

SAN FERNANDO VALLEY TRACK CLUB

Coach: Laszlo Tabori
(213) 837 - 4794



Suite 900
18321 Ventura Blvd.
Tarzana, Calif. 91356

VOLUME 1 NUMBER 5

NEWSLETTER

MAY, 1975

APRIL HIGHLIGHTS

DAVE BABIRACKI wins mile in 4:02.9 in Mt. San Antonio Relays, and wins 5000M in 13:51 in San Diego Relays.

DISTANCE MEDLEY RELAY TEAM wins Mt. Sac Invitational in 9:54.4.

MASTERS SPRINT MEDLEY RELAY TEAM wins in Striders Relays.

JON SUTHERLAND and JOHN DAMSKI are voted outstanding athletes in open and 60+ divisions of Striders meet.

WORKOUT SCHEDULE

Under the direction of Coach Laszlo Tabori, former Olympian and sub-four-minute-miler, members run together on Tuesday and Thursday from 4:30PM to 7:30PM, and most Saturdays from 2:00 to 5:00PM, at Los Angeles Valley College, 5800 Fulton Avenue, Van Nuys. All club members are welcome.

MONTHLY CLUB MEETINGS

Jerry Wojcik has arranged for the monthly meeting of the club to be held on the final Thursday of each month at 7:30PM in Bungalow 45 on the Valley College campus. Next meeting: May 29.

Send all Newsletter material to Jacki Hansen, 1144 15th St., Santa Monica 90304; or Al Sheahen, 6200 Hazeltine Ave., Van Nuys 91401 by the 31st.

COMING UP IN MAY

May 9-10. West Coast Relays, Fresno. Dave Babiracki competes in 2-mile. Carl Smith runs in Steeplechase. Mark Kennedy and Terry Eubanks go in the mile. Dave Berry entered in 440. Dave, Carl, Mark & Terry team in 2-mile relay.

May 17. Grandfather Games, Valley College, 12 Noon. Postponed from April 5. Many Masters club members entered. Late entries being taken.

May 24. California Relays, Modesto. Babiracki attempts to break 4-minutes in the mile.

May 28. 20th anniversary of the day that Coach Laszlo Tabori became the 3rd man in history to break the 4-minute mile barrier.

UNIFORMS

Our solid green (with white letters) colors are very distinctive in competition. Cost: \$11. Order from Gaylord Kalchschmid, 3179 Black Hills Ct., Westlake Village 91361. 789-3854.

CLUB MEMBERSHIP TOPS 60

There are now 64 members on the SFVTC roster, scanning most age groups. A complete list is enclosed with this newsletter.

TRACK & FIELD SCHEDULE

O-Open; M-Masters(over 40); SM-Sub-masters(30-39); LM-Limited Masters;
W-Women; OW-Women 30+; B-Boys; G-Girls; C-College & University; JC-Junior
College; HS-High School; LW-Limited Women.

- May 9-10 West Coast Relays, Fresno; 1:45PM; (O,W,C,JC,HS).
- May 17-18 Grandfather Games, LA Valley College, Van Nuys, 12 Noon; (M).
George Ker, 16750 Index St., Granada Hills 91344; (213) 363-8588.
- May 17 Bakersfield Classic (O,LM).
- May 17-18 Orange Coast Twilight Invitational, Newport Harbor High, 9AM;
(O,W,B,G). Dick Waterbury, 1360 S. Anaheim Blvd., Anaheim 92805.
- May 24 California Relays, Modesto; (O,W,LM).
- May 23-31 Dual meet with British Masters, London, England; (M). Masters
Sports Assoc., 11 Park Place, NYC 10007.
- May 31 Long Beach Invitational, Long Beach State; 12 Noon; (O).
- June 7 PA-AAU Men's Championships, UCLA; (O,W). Bob Seamon, Dir.
- June 7 SPA-AAU Masters Championships, Sunny Hills High, Fullerton, 11AM;
(M,SM(35+ only), LW). Hal Wallace, 8566 Van Ness Ct. E-19, Hun-
tington Beach 92646.
- June 13-14 National AAU Junior Men's Championships; Knoxville, Tenn.
- June 14 Corona Del Mar Relays, Orange Coast College, Costa Mesa; (M).
Dave Jackson, 19103 So. Andmark Ave.; Carson 90746.
- June 14 Kennedy Games, Berkeley, 1PM; (O,W,LM).
- June 14-15 USTFF National Masters Championships, California State College,
California, Pa.; 12 Noon; (M,SM). John Harwick, 467 Beverly Rd.,
Pittsburgh, Pa. 15216.
- June 15 California Women's AAU Championships, LeMoore; (W).
- June 20-21 National AAU Men's Championships, Univ. of Oregon, Eugene; (O).
- June 23- Aug. 1 All-comers meets, 7PM; Mondays at Gardena High; Tuesdays at Venice
High; Wednesdays at Pierce College, Woodland Hills; Thursdays at
East LA College.
- June 24-25 National AAU Jr. Women's Championships, White Plains, N.Y.
- June 27-28 National AAU Sr. Women's Championships, White Plains, N.Y.
- June 28-29 Senior Olympics, UC Irvine, 9AM; (Men & Women, 25+). Warren
Blaney, 5225 Wilshire Blvd., Suite 302, LA 90036. 938-5548.
- July 5-6 AAU Western Masters Championships, Laney College, Oakland, Cal.,
9:30AM; (M,SM,OW). Ed Phillips, P.O. Box 1267, Los Altos 94022.
- July 12-13 Northwest Senior Classic, Mt. Hood Community College, Gresham, Ore.
- July 19 Northern California Senior Track Club Meet, Foothill College, Los
Altos, Calif., (M).
- Aug. 8-10 U.S. Masters AAU National Championships, White Plains, N.Y., (M,SM,OW)
Bob Fine, Masters Sports Assoc., 11 Park Place, NYC 10007.
- Aug. 11-17 First World Masters T&F Championships, Toronto, Canada, (M,SM,OW).
David Pain, 1160 Via Espana, LaJolla, Ca. 92037.

LONG DISTANCE RUNNING SCHEDULE

May 11 8:00AM 3rd Annual Hansen Dam 10-mile run.
May 17 10:45AM 20th Fontana Days Run, 11.5 miles.
May 24 10:00AM First Annual Del Amo 5000M.
" 8:30AM Huntington Beach 30 KM.
May 31 9:30AM 9th Mt. Wilson Trail Race, 9.5 miles.
June 1 8:00AM Senior Olympics Marathon Championship, UC Irvine.
June 7 9:30AM 1st Annual Northridge 5000M Cross-country; Cal-State Northridge.
June 14 9:00AM Hidden Valley 12-mile run.
" 8:00AM Palos Verdes Marathon.
June 28 6:30PM 9th So. El Monte Run - 7.9 miles.
July 4 10:30AM SPA 15km Championships, Santa Barbara.
July 6 9:00AM College of the Canyons 6-mile run.

If you are registered with the AAU as a "long-distance" runner, you should be receiving their quarterly schedule. If not, call Al Sheahen at 785-1895 or the AAU office at 877-0256.

DR. ERNST VAN AAKEN LECTURE

Those who heard the famous physician-running coach on April 30 in Culver City went away soberly reflecting his controversial views.

After Jacki Hansen and Laszlo Tabori presented Dr. Van Aaken with an award and the key to Culver City, he spoke and fielded questions through interpreter Dr. Joan Ulliyot from 200 fascinated listeners.

"Obesity causes cancer and heart attacks," Van Aaken said. "We should exist on 2000 calories a day. It's not what we eat, but how much. It should be as little as possible.

"Diseases such as arteriosclerosis, cancer and heart attacks can be prevented by long, slow, running -- slow enough to talk.

"If you're tired when you come home from work, don't take a nap; go and run 6 miles. It'll give you 8 times as much oxygen as sitting around will give, and you'll feel refreshed.

"In a study of 454 runners, aged 40-90, who had been running long, slow distances for 8 or more years, only 3 got cancer and all recovered. In a study of 454 random non-runners, age 40-90, 29 got cancer and 17 died.

"You should warm-up in double your resting pulse. Honey is great food. Vitamins are better in natural form than in pills. Milk and beer give you the protein you need."

AMERICAN AGE RECORD HOLDERS

Jacki Hansen, who holds the current American Women's Marathon record of 2:43, is joined in the record-setting category by club members Ed Keysar and Al Sheahen, who hold these American age records, as compiled by Track & Field News:

	Event	Age	Year	Time
Keysar	5000M	52	1973	17:55.0
	6-miles	51	1973	35:02.0
	10000M	51	1973	36:14.0
	1-hr run	52	1974	9m736y
Sheahen	400M IH	41	1973	61.9

Los Angeles Times Sports

4 Thurs., Apr. 3, 1975—F—

Old Timers Will Compete in Field Games April 5

The fifth annual Grandfather Games, a track and field meet for athletes more than 30 years old, will be held at Valley College from noon to 4 p.m. Saturday, April 5.

Five divisions of age groups are scheduled for competition for men who compete in a variety of events. The divisions are 30-39, 40-49, 50-59, 60-69, and over 70. There will be a 100-yard and a 440-yard relay for women more than 30 years old.

A mile walk and a six-mile run will be held Sunday, April 6. Admission each day is 25 cents.

The Masters Track and Field program has been expanding in recent years and this meet is the warmup event for Southern California veteran athletes who will compete later in the National Amateur Athletic Union (AAU) Masters meet in New York in August.

Following that, many will compete in the first World Masters Olympics to be held in Toronto, Canada, the same month.

Among the competitors in the Valley College meet will be George Ker, world record holder in the age 50-59 shot put and discus; Dave Jackson, world record holder in the age 40-49 high hurdles; Bill Fitzgerald masters athlete of the year in the 880 and mile run; and San Fernando Valley Track Club members—all coached by former Olympian Laszlo Tabori—Gaylord Kalchschmid, Wilbur Buchanan, Earl Rippee, Jerry Wocjik, Reid Pressley and defending 330-hurdle champion Al Sheahan.

Valley Track Club Pulls Big Surprise

The Valley News

LOCAL — NATIONAL

SPORTS

FRANK MAZZEO EDITOR

4/27/75

Babiracki Leads Valley Spikers

Valley Track Club Wins Distance Medley in 17th Mt. SAC Relays

By **TIM SALINGER**
Staff Sports Writer

WALNUT — It was a little bit of the bitter and a little of the sweet for Valley-area participants in the first day of competition in the 17th annual Mt. San Antonio Relays here.

With the major part of 6600 athletes competing in variations of five different divisions for more than 14 hours, a lot of things happened

It was in the low 50s and a cold wind blew throughout much of the cloud-covered day and night

San Fernando Valley Track Club pulled the big surprise of the 135-event program, as it ran away from the likes of San Diego State, Cal State Long Beach and Stanford to easily capture the invitational university-open distance medley relay

Former Granada Hills High School and Valley College standout Dave Babiracki's anchor, mile leg made the difference as he burst away from San Diego State and Stanford anchor-men on the last lap to give his team the win in 9:54.4.

RESCHEDULED FOR MAY 17

Dr. Ernst van Aaken, internationally-known German physician-running coach called "the father of long, slow distance running" will observe the workout of coach Laszlo Tabori's San Fernando Valley Track Club on today from 5 p.m. to 7 p.m. at Valley College.

He will speak to the public tomorrow at 7 p.m. at the Culver City Memorial Building at Overland and Culver Blvds.

Admission is \$2.

"Run slowly, run daily, drink moderately and don't eat like a pig" is the legendary van Aaken's one-sentence teaching philosophy.

A former pole vaulter who turned to running late in life, he has trained and advised many German champions and Olympians, including the West German woman who last week broke the world's women's record by running a 2:42 in the Boston Marathon, one minute better than the mark set last December by

Jacki Hansen of the San Fernando Valley Track Club.

Babiracki (4:02.9) Stars at Mt. SAC

Off his performance in the 17th annual Mt. San Antonio Relays, former Granada Hills High School and Valley College distance running star Dave Babiracki may be on the verge of cracking the four-minute barrier in the mile run.

Babiracki, who sparked the San Fernando Valley Track Club to an unexpected win in the distance medley relay on the first night of the three-day meet, continued his surprising performance by placing first in the invitational mile in the excellent time of 4:02.9

He finished more than three seconds ahead of runner-up Ed Zuck of the Beverly Hills Striders (4:06.0) and alternately had to battle and gain momentum from 20 mile-an-hour winds.

In contrast to many American coaches (such as Jim Bush of UCLA), van Aaken emphasizes that: 1) the largest and most lasting endurance gains come from running long distances at paces slow enough to allow normal breathing; 2) the runner should reduce his weight to 20% below normal and subsist on a 2000-calorie diet; 3) Women and children are natural endurance runners and should have every opportunity to practice distance running as opposed to sprinting.

van Aaken founded the Association of Veteran Long Distance Runners, which now has more than 2000 members (over age 40) in 30 countries.

4/29/75

STRIDERS RELAYS - APRIL 19
Santa Monica City College

In our first Masters relay competition since the club was formed in 1973, our team decided there's nothing wrong with starting at the top by winning the Sprint Medley Relay in 4:04.8.

Jon Sutherland and John Damski were voted outstanding athletes in the open and 60+ divisions respectively.

Al Sheahen led off the relay with a 56.5 440. Wilbur Buchanan followed with a 27.0 220; then Jerry Wojcik ran a 31.1 220 leg. At that point, Gaylord Kalchschmid took the baton some 110 yards behind the leading Beverly Hills Striders. He seemed hopelessly out of it, but gradually inched his way up, drove into first place around the final turn of his 880 leg, and won drawing out in 2:10.2.

Damski won the 60+ long jump with a leap of 15'1", won the high jump in 4'4" and placed second in the shot put with a toss of 38'.

Coach Tabori was pleased with his team's first relay effort, but spurned a suggestion that the team retire undefeated to Sun City.

Earl Rippee placed 4th in the 50-59 3000-meter run in 11:38.9, while Reid Pressley took 4th in the 30-39 3000-meters in 10:38.6.

NATIONAL AAU 50 KILOMETER CHAMPIONSHIPS - HANSEN DAM - APRIL 13, 1975

Associate member Dave Parker, who runs for the Seniors Track Club, but trains with SFVTC under Coach Tabori, won the Masters Championship 50km in 3:21:14, an outstanding performance.

MT. SAN ANTONIO RELAYS - APRIL 25-27

Dave Babiracki continued to perform in world-class fashion with a sensational 4:02.9 mile victory, four seconds faster than his previous best.

Our Distance Medley Relay team won by 50 yards in 9:54.4. (Dave Berry, 51; Terry Eubanks, 1:53; Mark Kennedy, 3:03; Babiracki, 4:07).

Terry Eubanks ran a 4:17.1 open mile; Bob King ran a 4:19.6 mile; Carl Smith was leading the Steeplechase till he caught his spike on the waterjump; Gaylord Kalchschmid took 2nd in the Masters Mile in 4:50.4.

John Damski won the 60+ high jump in 4'4" and set a new meet record of 14'6½" in the long jump.

Shirley Davisson of the Corona del Mar Track Club set a new American age group (45-49) record with a 21'6" long jump.

CHAPMAN COLLEGE MASTERS - MAY 4

Because of the proximity of the Grandfather Games which were rescheduled for May 17 after being rained out on April 5, the normally well-supported Chapman College Masters Meet drew sparse entries this year.

Only Jerry Wojcik and Al Sheahen from SFVTC entered the competition. Wojcik took 3rd in the Triple Jump in 30'11 3/8". Sheahen moved up to an unfamiliar event, the mile, finishing 6th in a personal record (PR) of 5:12.0, with Gus Ray winning in 4:57.0.

Other winners were:

440 - 1	Jim Parks	55.9
440 - 2	Al Guidet	57.1
TJ - 1	Phil Schegel	34'5"
TJ - 3	Red Doms	24'8½"
DIS - 1	Harry Hawke	128'1"
DIS - 2	George Ker	151'8"
HJ - 1	Ed Austin	5'6"
HJ - 2	Burl Gist	5'2"
HJ - 3	Don Maurer	4'0"
120LH 1	Bill Adler	16.3
JAV 1	Straub	149'8"
JAV 2	Morales	156'7"
SHOT 1	Harry Hawke	39'6½"
SHOT 2	George Ker	50'8½"

TRACK AND FIELD WORLD AGE GROUP RECORDS

Class 1 (Ages 40-49) Class 2 (Ages 50-59) Class 3 (Ages 60-69)

<u>EVENT</u>	<u>CLASS</u>	<u>MARK</u>	<u>NAME (RESIDENCE)</u>	<u>AGE</u>	<u>MEET DATE</u>
100M	1	10.7	Thane Baker (Dallas, Texas)	40	9/13/72
	2	11.4	Alphonse Juilland (Stanford, Cal.)	50	8/18/73
	3	12.8	Virgil McIntyre (Prescott, Ariz.)	62	6/23/73
200M	1	22.3y	Thane Baker (Dallas, Texas)	42	7/13/74
	2	23.6	Al Guidet (California City, Cal.)	55	6/24/73
	3	26.6y	Virgil McIntyre (Prescott, Ariz.)	60	5/22/71
400M	1	49.7	Jim Dixon (Great Britain)	41	6/22/73
	2	55.0	Reg McCrae (Australia)	50	3/24/75
	3	59.1	Russ Niblock (Vancouver, Wash.)	60	7/ 6/74
800M	1	1:56.9	G. Wise (Australia)	40	11/30/74
	2	2:05.0	Wally Sheppard (Australia)	50	8/25/72
	3	2:23.1	Bud Deacon (Honolulu, Hawaii)	63	5/ 3/74
1500M	1	3:52.0	Michel Bernard (France)	40	6/20/72
	2	4:14.6	Jack Ryan (Australia)	52	12/ 7/74
	3	4:53.2	William Andberg (Anoka, Minn.)	61	8/31/72
MILE	1	4:21.5	Fred Norris (Great Britain)	40	4/ 1/62
		4:21.5	Laurie O'Hara (Great Britain)	41	7/ 3/73
	2	4:47.0	Wally Sheppard (Australia)	50	/72
	3	5:18.0	John Kelley (Watertown, Mass.)	61	/62
3000M	1	8:22.0	Alain Mimoun (France)	41	6/ 6/62
		8:22.0	Laurie O'Hara (Great Britain)	41	6/23/73
	2	9:26.0	George McGrath (Australia)	54	10/10/74
	3	10:43.6	Stan Nicholls (Australia)	63	2/ 1/75
2-MILE	1	9:07.4	Fred Norris (Great Britain)	40	4/17/62
	2	10:12.0	George McGrath (Australia)	53	10/18/73
	3	11:28.0	Norman Bright (Seattle, Wash.)	61	7/10/71
3-MILE	1	14:23.0	Fred Norris (Great Britain)	41	6/12/63
	2	16:22.0	Leon Dreher (Philadelphia, Pa.)	53	12/21/74
	3	18:02.6	Norman Bright (Seattle, Wash.)	61	7/18/71
5000M	1	14:07.0	Jack Foster (New Zealand)	42	2/ 1/75
	2	15:54.0	Jack Ryan (Australia)	51	11/ 2/74
	3	17:23.0	Erich Kruzycki (West Germany)	62	9/ 9/73
6-MILE	1	29:25.0	Fred Norris (Great Britain)	41	9/25/62
	2	34:00.0	Harold Smith (Great Britain)	54	/70
	3	36:49.2	Norman Bright (Seattle, Wash.)	61	6/24/71
10000M	1	29:14.4	Jack Foster (New Zealand)	42	2/ 1/75
	2	32:14.0	Alain Mimoun (France)	51	6/ 3/72
	3	35:57.4	Erich Kruzycki (West Germany)	61	9/16/72
1 HOUR RUN	1	11M1309Y	William Stoddart (Great Britain)	40	8/21/71
	2	11M 953Y	Alain Mimoun (France)	50	5/16/71
	3	9M 880Y	William Andberg (Anoka, Minn.)	60	9/26/71

TRACK & FIELD WORLD AGE GROUP RECORDS (Page 2)

<u>EVENT</u>	<u>CLASS</u>	<u>MARK</u>	<u>NAME (RESIDENCE)</u>	<u>AGE</u>	<u>MEET DATE</u>
MARATHON	1	2:11:18.6	Jack Foster (New Zealand)	41	1/31/74
	2	2:25:19	Erik Ostbye (Sweden)	51	9/16/72
	3	2:53.03	Monty Montgomery (Sherman Oaks, Cal.)	65	12/ 5/71
3000M	1	9:19.2	Jim McDonald (New Zealand)	40	2/ 1/75
STEEPLE-CHASE	2	10:23.2	Theo Orr (Australia)	50	4/ 6/74
	3	12:25.8	Robert MacTarnahan (Portland, Ore.)	62	7/ 6/74
110M HURDLES	1 (39")	14.4	Don Finlay (Great Britain)	40	8/ 1/49
	2 (36")	16.8	Charles Beaudry (Edinburg, Texas)	55	8/24/74
	3 (33")	17.9	Bud Deacon (Honolulu, Hawaii)	63	5/18/74
400M HURDLES	1 (36")	54.8	Jim Dixon (Great Britain)	41	5/27/73
	2 (33")	63.6	Wally Sheppard (Australia)	50	/73
		63.6	Al Guidet (California City, Cal.)	55	6/24/73
	3 (30")	69.1	Bud Deacon (Honolulu, Hawaii)	63	6/23/74
HIGH JUMP	1	6'8 3/4"	Egon Nilsson (Sweden)	40	9/25/66
	2	5'8 1/2"	Orval Gillett (Porterville, Cal.)	52	/71
	3	5'2"	Virgil McIntyre (Prescott, Ariz.)	63	5/ 5/74
POLE VAULT	1	15'1 1/4"	Roger Ruth (US, Victoria, Canada)	44	9/27/72
	2	14'0"	Richard Morcom (Philadelphia, Pa.)	52	11/ 8/73
	3	12'9 1/2"	Herbert Schmidt (West Germany)	61	10/14/71
LONG JUMP	1	22'9 1/2"	Dave Jackson (Carson, Cal.)	40	9/11/71
	2	20'5 1/4"	Richard Morcom (Philadelphia, Pa.)	51	6/17/72
	3	16'6 1/2"	Mike Andors (La Jolla, Cal.)	61	4/21/73
TRIPLE JUMP	1	47'3 1/2"	Hermann Strause (West Germany)	40	5/16/71
	2	39'6"	Gordon Farrell (Van Nuys, Cal.)	54	7/26/72
	3	33'7 1/4"	Bud Deacon (Honolulu, Hawaii)	63	6/23/74
SHOT PUT	1 (16#)	64'10 1/2"	Pierre Colnard (France)	41	7/18/70
	2 (12#)	54' 6 1/2"	George Ker (Granada Hills, Cal.)	51	6/10/74
	3 (12#)	34' 4"	Philip Partridge (New York, N.Y.)	61	/72
DISCUS	1 (2KG)	183'5"	Adolpho Consolini (Italy)	41	5/20/58
	2 (1.6KG)	178'0"	Kauko Jouppila (Finland)	52	8/ 5/73
	3 "	132'8 1/2"	Konstanty Maksimczyk (Great Britain)	60	8/12/74
JAVELIN	1 (800G)	244'4 1/2"	Janusz Sidlo (Poland)	40	6/21/73
	2 "	180'9"	Bill Morales (Santa Ana, Cal.)	56	4/19/73
	3 "	121'8"	Philip Partridge (New York, N.Y.)	62	6/16/73
HAMMER THROW	1 (16#)	232'7"	Romuald Klim (Soviet Union)	40	6/22/73
	2 (16#)	183'4 1/2"	Karl Hein (West Germany)	50	9/20/58
	3 (12#)	139'0"	Anton Tesija (Australia)	60	12/22/73
DECATHLON	1	6110	Roy Williams (New Zealand)	40	1/ 4/75
	2	4951	Richard Morcom (Philadelphia, Pa.)	50	3/12/72
	3	4038	Bud Deacon (Honolulu, Hawaii)	63	5/17/74

Compiled by Jack Shepard, Wally Donovan and Peter Mundle; Edited by Track and Field News; Updated by San Fernando Valley Track Club

MASTERS RESULTS

1975 NATIONAL AAU MASTERS INDOOR CHAMPIONSHIPS - MARCH 2, 1975 - Heightstown, New Jersey

1A=40-44; 1B=45-49; 2A=50-54
2B=55-59; 3A=60-64; 3B=65-69

50 YARD DASH

1A	W. Palmer	5.8
1B	T. Brooks	6.0
2A	R. Valentine	6.2
2B	N. Heard	6.6
3B	M. D'Elia	7.6

440 YARD DASH

1A	M. Brown	57.1
1B	D. Spitzer	61.3
2A	R. Valentine	57.1
2B	G. Gordon	62.5
3A	R. Edwards	68.3

880 YARD RUN

1A	W. Krebs	2:07.1
1B	R. Fite	2:18.2
2A	G. Puterbaugh	2:15.3
2B	R. Gordon	2:24.1
3A	C. Witkowski	2:47.7

ONE MILE RUN

1A	G. Wood	4:34.8
1B	D. Colton	4:58.2
2A	G. Puterbaugh	5:20.2
2B	D. Geer	5:38.7
3A	J. Wall	5:38.9

TWO MILE RUN

1A	P. Doherty	10:04.6
1B	D. Colton	10:16.0
2A	L. Dreher	10:59.8
2B	G. Sheehan	11:20.2
3A	J. Wall	11:38.0

HIGH JUMP

1A	W. Hutchinson	5' 8
1B	J. Wallach	4' 8
2A	E. Dorman	4' 0
2B	H. Berberian	4' 0
3A	S. Thompson	4' 6

POLE VAULT

1A	J. Harrington	11' 6
1B	J. Donley	11' 6
2A	E. Dorman	5' 0
3A	S. Thompson	8' 2 $\frac{1}{4}$

SHOT PUT

1A	E. McComas	52' 1 $\frac{1}{4}$
1B	W. Purnell	28' 2 $\frac{3}{4}$
2A	T. McDermott	37' 7 $\frac{1}{8}$
3A	N. Buell	33' 11 $\frac{3}{4}$

LONG JUMP

1A	R. Rittenberg	19' 7 $\frac{3}{4}$
1B	J. Ryan	15' 8
2A	R. Martin	15' 10
2B	H. Berberian	10'
3A	H. Moody	14' $\frac{1}{8}$

1975 AAU MASTERS AND SUBMASTERS WESTERN REGIONAL TRACK & FIELD CHAMPIONSHIPS

SCHEDULE OF EVENTS

SATURDAY, July 5, 1975

9:30 am	Pentathlon Long Jump
9:30 am	5-Kilometer Walk (women)
9:35 am	5-Kilometer Walk (men)
10:00 am	Pentathlon Javelin
10:30 am	Pentathlon 200 Meters
11:00 am	400-Meter Prelims
11:00 am	Pentathlon Discus
11:30 am	Pentathlon 1500 Meters
12:00 noon	100-Meter Prelims
1:00 pm	110-Meter Hurdles
1:00 pm	Shot Put
1:00 pm	Long Jump
1:00 pm	Pole Vault
1:30 pm	1500-Meter Finals
2:30 pm	100-Meter Finals
3:00 pm	400-Meter Finals
3:30 pm	10,000-Meter Finals
4:30 pm	400-Meter Relays

SUNDAY, July 6, 1975

9:30 am	Hammer (at UC Berkeley)
9:30 am	Triathlon Javelin
9:30 am	20-Kilometer Walk
10:15 am	Triathlon 200 Meters
11:00 am	Triathlon 800 Meters
12:00 noon	3000-Meter Steeple Chase Final
12:00 noon	Discus
1:00 pm	Triple Jump
1:00 pm	High Jump
1:00 pm	200-Meter Prelims
1:45 pm	400-Meter Hurdles
2:00 pm	5000-Meter Final (women)
2:30 pm	5000-Meter Final (Divisions 0 & 1)
3:00 pm	5000-Meter Final (Divisions 2, 3 & 4)
3:00 pm	Javelin
3:30 pm	200-Meter Finals
4:00 pm	800-Meter Finals
4:30 pm	1600-Meter Relays

For entry forms and additional meet information contact Ed Phillips, Meet Director, P.O. Box 1267, Los Altos, Calif. 94022. Deadline: June 23, 1975.

1975 SPAAAU DISTRICT MASTERS TRACK AND FIELD CHAMPIONSHIPS

Saturday, June 7, 1975

Sponsored by the Seniors Track Club

WHERE: SUNNY HILLS HIGH SCHOOL - 1801 Warburton Way, Fullerton, CA
(see directions below)

FACILITIES: Rest Rooms - No locker facilities.

AWARDS: District AAU medals for first three places in each event if there are four or more entries. Three entries - two medals. Two entries - one medal. One entry - no medal.

ENTRY FEE: \$3.00 for one event; \$5.00 for two or more events.

DIVISIONS: There will be five divisions for men plus a 100 yard dash and one mile for women. 35-39 Div. SM 40-49 Div. I 50-59 Div. II 60-69 Div. III 70 up Div. IV.

ENTRY DEADLINE: All entries must be received by June 2, 1975. They should be mailed to Hal Wallace - 8566 Van Ness Ct. E-19, Huntington Beach, CA 92646. Phone (714) 960-2556 for additional information. A late fee of \$2.00 per event will be charged for entries received after June 2, 1975.

RESTRICTIONS: SPAAAU District members eligible for awards, but all other "guests" are welcome to compete. (AAU membership blanks will be available.)

TRACK EVENTS

11:00 6 mile run - All Div.
12:00 440 Relay Div. SM First -
Rest to Follow
12:30 120 yd Hurdles Div SM & I (39")
12:40 120 yd Hurdles Div II & III (36")
12:50 120 yd Hurdles Div IV (30")
1:00 Mile Run (Split Div. if necessary)
1:30 440 yd Div SM & I
1:45 440 yd. Div II, III & IV
2:00 100 yd Div SM & I
2:15 100 yd Div II, III & IV
2:25 100 yd Women All Age Groups
2:30 880 yd Div SM & I
2:45 880 yd Div II, III & IV
3:00 220 yd Div SM & I
3:15 220 yd Div II, III & IV
3:30 Women's Mile Run All Age Groups
4:00 Mile Relay Div. SM First
Rest to Follow

FIELD EVENTS

11:00 Pole Vault All Div.
12:00 Hi Jump All Div.
12:00 Long Jump All Div.
(2 hr. time limit)
2:15 Triple Jump All Div.
(1 hr 45 min. limit)
12:00- Shot Div SM & I (16#)
2:00 Discus Div III & IV (1.6 KO)
Jav. Div II (800 Gr.)
1:00- Shot Div II (12#)
2:00 Discus Div SM & I (2 K)
Jav. Div III & IV (600 Gr.)
2:00- Shot Div III & IV (8#)
3:00 Discus Div II (1.6 K)
Jav. Div SM & I (800 Gr.)

DIRECTIONS: Take Riverside Freeway to Euclid Ave. - Proceed north on Euclid 2 miles to Valencia Mesa Dr. - Turn left (west) and proceed 1/2 mile to school.

ENTRY FORM

FULL NAME _____ AGE (as of 6/7/75) _____

ADDRESS _____ PHONE _____

SPAAAU NUMBER _____ Guest () please check

I wish to enter the following events: 1. _____ 2. _____ 3. _____

4. _____ 5. _____ Enclosed is my check for \$ _____ made payable to the Seniors Track Club.

COMMENTAl Sheahan

As I sat in the stands at the Mt. Sac Relays watching the solid green colors of the San Fernando Valley Track Club easily defeat the best competition California could offer in the Distance Medley Relay; and then watched Dave Babiracki demolish a good mile field in an outstanding 4:02.9; while, in both events, the P.A. announcer kept repeating: "The San Fernando Valley Track Club leads," I felt proud to be a member of our club.

Thanks mainly to Laszlo Tabori, Jacki Hansen and Babiracki, the club is becoming known and respected in track circles; as well as known in the community, as recent favorable articles in the Valley News attest.

We don't as yet have anywhere near the depth of some of the older clubs. That will come in time. But we do have top quality runners in all divisions, and, equally important, a kind of camaraderie which hopefully will grow as rapidly as our membership grows.

THE SAN FERNANDO VALLEY TRACK CLUB is a group of men and women of all ages whose purpose is to promote and participate in amateur track and field events, and to encourage exercise programs for health, fun and friendship.

"It is not the critic who counts; not the one who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the one who is actually in the arena; who strives again and again; who knows the great enthusiasm and the great devotion and spends himself

in a worthy cause; who, at the best, knows in the end the triumph of high achievement; and who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat." -- Teddy Roosevelt

NEW MEMBERSHIP APPLICATION

NAME _____ DATE _____
ADDRESS _____ PHONE _____
CITY _____ STATE _____ ZIP _____
BIRTH DATE _____
INTERESTED IN: _____ EVENT _____ BEST TIME _____
TRACK _____
FIELD _____
LONG DISTANCE RUNNING _____

MEMBERSHIP DUES: \$10.00 PER YEAR. Make checks payable to:
SAN FERNANDO VALLEY TRACK CLUB

SAN FERNANDO VALLEY TRACK CLUB - MEMBERSHIP LIST - MAY 1, 1975

<u>Age Group</u>	<u>Name</u>	<u>Phone</u>	<u>Birthdate</u>	<u>Best Events</u>
60-69	Damski, John	780-8557		LJ, HJ, Shot.
	Gleimer, Morris	340-8472	1-23-14	
	Ross, Sid	769-0967		
50-59	Anderson, "Andy"	780-7150	6-30-17	
	Boyer, Eustace D.	894-0710	5-21-23	
	Buchanan, Wilbur	899-8120	5-18-24	100, 200, 400
	Keysar, Ed		9-17-21	5000M, 10000M
	King, Bob W.	781-0148	4-15-23	200, 400
	Martin, Dave	765-1942	9-30-22	
	Rippe, Earl	345-0292	4-29-20	800, 1500, LD
Williams, George	340-5541	12-26-21		
40-49	Banken, John	894-0603	12-7-34	400, 800
	Biederman, Dave	360-9372	7-9-30	1500, LD
	Colburn, Bill	784-4559	2-20-26	
	Fonseca, Richard	780-4485	1-8-35	LD
	Kalchschmid, Gaylord	889-5658	5-18-33	800, 1500
	Kutrosky, Tom	769-1602	1-29-35	
	Sheahan, Al	785-1895	6-28-32	400IH, 400
	Wager-Smith, Dick (805)	526-8381	7-10-29	400
Wojcik, Jerry	363-6652	2-25-30	Javelin	
30-39	Celmer, Stan	341-0996	11-11-38	
	Coon, Dave	981-2491	8-30-42	
	Lawson, Eric	(805)497-2919	12-28-41	
	Manner, Kari		4-29-39	
	Plassmeyer, Bob	765-6571	7-5-38	
	Pressley, Reid	968-5950	2-2-43	
	Walker, John	346-7970	2-4-45	
Under 30	Alexander, Jerry	342-9209	2-10-54	
	Adams, Ron	766-1558		
	Babiracki, Dave	360-6723	7-22-52	5000M, 2-mile, Mile
	Baksh, Ajim			Mile, 2-mile
	Berry, Dave			400
	Calzada, Richard	896-3449	10-18-50	
	Covert, Mark			
	Entz, Bill		7-27-54	1,2,3,6 mile; X-C
	Estes, Jim			
	Eubanks, Terry			
	Fagan, Donald	363-0378	10-1-58	
	Kennedy, Mark	663-0084	3-18-51	Mile, 800
	King, Bob K.	360-7064	6-23-50	Mile
	Miller, Howard	395-6573		
	Morden, Cliff	347-7231		
	Horn, Charles	993-9924	1-31-52	
	Nance, Richard	893-4839	4-17-56	
Scott, Joel	363-6049			
Smith, Carl				
Tepper, Frank				
Wagenbach, Mike	761-2636			
Stansauk, Brian	343-7310	3-30-52		
Whitmore, Jim	781-1462			
Women	Grayboyes, Jacquelyn	353-2662	12-15-51	
	Hansen, Jacki	395-2599	11-20-48	Marathon
Age ?	Klusendorf, Robert	344-8931		
	Stone, Cliff	344-9274		
Associate	Alderson, Wes, Jr.	397-7226		
	Dern, Bruce			
	Dosti, Lu	469-9206		
	Long, Robert S.	320-3167		
	Parker, Dave, M.D.			
	Pepo, Gaby	765-6272		
Shapiro, Myron, M.D.	933-4371			
Coach	Laszlo Tabori	837-4794		

Please send all additions, corrections, etc. to Al Sheahan, 6200 Hazeltine Ave., Van Nuys 91401. 785-1895.