

(213) 996-1400

SAN FERNANDO VALLEY TRACK CLUB

Coach: Laszlo Tabori
(213) 837-4794



Suite 900
18321 Ventura Blvd.
Tarzana, Calif. 91356

VOLUME 2 NUMBER 4

NEWSLETTER

APRIL, 1976

MARCH HIGHLIGHTS

RON KURRELE wins SPAAAU 25km; JACKI HANSEN & MIKI GORMAN 1st & 2nd women.

SUE KINSEY, JACKI HANSEN and HEATHER TOLFORD run 1-2-3 in Long Beach mile.

SID MADDEN sets world age-record in 440.

JIM "OLE" OLESON ties world age-mark in 2-mile run.

DAVE BABIRACKI wins Santa Barbara mile in windy 4:07.

DON GRIMES wins three events in All-Comers meet at Valley College.

WILBUR BUCHANAN wins 100 yd. dash in dramatic comeback.

GAYLORD KALCHSCHMID wins 880 in All-Comers.

REID HARTER takes 2nd out of 91 in Montebello 9-mile run.

GARY STANSAUK leads all Southern California athletes in Long Distance Running cumulative point totals.

MIKI GORMAN wins women's 10km run in Malibu Canyon.

DENNIS STANSAUK wins SPAAAU Junior 25km; places 6th in LA Marathon.

KEN BLAYDOW breaks 3 hours in Marathon.

HANSEN wins 1500; TOLFORD wins mile at Cal-State.

HANSEN speaks at Valley Rotary Club.

COMING UP IN APRIL

April 3. Bakersfield Relays.

April 10. San Diego Relays.

April 23-25. Mt. San Antonio College Relays. Babiracki goes in 1500; Harter in 10,000; Kalchschmid in Masters 1500 & 5000; Hansen in 2-mile. Kinsey and Tolford in 1500; Distance Medley Relay team defends championship.

KURRELE, HANSEN WIN SPAAAU 25KM

RON KURRELE and JACKI HANSEN won the men's and women's division of the SPAAAU 25 kilometer run at Lunada Bay, Palos Verdes on March 13. MIKI GORMAN won the women's veteran division as the 2nd woman finisher behind Jacki.

Running in the solid green colors of the SFVTC, Ron completed the 15-plus mile course in 1:23. Jacki's winning time was 1:35, followed by Miki's 1:40.

T-SHIRTS AVAILABLE

We have a few red and a few blue San Fernando Valley Track Club T-shirts available at \$4.00 each. Mail your check to the club office, 18321 Ventura Blvd., Tarzana 91356. Or see Earl Rippee at the evening workout. Also Leal-Ann Reinhart and Jacki Hansen are getting some new jazzy green T-shirts for the club. They will also be sold for \$4.00. Since the club makes a profit on these, it helps us raise money for club use.

LONG DISTANCE RUNNING SCHEDULE

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DATE/TIME	RACE/DISTANCE	DIRECTOR/AM LIAISON RUN	NOTES	COURSE/FACILITIES/DIRECTIONS
SAT APR 3 9:00am	16th Annual 2 Run 14mi Relay. Sponsored by Seniors Track Club.	Joe Burgasser, 2727 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 legs 5 times each. Santa Ana Fwy to Rosecrans, E. to La Mirada Blvd; N. 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 Wandy Dr., N. 3mi to Holloway, N. Knollwood left (West) to Conejo.
SUN APR 25 7:00am	50km Championships awards to all finishers	Connie Rodewald, 852 Sharon, Caserillo 93018. (905) 482-5360	Open; sub-45; Vets 40, 50; age 19-41 M/W/W; 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 Caserillo. S. 1mi to Mohr Dairy. Parking in designated area only. Restrictions.

1976 National AAU Championship Events

Long Distance Running

Senior Nationals 15 Kilometers (IAAF Trials) 50 Kilometers Marathon Sectional 20 Kilometer Road Race 15 Kilometer Cross Country One-Hour (Postal) Marathon 20 Kilometers 50 Miles (Track) 15 Kilometers Sectional 25 Kilometers 10 Kilometers Cross Country	January 31 March 21 March 27 March 28 April 24 July 4 Thru July 30 October 18 October 31 November 6 November 8 November 10 November 27	Belmont, Cal. Sacramento, Cal. Tulsa, Okla. Gloversville, N.Y. Buffalo, N.Y. Santa Barbara, Cal. Santa Barbara, Cal. Crowley, La. Medford, Mass. New York City Buffalo, N.Y. Youngstown, Ohio Fairmont Park, Pa.
Junior Nationals 8 Kilometers (IAAF Trials) 20 Kilometer Road Race Sectional 20 Kilometers 15 Kilometer Road Race One-Hour Run (Postal) 5 Kilometer Cross Country	January 24 April 24 June 12 July 4 Thru July 30 September 12	Newport Beach, Cal. Buffalo, N.Y. Northport, N.Y. Santa Barbara, Cal. Santa Barbara, Cal. New York City
Age Group Cross Country Championships	November 20	Raleigh, N.C.
Masters 50 Kilometers 15 Kilometer Cross Country 20 Kilometers 30 Kilometers One-Hour Run (Postal) 15 Kilometers 50 Mile (Track) 10 Kilometer Cross Country Marathon 25 Kilometers	March 21 April 18 May 22 June 8 Thru July 30 October 17 November 6 November 14 December 12 TBA	Sacramento, Cal. Honolulu, Hawaii Washington, D.C. Gloversville, N.Y. Santa Barbara, Cal. Van Courtland Park, N.Y. New York City Belmont, Cal. Honolulu, Hawaii New York City

Track and Field Men & Women

Senior Nationals Women's Indoor Pentathlon Natl. Indoor Championships Natl. Outdoor Championships Women's 20 Kilometers Women's 10 Kilometers Natl. Women's Cross Country Mar 7th Women's Marathon	February 21 February 27 June 10-12 June 13 August (TBA) November 27 Dec	Omaha, Neb. New York City Los Angeles, Cal. Huntington, L.I., N.Y. San Francisco, Cal. Miami, Fla. Culver City, Ca
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PRESIDENT'S REPORT

Hey, it's time to celebrate! Our membership chairman, Dick Wager-Smith, reports that we now have 100 members! Reid Harter became our 100th member, so all of you are now part of the select one hundred. Shall we go for 200?

The Wall Street Journal (of all people) states "wiser way of living, not dramatic 'cures', seen as Key to Health." Looking ahead just 24 years to the year 2000, medical experts are certain of dramatic advances that will vanquish some of today's worst health scourges and lessen the fearful consequences of others. But they are just as sure of something that may seem paradoxical: Nothing that emerges from a clinic or a test tube will contribute nearly so much to better health generally as a little individual self-care in the form of wiser living.

Today, Americans get more and better medical care, and will continue to get it. But the returns from scientific advances are diminishing. Health authorities believe that more doctors and hospitals, more and more expensive machines for diagnosis and treatment, and new drugs and vaccines will have no more effect on good health overall than self-imposed changes in the way people live. "The individual" says Dr. John H. Knowles, president of the research-oriented Rockefeller Foundation, "must realize that a perpetuation of the present system of high-cost, after-the-fact medicine will only result in higher costs and more frustration. The next major advance in the health of the American people will result only from what the individual is willing to do for himself."

Consider cancer and heart disease. It has become clear that neither is 'caught' like a cold. Instead, both usually arise after decades of abuse to the body. Years of heavy smoking or drinking, high-fat diets, obesity and lack of regular exercise have been shown to play a role. Yet all these causes can be moderated or eliminated without medical treatment. Cardiovascular disease will remain the main cause of death in the year 2000. Like cancer, it occurs after decades of abuse, so that many people not yet middle-aged are dooming themselves to the ailment."

Comment: Save someone's health or even their life by getting them to exercise (preferably running). The other desirable qualities of sensible diet and drink, weight control and non-smoking will probably follow.

EARL RIPPEE

LATEST RESULTS

SANTA BARBARA RELAYS - March 27

DAVE BABIRACKI ran a 4:07 mile, easily winning by 30 yards on a very windy day which made good times virtually impossible. Dave will anchor the SFVTC distance medley team (which won the event last year) and will run the invitational 1500 in the Mt. San Antonio Relays April 23-24.

SAN DIEGO RELAYS - March 28

SUE KINSEY, JACKI HANSEN and HEATHER TOLDORD finished 1-2-3 in the mile run. Sue ran 4:47, Jacki 4:50.2 and Heather 5:06. Our congratulations for a simply tremendous performance.

VALLEY COLLEGE MASTERS ALL-COMERS March 13

REID PRESSLEY took 2nd in the 30-39 mile in an excellent 5:03.8. In the 40-49 group, JIM MCGINN reached a personal milestone with a 5:52, his first sub-6-minute-mile ever.

DON GRIMES won the 30-39 Long Jump in 18'10". Don also won the 30-39 Triple Jump with a 36'3" leap, easily won his specialty, the pole vault, in a good 12'6", and capped a busy day with a 2nd in the javelin at 126'7".

JERRY WOJCIK took 3rd in the 40-49 Shot Put with 29'½"; took another 3rd with a 121'1" javelin throw; and hurled the discus 82'8" for 4th. Jerry also took a 3rd with a 30'4½" Triple Jump.

SID MADDEN set a new WORLD age-68 record with a 71.1 in the 440, smashing the old record of 71.6 set by Dick Bredenbeck of Cleveland on July 20, 1974. SID just missed breaking the world age 68 standard in the 880, running 2:48.0. The world mark, held by Bredenbeck, is 2:47.8, set March 2, 1974.

VALLEY COLLEGE MASTERS ALL-COMERS March 20

WILBUR BUCHANAN's long-awaited return to the Masters competitive scene was not disappointing as Wilbur sped to a victory in the 100 yd dash in the 50-59 division in 11.9. He finished 2nd in the 220 in 26.9, and 2nd in the 440 in 62.2.

GAYLORD KALCHSCHMID eased to a handy 27-second victory in the 880 in 2:11.4.

JIM "OLE" OLESON tied the world age-58 mark with an 11:45.6 2-mile win, tying Harold Holton's world standard, set last June 26 in Charlotte, North Carolina.

HANK NORTON displayed surprising mid-season form with a strong 5:13.2 mile run. JIM MCGINN lowered his prior week's time by 12 seconds with a PR 5:40.6. SID MADDEN came home in 6:03.8, only six seconds off the world age-68 mark. SID also again just missed the world 880 record with a fine 2:50.1.

RAY HUGHES, looking great after a brief layoff, bested Tom Richards with a 15:07.2 victory in the 3-mile run; 30-39 division.

ED LOWELL ran a fine 13:09.2 in the 2-mile.

JERRY WOJCIK improved his prior-week Triple Jump with a leap of 30'8½"; threw the javelin 123' and the discus 86'½"; and put the shot 29'9". DON GRIMES pole vaulted 12'6" and long-jumped 18'7".

GLENDALE MASTERS ALL-COMERS - March 27

SFVTC unveiled a new sprinter in the person of fairly-new-member PRENTICE PENNY 33, who took 4th in the 30-39 100-yd-dash in a good 10.7. WILBUR BUCHANAN took 2nd in the 50-59 100 in 11.8 behind Al Guidet. JERRY WOJCIK hurled the javelin 130'11" for a 2nd; shot put 28'9½"; and threw the discus 81'4". DON GRIMES pole vaulted 12'6" to easily top all entrants. WILBUR also ran a 27.0 220 and a 64.4 440. HANK NORTON won his heat in the 40-49 mile run in a fine 5:14.7.

LONG DISTANCE RUNNING RESULTS

24th ROSEBOWL PORTSMOUTH HANDICAP November 30 -- 10.08 miles

We're a little late on this one, but thought you'd like to know GARY STANSAUK and brother BRIAN placed 10th and 13th respectively among 119 finishers with times of 1:29:06 and 1:29:22 (actual times: 1:07:06 and 57:52). Winner Coleman Foster was seven minutes ahead in 1:22:11.

28th POP MARTY MONTEBELLO RUN February 1 -- 9.6 miles

New member REID HARTER made his SFVTC debut a startling one by finishing 2nd to Duane Waltmire in 50:12 in this popular annual run. Among the 91 finishers were DR. MYRON SHAPIRO, 1:01:03 (under a 7-minute pace), 36th; GARY STANSAUK, 1:02:37, 41st; and Wes ALDERSON, 1:08:29, 58th. Also LU DOSTI, 58:19, 26th. GARY's time placed him 7th in the Handicap.

MONTEBELLO RUN - Feb. 1 - 4.8 miles

MIKI GORMAN competed with seven teenagers in this 50% version of the 9.6 mile race, taking 2nd overall in 27:23, 10 seconds behind Ken Ernst.

24th HERMOSA BEACH RUN -- 5.0 miles February 8

GARY STANSAUK ran 32:33, and a 25:03 handicap time, good for 6th among the 61 finishers. Familiar faces among Masters runners in this race were Jerry Smartt, 29:38; Wilbur Williams, 29:58 and Bill Fitzgerald, 32:04.

STANSAUK (GARY) LEADS LDR CUMULATIVE

GARY STANSAUK ranks first in the Long Distance Running top fifty cumulative scores as of March 13, 1976. With 86 points, Gary is outdistancing the pack. The runnerup has only 66 points. DENNIS STANSAUK ranks 33rd with 35 points; brother BRIAN is 41st with 32 and STEVE BROTEN also has 32.

4th MALIBU CANYON/TAPIA PARK 10KM February 29

MIKI GORMAN was the top SFVTC finisher, and won the 1st place award for the women's open and women's masters division in an excellent 39:09 on this picturesque and hilly course. Miki was 53rd overall.

DENNIS STANSAUK was right behind Miki in 39:26, 55th out of the 178 finishers. DON COCHRANE 35, was 78th in 41:32; GARY STANSAUK was 82nd in 42:00; DICK FONSECA 41, placed 87th in 42:50; BRIAN STANSAUK ran 45:39; JIM MCGINN, 49:30; GEORGE WILLIAMS, 49:46. LISA FONSECA won the girls' division -- Lisa's 15 -- in 52:43.

22nd SAN FERNANDO PORTSMOUTH HANDICAP March 6 - 6.0 miles

No less than 12 SFVTC runners were among the 122 competitors in this event in our own back yard.

For those who don't know the fun of a Portsmouth start, the slowest runner starts first and a good handicap runner has a chance at one of ten very large trophies donated by the San Fernando Park and Recreation Department. Traffic control was tremendous. Dave Babiracki assisted in organizing the event.

GARY STANSAUK came in 7th in 54:26 after starting 17 minutes behind the slowest runner. (So his actual time was 37:26). Joe Marino won in 52:48 with a 15-minutes-behind-the-slowest start.

REID PRESSLEY was the next Valley Track Club finisher, coming in 17th in 55:26. (Actual time: 37:26) DENNIS STANSAUK was 22nd in 55:53 (36:23). MARK KENNEDY was 35th in 57:07 (33:07). JIM OLESON was 37th in 57:28 (39:28). BRIAN STANSAUK finished 41st in 58:12 (39:12).

Other actual times included GAYLORD KALCHSCHMID, 36:15; LU DOSTI, 37:50; DICK FONSECA, 39:30; JERRY MEISNER, 40:29; JIM MCGINN, 44:07, and AL SHEAHEN, 47:32.

To get a handicap assigned to you, take a look at the "Mnemonic" in the December newsletter, or request a form from Al Sheahen, 6200 Hazeltine Ave., Van Nuys 91401.

Our thanks to George Williams for gathering these results.

LOS ANGELES MARATHON - March 20, 1976

The record for this now-regarded-as tough course is held by SFVTC's BILL SCOBAY with his great 2:24:19.6 in 1974.

The start and finish of the race is at the Los Angeles Police Academy in Elysian Park. It winds down onto Riverside Drive, through Griffith Park and back with a killer of a hill up Stadium Way to greet the runners at the 25-mile mark of this 26 mile, 385 yard odyssey. The hill is tough enough to walk up when you're fresh, let alone run up when you're tired. With so many marathon courses advertising "fastest time guaranteed on our flat, ocean-breeze course," those runners who tackle the hot, tough, smoggy Los Angeles Marathon course -- with a "slow" time almost guaranteed -- richly deserve a medal for pluckiness and courage.

Three hundred eighteen such bravados showed up at the starting line with a 65-degree temperature soon to warm to a dry 75.

Carl Swift was the winner in a good 2:25:31. Finishing 6th in the open division -- 8th overall -- was SFVTC's 19-year old wonder, DENNIS STANSAUK of the running Stansauk family, with a phenomenal time of 2:42:09. Brother GARY 25, ran 3:14:41. Other brother BRIAN 24, ran 3:20:05, just a tick ahead of REID PRESSLEY 32, in 3:20:06. Reid, by the way, got to the 25-mile mark in a rapid 3:04, but required 16 minutes for the last 2000 yards, which must have seemed like it was straight up.

In the 35-39 division, DR. KEN BLAYDOW ran a sensational 2:54:16, good for 4th place. In the 40-49 group, DICK FONSECA also took a 4th in a fine 3:06:13. Among the women, LISA FONSECA 15, also finished but we didn't get her time.

WOMEN'S "SEASON OPENER" - Cal-State-Northridge, February 29.

JACKI HANSEN easily won the open 1500 meter run by 35 seconds in 4:32.5. HEATHER TOLFORD won the mile by seven seconds in 5:07.3.

LUNADA BAY (PALOS VERDES) - March 13

This event was the SPAAAU 25 kilometer championships. GARY STANSAUK ran a 1:50 and BRIAN STANSAUK a 1:54. In the 4-mile junior race, held in conjunction with the 25-kilometer, DENNIS STANSAUK won the race with a time of 23:10. MYRON SHAPIRO and LU DOSTI also ran well, but we missed their times.

NEW MARATHON -- NEW MARATHON -- NEW

The 1st annual Los Alamitos Marathon, sponsored by the Los Alamitos Recreation Department and Los Alamitos Chamber of Commerce, sanctioned by the AAU, will be held:

SATURDAY, MAY 1, 1976 -- 7:30AM

Registration: 6:30AM. The course is flat and shaded and we're told it should be very fast. Six divisions for men; 6 divisions for women....over 150 awards. Also merchandise awards. Also T-shirts to all finishers under 4 hours. Entry deadline: April 26. Entry fee: \$3.00. Late fee: \$5.00.

For info and entry forms write:

Los Alamitos Recreation Dept.
Box 147
Los Alamitos, California 90720
Phone: (213) 430-1073

MISSION BAY MARATHON -- January 10

We hear that DICK FONSECA ran a 3:08 and daughter LISA ran a 1:52:15 mini-marathon.

REID PRESSLEY came in 271st among the 718 starters and 609 finishers in 3:17:40. Reid averaged 6:56-a-mile for the first 20 miles -- a sub-3 hour-pace -- but slowed to a 9:30 clip for the last six miles.

Mario Cuevas, 1975 Mexican Champion and '74 Culver City winner, beat Phil Camp by 2 seconds in 2:18:05.2. Nicki Hobson 44, won the women's division in 3:05:18. Of the 718 starters, 84.8% finished, a new high. Over 20% finished under 3 hours -- 148 in all. More than half -- 51.4% -- broke 3:30. 75% were under 4 hours. With 323 half-marathon starters, over 1000 runners were on the course.

SAN FERNANDO VALLEY TRACK CLUB AGE RECORD HOLDERS

Although the main reasons why most of us run are for good health, friendship and the satisfaction of trying to do our best, no one can deny that setting an age record is the icing on the cake.

To be the best in the world -- or in the United States -- at your age in your event -- not just this year but in all the years track and field records have been kept.....well, that's quite an achievement.

The San Fernando Valley Track Club -- in addition to our well-publicized stars Dave Babiracki, Jacki Hansen and Miki Gorman -- has six members who are currently world or American age-record holders in one or more events.

They are:

JOHN DAMSKI:

- 1) World age 59 high jump record of 4'8", June 22, 1974
- 2) World age 59 triple jump record of 30' 8 3/4", June 23, 1974
- 3) World age 60 triple jump record of 33'2 1/4", August 15, 1975

ED KEYSAR:

- 1) American age 51 six-mile mark of 35:02.0, July 6, 1973
- 2) American age 51 10,000 meter mark of 36:14.0, July 6, 1973
- 3) American age 51 one-hour-run mark of 10 miles, 273 yards, July 28, 1973

SID MADDEN:

- 1) World age 68 440 record of 71.1, March 13, 1976
- 2) World age 66 mile record of 5:49.0, May 5, 1974
- 3) American age 66 1500-meter mark of 5:30.5, June 22, 1974
- 4) World age 67 1500-meter record of 5:34.0, August 9, 1975

ED LOWELL:

- 1) World age 58 Steeplechase mark of 12:54.6, July 6, 1974
- 2) World age 58 400-meter hurdles (33") mark of 83.3, July 6, 1974

JIM "OLE" OLESON:

- 1) American age 55 six-mile record of 36:18.6, April 8, 1973
- 2) American age 56 six-mile record of 35:48.0, July 5, 1974
- 3) American age 55 one-hour-run mark of 9 miles, 1272 yards, July 28 '73
- 4) World age 58 two-mile record of 11:45.6, March 20, 1976

AL SHEAHEN:

- 1) American age 42 400-meter-intermediate hurdle record of 62.1, June 8, 1975
- 2) American age 43 400-meter hurdle record of 61.7, August 15, 1975

Pete Mundle has done an amazing job of computerizing all the Masters (40-and-over) Age Records. The complete list, as of January 1, 1976 is available for \$1.50 from Pete Mundle, 4017 Via Marina #C-301, Venice, Calif. 90291.

THE FIRST ANNUAL GOLDEN STATE INVITATIONAL MASTERS TRACK AND FIELD meet will be held Saturday, May 1st, from 10:00AM to 4:00PM at Porterville College, 900 So. Main St., Porterville, California 93257.

Ten year age divisions; 30-39 to 70+. Reslite surface. For entries, send to Allen Nelson, Porterville College, address above. Entry deadline: April 24, 1976.

Other new recent age-record marks set: Payton Jordan 59; 100 meters - 11.7. Ed Austin 46; High Jump - 5'8" Jack Thatcher 59; 12# Shot - 41' 3/4" Jordan will compete in the Mt. Sac Relays 100 on April 24th. Pete Mundle, who's had breathing problems (lack of oxygen to the muscles) after many tests, all negative, has begun training in hopes he will be ready for the Mt. Sac 5000 meters.

CLUB UNIFORMS, in solid kelly green with white lettering are available for \$11.00. Dark solid green sweat suits are \$22.00. Make checks payable to SFVTC -- denote your size -- and mail to the club office.

We've noticed that some club members choose not to wear their uniforms when competing. Why not? It's the runner's choice, of course, but why not let everyone know we're here? It doesn't matter if you plan to run well or are just in there for a stiff workout; or, for that matter, just a leisurely weekend run. Plenty of people -- observers and competitors alike -- relate favorably to the runners near the back of the pack. It's not winning that's important -- or even doing your best every time. It's that you're out there doing something that's healthy. You're making an individual statement that life is more fun and more meaningful when you're out exercising, rather than sitting at home watching someone else compete on the plethora of TV weekend sports features. Let 'em know you belong to the San Fernando Valley Track Club.

And when you sign up, don't forget to list SFVTC as your club affiliation.

FUN RUNS, ANYONE? Who has the time and the interest to organize weekly or monthly fun runs in the Valley?

These are enormously successful in the San Francisco area, and are needed in our area. These are weekly, informal runs--designed to promote running as a conditioning, competitive and social activity.

They are intended to supplement (not to compete with) the AAU long distance running program by 1) offering races at shorter distances than normally run by the AAU, and 2) offering regular races close to home.

No entry fees -- No advance signups -- No AAU cards required. Just come and run. Many runners feel intimidated by the size, distances and apparent formality and competition of the AAU races. The distances are too long for beginners. They start at five or six miles. This leaves graduating joggers with a big jump. Many are frightened away by it. Many more make the jump unprepared. →

Congratulations to DAVE PARKER for his outstanding 3rd place finish in the National AAU Masters 50 kilometer championships held March 21st in Sacramento. Dave's time was 3 hours, 31 minutes. That's a fantastic 6:48-per-mile for the 31-mile trip.

BILL COLBURN, who graciously arranged for JACKI HANSEN and EARL RIPPEE to speak before his Rotary Club on March 31st, confided to your editor one morning over coffee at Bob's Restaurant that he's up to 9 miles in his workouts. Anyone who can run 9 miles without stopping is in good shape. Bill just turned 50 and we hope he joins our 50-59 relay team this year. He'll be a valuable addition.

MASTERS EVENTS are included in the San Diego Relays at Balboa Stadium on Saturday, April 10. Three divisions -- 40-49, 50-59, 60-69; Shot Put, Long Jump, 100, 440, Mile, 5000, 10,000. Contact: Ken Bernard, P.O. Box 80512; San Diego 92138; Phone: (714) 276-6369.

MARGARINES are accused of being more damaging to the heart and arteries than cholesterol or eggs or other natural fats. The explanation is that hydrogenated oils have a trans-structure rather than a cis-structure of the fats, and it is this difference in margarines as made in U.S. which accounts for their being "hard" rather than liquid in the bloodstream. (Kumerow, P.A., Science News, April 20, p. 253-1974)

Runners World Magazine has sent us a complete kit which outlines in detail how to set up a successful run-run program. It'll take some time and work to set it up, but then it should almost run itself. Think it's a good idea? Got some time? Want to volunteer to do it? Call Al Sheahan at 785-1895 or 395-9991, or President Earl Rippee at 996-1400.

MT. SAN ANTONIO RELAYS -- April 23-25

The 18th annual Mt. San Antonio College Relays will be held at Mt. Sac on April 23, 24, 25, 1976.

This is traditionally one of the most ambitious meets in the world with over 300 events scheduled over a 3-day period. In this Olympic year, it will provide an important stepping-stone for many athletes aiming at June's Olympic trials in Oregon.

Events are scheduled in all divisions. Some of us may wish to participate in the competition. Due to a mixup in communications, the club's Masters runners have not generally received notification that many Masters events are on the schedule.

Unfortunately, the entry deadline is April 1st, just about the time you'll be reading this. IF YOU WANT TO COMPETE, there's a fair chance that we can still get you in. Look over the event schedule and if you want to compete, call Al Sheahen at 395-9991 or 785-1895; or Bill Adler of the Striders, who is coordinating all Masters events, at 645-7600. There's a 5000 meter run and a 1500 that some of us should do well in.

NEW MEMBERS -- NEW MEMBERS -- NEW MEMBERS

Paul Evans, Jr. 7713 Nita Ave. Canoga Park 91304 340-9070 3-7-26 Discus	Reid Harter 1453 11th St. #1 Santa Monica 90401 393-3568 9-26-50 3-mile, LDR
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Michael Perkins 14207 Daventry St. Pacoima 91331 896-9685 5-18-60	Jim Whitmore 15536 Valerio St. Van Nuys 91406 781-1462 9-11-55
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MASTERS TEAM CAPTAINS

	day	night
30-39 Reid Pressley	570-2914;	968-5950
40-49 Al Sheahen	395-9991;	785-1895
50-59 Earl Rippee	996-1400;	345-0292
60+ " "		

MORE NEW MEMBERS: Steven Friedman
15150 Parthenia St. #20
Sepulveda 91343
893-6072 1-13-50

UPCOMING WOMEN'S TRACK & FIELD

Sunday, April 4 - 9:00AM
Long Beach State; chevron track
Entry fee: \$1.00. Pay at meet site.
Age on January 1 determines division.
Contact: Bob Seaman
17122 Leal Ave.
Cerritos, Ca. 90701
(213) 926-5785
Awards to top 6 in each division.
Minimum age: 9; open & masters (30+) included.

Saturday, April 17 - 11AM
College of the Canyons, Valencia
SPAAAU Championships
10000 meter run; 10000 meter racewalk
Senior women 14 & over; masters 30 & over
Contact: Jacki Hansen (213)885-8529
Entry fee: \$1.50. Pay at meet site.

MASTERS RELAY TEAMS

The track season is upon us, and in May, June and July the Masters competition blooms.

The Annual Grandfather Games kicks off the major meet schedule on May 15, then come the Corna Del Mar Relays, Striders Relays, Regional AAU Championships, SPAAAU finals, Senior Olympics and so on.

It's always great fun to form a relay team of club members. You win some, you lose some, but always there is a feeling of companionship and team effort, in contrast to the solitude and individual struggle we all face when we're competing in our own event. In short, it's a great change of pace and an ideal way to build lasting friendships.

In most meets this year, there will be 400, 800 and mile relays. In several there will be 2-mile and/or distance medley or sprint medley relays. These will be contested in each division; 30-39; 40-49; 50-59; and 60 plus. While we're frankly not the greatest in the sprints, we should more than hold our own in the middle-distance events. If you're interested, call the team captain -- listed at left -- and tell him what you'd like to compete in.

FRIDAY

TIME	DIVISION	EVENT	LOCATION
9:00	Coll.-J.C.	Hammer	Lower Field
9:30	J.C.	Javelin	Lower Field
9:30	J.C.	Javelin	Main
9:30	J.C.	Triple Jump	South
9:30	J.C.	Pole Vault	Main
9:30	Coll.	Pole Vault	South
9:30	J.C. Inv.	Triple Jump	Main
10:00	J.C.	Relay	Chute
10:30	J.C.	Discus	Lower
10:30	J.C.	110 M High Hurdles	S.W.
10:35	J.C.	110 M High Hurdles	S.W.
10:40	J.C.	110 M High Hurdles	S.W.
10:45	J.C. Inv.	110 M High Hurdles	S.W.
10:45	J.C.	High Jump	Main
10:45	J.C.	High Jump	South
10:45	Coll.	Shot Put	Main
10:50	Coll.	110 M High Hurdles	S.W.
10:55	Coll.	110 M High Hurdles	S.W.
11:00	Coll.	110 M High Hurdles	S.W.
11:03	Coll.	110 M High Hurdles	S.W.
11:05	J.C.	Distance Medley Relay	Chute
11:20	Coll.	Distance Medley Relay	Chute
11:30	Coll.	Javelin	Main
11:30	Coll.	Long Jump	Main
11:35	J.C.	400 M Int. Hurdles	S.W.
11:40	J.C.	400 M Int. Hurdles	S.W.
11:45	J.C.	400 M Int. Hurdles	S.W.
11:50	J.C. Inv.	400 M Int. Hurdles	S.W.
11:55	Coll.	400 M Int. Hurdles	S.W.
12:00	Coll.	400 M Int. Hurdles	S.W.
12:05	Coll.	400 M Int. Hurdles	S.W.
12:10	Coll.	400 M Int. Hurdles	S.W.
12:15	Coll.	Triple Jump	South
12:15	Coll.	Discus	Lower
12:15	J.C.	400 M Relay	S.W.
12:20	J.C.	400 M Relay	S.W.
12:25	Coll.	400 M Relay	S.W.
12:30	Coll.	400 M Relay	S.W.
12:30	J.C.	Shot Put	Main
12:45	J.C. Inv.	Distance Medley Relay	Chute
1:00	Coll.	Two Mile Relay	Chute
1:10	J.C.	Two Mile Relay	Chute
1:20	J.C.	Two Mile Relay	Chute
1:30	Coll. Inv.	Pole Vault	Main
1:30	Coll.	800 M Relay	S.W.
1:35	Coll.	800 M Relay	S.W.
1:40	J.C.	800 M Relay	S.W.
1:45	J.C.	800 M Relay	S.W.
1:50	J.C. Inv.	800 M Relay	S.W.

FRIDAY

TIME	DIVISION	EVENT	LOCATION
2:00	J.C.	Discus	Main
2:00	Coll.	Sprint Medley Relay	Chute
2:30	J.C.	440 M HH Shuttles	C.E.
2:35	J.C.	440 M HH Shuttles	C.E.
2:40	J.C.	440 M HH Shuttles	C.E.
3:00	H.S. (s)	Pole Vault	South
3:00	H.S. (s)	High Jump	South
3:00	H.S. (L)	High Jump	Main
3:00	H.S. (L)	Long Jump	South
3:00	H.S. Inv.	*Long Jump	Main
3:00	H.S. (L)	Shot Put	South
3:00	H.S. (S)	Shot Put	Main
2:50	H.S.	440 M HH Shuttles	C.E.
2:55	H.S.	440 M HH Shuttles	C.E.
3:00	H.S.	440 M HH Shuttles	C.E.
3:05	H.S.	440 M HH Shuttles	C.E.
3:10	H.S.	440 M HH Shuttles	C.E.
3:15	H.S.	440 M HH Shuttles	C.E.
3:20	H.S.	440 M HH Shuttles	C.E.
3:25	H.S.	440 M HH Shuttles	C.E.
3:30	H.S.	440 M HH Shuttles	C.E.
3:35	H.S.	440 M HH Shuttles	C.E.
3:45	H.S.	Two Mile Relay	S.W.
3:55	H.S.	Two Mile Relay	S.W.
4:00	H.S.	Pole Vault	Main
4:00	H.S.	800 M Relay	S.W.
4:05	H.S.	800 M Relay	S.W.
4:10	H.S.	800 M Relay	S.W.
4:15	H.S.	800 M Relay	S.W.
4:20	H.S.	800 M Relay	S.W.
4:30	H.S.	Discus	Main
4:30	H.S. (girls)	Sprint Medley Relay	S.W.
4:35	H.S.	Sprint Medley Relay	S.W.
4:40	H.S.	Sprint Medley Relay	S.W.
4:45	H.S.	Sprint Medley Relay	S.W.
4:55	H.S.	1600 M Relay	S.W.
5:00	H.S.	1600 M Relay	S.W.
5:05	Coll.	1600 M Relay	S.W.
5:10	J.C.	1600 M Relay	S.W.
5:15	J.C.	1600 M Relay	S.W.
5:15	H.S. Inv.	High Jump	Main
5:15	H.S. Inv.	*Shot Put	Main
5:15	H.S.	Long Jump	South
5:15	H.S. Inv.	Triple Jump	Main
5:30	H.S.	Distance Medley Relay	S.W.
5:35	H.S.	Distance Medley Relay	S.W.
5:45	H.S.	Distance Medley Relay	S.W.
6:00	H.S. Inv.	Distance Medley Relay	S.W.
6:15	H.S. (girls)	Distance Medley Relay	S.W.
6:30	H.S. Inv.	Pole Vault	Main
6:30	H.S. Inv.	4 Mile Relay	S.E.
6:50	H.S. Inv.	200 M Dash	S.W.
7:00	H.S. Inv.	Two Mile Relay	S.W.
7:00	H.S. Inv.	*Discus	Main
7:00	Coll.-Univ.	High Jump	Main
7:00	H.S. (girls)	High Jump	South
7:00	J.C.	Shot Put	Main
7:00	J.C.	Long Jump	Main
7:10	H.S. Inv.	Sprint Medley Relay	S.W.
7:15	J.C.	Long Jump	South
7:15	J.C.	Sprint Medley Relay	S.W.
7:20	J.C.	Sprint Medley Relay	S.W.
7:25	J.C. Inv.	Sprint Medley Relay	S.W.
7:30	Univ. Inv.	Distance Medley Relay	S.W.
7:45	H.S. (girls)	400 M Relay	S.W.
8:00	H.S.	400 M Relay	S.W.
8:05	H.S.	400 M Relay	S.W.
8:10	H.S.	400 M Relay	S.W.
8:15	H.S.	400 M Relay	S.W.
8:20	J.C. Inv.	400 M Relay	S.W.
8:25	H.S. Inv.	Two Mile Run	S.W.
8:35	H.S. (girls)	1600 M Relay	S.W.
8:40	H.S.	1600 M Relay	S.W.
8:45	H.S.	1600 M Relay	S.W.
8:50	H.S.	1600 M Relay	S.W.

*H.S. Boys and Girls

NOTE: The above schedule is a tentative

"MT. SAC RELAYS - ONE !

Under the direction of Coach Lasslo Tabori, members of the San Fernando Valley Track Club run together on Tuesday and Thursday from 5:00PM to 7:00PM at Los Angeles Valley College, 5800 Ethel Avenue, Van Nuys. All club members are welcome.

Send all newsletter material by the 26th of April to Al Sheahan, 6200 Haseltine Avenue, Van Nuys 91401. Or call 785-1895 or 395-9991.

SATURDAY

TIME	DIVISION	EVENT	LOCATION
8:00	Open	Marathon	Stadium
9:30	Inv. Decathlon	100 M Sections	S.W.
9:45	Open	10 KM Walk	Stad. & Out
9:50	Women's	100 M Hurdles	S.E.
10:00	Open	10,000 M Run	E
10:00	Girls 14-17	Javelin	Main
	Women's	Javelin	Main
10:30	Inv. Decathlon	Long Jump	Main
10:30	Women's	High Jump	Main
10:35	Open	400 M Int. Hurdles	S.W.
10:45	Open	1,500 M	S.E.
10:55	Girls 14-17	800 M	S.W.
11:00	Women's	800 M	S.W.
11:05	Masters 40+	1,500 M	S.E.
11:15	Open	110 M High Hurdles	S.W.
11:15	Inv. Decathlon	Shot Put	Main
11:25	Open	100 M	S.W.
11:30	Masters 40-49	100 M	S.W.
11:35	Masters 50-59	100 M	S.W.
11:40	Masters 60+	100 M	S.W.
11:45	Women's	Long Jump	Main
11:45	J.C. Inv.	Pole Vault	South
11:45	Open	Pole Vault	Main
11:50	Elem. School	400 M Relay	S.W.
11:55	Elem. School	400 M Relay	S.W.
12:00	Elem. School	400 M Relay	S.W.
12:05	Special Olymp.	400 M Relay	S.W.
12:15	Inv. Decathlon	High Jump	Main
12:15	H.S. Inv.	400 M Relay	S.W.
12:20	J.C. Inv.	400 M Relay	S.W.
12:25	H.S. Inv.	800 M Relay	S.W.
12:30	Women's	Discus	Main
12:35	Open	5,000 M Run	S.W.
12:45	Inv.	Hammer	Lower
12:55	J.C. Inv.	Shuttle H Hurdles	S.E.
1:00	Inv.	Shuttle H Hurdles	S.E.
1:05	Women's	200 M	S.W.
1:20	Open	5,000 M Walk	
1:30	Opening Ceremonies		
1:45	Inv.	Shot Put	Main
1:45	Inv.	Triple Jump	Main
1:50	Inv.	400 M Int. Hurdles	S.W.
2:00	Inv.	Javelin	Main
2:00	Inv. Decathlon	400 M	S.W.
2:10	Inv.	400 Meters	S.W.
2:15	Inv.	1,500 M	S.E.
2:25	Inv.	100 M	S.W.
2:30	Inv.	Pole Vault	Main
2:35	Inv. Women's	1,500 M	S.E.
2:45	Inv.	800 M	S.W.
2:55	Inv.	400 M Relay	S.W.
3:00	Inv.	High Jump	Main
3:00	Inv.	3,000 M Steeplechase	S.W.
3:00	Inv.	Discus	Main
3:00	Inv.	Long Jump	Main
3:15	Inv.	800 M Relay	S.W.
3:25	Inv.	Two Mile Relay	S.W.
3:40	Inv.	110 M High Hurdles	S.W.
3:50	Inv.	Mile Relay	S.W.
4:00	Women's	400 M	S.W.
4:00	Master's	Discus	S.W.
4:05	Coll.-Univ.	Sprint Medley Relay	S.W.
4:15	H.S. Inv.	Mile Relay	S.W.
4:25	Women's	Mile Relay	S.W.
4:30	J.C. Inv.	Mile Relay	S.W.
4:40	Coll.-Univ.	Mile Relay	S.W.

schedule and subject to slight change.

STEP TO THE OLYMPICS™

SUNDAY

TIME	DIVISION	EVENT	LOCATION
8:30	Girls 9 & U	Long Jump	South
8:30	Girls 12-13	Long Jump	Main
9:00	Girls 9 & U	High Jump	Main
9:00	Girls 10-11	High Jump	Main
9:00	Girls 12-13	High Jump	South
9:00	Girls 10-11	Shot Put	Main
9:00	Girls 12-13	Shot Put	Main
9:00	Girls 12-13	Discus	Main
9:00	Girls 10-11	50 M Hurdles	East
9:05	Girls 12-13	80 M Hurdles	East
9:10	Girls 12-13	800 M Run	S.W.
9:15	Girls 12-13	Javelin	Lower
9:15	Girls 9 & U	400 M Relay (comb)	S.W.
9:20	Girls 10-11	400 M Relay (comb)	S.W.
9:30	Girls 12-13	400 M Relay	S.W.
9:35	Girls 10-11	800 M Yard Run	S.W.
9:40	Girls 10-11	800 M Yard Run	S.W.
9:45	Girls 10-11	800 M Yard Run	S.W.
10:00	Masters 40+	Pole Vault	Main
10:00	Girls 14-17	Javelin	Lower
10:00	Girls 14-17	High Jump	Main
10:00	Girls 14-17	Shot Put	Main
10:00	Girls 9 & U	800 M Relay	S.W.
10:05	Girls 10-11	800 M Relay	S.W.
10:10	Girls 12-13	800 M Relay	S.W.
10:15	Girls 12-13	800 M Relay	S.W.
10:30	Girls 14-15	100 M Dash	S.W.
10:30	Girls 14-15	100 M Dash	S.W.
10:40	Girls 14-17	100 M Dash	S.W.
10:45	Girls 14-17	100 M Dash	S.W.
10:50	Women's	100 M Dash	S.W.
11:00	Girls 14-15	Long Jump	Main
11:00	Men's Decathlon	110 M HH	S.E.
11:05	Men's Decathlon	110 M HH	S.E.
11:10	Men's Decathlon	110 M HH	S.E.
11:15	Men's Decathlon	110 M HH	S.E.
11:25	Girls 9 & U	300 M Run	S.W.
11:30	Girls 9 & U	800 M Run	S.W.
11:30	Masters 40-49	Shot Put	Main
11:30	Masters 50-59	Shot Put	Main
11:30	Masters 60+	Shot Put	Main
11:37	Girls 10-11	1,500 M	S.W.
11:43	Girls 14-15	1,500 M	S.W.
11:49	Girls 14-17	1,500 M	S.W.
12:00	Men's Decathlon	Discus	Main
12:00	Girls 14-15	100 M Hurdles	S.E.
12:05	Girls 14 & Over	100 M Hurdles	S.E.
12:15	Girls 12-13	200 M Dash	S.W.
12:20	Girls 12-13	200 M Dash	S.W.
12:25	Girls 12-13	200 M Dash	S.W.
12:30	Girls 14-15	200 M Dash	S.W.
12:35	Girls 14-15	200 M Dash	S.W.
12:40	Girls 14-17	200 M Dash	S.W.
12:45	Girls 14-17	200 M Dash	S.W.
12:45	Girls 14-15	Discus	Main
12:45	Girls 14-17	Discus	Main
12:45	Men's Decathlon	Pole Vault	Main
12:55	Girls 12-13	400 M Run	S.W.
1:00	Girls 12-13	400 M Run	S.W.
1:00	Girls 14-15	400 M Run	S.W.
1:00	Masters 40-49	High Jump	Main
1:05	Girls 14-15	400 M Run	S.W.
1:10	Girls 14-17	400 M Run	S.W.
1:15	Women's	Shot Put	Main
1:15	Girls 14-17	Long Jump	Main
1:15	Girls 12-13	800 M Run	S.W.
1:20	Girls 14-15	800 M Run	S.W.
1:30	Women's	400 M Run	S.W.
1:30	Men's Decathlon	Javelin	Main
1:35	Girls 14-15	400 M Relay	S.W.
1:40	Girls 14-17	400 M Relay	S.W.
1:45	Women's	400 M Relay	S.W.
1:50	Women's	Two Mile Run	S.W.
2:05	Girls 14-15	300 M Hurdles	S.W.
2:10	Girls 14-17	400 M Hurdles	S.W.
2:15	Women's	400 M Hurdles	S.W.
2:20	Girls 14-15	1600 M Relay	S.W.
2:25	Girls 14-17	1600 M Relay	S.W.
2:30	Men's Decathlon	1500 Meters	S.E.
2:30	Masters 40-49	Long Jump	Main
2:30	Masters 50-59	Long Jump	Main
2:30	Masters 60+	Long Jump	Main
2:45	Masters 40+	1600 M Relay	S.W.
2:50	Masters 40+	5000 M Run	S.W.
2:50	Masters 40+	Discus	Main

MT. SAC RELAYS MARATHON

CONDUCTED BY THE POMONA JAYCEES
AS AN OLYMPIC DEVELOPMENT AND QUALIFYING EVENT

SATURDAY APRIL 24, 1976
8:00 AM - MT. SAN ANTONIO COLLEGE-WALNUT

OLYMPIC TRIALS QUALIFYING EVENT. Sanctioned by A.A.U., U.S.T.F.F., N.C.A.A.

COMPETITORS: Open to athletes who are registered with the A.A.U. of the United States or a member of NCAA-USTFF member organization. All entries must include entry fee, A.A.U. registration number for 1976 or proof of NCAA-USTFF membership, and fully completed statement of medical fitness.

ENTRY FEES: \$2.50 per individual when entry received by April 10, 1976. Late entries will be accepted until 7:30 a.m., April 24, at \$3.50 per individual.

SEND ENTRIES TO: Marathon, Mt. SAC Relays, Mt. San Antonio College, Walnut, CA 91789.

ALL RUNNERS submitting entry forms by April 10, 1976, will receive two complimentary tickets to the Mt. Sac Relays (three day tickets).

AWARDS: Special Mt. Sac Relays Awards to first 10 finishers in the Open Division; first 5, 40-45; first 3, 50-60; first 2, 60+; first 5 women, and first 3 under 18 years old. First 5 boys and first 5 girls (12 yrs or under) to finish the "Half Marathon" will also receive awards.

CHECK-IN: Mt. San Antonio College Field House, adjacent to track stadium (see map on reverse side of this form). Athletes should check in between 6:30-7:30 a.m.

ALL ENTRIES received by April 10 will appear in the Official Mt. Sac Relays program.

MOUNT SAN ANTONIO COLLEGE RELAYS -- ADVANCE TICKET FORM

- PATRON (25 Choice Seats - \$125.00 Includes Gold Medallion Plaque.)
- ASSOCIATE PATRON (20 Choice Seats - \$100.00 Includes Silver Medallion Plaque.)
- SUSTAINING PATRON (10 Choice Seats - \$50.00 Includes Bronze Medallion Plaque.)
- FAMILY TICKET (2 Adults, 2 Children of H.S. Age & Under for \$12.00.)
- I WISH _____ ADVANCE TICKETS AT \$5.00 EACH

NOTE: ALL OF THE ABOVE TICKETS ARE GOOD FOR ALL THREE DAYS, CHOICE EAST OR WEST SIDE SEATING, AND INCLUDES FREE STADIUM PARKING.

MEET DAY TICKET PRICES: Friday, Gen. Admission \$3.00, Students \$2.00, Children \$1.00
Saturday, Gen. Admission \$4.00, Students \$2.00, Children \$1.00
Sunday, Gen. Admission \$3.00, Students \$2.00, Children \$1.00

PLEASE SEND TICKETS TO:

NAME (Print) _____

ADDRESS _____ CITY _____ ZIP _____

MAKE CHECKS PAYABLE - MSAC RELAYS, WALNUT, CALIFORNIA 91789

VALLEY TRACK CLUB RUNNERS ENDURE TRAINING FRUSTRATIONS

GAYLORD KALCHSCHMID, top SFVTC Masters middle-distance performer, ran into unexpected trouble last week. Gaylord has been quietly practicing the Steeplechase, in hopes of finding a soft spot in the Masters Championships this summer. But while perfecting his jumping technique in a practice session at UCLA's Drake Field, Gaylord's rear spike clipped the top of the water barrier and he plunged headlong into nearly three feet of water. Although struggling desperately, he was going down for the third time until Linda Mammery, a UCLA coed and 440 star, heard his cries for help and rushed over in time to provide artificial respiration. The good news is that Gaylord will be okay after a brief period of recuperation. The bad news is that his charming wife Helmi has forbidden him to practice anywhere near Ms. Mammery, thus seriously jeopardizing Gaylord's chances for success in this year's Steeplechase competition.

REID PRESSLEY has improved his Marathon times very steadily over the past few years. Nothing comes easy, however, and one reason for Reid's improvement is his morning and evening 10 to 20 mile runs in a nearby park. Coupled with a demanding job as a computer programmer, this tough schedule has had its effects. Reid now has only a passing acquaintance with his personable wife Leslie and their three children. When he unexpectedly returned early from his evening workout recently, Leslie is reported to have look bewildered, saying "The face is familiar, but I can't place the name." Marathon running, however, demands sacrifices and Reid is up to the task. Moreover, we've learned that his daily runs are not the drudge they used to be. It seems that each morning, and sometimes in the evening, Reid is accompanied by, and has become extremely friendly with, a St. Bernard named Olaf.

The third annual GREAT OSTRICH RACE will be held on Sunday, April 18 at 10AM at Sepulveda Recreation Center. Be sure to bring your ostriches early, as last year's race was held up over a half-hour by the difficulty of properly attaching identifying numbers to each competitor.

JERRY WOJCIK has been practicing for months in his backyard with a make-shift hammer in preparation for the coming season's hammer-throw competition. Recently, Jerry splurged on the real thing and confidently set out to see how far he could throw his new "hammer." Underestimating his strength, Jerry let fly a heave that sent the missile careening over his garage, through his neighbor's rhododendron plants, completely destroying their tomato garden, smashing their rumpus-room window, and landing with a thud on the belly of his neighbor who was trying to take a nap at the time. Not only has the neighbor filed a very unfriendly lawsuit against Jerry, but he has stubbornly refused to give back the hammer in spite of repeated requests by Jerry. A few members of our club decided it was only right to pitch in and help Jerry get a new hammer. Send your donations to "Hammer Fund," 12609 Lithuania Dr. Granada Hills 91344.

Most of us are conditioned to believe that abstaining from food prior to a race is the only way to prepare for a serious run. JOHN DAMSKI, however, a triple-medal winner at last August's World Masters Championships, has found just the opposite works for him. Prior to each competition, John can be seen building his strength by stuffing large quantities of chicken into his system. His success did not go unnoticed by John Brown, founder and President of the Kentucky Fried Chicken chain. We've learned that Damski has just signed a multi-year contract with the firm to promote the value of eating chicken just prior to your competition. John will make a series of commercials to be aired this summer, showing him eating a leg or two of Kentucky Fried Chicken, then immediately going into his event in what, hopefully, will be a world age-record performance. Word is that this could revolutionize the eating habits of top track and field athletes throughout the world. Medical Dr. George Sheehan, however, an expert in running matters, calls the idea "patently ridiculous."

VAN NUYS ALL-COMERS MEET

March 13, 1976 - 73° Weather

100 YARD DASH (30-39)

Terry Cannon	10.9
Jerry England	11.8
Don Overton	11.9

220 YARD DASH (30-39)

Larry Sallinger	23.1
Terry Cannon	23.4
Don Overton	26.0

440 (40-49)

Tony Nasralla	56.4
Don Palmer	57.6
Percy Knox	58.8
Dick Hardin	61.5
Juan Pedevilla	61.7
Hal Wallace	65.3

MILE All Divisions

Tom Richards	4:41.3
Reid Pressley	5:03.8
David Mack	5:27.0
Dave Biederman	5:29.9
Jim McGinn	5:52.0

70 YARD HH (30-39)

Larry Sallinger	8.7
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HIGH JUMP (30-39)

Larry Sallinger	5'6"
Jerry England	5'2"

LONG JUMP (30-39)

Don Grimes	18'10"
Jerry England	17'7"

LONG JUMP (40-49)

Nick Newton	18'7"
Tony Nasralla	18'7"

TRIPLE JUMP (30-39)

Don Grimes	36'3"
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SHOT PUT (40-49)

Hal Smith	43'10-1/2"
Leon Frankamp	33'8"
Jerry Wojcik	29'1/2"
Bob Perry	24'10"

DISCUS (40-49)

Hal Wallace	105'0"
Hal Smith	103'5-1/4"
Leon Frankamp	102'5"
Jerry Wojcik	82'8"

JAVELIN (30-39)

Dick Selby	208'5"
Don Grimes	126'7"

JAVELIN (40-49)

Hal Wallace	143'5"
Leon Frankamp	125'1"
Jerry Wojcik	121'1"
Bob Perry	63'2"

POLE VAULT (30-39)

Don Grimes	12'6"
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100 YARD DASH (40-49)

Nick Newton	10.6
Ted Vick	10.8
Jim Parks	10.8
Bob Radford	11.0
Tony Nasralla	11.0
R. Collins	11.3
Dick Hardin	11.7
Juan Pedevilla	12.4

220 YARD DASH (50-59)

Al Guidet	26.3
Pete Fetter	28.3
Ross Winton	28.7
Erich Jordon	33.3

440 (50 & Over)

Tom Clayton	60.2
Ross Winton	66.3
Sid Madden	71.1

2 MILE

John Blakesley	14:11.1
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70 YARD HH (40-49)

Dave Jackson	9.1
Hal Smith	10.8
John Blakesley	11.6

HIGH JUMP (40-49)

Ed Austin	5'8"
Bill Evans	5'2"
Nick Newton	4'10"
Hal Smith	4'10"
Tony Nasralla	4'10"
Bob McCall	4'8"
Hal Wallace	4'6"

LONG JUMP (50 & Over)

Pete Fetter	16'4-1/4"
Jim Vernon	14'11"
Erich Jordon	13'4"
Red Doms	11'1"

TRIPLE JUMP (40-49)

Dave Jackson	38'11"
Tony Nasralla	35'8"
Jerry Wojcik	30'4-1/2"

SHOT PUT (50-59)

Erich Jordon	36'3-1/2"
Pete Fetter	35'2"
Richard Baum	30'1-3/4"
Emsen Grimm	25'1/4"

DISCUS (50-59)

Erich Jordon	104'8-1/4"
Orv Gillett	100'7-1/2"
Richard Baum	76'7"
Emsen Grimm	57'7-3/4"

JAVELIN (50-59)

Pete Fetter	145'5"
Erich Jordon	98'1"
Emsen Grimm	56'6"

POLE VAULT (40-49)

Duane Telliano	11'6"
Roger French	11'6"
Hal Wallace	10'
Ted Ensslin	9'6"
John Blakesley	9'6"
Ron DeVee	8'6"
Hal Smith	7'6"

100 YARD DASH (50-59)

Al Guidet	11.7
Pete Fetter	12.2
Erich Jordon	14.0

220 YARD DASH (40-49)

Nick Newton	23.4
Ted Vick	24.0
R. Collins	24.5
Bob Radford	24.7
Percy Knox	24.7
Tony Nasralla	24.8
Don Palmer	25.9
Dick Hardin	26.5
Juan Pedevilla	27.4

880 All Divisions

Jim Parks	2:19.1
Dave Lewis	2:34.2
Tom Richards	2:34.3
Sid Madden	2:48.0

440 RELAY

Bob Radford, Dave Jackson, Ted Vick, Percy Knox	46.6
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Jim Parks, Tony Nasralla, Hal Smith, Nick Newton	47.8
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Ted Ensslin, Don Palmer, Pete Fetter, Shirley Davisson	50.1
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HIGH JUMP (50-59)

Orv Gillett	5'2-1/2"
Dave Brown	4'8"
Jim Vernon	4'8"

TRIPLE JUMP (50 & Over)

Jim Vernon	29'2-1/2"
Tom DeVaughn	29'2"
Red Doms	23'6-3/4"

SHOT PUT (60-69)

Red Doms	43'1"
Gene Hanson	42'11"
Bob MacConaghy	39'10-1/2"
Ran Hubbell	36'5-1/2"

SHOT PUT (70 & Over)

Stan Herrmann	40'9"
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DISCUS (60-69)

Red Doms	107'5"
Bob MacConaghy	102'11"
Ran Hubbell	86'10-1/4"

DISCUS (70 & Over)

Stan Herrmann	107'10-1/4"
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JAVELIN (60 Plus)

Bob MacConaghy	119'9"
Ran Hubbell	91'2"
Red Doms	91'2"

POLE VAULT (50 & Over)

Don Grosh	10'6"
Dave Brown	10'6"
Orv Gillett	10'0"
Jim Vernon	9'6"
Tom DeVaughn	9'6"
Bob MacConaghy	8'6"

VAN NEWS - SATURDAY, MARCH 20, 1976 - 75° Weather

100 YARD DASH (30-39)

Ken Dennis	10.6
Terry Cannon	10.7
Bob Simmons	10.8
Harvey Johnson	11.3
Roy Beeman	11.3

100 YARD DASH (40-49) (1)

Nick Newton	10.5
Percy Knox	10.7
George Waterman	10.9
Ted Vick	10.9
Tony Nasralla	11.1

100 YARD DASH (40-49) (2)

Bob Radford	11.1
Herb Adams	11.2
Dick Hardin	11.6
Rich Battelle	11.8
Bill Adler	12.5

100 YARD DASH (50-59)

Wilbur Buchanan	11.9
Bob Hunt	11.9
Pete Fetter	12.2
Jim Minah	13.1
Erich Jordan	14.1

MILE (All Divisions)

Tom Richards	4:38.7
Jerry Beeman	5:12.3
Larry Adams	5:15.1
Hank Norton	5:13.2
George DeCottes	5:15.2
Jack Noble	5:20.4
Jim McGinn	5:40.6
Sid Madden	6:03.8

2 MILE (All Divisions)

Ole Oleson	11:45.6
Ed Lowell	13:09.2

3 MILE (All Divisions)

Ray Hughes	15:07.2
Tom Richards	15:45.5

TRIPLE JUMP (30-39)

Al Henry	40'5-1/4"
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TRIPLE JUMP (40-49)

Dave Jackson	39'10"
Tony Nasralla	34'4-1/2"
Jerry Wojcik	30'8-1/4"

TRIPLE JUMP (50-59)

Dave Brown	32'7-1/2"
Jim Vernon	30'6"
Tom DeVaughn	26'1"

TRIPLE JUMP (60 & Over)

Red Doms	23'7-1/2"
Art Vesco	22'9-1/2"
Bob MacConaghy	22'1"

JAVELIN (30-39)

R. Selby	212'0"
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JAVELIN (40-49)

Hal Wallace	138'3"
Leon Frankamp	127'10"
Jerry Wojcik	123'0"
Dave Douglass	108'10"
Cristel Miller	97'11"
Bob Perry	69'6-1/4"

JAVELIN (50-59)

Pete Fetter	147'2"
Eric Jordan	100'0"

JAVELIN (60 Plus)

Red Doms	96'0"
Art Vesco	81'1"
Stan Herrmann	65'0"

220 YARD (30-39)

Terry Cannon	23.3
Gary Miller	23.6
Harvey Johnson	24.2

220 YARD (40-49)

Nick Newton	23.9
Ted Vick	24.0
Tony Nasralla	24.4
Keyb Adams	25.5
Dick Hardin	25.6

220 YARD (50-59)

Tom Clayton	26.3
Wilbur Buchanan	26.9
Bob Hunt	27.5
Pete Fetter	28.1
Erich Jordan	32.5

70 YARD HIGH HURDLES (30-39)

Larry Sallinger	8.6
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70 YARD HIGH HURDLES (40-49)

Dave Jackson	9.3
Bill Adler	10.7
Rich Battelle	11.0

70 YARD HIGH HURDLES (50-59)

Bob Hunt	10.6
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70 YARD HIGH HURDLES (60 & Over)

Bob MacConaghy	12.9
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HIGH JUMP (30-39)

Larry Sallinger	5'5"
Jerry England	5'4"
Ray Beeman	5'2"

HIGH JUMP (40-49)

Bill Evans	5'5"
Nick Newton	5'2"
Leon Frankamp	5'2"
Bill Adler	4'8"
Tony Nasralla	4'8"
Hal Wallace	4'8"
Bob Perry	4'8"

HIGH JUMP (50-59)

Bob Ogle	5'0"
Dave Brown	4'8"
Jim Vernon	4'6"

DISCUS (40-49)

George Waterman	120'11"
Hal Wallace	102'4"
Leon Frankamp	101'5-3/4"
Dave Douglass	90'4-1/2"
Jerry Wojcik	86'1/2"

DISCUS (50-59)

Erich Jordan	98'2-1/2"
Jim Minah	92'9-1/4"

DISCUS (60 Plus)

Red Doms	109'4-1/2"
Stan Herrmann	104'3"
Art Vesco	98'2"

POLE VAULT (30-39)

Don Grimes	12'0"
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POLE VAULT (40-49)

Ruane Teliano	11'0"
Hal Wallace	10'6"
Dave Douglass	9'0"
Leon Frankamp	8'0"
Ron DeVoe	8'0"

POLE VAULT (50-59)

Don Grosh	10'6"
Jim Vernon	10'6"
Dave Brown	10'0"
Tom DeVaughn	10'0"
Bob Ogle	7'6"

440 YARD (30-39)

Gary Miller	52.9
Charles McKenzie	53.4
Harvey Johnson	60.2
Gerald Sherman	61.6
Verne T. Jarks	63.0
Gary Burnett	65.8

440 YARD (40-49)

Tony Nasralla	57.1
Dick Hardin	58.4
Hal Wallace	64.6

440 YARD (50-59)

Bob Hunt	61.2
Wilbur Buchanan	62.2
Dave Lewis	67.8

880 ALL DIVISIONS

G. Kalchschmid	2:11.4
Gary Burnett	2:38.5
Dave Lewis	2:39.6
Sid Madden	2:50.1

330 I. HURDLES (All Divisions)

Tony Nasralla	46.7
Tom Clayton	47.1
Bob Hunt	56.6

440 RELAY (All Divisions)

CIM - Bob Radford, Dave Jackson, George Waterman, Percy Knox	45.8
CIM - Ken Dennis, Gary Miller, Larry Sallinger, Bob Simmons	46.0
Striders - Nick Newton, Herb Adams, Chuck McKinney, Bill Adler	47.6
CIM - Ted Vick, Hal Wallace, Tom DeVaughn, Shirley Davisson	52.5

LONG JUMP (30-39)

Larry Sallinger	20'0-1/4"
Ray Beeman	19'4"
Don Grimes	18'7"
Jerry England	18'3-1/4"
ADD	
Mike Dennis	16'11-1/2"
B. Henry	15'9"
T. Henry	13'3-1/4"

LONG JUMP (40-49)

Nick Newton	19'3-1/2"
Tony Nasralla	18'7"

LONG JUMP (50-59)

Jim Vernon	16'5"
Bob Ogle	15'6-1/2"
Erich Jordan	14'7-1/4"
Pete Fetter	14'1-1/2"
Tom DeVaughn	13'3"

LONG JUMP (60 & Over)

Art Vesco	13'4"
Red Doms	11'4-1/2"

SHOT PUT (40-49)

George Waterman	40'1"
Hal Wallace	35'5-3/4"
Leon Frankamp	34'1"
Dave Douglass	30'1-1/2"
Jerry Wojcik	29'9"
Bob Perry	22'9-1/2"

SHOT PUT (50-59)

Jim Minah	37'5-1/2"
Erich Jordan	34'4"

SHOT PUT (60 Plus)

Red Doms	39'10"
Art Vesco	38'9-1/4"
Stan Herrmann	38'6"

POLE VAULT (60 & Over)

Bob MacConaghy	9'0"
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Our thanks to Shirley Davisson and the Corona Del Mar Track Club for compiling these results.

100 YARD DASH (30-39)

Walt Butler	9.8
Ken Dennis	10.1
Don Greenwell	10.3
Preatrice Penny	10.7
Terry Howell	11.4

100 YARD DASH (40-49) 1st Heat

George Waterman	10.2
Nick Newton	10.3
Ted Vick	10.5
Bob Radford) Tie	10.5

100 YARD DASH (40-49) 2nd Heat

Tony Nasralla	10.7
Jim Parks	10.7
Ozzie Dawkins	11.0
Herb Adams	11.2
Hal Smith	11.7
Bill Adler	12.1

100 YARD DASH (50 Plus)

Al Guidet	11.3
Wilbur Buchanan	11.8
Don Watt	11.8
Pete Fetter	12.1
Erich Jordon	13.5

440 YARD RELAY

Corona Del Mar (30-39)	44.5
Ken Dennis, Al Henry, Gary Miller, Larry Sallinger	
Corona Del Mar (40-49)	45.4
Bob Radford, Dave Jackson, Ted Vick, George Waterman	
Senior Track Club (30-39)	46.8
Beverly Hill Striders (40-49)	47.0
Shirley Davisson, Nick Newton, Herb Adams, Bill Adler	
Senior Track Club (40-49)	
Tony Nasralla, Ozzie Dawkins, Jim Parks	

JAVELIN (40-49)

John Tansley	136'11"
Jerry Wojcik	130'11"
Ray Fitzhugh	113'5"
Bob Perry	68'10"

JAVELIN (50-59)

Pete Fetter	145'6"
Don Grosh	91'11"
Joe Sanz	91'4"
Erich Jordon	83'0"

JAVELIN (60-69)

Bob MacConaghy	109'10"
Red Doms	93'3-1/2"

JAVELIN (Women)

Shelly Brown	101'3"
Edith Mendyke	66'2"

TRIPLE JUMP (all)

Dave Jackson	40'9"
Al Henry	39'8-1/2"
Dave Brown	32'10-1/4"

POLE VAULT (30-39)

Don Grimes	12'6"
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POLE VAULT (40-49)

Duane Telliano	11'0"
Ray Fitzhugh	10'6"
John Tansley	10'0"
Ron DeVoe	8'0"

220 YARD DASH (30-49)

Nick Newton	23.8
Larry Sallinger	24.1
Ernie Taylor	25.4

220 YARD DASH (35-49)

Ken Dennis	24.3
Ted Vick	24.3
Bob Radford	24.3
Tony Nasralla	24.8
Juan Pedevilla	27.8

220 YARD DASH (40-49)

George Waterman	23.7
Jim Parks	24.2
Ozzie Dawkins	25.2
Herb Adams	25.3

220 YARD DASH (50 & Over)

Tom Clayton	26.4
Don Watt	26.8
Wilbur Buchanan	27.0
Pete Fetter	28.1

70 YARD HIGH HURDLES (35-39)

Larry Sallinger	8.4
Al Henry	9.0

70 YARD HIGH HURDLES (40-49)

Dave Jackson	9.2
Bill Adler	10.3
Leon Frankamp	10.7
Ray Fitzhugh	10.8

SHOT PUT 16#

Hal Smith	44'3-1/2"
George Waterman	39'9"
Jack Thatcher	34'10"
Leon Frankamp	34'5"
Jerry Wojcik	28'9-1/2"

SHOT PUT 12#

John Tansley	43'11"
Jack Thatcher	41'3/4"
Pete Fetter	34'8-1/2"
Erick Jordon	34'2"
Bob Perry	26'7-1/2"
Euson Grimm	25'8"

SHOT PUT 8#

Red Doms	39'0"
Shirley Kinsey	21'6"

SHOT PUT 6#

Edith Mendyke	29'4"
(New Womens Age 65 Record)	

HIGH JUMP (40-49)

Bill Evans	5'4"
John Tansley	5'2"
Ray Fitzhugh	5'2"
Nick Newton	5'2"
Hal Smith	5'0"
Bob Perry	4'4"

HIGH JUMP (50-59)

Dave Brown	4'8"
Jim Vernon	4'8"
Dave Lewis	4'2"

POLE VAULT (50-59)

Don Grosh	10'6"
Dave Brown	10'0"
Jim Vernon	10'0"
(Jim made 11' after competition)	

440 YARD (35 & Over)

Ernie Taylor	54.7
Tom Richards	55.7
Tony Nasralla	56.1
Don Palmer	57.3
Juan Pedevilla	62.1
Wilbur Buchanan	64.4

880 YARD (35 & Over)

Gary Miller	2:08.4
Don Palmer	2:22.4
Tom Clayton	2:24.0
Jim Roundtree	2:25.4
Renass	2:31.1
Percy Knox	2:32.0
Dave Lewis	2:34.1
Gary Burnett	2:34.1

MILE - 1st Heat

Tom Richards	4:39.9
Verne Tjarks	5:13.4
Jim Roundtree	5:34.5
Gary Burnett	5:48.0

MILE - 2nd Heat

Hank Norton	5:14.7
Jack Noble	5:16.3

2 MILE

Tom Richards	10:33.1
Terry Howell	14:07.9

DISCUS (40-49)

George Waterman	116'9"
Hal Smith	89'7"
Jerry Wojcik	81'4"
Ray Fitzhugh	80'11"

DISCUS (50-59)

John Becotte	109'4"
Erich Jordon	108'1/2"
Jack Thatcher	105'10"
Paul Evans	85'9"
Euson Grimm	58'7"

DISCUS (60 & Over)

Red Doms	108'4"
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DISCUS - Women

Shelly Brown	92'0"
Edith Mendyke	59'7-1/2"

LONG JUMP (30-39)

Al Henry	20'4"
(This was Al's best jump in 6 years)	

LONG JUMP (40-49)

Shirley Davisson	21'3-1/2"
Dave Jackson	20'5-1/4"
Nick Newton	20'1-1/2"

LONG JUMP (50-59)

Jim Vernon	16'5"
Pete Fetter	16'3-1/2"
Dave Brown	15'4"
Erich Jordon	14'7"
Euson Grimm	11'1"

POLE VAULT (60-6)

Bob MacConaghy	9'0"
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Bio-Rhythms May Be for Real

The jury is still out on the effects, indeed the very existence of "bio-rhythms," defined as cyclical fluctuations in the body's physical, emotional, and intellectual levels (see *T&FN*, 1 April, 1974).

But Estonian experimenters Pregel and Toomsalu conducted a test to see if the positive and negative phases of the 23-day physical cycle might affect the training intensity and competitive performances of female jumpers unaware of the purposes of the testing.

Statistical analyses indicated that an increased intensity in training during the positive and negative phases failed to produce significantly better or worse results.

However, competitive performances,

on the average, were significantly better during the positive phases.

A typical example was one athlete who set a PR of 5-7 $\frac{1}{4}$ in the high jump when her 23-day physical cycle was in the positive phase. A little later, she improved to 5-9 when all three cycles were positive. The same athlete managed only 5-5 when all her bio-rhythms were in the negative phases.

The authors concluded that it seems advisable to take the influence of bio-rhythms into consideration when planning competitive schedules. */TT 60/*

How to Run the 800

Dave Wottle on the third curve at Munich, 30 yards behind and seemingly out of it. Then, an incredible stretch drive and the rest, as they say. . . .

Dave didn't know it, but he was running the 800 meters as it should be run: at as near even pace as you can get (his splits were 26.4, 26.9, 26.4, 26.2). Before Wottle even stepped on the track at Munich, Canadian Brent McFarlane had studied the chemical reactions which take place in the body and had come up with some interesting conclusions.

He looked at the available energy sources in the body, the oxygen transport system, musculature, hemoglobin content, etc. and theorized the "ideal" way to run the 800:

"Physiologically, the most effective way to run the 800 is (a) a fast start followed by (b) as near an even pace as possible for the remainder of the race. A fast start for the first 100-150 yards will serve to rapidly raise both oxygen intake and recovery oxidation to their maximum values. Lactic acid accumulation will occur, but it occurs in both the slow and fast starter—with the slow starter not gaining any advantages.

"Once past the initial fast start, an even pace should be adopted, since for a given work output, when working to near exhaustion, lactic acid buildup proceeds at a uniform rate to its maximum value, whereupon work ceases. Since the oxygen requirement varies with the cube of the running speed, it is imperative that the runner remain within the limits of his capacity." */TT 49/* □

CHINA DEVELOPS FITNESS

At 10 am the loudspeakers at the Peking Electronic Tube Factory vibrate with the sound of music for physical exercises.

Leaving their benches, the workers line up in front of the workshops. To the leader's staccato commands they place hands on hips and move their heads up and down, left and right, their eyes following the direction of the movements. The movements are then repeated with eyes closed. This is followed by movements of other parts of the body. It takes 15 minutes to complete the set of exercises, called "electronics workers' calisthenics."

The exercises were designed by the Peking Physical Culture Institute specially for workers doing sedentary jobs which require high concentration, meticulous care and continuous use of the eyes. Other sets of exercises for coal miners, steel workers, masons, textile workers, bus drivers and shop assistants were also devised by the institute and are now being spread among the workers.

INSTITUTE FOR AEROBICS RESEARCH ANNOUNCES WORKSHOP DATES

Dr. Kenneth H. Cooper, President of the Institute for Aerobics Research, has announced the dates of the 1976 Aerobics Workshops to be January 9-11, June 10-12, and August 12-14 at the Aerobics Center in Dallas, Texas. Dr. Cooper is the author of *Aerobics* and *The New Aerobics* and is the founder of the Aerobics Center in Dallas, an internationally famous preventive medicine center.

The three-day seminar is designed for the physical educator, physician, and those interested in physical fitness. The participants, who will be limited to 36, will explore the role that aerobics may play in the prevention and rehabilitation of coronary heart disease. Some 20 hours of classroom sessions will be held with Dr. Cooper and the professional staff members of the Aerobics Center lecturing. Laboratory sessions also are planned so that each participant will have an opportunity to take and administer the Treadmill Stress Test, Lean Body Mass Determinations (underwater weighing and body volume), and other tests in the Exercise Physiology Laboratory.

Anyone wishing to receive a brochure with a complete schedule and application form should contact Bill Walker, Executive Director, Institute for Aerobics Research, 11811 Preston Road, Dallas, Texas 75230.

"It doesn't matter who you're playing, because you're playing against yourself...trying to reach your own potential every time out. After a game, our players don't have to look at a scoreboard to know how they played. And, it doesn't matter if you've won or lost if you've played to your potential. That's the whole essence of athletics."

-- Bobby Knight, coach
Indiana University
1976 NCAA Basketball
champions

L. A. VALLEY COLLEGE COMMUNITY SERVICES

PRESENTS THE 6TH ANNUAL

GRANDFATHER GAMES

DATE-----May 15 and 16, 1976 (Sunday May 16, mile walk and 6 mile only)

WHERE-----Los Angeles Valley College, 5800 Fulton, Van Nuys, Calif. 91401

DIVISIONS-----Submasters 30-39, Division I (40-49) Division II (50-59) Division III (60-69) Division IV (70+), and Women (30+)

ENTRY FEES-----Three (\$3.00) for one event, Five (\$5.00) for two events. Seven (\$7.00) for three events and Eight (\$8.00) for four or more events. Clubs pay for relay teams \$8.00 per team. Make checks payable to George Ker.

FACILITIES-----Dirt track, tartan runway and concrete rings (except Javelin-Grass). Dressing facilities and showers available (bring your own towels).

AWARDS-----Awards to the first 3 places in all events where sufficient entries warrant. (Awards to the winning relay teams only). Awards based on best time where more than one heat per event, per division.

SOUVENIERS-----Programs and T shirts will be on sale at cost.

FOOD AND DRINK-----Bring your own cuisine as we are not sure about the availability of the Snack Bar.

ENTRY DEADLINE-----May 7, 1976 (In my hands)

TEAR OFF

NAME _____ PHONE _____

ADDRESS _____
City State Zip

CLUB _____

AGE AS OF MAY 15, 1976 _____ DIVISION _____
Women, 30-39, I, II, III or IV

EVENTS I AM ENTERING _____
1 2 3 4 5 6 7

ENCLOSED PLEASE FIND CHECK (PAYABLE TO GEORGE KER) FOR \$ _____

MAIL TO GEORGE KER
16750 INDEX ST. GRANADA HILLS, CA. 91344
PHONE 213-363-8588

6th ANNUAL GRANDFATHER GAMES -- MAY 15-16, 1976

TIME SCHEDULE

SATURDAY RUNNING EVENTS

FIELD EVENTS (SATURDAY ONLY)

<u>TIME</u>	<u>EVENTS</u>	<u>DIVISION</u>
12:00	440 Relay	Women
12:05	440 Relay	30-39
12:10	440 Relay	I
12:15	440 Relay	II
12:20	Mile	Women
12:30	Mile	30-39
12:40	Mile	I
12:50	Mile	II
1:00	Mile	III & IV
1:10	120 HH (39")	30-39
1:15	120 HH (39")	I
1:20	70 HH (36")	II
1:25	70 LH (30")	III & IV
1:30	440	Women
1:35	440	30-39
1:45	440	I
1:55	440	II
2:05	440	III & IV
2:15	100	Women
2:20	100	30-39
2:30	100	I
2:40	100	II
2:50	100	III
3:00	100	IV
3:05	880	Women
3:05	880	30-39
3:10	880	I
3:15	880	II
3:20	880	III & IV
3:30	330 IH	30-39
3:40	330 IH	I
3:50	330 IH	II
4:00	220	Women
4:10	220	I
4:20	220	II
4:30	220	III & IV
4:40	3 Mile	All Divisions
4:10	Mile Relay	30-39
4:15	Mile Relay	I
4:20	Mile Relay	II

<u>TIME</u>	<u>EVENTS</u>	<u>DIVISION</u>
12:00	High Jump	All Divisions
12:00	Pole Vault	30-39, I, II, & III
12:00-2:00	Long Jump	All Divisions
(6 jumps)		(2 hr. time limit)
2:00-4:00	Triple Jump	All Divisions
(6 jumps)		(2 hr. time limit)
12:00-1:00	Shot Put	30-39 & Women
12:00-1:00	Hammer	I
12:00-1:00	Discus	II
12:00-1:00	Javelin	III & IV
1:00-2:00	Shot Put	III & IV
1:00-2:00	Hammer	30-39
1:00-2:00	Discus	I
1:00-2:00	Javelin	II
2:00-3:00	Shot Put	II
2:00-3:00	Hammer	III & IV
2:00-3:00	Discus	30-39 & Women
2:00-3:00	Javelin	I
3:00-4:00	Shot Put	I
3:00-4:00	Hammer	II
3:00-4:00	Discus	III & IV
3:00-4:00	Javelin	30-39 & Women

SUNDAY

<u>TIME</u>	<u>EVENTS</u>	<u>DIVISION</u>
12:00	Mile Walk	All Divisions
12:30	6 Mile	All Divisions

"The runner and the swimmer are unconditionally alone. No one can help them; no one can make them look better than they really are; no one can throw a block for them or pinch-hit them out of a tight spot. A running contest personifies Everyman's life struggle -- the life struggle conceived on an ideal, almost Platonic plane. In life the best man often loses; on the track he nearly always wins. There is no one pulling strings or playing the angles on the track. No referee blows a whistle; no coach's favorite gets the starting halfback or forward or shortstop assignment. There is no sign directing anyone to the back of the bus. What could be more democratic?"

-- John Telford
"The Longest Dash"

 The Eighth Annual Herbert Hoover Relays will be held on April 11 at
 Menlo Atherton High School, Menlo Park, California. For Masters men & women
 over 30 they will have the following events: 4 Mile Relay, 440 Relay,
 880 Relay, 1 Mile Relay, 2 Mile Relay, 100 & 200 plus all Field Events.
 \$3.00 per event - \$12.00 Relays. Awards.
 Contact: Van Parish, 148 Hedge Road, Menlo Park, California 94025.

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 |