | SPA 25km Championship at Lunada Bay | Carl Paulson, 89 15th Street, Hermosa Beach, CA. 90254 | Open 10; Vets 3/3/1; G/W/WV 1/1/1; 16-19 2; 12+U, 13-15, 35+ 2/2/2; Teams: 2 open of 5 men; 1 3 man vet team; 1 3 man 35+ team. | Three laps on paved roads, over moderate hills. Restrooms. Take Palos Verdes Dr. W. to Claydon Rd. W. to Palos Verdes H.S. Showers. |
| SAT MAR 20 8:00am | L.A. Marathon 26.2mi. Sponsored by Japanese-American Optimist Club & Recreation Dept. | Fred Honda, L.A. Rec. Dept. 200 N. Main St. City Hall East 13th Floor, L.A. 90012 | | Course runs from Elysian Park to Griffith Park & back over paved roads. Some tough hills. Restrooms & showers. Golden State Fwy to Elysian Park, check in at L.A.P.D. Academy. |
| SUN MAR 21 9:00am | Arroyo Verde 15km Cross Country | Connie Rodewald, 852 Sharon, Camarillo 93010 | Fast time trophy 5 HDCCP; G/W/WV vets. Awards beyond 1st to be by attendance. | Three laps in park on grass & dirt trails with lots of small hills. Ventura Fwy to Victoria, 2mi N. to Foothill, 1mi W. to Park in Ventura. |
| SAT APR 3 9:00am | 10th Annual 2 Men 14mi Relay. Sponsored by Seniors Track Club. | Joe Burgasser, 2721 168th St., Torrance 90504 | Open 3; Various age groups. | Fairly flat course on paved road through La Mirada Park. Runners in teams alternate 1.4mi laps 5 times each. Santa Ana Fwy to Rosecrans, E. to La Mirada Blvd; W. to Alicante; E. to La Mirada Park. |
| SAT APR 17 10:00am | Conejo Handicap 10km | Connie Rodewald & Conejo Track Club | Awards beyond first to be by attendance. | Ventura Fwy N. to Wendy Dr., W. 3mi to Holloway, N. Knollwood left (West) to Conejo. |
| SUN APR 25 7:00am | 50km Championships awards to all finishers | Connie Rodewald, 852 Sharon, Camarillo 93010. (805) 482-5360 | Open; sub-M; Vets 40, 50; boys 19-U; G/W/WV; one senior team; one masters team; scores by time. | No pre-entry. Course all paved, rolling but no hills! Entry fee \$3.00 this race only. Ventura Fwy to Calleguas Rd. E. of Camarillo. S. 1mi to Adohr Dairy. Parking in designated area only. Restrooms. |

NOTES

- Entry fee is \$1.50 for all SPA races shorter than the marathon distance. The entry fee for the marathons and 50km 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.
- Girls (12 & U); Women (13-29); Women Vets 30+ must either run in their division or in the OPEN; same for boys in 16-19; 13-15; and 12-U 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.
- AAU card must be SHOWN upon entering or entry fee is doubled. THIS RULE WILL BE ENFORCED!!

AAU LONG DISTANCE RUNNING COMMITTEE
REPORT ON MEETING OF DEC. 15, 1975

The LDRC came to a compromise with the SPAAAU as follows:

- "1) Sanctions and sponsorships of races need not be obtained only by member clubs. The LDRC, itself, will be able to co-sponsor the races in question (such as the Culver City Marathon), along with, say, a City's Dept. of Parks. This will enable us to retain a full schedule of races.
- 2) Certain sanction fees may be waived, but unfortunately the \$20 sanction fee remains in effect for the most part.

Steps should judiciously and calmly be taken to explore the possibility of joining an allied body such as the RRC (Road Runners Clubs), in the manner suggested recently by John Brennand. We should not feel pressed to do so, but it will be nice to have another avenue open to us if we feel squeezed in the future." Steve Broten & Wes Alderson

KURRLE RUNS 2:22 MARATHON

New member and long distance runner extraordinaire RON KURRLE finished 2nd in the World Masters Marathon at Chapman College on January 25th in the incredible time of 2:22:27.

CLUB OFFICERS:

President Earl Rippee
Vice-President ... Gaylord Kalchschmid
Treasurer Earl Rippee
Membership Dick Wager-Smith
Newsletter & PR .. Al Sheahen
AAU Representative Al Sheahen
Medical director . Gaylord Kalchschmid
Team captains:
Men's open Dave Babiracki
Women's Jacki Hansen
Sub-masters Reid Pressley
Masters track ... Jerry Wojcik
Masters long dist Earl Rippee

BABIRACKI QUALIFIES FOR TRIP TO WALES

Confirming the fact that he's in top shape, DAVE BABIRACKI took 2nd place in the National Cross-Country Championships in Belmont, California on Sat. January 31.

He finished the tough, hilly run five seconds behind Gary Tuttle of Los Angeles. Tuttle beat Dave in the cross-country SPA and nationals last fall, but Dave whipped him in the Sunkist 2-mile.

"I think I could have won it," Dave opined, "but I got some big blisters on the bottom of my feet. Mainly I just wanted to qualify."

The first eight finishers will fly as the U.S. AAU team to Wales -- part of the British Commonwealth just west of England -- on February 24th for an international cross-country championship race on February 28th.

KENNEDY RETURNS

MARK KENNEDY just got back from his running tour of New Zealand, where he ran a good 3:52 1500-meters, and served as the "rabbit" in a couple of John Walker's races. Hopefully, Mark will tell us more about his trip in the next newsletter.

RUNNER'S WORLD ATHLETES OF THE YEAR--1969-1975

| Year | World Men | World Women | US Men | US Women |
|------|---------------|----------------|----------------|-----------------|
| 1969 | Derek Clayton | J. Jehlikova | George Young | Doris Brown |
| 1970 | Ron Hill | K. Burneleit | Frank Shorter | Francie Larrieu |
| 1971 | J. Vaatainen | K. Burneleit | Marty Liquori | Doris Brown |
| 1972 | Lasse Viren | L. Bragina | Frank Shorter | Kathy Hammond |
| 1973 | Ben Jipcho | Renate Stecher | Steve Williams | Mary Decker |
| 1974 | R. Wohluter | I. Szewinska | R. Wohluter | Francie Larrieu |
| 1975 | John Walker | I. Szewinska | Bill Rodgers | Jacki Hansen |

ANNOUNCEMENTS....

At the January 12 club meeting in the club office at Earl Rippee's Anvil Corp. Insurance headquarters, it was announced that Mark Kennedy is getting T-shirts with the club emblem. They'll be red and blue, rather than green, and will sell for \$4.

DAVE BABIRACKI volunteered to take over the chairmanship of the San Fernando Portsmouth Handicap road race on March 6. The club will sponsor this race. Dave may well be needing your help, so let's everyone volunteer his or her time for a few hours that Saturday morning. The Portsmouth (different starting times) handicap has been dropped, but handicaps will be given to determine an overall winner, with everyone starting together.

Each year California Track News attempts to select the most outstanding California athletes in the various divisions of our sport and award them "All-California" status. "In determining 'All-California' standing, performance at the national and state level was the first thing taken into account," reports the paper, "and then quality of performance and consistency were taken into account."

San Fernando Valley Track Club performers who earned the "All-California" rating were:

DAVE BABIRACKI - Open
JACKI HANSEN - Women
MIKI GORMAN - Women
JOHN DAMSKI - Masters
SUE KINSEY - Women
AL SHEAHEN - Masters
HEATHER TOLFORD - Women
MARK COVERT - Open

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

MARATHON, ANYONE? Probably not, if you read Rose Dosti's (Lu's wife) piece in the Food Section of the Los Angeles Times on December 29th. (Rose writes a semi-weekly nutrition column for the Times.)

In commenting about the diet of Marathon runners, Rose describes the problems Marathoners face in these glowing terms:

"Adding to BODY STRESS is the DEPLETION of glycogen which...causes muscles to FATIGUE and, in extreme cases, COLLAPSE. Then there is a protein BREAKDOWN of the muscles, adding to more STRESS and FATIGUE.

"POOLING OF BLOOD in the abdominal viscera causes NAUSEA. Reduction of blood sugar creates a feeling of FAINT. Slowly DIMINISHING SUPPLIES OF OXYGEN to the cardiovascular system causes HYPERVENTILATION SYNDROME. Obviously, only the fit and highly trained can survive the PUNISHMENT."

Want to join the fun? Enjoy a little hyperventilation syndrome with your friends? The Los Angeles Marathon is coming up on Saturday, March 20th. See you at the starting line.

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: February 26.

Send all NEWSLETTER material by the 26th of each month to Al Sheahan, 6200 Hazeltine Ave., Van Nuys 91401. (213) 785-1895 or (213) 395-9991.

The 1976 MEMBERSHIP LIST will be mailed with the March newsletter, not February as previously announced. There are a few laggards. If you haven't sent in your modest \$10 annual dues -- cheap -- do it now. Mail it to the club office; address up four lines and turn left.

ONE THING AND ANOTHER....

JACKI HANSEN placed second behind arch-rival Christa Vahlensieck (who held the world women's marathon mark before Jacki broke it last October) in the international Sao Paolo, Brazil Midnight Run on New Year's Eve. Seventeen women competed with the men in the popular annual run.

MIKI GORMAN ran an excellent 28:15 in the Pico Rivera 5-mile run on January 11.

JERRY WOJCIK recorded his lifetime best Discus Throw of 88' and threw the javelin 121' in the Glendale College All-Comers meet on January 23.

Charles Townsend, new AAU Boys Age Group Track and Field Chairman, announces the 1976 Boys Schedule. Meets are tentatively set to begin Saturday, March 13 and every other Saturday thereafter thru June; then come the district finals, state meet and national championships. For more info, contact Charles at 591-4986.

TINA MORAN 14, ran a phenomenal 3:25 marathon at Mission Bay on January 10. Improving REID PRESSLEY ran excellent 3:17 in the same run.

BILL ADLER of the Striders has been working for a year on a Masters Mexico City meet. He just about has it finalized and should know all the details shortly.

At a gathering of many top track figures in Palo Alto during National Running Week the first of January, DAVE PAIN of San Diego was honored by Runners World Magazine. He was the recipient of its 10th Anniversary National Running Award for his origination and implementation of the Masters Age Group Track and Field program. Publisher Bob Anderson presented the award to Pain, stating that the conception of the Masters program was one of the most significant developments in running during the past decade.

MASTERS REPORT

EARL RIPPEE hosted many of the participants in the January 10 Corona Del Mar Meet in Palm Desert. SFVTC's contingent was noticeably light, to say the least, mainly due to injuries and other commitments. Sorry to learn that Strider Hugh Cobb, who worked out with our Valley College group on several occasions last year, dislocated his left knee in the long jump.

Earl ran the 3000 meters in a good 11:26, taking 2nd to Ed Halpin 57, in the 55-59 division.

Dave Pain and Dave Jackson reported on their tour to South Africa. They set up a Masters meet in December, 1976 and Helen and Dave Pain are working on a low-cost travel package. This should be an extremely interesting and educational experience for all Masters who can make it.

The Hawaiian Masters Championships are firming up for Easter week, April 13-20. The Pains are organizing a low-cost charter and hotel package...8 days, 7 nights, \$273 or \$293.

The U.S. Masters team heads for Great Britain in August, 1976 for a cross-country and track and field series of competitions with the British.

And, of course, the 2nd World Masters Championships are only 18 months away. A group charter tour will leave the West Coast for Goteborg, Sweden in June or August, 1977.

More details on all the above tours may be had by writing Sports Travel International; 4869 Santa Monica Avenue "B", San Diego 92107. (714) 225-9555.

Our thanks to Dave Jackson for compiling the 1976 Masters track and field schedule, listed on these pages.

GAYLORD KALCHSCHMID has conquered his achilles problems, mostly thru self-analysis and self-treatment, and is approaching top shape. He hopes to compete in the National Indoor Masters AAU Championships in Boston, March 13-14, and may surprise those Easterners who are forced to try to get into condition running in the snow.

1976 MASTERS TRACK SEASON-SCHEDULE

CODE: M = MASTER EVENTS ONLY L = LIMITED MASTER EVENTS
 A = MASTERS COMPETE IN EITHER OPEN OR NOVICE DIVISIONS
 1 = DIRT, CLAY OR CINDER TRACK 2 = ASPHALT TRACK
 3 = GRASS TRACK 4 = TARTAN TRACK

NOTE THIS SCHEDULE WAS PREPARED FOR THE CALIFORNIA
 MASTERS TRACK CLUBS.

| DATE | DAY | TIME | CODE | MEET & SITE |
|-------------------|-----------|--------|-------|--|
| FEB 28 | SAT. | ALLDAY | L-1 | LONG BEACH RELAYS; LONG BEACH, CALIF. |
| MAR 6 | SAT. | | | OPEN |
| 13 | SAT. | NOON | M-1 | LOS ANGELES VALLEY COLLEGE ALL-COMERS; VAN NUYS |
| 13 & 14 | SAT & SUN | | M | INDOOR AAU MASTERS CHAMPIONSHIPS, TUFTS COLLEGE; CONTACT BOB McVEIGH BOSTON A.A. 50 CORNHILL; BOSTON, MASS. 02108 |
| 20 | SAT. | NOON | M-1 | LOS ANGELES VALLEY COLLEGE ALL-COMERS |
| 27 | SAT. | 10AM | M-2 | THIRD ANNUAL "CDM RELAYS" CALIF. STATE UNIV. SLO. CONTACT: DON CHEEK, P.O. BOX 1476, ATASCADERO, CALIF. 93422 |
| | | ? | L-1 | EASTER RELAYS; SANTA BARBARA, CALIF. |
| APR. 23 & 24 | F.S.S. | ? | M | PENTATHLON AAU CHAMPIONSHIPS (REGULAR AND ALSO WEIGHT PENTATHLON) RALEIGH, N.C. CONTACT BOB BOAL P.O. BOX 5576 STATE UNIV. STATION; RALEIGH, N.C. 27607 |
| 3 | SAT. | ? | L-4 | BAKERFIELD RELAYS, CONTACT: GEORGE KER (SEE MAY 15) |
| 10 | SAT. | | | OPEN |
| 11 | SUN. | ALLDAY | M&A-4 | HERBERT HOOVER RELAYS; COLLEGE OF SAN MATEO CONTACT: VAN PARISH |
| 17 | SAT. | NOON | M-1 | SECOND ANNUAL STRIDERS RELAY, SANTA MONICA COLLEGE. CONTACT: BILL ADLER |
| 24 & 25 | SAT & SUN | ALLDAY | L-1 | MT. SAC RELAYS; WALNUT CALIF. CONTACT: GEORGE KER (SEE MAY 15 DATE FOR ADDRESS) |
| MAY 1 | SAT | | | OPEN |
| 2 | SUN | 10AM | M-1 | CHAPMAN COLLEGE MEET; ORANGE CALIF. CONTACT: BILL SELVIN |
| 8 | SAT. | ? | L-4 | FRESNO RELAYS |
| | | NOON | M | TENTATIVE "FIRST ANNUAL "CDM" PENTATHLON CHAMPIONSHIPS |
| 15 | SAT | NOON | M-1 | SIXTH ANNUAL GRANDFATHER GAMES, L.A. VALLEY COLLEGE. CONTACT: GEORGE KER 16750 INDEX ST. GRANADA HILLS, CALIF. 91344 |
| 16 | SUN | NOON | M-1 | GRANDFATHER GAMES (MILE WALK AND 6 MILES ONLY) |
| 22 | SAT. | | | OPEN |
| 29 | SAT. | | L-1 | CALIF. RELAYS; MODESTO, CALIF. (100 YD. ONLY EVENT) |
| | | 10AM | M | FOURTH ANNUAL "CDM RELAYS" (SITE UNKNOWN) CONTACT: DAVE JACKSON |
| JUN 4 & 5 | FRI & SAT | ? | M-4 | L.A. SPORTS INTL. DECATHLON; IRVINE, CALIF. CONTACT: WARREN BLANEY (SEE JUNE 26 FOR ADDRESS) |
| 12 | SAT | NOON | M | DISTRICT AAU CHAMPIONSHIPS (SITE UNKNOWN) CONTACT: HAL WALLACE |
| 19 & 20 | SAT & SUN | ALLDAY | M-2 | FAR WEST REGION AAU CHAMPIONSHIPS, SAN DIEGO STATE UNIV. CONTACT: DAVID PAIN |
| 26 & 27 | SAT & SUN | ALLDAY | M-4 | L.A. SPORTS INTL. SENIOR OLYMPICS "UNIV. OF CALIF. AT IRVINE, IRVINE, CALIF. CONTACT: WARREN BLANEY MUTUAL OF OMAHA BLDG. SUITE 302; 5225 WILSHIRE BLVD. LOS ANGELES, CALIF. 90036 |
| JUL 3, 4 & 5 | S.S.M. | ALLDAY | M-4 | U.S. MASTERS AAU NATIONAL CHAMPIONSHIPS; MT. HOOD COLLEGE; CONTACT: JIM PUCKETT MT. HOOD COLLEGE 2600 S.E. STARK ST.; GRESHAM, OREGON 97030. |
| 10 & 11 | SAT & SUN | ALLDAY | M-4 | U.S. MASTERS DECATATHLON CHAMPIONSHIPS. MT. HOOD COLLEGE. CONTACT: JIM PUCKETT |



from the desk of

Fred Wilt

Human body temperature has narrow limits. Normal is about 98.6 degrees Fahrenheit (F) or 37 degrees Centigrade (C). It fluctuates between 97.5 and 99.1 (F). A temperature higher than 44 or 45 (C) or 111 to 115 (F) maintained for more than a very brief length of time is fatal. Heat is eliminated from the body via excretions, the lungs, and most importantly, the skin. Depending upon external and internal conditions, the relative amount of body heat eliminated via the skin is about 85%. Heat is lost from the skin in four ways:

(a) Vaporization of sweat, since the evaporation of fluid absorbs heat from the skin and air.

(b) Convection, when surrounding air of lower temperature than that of the skin is warmed by air currents from the body.

(c) Radiation, wherein the temperature of environmental objects is lower than body temperature, and passes from the skin via invisible infrared rays.

(d) Conduction, as in direct contact of the skin with colder objects.

Muscular work, as in the case of running, can increase heat production by the human body from 10 to 20 times the heat production at rest. Elimination of body heat is a major limitation to faster middle and long distance running. Failure to eliminate this increased body heat via the skin during severe exercise may soon lead to heat cramp and heatstroke.

To insure maximum elimination of body heat during exercise, it is imperative that every iota of the athlete's skin within the limitations of the rules be exposed to the air. This is one reason why, even in temperatures close to freezing and even below, runners of competitive distances up to and including 10,000 meters usually remove their track trousers and long-sleeved track shirts before racing. In other words, exposing the skin to the air creates a more efficient radiator for the elimination of body heat produced while running.

An interesting phenomenon, apparently motivated by social custom, clothing fad, peer imitation, and hero mimicry, now seems to be the popular fashion among certain runners who are apparently ignorant of the harmful physiological liability it imposes upon them.

I am referring, of course, to the wearing of knee-high socks during middle and long distance competition in running. This effectively stops

heat elimination via the skin from a highly significant percentage of body surface, i.e., all body surface from the knees to the shoes. Thus, the human radiator is deliberately and effectively plugged-up by these knee-high socks, and the human motor is forced to operate at a higher temperature. Carried to its logical extreme, this means that ultimately the athlete must reduce running speed imposed by high body temperature resulting from the absurdity of adherence to an artificial, socially-oriented clothing fad...knee-high socks during competition.

It requires no great foresight to imagine a top-class runner making gifts of knee-high socks to his most dangerous opponents, even though he will refuse to wear them himself. If such opponents fall victim to this Trojan horse, they will have deserved it. **

Tabori Urges U.S. to Give Track Stars Financial Aid

BY JIM COUR

United Press International

Twenty years ago in London, Hungary's Laszlo Tabori became the third man in history to break the then magic four-minute mile barrier.

In a race against Chris Chataway and Brian Hewson May 28, 1955, he won in 3:59.0. Only Roger Bannister and John Landy went under four minutes before he did.

Tabori fled his country during the 1956 unsuccessful Hungarian revolt and became a U.S. citizen.

At 44, he's still vitally interested in track and field and particularly the way the sport is progressing—or not progressing—in his second country. In 1973, he helped form the San Fernando Valley Track Club.

Because the United States will not subsidize its athletes, Tabori said, it's falling way behind the rest of the world in track and field. The only solution, he noted, is for America to help its athletes financially.

"I competed two decades ago," he said, "and I was taken care of. The United States is 25 to 30 years behind

most of your major countries in this respect.

"Once a track and field athlete gets out of college in the United States, he usually goes downhill. He simply can't continue his workout schedule and work at the same time. It just doesn't work.

"A lot of the American athletes are very bitter about this. They say why should they go represent their country if their country doesn't care about them.

"In most of your major countries, the athlete has a job but his job is secondary to his sport. When I competed, I would work only when I wasn't training.

"I see no reason why the United States can't adopt the same system. We're in the mid-70s and it's time this country saw the light. This country has the best athletes in the world. All it has to do is start treating them right."

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 SPVTC, 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)
- | | |
|---|--|
| <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 |