

(213) 996-1400

## SAN FERNANDO VALLEY TRACK CLUB

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VOLUME 3 NUMBER 3

# NEWSLETTER

APRIL, 1977

### MARCH HIGHLIGHTS

SFVTC holds annual installation-of-officers banquet.

MIKI GORMAN named SFVTC athlete-of-the-year.

CAROL CARLWRIGHT named most improved athlete.

LEAL REINHART and JACKI HANSEN honored.

DAVE BABIRACKI wins 2-mile in 8:50. Runs 4:07 mile.

DEBBIE HEALD nabs 6th in Women's AAU Indoor Track and Field National Championships in New York.

DAVE FRICKEL takes 2nd in SPAAAU 25 kilometer championships; 2nd in Elysian Park 6-miler.

RON KURRLE places 2nd in 1976 SPAAAU Long Distance Running Point Totals; 3rd in Elysian Park 6-mile; 6th in SPAAAU 25 km.

DENNIS STANSAUK takes 3rd in Los Alimitos Marathon; sets 2:36:59 PR in Los Angeles Maratho .

SFVTC team takes 3rd in SPAAAU 25 km championships.

TOM STURAK runs 7th in national AAU Masters 15 km championships.

KEF BLAYDOW places 6th in Masters division at Los Angeles Marathon.

BARRY FOOSE notches 5th in Elysian Park 6-mile.

### COMING UP IN APRIL

Mon, April 18. Boston Marathon.

Fri-Sun April 22-24. Mt. Sac. Relays.

Sun, April 24. SPA-AAU 50 kilometer championships.

Under the direction of Coach Laszlo Tabori, members run together on Tuesday and Thursday from 5:00PM to 7:00PM, and most Saturdays from 2:00PM to 4:00PM, at Los Angeles Valley College, 5800 Ethel Avenue, Van Nuys. All club members are welcome.

Our congratulations to two top runners and fine people, JACKI HANSEN and TOM STURAK who, after a long courtship, were married in a very romantic setting in Hawaii a few weeks ago. Our best wishes for a long and happy life and for lots of long and enjoyable runs.

A complete, new, up-to-date membership roster is enclosed with this issue. Team captains should contact or be contacted by members within each division who wish to compete in the track and field, or long-distance-running, competition.

Possibility of an All-Comers Masters (30 and over) meet at Santa Ana College on April 16. Contact team captain for confirmation.

## LONG DISTANCE RUNNING SCHEDULE

SAT APR 9 10:00am	2nd CONEJO 10km HANDICAP  ribbons to all finishers	Connie Rodawald 852 Sharon Drive Camarillo 93010  (805) 482-5360	HDCP 5 open, sub-M, junior vet 40, vet 50  awards beyond first by attendance	Hilly paved course on Patroero Road in Newbury Park. Ventura Fwy to Wendy Dr w 2mi to Holloway, N (right) to Knollwood, L to Erinlea and Banyon Park. Restrooms and picnic area.
SAT & SUN APR 16-17	NIKE CATALINA ISLAND 8mi ROAD RACE	write: Nelson Farris 1317 Westwood Blvd West LA 90024  concerning travel and housing	T-shirts to all finishers, free lunch & merchandise awards. open 10 30/40/50 3/3/3 vet 60 1 G/W/W 3/3/3	8mi around the city of Avalon. All entrants must pre-enter by Feb. 15, please contact Nelson Farris as soon as possible. Race is a week-end package that includes round trip to Catalina and 1 night lodging.
SAT APR 23 8:00am	1st LEGG LAKE 10,000mtr ROAD RUN  write for confirmation of date!	Manny Guerra 9242 Slauson Ave. Pico Rivera 90660	open 5, vet 40/50/60 2 12-4, 13-15, 16-18 2  merchandise awards	Take Pomona fwy to Santa Anita Ave, E to Legg Lake Parking lot. On 605 fwy to Workman Mill Rd, to Duzpfe Rd to Legg Lake. Restrooms and picnic area.
SUN APR 24 7:00am	SPA 50km DISTRICT CHAMPIONSHIPS  medals to all finishers any association	Connie Rodawald 852 Sharon Drive Camarillo 93010  (805) 482-5360	open, sub-M, junior vet 40, vet 50 prediction awards  one senior team one masters team scores by time	No pre-entry. Course paved, rolling but no hills! Entry fee \$3.00 and bring BICYCLES this race only. Ventura fwy to Santa Rosa/Pleasant Valley Rd E of Camarillo, S 1mi to Adahr Dairy. Water & ERG provided if you bring help with you.

### NEW NOTES:

- Entry fee is \$1.50 for all SPA races shorter than the Marathon distance, for everyone. The entry fee for the marathons and the 50km will be determined by the race director. All SPA Championships will be \$2.00 for everyone. For all team races, a team entry fee of \$1.00 per team will be charged.
- AAU card must be SHOWN upon entering or entry fee is doubled. THIS RULE WILL BE ENFORCED!
- LDRC cannot guarantee that all awards listed will be given. The number and type of awards is at the discretion of the race director and is based in part upon participation.
- Results of races are computer processed and will be available at succeeding races after about two weeks. This is subject to delay if the results are complicated, especially for marathons, which may be processed in the following quarter.
- Age groups are as follows:

<u>NATIONAL</u>				
	masters men	40 and over	<u>DISTRICT</u>	vet 40-49
	masters women	40 and over		vet 50-59
	senior men	open		vet 60 and over
	junior men	19 and under		women vet 30 and over or 40 and over
				sub-masters 35-39
				senior men open
				boys 12 and under 13-15 16-18
- Women's awards and age groupings are under the jurisdiction of the new Women's Long Distance Running Committee. Masters women are under the jurisdiction of the Masters Long Distance Running Committee.

2ND ANNUAL MT. SAC RELAYS MARATHON is set for Saturday, April 23, 1977 at 8:00AM at Mt. San Antonio College. Contact: "Marathon," Pomona Jaycees, P.O. Box 285, Pomona 91766.

5TH ANNUAL HANSEN DAM 10-MILE ROAD RACE, Saturday, May 7, 1977 at 8:00AM. No pre-entry required. Golden State Freeway to Osborne. East 2 miles to Dronfield. Right to parking area.

BOSTON MARATHON -- Monday, April 18, 1977. EARL RIPPEE, BOB LEBOVITZ, RON KURRLE and MIKI GORMAN are all planning to fly back for this annual classic. Our best wishes go with them along with hopes that the temperature will be somewhat under last year's 95 degrees. Contact: Will Cloney, Boston AA, 150 Causeway St., Boston, Mass. 02114.

WEST COAST RELAYS -- May 7, 1977. Dutch Warmerdam, Fresno State, Fresno 93710.

PIONEER DAYS 10KILOMETER RACE at 9:30AM on Saturday, April 23. Start at Simi High School in Simi. Course follows parade route. Parade follows race.

INSTALLATION-OF-OFFICERS AND AWARDS  
DINNER -- Sunday, March 27

Eighty-eight members and guests showed up at the Spaghetti Castle to inaugurate the new officers and honor our outstanding athletes of the past year.

MIKI GORMAN was named the athlete of the year. By now, we all know that this diminutive, 89-pound, 4-foot, 11-inch mother set a world women's over-40 record of 2 hours, 39 minutes, 11 seconds in the New York Marathon October 24, 1976.

Miki's time is the 2nd fastest women's marathon in history -- regardless of age -- probably the most amazing running achievement in 1976. Even the great 44-year old Jack Foster doesn't have the 2nd fastest marathon of all time as Miki does in the women's division.

JACKI HANSEN, current world record holder for the women's marathon with her time of 2:38:19 in Oregon on Oct. 12, 1975, at long last officially received her award as the outstanding SFVTC athlete for 1975.

LEAL-ANN REINHART received a trophy for captaining our 1976 women's marathon championship team -- the first time we've ever won a national championship.

CAROL CARTWRIGHT completed a feminine-sweep of awards as the most improved runner in 1976. Her 3:35 marathon, set at Mission Bay on Jan. 15, 1977, is a women's age-48 record.

Guests in the audience included RUTH ANDERSON, from San Francisco's West Valley Track Club, one of the top clubs in the nation. RUTH earlier had won the 45-49 women's Masters 15kilometer championships at Tapia Park. She holds several age records and is the national long distance women's masters running chairperson. She is working very hard to upgrade the entire women's masters program.

Unsung hero GABY PEPO was introduced by WC AL SHEAHEN as the person who does all the detail work and keeps the club together....handling dues, memberships, mailing and printing the newsletter, etc. Hopefully, the new

officers will enable Gaby to ease off on some of this work load.

Assemblyman Tom Bane sent a telegram to the club, saying: "Congratulations to all the excellent incoming officers and all my good wishes to the outgoing officers who have done such an exemplary job. I wish you all well and look forward to participating with you in the future."

The attendees generously contributed over \$130 to the STEVE McCALLEY deaf fund. Steve holds several world deaf long distance marks. He has now received nearly \$2000 of the \$2500 needed for him to participate in the 1977 World Deaf Games in Bucharest, Romania.

Incoming President JIM DOWNEY congratulated outgoing President EARL RIPPEE and the other officers for building the club from six to 150 in less than four years. The original group which met in July, 1973 at Earl's home included Coach LASZLO TABORI, GAYLORD KALCHSCHMID, JERRY WOJCIK, ED KEYSAR, AL SHEAHEN and EARL.

As a result of the ballots received at the club office, the incoming officers are:

President .....	Jim Downey
Vice-President ....	Lu Dosti
Treasurer .....	Mike Kromm
Secretary .....	Mary Ann Smith
Membership .....	Carol Cartwright
"	Cheryl Madvig
"	Earl Rippee
Newsletter & Publicity ...	Al Sheahen
AAU Representative.	Dave Babiracki
Uniforms .....	Leal-Ann Reinhart
Fun Runs .....	Paul Ritschel
Team Captains:	
Open Track .....	Dave Babiracki
Open Long Distance	Open
Women's Track	Debbie Heald
Women's Long-Dist.	Jacki Hansen
30-39 Track & LDR	Reid Pressley
40-49 Track .....	Jerry Wojcik
40-49 Long Dist...	Gaylord Kalchschmid
50-59 Track .....	Wilbur Buchanan
50-59 Long Dist...	Earl Rippee
60-69 Track & LDR	Sid Madden

RESULTS \* \* \* \* RESULTS \* \* \* \* RESULTS \* \* \* \* RESULTS \* \* \* \* RESULTS \* \* \* \*

DAVE BABIRACKI won the University-Open 2-mile run on March 19 at Cal-State Northridge in a very good 8:50.5. On March 26, Dave took 2nd to premiere miler Steve Scott at UC Irvine in 4:07 to Scott's 3:57.

MISSION BAY MARATHON - January 15

Late result omitted from last month: MIKE PERKINS completed the Mission Bay Marathon in 3:29:08, and PAUL RITSCHEL, accompanying CAROL CARTWRIGHT on her age-record-breaking effort, notched 3:35:21.

BAKERSFIELD MARATHON - February 5

MIKE REINHART took 6th overall in a fine 2:45:06.

AAU 14.4 KILOMETER INTERNATIONAL CROSS-COUNTRY TRIALS - Alameda, Cal. -- February 19

Mike Bordell and Gary Tuttle battled together with Bordell ekeing out a 1-second victory, 42:57 to 42:48. DAVE BABIRACKI took 11th in 44:26 with DAVE FRICKEL 22nd in 45-plus.

AAU WOMEN'S INDOOR TRACK AND FIELD NATIONAL CHAMPIONSHIPS -- New York -- February 25

DEBBIE HEALD journeyed to Gotham to run a very creditable 6th in the 2-mile run in 10:07.2. Francie Larrieu-Lutz won the event in 9:58.2. Twenty runners started.

SAN FERNANDO HANDICAP -- MARCH 6

SFVTC was well represented as Howard King 52, won this one, but we won't have official times till next issue. Helping director Connie Rodewald were SFVTC wives Helmi Kalchschmid, Joyce Rowley and Leslie Pressley. Their assistance in scoring and helping was invaluable.

SPAAAU 30KM CHAMPIONSHIPS - CULVER CITY -- February 27

As mentioned last month, RON KURRLE won in an outstanding 1:38:58, over two minutes in front of 2nd place Willy Rios. STEVE McCALLEY was 5th in 1:43:07; MIKE REINHART 35th in 1:59:30; TOM STURAK 37th in 2:01:05; JACKI HANSEN 41st in 2:02:08; MYRON SHAPERO 63rd in 2:08:32.

LOS ANGELES POLICE DEPARTMENT 6.1 MILE RUN -- ELYSIAN PARK -- MARCH 5

Mark Covert broke RAY HUGHES' 3-year old mark of 28:36 by 2-seconds to win in 28:34. DAVE FRICKEL was 30-ticks behind in 2nd place in 29:04; RON KURRLE took 3rd in 29:32. BARRY FOOSE ran exceptionally well with a 5th place finish in 30:16 as he continues to improve. DENNIS STANSAUK garnered 17th in 31:47. MIKE REINHART was 36th in 35:00. ERNIE PORTILLO took 55th -- 11th Master -- in a good 36:48. JIM MCGINN rounded out a good SFVTC showing with an 87th among the 148 finishers in a fine 39:42, for 15th among the 40-49 group.

LOS ALIMITOS MARATHON -- MARCH 5

Jean Ellis won in 2:31:44 with Truman Clark 2nd in 2:43:57. DENNIS STANSAUK ran an outstanding 2:45:54\* to finish 3rd. \*Dennis (and Ed Almeida, 1st in the 50-59 group) cut off 600-800 yards from the course at about 20 miles, going on to finish in 2:39. MIKI GORMAN and MYRON SHAPERO ran the race in an unofficial time of 3:15 as they didn't officially enter. 107 completed the course in 70-degree weather.

SPAAAU 25-KILOMETER CHAMPIONSHIPS -- Lunada Bay -- March 12

Bob Hayes of Athletes In Action broke Phil Ryan's 1975 course record of 1:22:15 by 30 seconds in 1:21:46. DAVE FRICKEL took 2nd, less than a minute back, in 1:22:36, whipping Chuck Smead (3rd-1:23:01) and Phil Ryan (4th-1:23:30). RON KURRLE placed 6th in

1:24:10. John Brennan was the 1st over-40 in 1:26:40. DENNIS STANSAUK took 22nd in 1:34:25. MIKE REINHART made his presence felt with a 1:38:36, good for 44th spot, a few seconds ahead of MIKI GORMAN, 46th in 1:38:40. JACKI HANSEN came home 61st in 1:43:28 and MYRON SHAPERO rounded out the 1st 100 with a 1:51:24. Two-hundred finished in 65-degree temperature. Athletes in Action won the 5-person team crown with 7:01:38; Culver City AC took 2nd in 7:35:00 and SAN FERNANDO VALLEY TC notched 3rd in 7:35:27.

LOS ANGELES MARATHON -- MARCH 19

Ken Moffet won this one in 2:29:38. DENNIS STANSAUK ran a sensational race to set a new PR in an outstanding 2:36:59, nine minutes faster than his previous best a month ago. This is not an easy course with that long uphill near the end and DENNIS' efforts got him 4th place in the open division.

KEN BLAYDOW took 6th in the 40-49 division in 3:00:27. MIKE REINHART ran but we didn't get his time. MIKI GORMAN and LU DOSTI, non-entered, ran the full distance in the 3:20-3:30 range. MIKI looks to be in top shape as she prepares to run this year's Boston Marathon. 375 starters ran in 70-degree weather.

KEYSAR CONTINUES COMEBACK

ED KEYSAR 55, despite a very tough work load, is continuing his extraordinary comeback since his series of ear and eye operations the past two years. Working out regularly under Coach Tabori's tutelage, Keysar recently ran a 10,000 meter race in Las Vegas in an excellent 38:19. Ed was not especially pleased with his time, perfectionist that he is, but it seems clear that he is rapidly returning to his old form and will be a strong challenger in the 55-59 age bracket in this season's Masters meets.

NATIONAL AAU MASTERS 15-KILOMETER CROSS COUNTRY CHAMPIONSHIPS - TAPIA PARK - MARCH 27

Bill Crum won this Masters National Championship run in a sparkling 55:51, a 6-minute-per-mile pace over a very tough hilly course. Ed Gookin of San Diego took 2nd in 55:56. TOM STURAK, continuing his remarkable comeback from his achilles operation 18 months ago, took 7th in an outstanding 58:36.

DICK FONSECA led SFVTC runners in 61:25. Donna Gookin won the 40-44 Women's title in 66:29, besting Dorothy Stock's 67:08. Ruth Anderson won the 45-49 championship with CAROL CARTWRIGHT second in 73:26. More results in next issue.

In the open race which followed, Phil Ryan emerged victorious in 51:53; Jim Arquilla was 2nd in 52:42. DENNIS STANSAUK led SFVTC's contingent with a 57:00; TOM SHEAHEN, visiting from Washington, D.C. followed with 69:18; new member MIKE HILLER, looking sharp in the solid SFVTC green, ran a fine 79:55 and AL SHEAHEN survived the longest run of his life in 84:55.

FINAL 1976 SPA LONG DISTANCE POINT TOTAL

SFVTC placed two members in the top ten: RON KURRELE - 2nd; and REID HARTER - 6th. RAY HUGHES was 20th.

<u>Open</u>	<u>Masters</u>
1. Carl Swift	1. Bill Crum
2. RON KURRELE	2. Jerry Smartt
3. Gary Tuttle	3. Dick Bartek
4. Bob Branch	4. Sam Nicholson
5. Chuck Smead	5. John Brennan
6. REID HARTER	6. John Starr
7. Paul Cook	7. Truman Clark
8. Tom Lee	8. Gil Perez
9. Joe Carlson	9. John Rudberg
10. Jim Peres	10. Owen Gorman
20. RAY HUGHES	16. Ray Gil (1st-50)

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 Everyone is invited to attend a TV taping on April 18, 20 and 21 from 3PM to 6PM at TV Center Studio, 846 Cahuenga in Hollywood. It's an audience participation show. Fans will answer questions about five different sports: track, etc.

**SPAAAU TRACK AND FIELD COMMITTEE MEETING -- MARCH 14, 1977**

The new Muhammad Ali Track Club is considering sponsoring an invitational meet at Cerritos College on May 31. CBS will televise.

The chairman requested financial assistance for Steve McCalley to attend the World Deaf Games in Bucharest. Tabled till April meeting.

Ed Lowell suggested that the Committee publish an updated schedule of open meets monthly just before and during the track season. Approved, with Larry Houston offering to do the work. The following newly-scheduled meets were announced:

Sat. April 9 -- UC Santa Barbara  
 Sat. April 30-- San Jose Invitational  
 Sun. May 1 -- Long Beach State

-- Ed Lowell

**WOMEN'S 1977 TRACK AND FIELD SCHEDULE**

Apr. 9 (Sat. 9:30)	San Gabriel Valley Blazers Citrus College (Invitational)	Calvin Brown, 228 E. Artesia Blvd. P.O. Box Long Beach, Calif. 90805 (213) 432-6387
Apr. 16 (Sat. 9:30)	SPA Relay Championships LA Plays Stadium, S. Barbara	Jim Harvey, 950 Via Los Padres, Santa Barbara, Calif. 93111 (805) 964-2247
Apr. 16 (Sat.)	Millbrae Lions Relays Millie H.S.	Harmon Brown, 2135 David Court, San Mateo, Calif. 94403 (415) 341- 5726
Apr. 17 (Sun.)	Valle Del Sol Invitational Arizona State, Tempe	Sue Humphrey, 3408 W. Glendale #104 Phoenix, Arizona 85021 (602) 973-5517
Apr. 22-23-24 (Fri. Sat. Sun.)	Nt. Sac Relays Nt. Sac College, Walnut	Ernie Greyoire, 2153 Saticoy St. Fumona, Calif. (714) 623-0259
Apr. 30 (Sat. 9:30)	Blue Angels Invitational Saddleback College, Mission Viejo	Don DeMoon, 17415 Oak St., Fountain Valley, Calif. 92708 (714) 847-3251
Apr. 30 (Sat.)	San Jose State Invitational San Jose State University	Ernie Bullard, San Jose Univ. San Jose, Calif. 95114 (408) 277- 2099
Apr. 30 (Sat.)	So. Calif. Collegiate Champs. Univ. Calif. Irvine	Danny Shroyock, Univ. Calif. Irvine, Irvine, Calif. 92717 (714) 833- 6353 or (714) 833-6931
May 7 (Sat.)	West Coast Relays Fresno, Calif.	Dutch Merwardson, Fresno State Univ., Fresno, Calif. 93738 (209) 687-2644
May 7-8 (Sat. Sun.) (9:30)	So. Calif. Cheestah Inv. Nt. Sac College, Walnut	Ernie Greyoire, 2153 Saticoy St. Fumona, Calif. (714) 623-0259
May 7-8 (Sat. Sun.)	Grinda T.C. Invitational Acalanes H.S.	Harmon Brown, 2135 David Court San Mateo, Calif. 94403 (415) 341- 5726
May 15 (Sun. 9:30)	SPA All Covers Cal State Northridge	Bob Seaman, 13745 Beach Street, Cerritos, Calif. 90702 (213) 926- 5785, Pete Scanlan, 2925 Knoxville, Long Beach, Calif. 90815 (213) 421- 2867
May 19-20-21 (Thur. Fri. Sat.)	AIAA (National Collegiate) Track & Field Championships UCLA	Pete Connelly, UCLA Department of Women's Intercollegiate Athletics, 485 Wilgard Ave., Los Angeles, Calif. 90024 (213) 825-3275 (office) (213) 158-8314 (home)
May 21 (Sat.)	California Relays Modesto, Calif.	Tom Moore, P.O. Box 152, Modesto Calif. 95353 (209) 528-3116
May 22 (Sun. 9:30)	SPA Pentathlon/Triathlon Championships Fumona College	Rich Eds, 427 N. Indianhill Blvd. Claremont, Calif. 91711 (714) 624- 1484
May 27 (Fri.)	So. Section CIF Champs. (HS) Cerritos College	Dean Crowley, CIF office, P.O. Box 488, Artesia, Calif. 90701 (213) 848-2614
May 28 (Sat.)	L.A. City High School Champs. Site to be announced	Jim Chiffers, P.O. Box 307, Los Angeles, Calif. 90051 (213) 625- 6441
May 28-29 (Sat. Sun.)	Pacific AAF District Champs. Diablo College, Concord, Calif.	Harmon Brown, 2135 David Court, San Mateo, Calif. 94403 (415) 341- 5726
May 30-29 (Sat. Sun.)	SPA Track & Field Champs. UCLA	Bob Seaman, 13745 Beach Street Cerritos, Calif. 90701 (213) 926-5785
June 3-4 (Fri-Sat)	Calif. State High School Champs. UCLA	Jim Chiffers, P.O. Box 307, Los Angeles, Calif. 90051 (213) 625- 6441
June 4-5 (Sat. Sun.)	National AAU Jr. & Sr. Pentathlon Champs. Kenia, Ohio	Worw Stettel, 735 Wilfred Ave. Dayton, Ohio 45410 (513) 256-6240
June 5 (Sun.)	Prefontaine Classic Eugene, Oregon	Bob Newland, 1177 Melvinn Way, Eugene, Oregon 97402 (503) 342-5611 Ext. 264 (bus) (503) 688-4112 (home)
June 5 (Sun.)	SPA All Covers Cal State Long Beach	Bob Seaman, 13745 Beach Street, Cerritos, Calif. 90701 (213) 926- 5785
June 8-10-11 (Thur. Fri. Sat.)	AAU Sr. Women's T&F Champs. UCLA	Will Kern, Special Events, L.A. Times, Los Angeles, Calif. 90055 (213) 625-2245 Ext. 1241 (bus), Pete Scanlan, 2925 Knoxville, Long Beach, Calif. 90815 (213) 421-2867
June 12 (Sun.)	Age Group Track Classic UCLA	Pete Scanlan, 2925 Knoxville, Long Beach, Calif. 90815 (213) 421-2867
June 13-14 (Mon. Tues.)	AAU Jr. Women's T&F Champs. UCLA	Pete Scanlan, 2925 Knoxville, Long Beach, Calif. 90815 (213) 421-2867 Bob Seaman, 13745 Beach Street, Cerritos, Calif. 90701 (213) 926- 5785
June 18 (Sat.)	Compton Invitational Compton College	Darrell Mitchell, Compton College 1111 Artesia Blvd., Compton 90224 (213) 615-8081
June 20-21 (Mon-Tues.)	USA vs. ITALY Deaf Meet	Men/Women Senior Teams
June 25 (Sat.)	SPA Jr. Olympics Champs Site to be announced	Bob Seaman, 13745 Beach Street, Cerritos, Calif. 90701 (213) 926- 5785
June 25-26 (Sat. Sun.)	USA vs. WEST GERMANY	Men/Women Senior Teams
July 1-2 (Fri. Sat.)	USA vs. USSR	Men/Women Senior Teams
July 2-3 (Sat. Sun.)	USA vs. USSR	Men/Women Junior Teams

# Record Runner Can't Hear Applause

(LOS ANGELES TIMES - MARCH 24)

Steve McCalley is a world record holder who can't hear the applause he's deaf.

That handicap hasn't stopped McCalley from setting world deaf records for the 1500 meter, mile, two-mile and six-mile runs. He also holds the American record for the 10,000 meter run and has unofficially broken the world record for the three-mile run in Southern California area track meets.

While McCalley's enthusiasm runs high, what might stop him from developing into the world's best is money.

McCalley, of Burbank, has won entry to the World Deaf Olympics to be held in Bucharest, Romania, July 16-25, by qualifying in the Third National World Games for the Deaf, track and field trials last summer in Washington, D.C.

He won the 1500 meter run in 3:58.8, breaking his American record of 3:58.1 set in 1973. He later lowered the standard to 3:51.4.

But the American Athletic Assn. for the Deaf hasn't the money to send McCalley to Romania. It costs \$2,500

for the round trip, housing, food and transportation.

The USA deaf team gets no financial help from the government, the AAU, the U.S. Olympic Committee or any national corporation. The team's only donations came from local communities.

The San Fernando Valley Track Club, of which McCalley is a member, is trying to raise the money before the April 1 deadline, when the money must be in the hands of U.S. Deaf officials.

The club will donate the proceeds of its officers installation banquet, to be held Sunday, March 27, from 4 to 7 p.m. at the Spaghetti Castle, 16325 Ventura Blvd., Encino.

The club intends to pass the hat after the public ceremonies. Cost of the dinner is \$5.25. Reservations may be made through track club president Earl Rippee at his insurance office, Anvil Corp., Tarzana.

McCalley is recognized as one of the nation's most valuable athletes.

He is also the only deaf member of the San Fernando Valley Track Club, having joined in 1976 to train under Lasso Tabori, a coach who has produced many world caliber runners and record holders.

## Depression Recoveries Told

# Jogging Seen as Mental Aid

MADISON, Wis. (AP) — A small study conducted here has indicated that jogging program might be a more effective method of treating abnormal depression than numerous sessions on an analyst's couch, a University of Wisconsin psychiatrist says.

Dr. John Griest said six of eight patients studied found relief after participating in a

10-week running program, while those in a control group who attended traditional psychotherapy sessions did not recover from their depression as well.

He said the eight patients walked, jogged and ran from two to seven times a week, both alone and in groups, and most recovered from their depressed states after the first three weeks of the program

and have maintained their recovery since the project began in January.

Griest said that many studies have shown a positive relationship between exercise and physical health, but there has been little systematic probe of any relationship between exercise and mental health.

But he said other studies have shown that groups of

elderly persons who exercised had better psychological functioning than others, their age

## Women Athletes Moving In on Male Records

LONDON (AP)—Women athletes are steadily closing in on men's track times, according to an Australian genetics specialist, and while women are catching up to men everywhere, they're making better progress in East Germany than anywhere else.

Dr. K. F. Dyer, of the Department of Genetics at the University of Adelaide, tracked the progress of woman athletes in an article in the *Journal of Biosocial Science*, which is published at Cambridge, England. He claimed women's improved performances result from social factors such as differing degrees of encouragement and differing levels of expectation.

He made no attempt to analyze the social conditions that have made East Germany a leading power in sport. But he showed by statistics that East German women are making the fastest comparative advance on men's times both in track and field and in swimming.

Dyer took men's and women's national track records, in races from 100 meters to 3,000 meters and the 400 and 1,600-meter relays, in 15 different countries. He computed the percentage difference between men's and women's times and produced this tabulation:

East Germany, 11.98%; Soviet Union, 12.55; The Netherlands, 13.01; Hungary, 13.38; Poland, 13.38; West Germany, 13.79; Britain, 13.83, and Sweden, 13.95.

Dyer explained he did not include the United States because the women's 3,000-meter record is not recognized in America.

He calculated similar percentage differences between men's and women's world records to show how the gap is shrinking:

100 Meters—11.83% in 1954, 9.80 in 1974.

400 Meters—26.11 in 1954, 16.44 in 1974.

800 Meters—19.42 in 1954, 11.60 in 1974.

1,500 Meters—19.06 in 1954, 13.78 in 1974.

## HOW GOOD IS YOUR GAME?

In recent years, millions of Americans have discovered the importance of physical fitness - and turned to exercise with a vengeance. But are they getting *real* benefits from the activities they pursue so relentlessly? How much actual good - in terms of promoting physical fitness and general well-being - is that weekly golf game, that Friday afternoon tennis match, that Wednesday bowling session?

To find out, the President's Council on Physical Fitness and Sports asked seven exercise experts to evaluate 14 popular forms of exercise. Their opinions are summarized below. Evaluations are based on a scale of 0 to 3; thus a total rating of 21 (a score of 3 from each of the seven panelists) indicates maximum benefit. Ratings were calculated on the basis of regular (minimum of four times a week), vigorous (30 minutes to one hour per session) participation in each activity.

	JOGGING	BIKING	SWIMMING	SKIING (Ice or Roller)	HANDBALL/SQUASH	SKIING (Nordic)	BASKETBALL	SKIING (Alpine)	TENNIS	CAJONETS	WALKING	GOLF*	SOFTBALL	BOWLING
<b>PHYSICAL FITNESS</b>														
Cardio-respiratory endurance (stamina)	21	19	21	18	19	19	19	16	16	18	13	8	6	5
Muscular endurance	20	18	20	17	18	19	17	18	16	13	14	8	8	5
Muscular strength	17	16	14	15	15	15	15	15	14	16	11	9	7	5
Flexibility	9	9	13	13	16	14	13	14	14	19	7	8	9	7
Balance	17	18	12	20	20	17	16	16	21	16	15	8	8	6
<b>GENERAL WELL-BEING</b>														
Weight control	21	20	15	17	19	17	19	15	16	12	13	6	7	5
Muscle definition	14	15	14	14	11	12	13	14	13	18	11	6	5	5
Digestion	13	12	13	11	13	12	10	9	12	11	11	7	8	7
Sleep	16	15	16	15	12	15	12	12	11	12	14	6	7	6
<b>TOTAL</b>	148	142	140	140	140	139	134	134	128	126	102	66	64	51

\*Ratings for golf are based on the fact that many Americans ride a golf cart. If you walk your golf, the physical-fitness value moves up appreciably.

MEDICAL TIMES (MAY '76), © 1976 BY ROMAINE PIERSON PUBLISHERS, INC., 80 SHORE RD., PORT WASHINGTON, N.Y. 11050

Condensed from *How Different Sports Rate In Promoting Physical Fitness* by C. Carson Conrad.

L. A. VALLEY COLLEGE COMMUNITY SERVICES

PRESENTS THE 7TH ANNUAL

GRANDFATHER GAMES

DATE-----May 14 and 15, 1977 (Sunday May 15, 5000 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-----Snack bar will be open.

ENTRY DEADLINE-----May 7, 1977 (In my hands)

TEAR OFF

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_  
City State Zip

CLUB \_\_\_\_\_

AGE AS OF MAY 15, 1977 \_\_\_\_\_ 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



7th ANNUAL GRANDFATHER GAMES -- MAY 14-15, 1977

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 (36")	30-39
1:15	120 HH (36")	I
1:20	70 HH (35")	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
12:00-1:00	Hammer	I
12:00-1:00	Discus	II
12:00-1:00	Javelin	III & IV & Women
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 + Women
2:00-3:00	Discus	30-39
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 + Women
3:00-4:00	Javelin	30-39

SUNDAY

<u>TIME</u>	<u>EVENTS</u>	<u>DIVISION</u>
12:00	5000 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"

For the past two years, Steve Broten has served as the hard-working chairman of the Southern Pacific Long Distance Running Committee. Here, in Steve's own words, are some thoughts on what a chairman must go through:

"Two Years of Leadership....or, Insanity in the LDRC"

For the past two years I have served as chairman of the Long Distance Running Committee for the SPA-AAU, and I must admit it's been an eye-opening experience.

As chairman, I have encountered every conceivable situation that a race director must face, not to mention every emotional situation one can face, and I can safely say that runners tend to be on the wrong side of being sane (WACKO?:)

However, as with everything else, there is good and bad, and for right now, I'd like to shed a little light on both aspects of chairmanship of the LDRC.

I've met so many people that I can safely(?) consider friends, that I can't even begin to name them. It's been like a party (in a strange way) for two years dealing with all these people.

Also I've found that your so-called "super-stud" runner is also a tremendous person as well. People like Bill Scobey, Carl Swift, Jacki Hansen, Truman Clark, Ron Kurlle, Chuck Smead, Tom Bryant, Perry Forrester and the rest of you I've dealt with the past two years ....you're all super.

Also, other side benefits a chairman receives is that he gets invited to plenty of parties! Seriously, you really get to see how power is used within the AAU (it's an eye-opener), and you get to work with people on a closer level than just numbers.

However, despite what some might call "fringe benefits," there is not enough money in the world to pay for the time and effort a chairman puts in. (I'm not complaining, just stating a simple fact.)

The hours I've spent trying to figure out a new quarterly schedule (for my money, the absolutely worst job the chairman has), and answering some of the weirdest phone calls and letters I've seen, is just incredible.

Also, when no one offers to help at races, very difficult post-race scenes result. The best example I have to give is this year's cross-country championships. (Laguna Miguel)

Without proper help (although several personal friends plus help from SMTC and SFVTC were invaluable), runners cut the course at several places, and one really should have been disqualified for being so overt about it, but he wasn't.

Those telephone calls at midnight surely don't do wonders for one's sanity, especially when one must be at work at 6AM the next day.

A chairman better be, at the very least, honest and forthright or, as Sherlock Homes would say: "he has the power and the brains, and should he care to pervert either, there is great potential for mischief."

A chairman must first draw up each quarterly schedule, co-ordinate ordering of awards, decide upon sanctions of races, answer even the most trivial of questions.

One comment here: If runners would read their newsletter as closely as they read their schedule of races, at least half of all questions would not have to be asked.

However, with all the pluses and minuses, the job of Long Distance Running Committee Chairman is a very valuable experience for understanding human behavior and meeting new people.

I just hope our new chairman knows what he is getting into, for you can't win or lose in this job.

-- Steve Broten

We are sad to announce that Mark Kennedy died suddenly Mon. April 11th, apparently of suffocation brought on by a burst heart artery. Mark was 26 years old on March 18th. This news was received just as this newsletter was going to press.

4/1/77

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5-18-33 989-2520 (Ex  
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Eric - 12-31-62

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12-10-50

Wyndham, Tim  
???

7-6-40

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348-7082 Albert - 1-16-32  
Cynthia - 3-15-53  
Chris - 4-8-59

CHAPMAN COLLEGE MASTERS TRACK AND FIELD MEET WITH SUB-MASTERS

Sunday, May 8, 1977                      Five-year age divisions: 30-34, 35-39, 40-44, 45-49,  
 9:00AM -- Orange, Cal.                  50-54, 55-59, 60-64, 65-69, 70 and over.  
 Chapman College

AWARDS: Placques to first 3 in each event, providing minimum of 8 entries.  
 Placques to first 2 if 5 to 7 entries received. 1st place placque only  
 if 3 or 4 entries. Placques to all members of winning relay team.  
 Certificates to athletes placing 1st, 2nd & 3rd in all events. Events  
 with one or two entries will be cancelled; money refunded.

ENTRY FEE: \$2.00 for 1st event; 50¢ each additional event. Relay: \$2 per team.  
 Deadline: May 3. After that, \$4 for first event.

MAIL TO: Bill Selvin, 2125 N. Tustin, Space #3, Orange, Cal. 92665. Make payable  
 to Bill Selvin.

FACILITIES: Bring your own towel. Showers available. Mail or bring self-addressed  
 stamped envelope if you want to receive results.

DIRECTIONS: Santa Ana Freeway to Chapman Ave. East, or Garden Grove Freeway to  
 Glassell, or Newport Freeway to Chapman Avenue...travel to Chapman Ave.  
 and Glassell (Circle and Plaza Area). College is 3 blocks north.

9:00AM	6-mile run	30-49	1:10PM	Mile run	40-49
"	Javelin	Oldest first	1:20PM	"	50-59
"	Shot Put	Youngest first	1:30PM	"	60 and over
"	High Jump	Oldest first	1:40PM	120 low hurd.	Oldest first
"	Long Jump	Youngest first	2:10PM	100 yd. dash	Oldest first
10:30AM	6-mile run	50 and over	2:40PM	220 yd. dash	" "
"	Triple Jump	Oldest first	3:10PM	440 yd. run	" "
"	Discus	Oldest first	3:40PM	2-mile walk	All divisions
1:00PM	Pole Vault	All divisions	4:00PM	880 yd. run	Youngest first
"	Mile run	30-39	4:30PM	Medley relay	Open
					(440, 110, 110, 220)

Starting times for all events are tentative, and events may be moved slightly up  
 or down. It is understood that all competitors will be on hand at least 60 min-  
 utes prior to the event.

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 OFFICIAL ENTRY BLANK

Please enter me in the Masters/Sub-Masters Track and Field Meet at Chapman College  
 on Sunday, May 8, 1977. In consideration of my entry being accepted, I, intending  
 to be legally bound, do hereby, for myself, my heirs and administrators, waive and  
 release any and all claims I may have against the Southern Pacific Assn. of the  
 AAU, William Selvin, Chapman College, for any and all injuries suffered by me  
 while competing in the Masters Track Meet. VERY IMPORTANT. All athletes compete  
 at their own risk. If in doubt as to your physical condition, it is strongly re-  
 commended that you seek the advice of your physician and abide by his judgement.

EACH COMPETITOR MUST COMPLETE THIS FORM TO PARTICIPATE:

Signature (in full) \_\_\_\_\_ Print: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Age: \_\_\_\_\_ Division: \_\_\_\_\_ Affiliation: \_\_\_\_\_ AAU #: \_\_\_\_\_

Enter me in Event: \_\_\_\_\_

San Fernando Valley Track Club  
 18321 Ventura Blvd.  
 P.O. Box K  
 Tarzana, Calif. 91356

CLUB UNIFORMS & WARM-UP SUITS

Club uniforms, in solid kelly green with white lettering are available for \$12. Dark solid green warm-up suits are \$22. Make checks payable to SFVTC -- denote your size -- and mail to the club office, 18321 Ventura Blvd.; Suite 900; Tarzana 91356.

NEWSLETTER MATERIAL

The SFVTC newsletter depends on the membership for articles, results, coming events, etc. Please submit this information by the 26th of the month to Al Sheahan, 6200 Hazeltine Ave., Van Nuys 91401.

NEW MEMBERSHIP APPLICATION

NAME \_\_\_\_\_ DATE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 BIRTH DATE \_\_\_\_\_ BUS. PHONE \_\_\_\_\_  
 INTERESTED IN: \_\_\_\_\_ EVENT: \_\_\_\_\_ COMMENTS: \_\_\_\_\_  
 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 |