

## SAN FERNANDO VALLEY TRACK CLUB

Coach: Laszlo Tabori  
(213) 837-4794



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Tarzana, Calif. 91356

VOLUME 3 NUMBER 4

# NEWSLETTER

MAY, 1977

### APRIL HIGHLIGHTS

MIKI GORMAN wins Boston Marathon.

STEVE McCALLEY sets new world 1500 mark for deaf.

DEBBIE HEALD breaks Mt. Sac 1500 record.

RON KURRLE finishes 23rd in Boston Marathon.

LU DOSTI wins 50-59 SPAAAU 50km championship.

RAY HUGHES sets American record for age 38 in 10,000 meters.

### GORMAN WINS BOSTON MARATHON

How do you write about greatness?

How do you express in words the pride you feel when you see MIKI GORMAN with her SAN FERNANDO VALLEY TRACK CLUB jersey on the front page of the Los Angeles Herald Examiner? Not to mention the front page of the Cleveland Plain Dealer, Boston Globe and who knows how many other newspapers around the country.

It's hard to believe that this marvelous runner belongs to us -- that in four short years as a club, Coach LASZLO TABORI has brought us two different Boston Marathon winners.

(continued on page 3)

### COMING UP IN MAY

Sat. May 7. Hansen Dam 10-mile road run followed by SFVTC picnic.

Sun. May 8. Masters & sub-masters meet at Chapman College.

Sat-Sun. May 14-15. 7th annual Grandfather Games, Valley College.

Sun. May 15. Bay-to-Breakers Run, San Francisco.

May 19-21. AIAW Track and Field Championships, Drake Stadium, UCLA.

Sat. May 21. 3rd International Marathon, Amsterdam, Holland.

Sat. May 21. Striders Relays, Masters & sub-masters, Cal Poly Pomona.

Sat. May 21. California Relays, Modesto.

Sun. May 22. Valley College Jog-a-thon.

Thurs. May 26. Monthly club meeting: 7:30PM, LA Valley College Rec Center.

Sat. May 28. Don Palmer Memorial Relays UC Irvine. Masters & sub-masters.

Sat.-Sun. May 28-29. SPAAAU Men's & Women's T&F Championships, UCLA.

Mon. May 30. 1st Annual Muhammad Ali Invitational Track Meet, Cerritos College.

May 29-31. NCAA Championships.

LONG DISTANCE RUNNING SCHEDULE

SAT MAY 7 8:00am	5th ANNUAL HANSON OAM 10mi	Harv Rowley C.C.A.C. 9725 Lav Ave. Arleta 91331 (213) 899-5854	Open 10 SM/40+/50+/60+ 2/3/2/1 W/W 3/2 Teams (5 person) open 2 SM/W 1/1 Women (3 person) 1 (An LDRC meeting)	Accurate 10mi course - rolling - every mile marked. Restrooms. Golden State Fwy to Osborne. E. 2mi to Branfield. R. to Hanson Dam Parking Area. will follow. Send one voting member)
SUN MAY 15 7:00am	SENIOR OLYMPICS MARATHON	Dave Sills, Senior Olympics Marathon 5225 Wilshire Blvd. #302, L.A. 90036	Various - write for pre entry	From Santa Ana or San Diego fwy - W. on Culver Dr., exit in Irvine to Mason Park (Culver & University)
SUN MAY 15 9:00am	BAY TO BREAKERS	San Francisco Examiner	Various - must pre-enter by Apr. 25. \$1.00 entry	For application call immediately John Dunig (805)497-2011
SAT MAY 21 10:45am	22nd FONTANA DAYS 10mi	Louis Brewster 8332 Nuevo Fontana 92335 (714) 983-3551	High School/Open/SM/40+/60+/50+/70+ W/W Merchandise awards if available.	San Bernardino fwy to Sierra Ave., W. to Marigold (3rd stop). W. to designated parking.
SAT MAY 21 10:00am	1st MOONSTONE DRIVE 4mi RUN	Mike Barnes P.O. BOX 2414 Harmony 93435	Open - 5 Women - 1 Masters - 1 HS - 1	Out & back - pavement overlooking ocean. 35mi N. of San Luis Obispo on Rt. 110. Windsor Blvd exit in Cambria (next to Chuck Wagen Restaurant) W. 2mi to checkin at Cambria County Park.
SUN MAY 22 9:30am	LOS POSAS HILLS HANDICAP 10mi	Connie Rodewald 852 Sharon Dr. Camarillo 93010 (805) 482-5360	Open/Hand 5/5 SM/40+/50+/15-u/16-18 G/W/W Awards beyond let by attendance. Split start Open/SM at 10:00 AM Ribbons to all finishers	Hilly-paths & pvd roads. Last 4+ mi. down hill. Refreshments. Ventura Fwy to Santa Rosa/Pleasant Valley Rd. North 1 mi to Alta Colina Park (behind housing development on right)
SAT MAY 28 9:00am	1st AROUND THE BAY IN MAY 10mi	John Blair 1162 Dorset Lane Costa Mesa 92646 (714) 546-3663	15-u/16-18/Open/SM/40+/50+/60+/G/W/W All 3 each	Paved roads - some dirt. Start & finish at Corona del Mar H.S. 405 fwy to Jamboree. S. to E. Bluff. R. to High School.
SAT MAY 28 9:00am	11th MT. WILSON TRAIL RACE 9.5mi	James McRea 55 W. Sierra Madre Sierra Madre 91024 (213) 355-7135	Open 20, Hand 10, 15-M/16-18 3/2 G/W/W 1/2/1 SM/40+/50+ 3/3/3	Years first hill climb. Tough out & back. Sponsored by City of Sierra Madre. Check in at Baldwin & Sierra Madre Blvd., just N. of Santa Anita Track. Take 270 fwy to Baldwin & go N.
SUN JUN 5 10:30am	1st CARPINTERIA OCEAN TO CREEK RUN 10km	Steve Lough 5700 Via Real SP.44 Carpinteria 93013 (805) 684-3874	Open 5 SM/40+/50+ 3/3/2 W/W 3/2	101 fwy to Casitas Pass Exit. S. to Carpinteria. R. to Linden. L. to Ocean. Sign in at Park.
SAT JUN 11 7:30am	11th PALOS VERDES MARATHON	Lee Woodson P.O. BOX 153 Palos Verdes Estates 90274	Various age group awards 70 total. T-Shirts free to first 1000 registered finishers.	San Diego fwy to Hawthorne Blvd. S. to Silverapur. Check in at Rolling Hills H.S. Request pre-entry by Jun 3 for proper computer processed results. \$4.00 early entry. Write to Lee Woodson.

NOTES:

1. The LDRC does not guarantee all awards listed will be given.
2. Entry fees for races less than marathon distance are usually \$1.50 unless noted otherwise. District & National Championships are \$2.00. Team entries are \$1.00 per team. (non-AAU members - fee doubles).
3. In SPA Championship events less than 30km, teams are 5 man - open, sub-master & master. All women teams & men teams 30km & over are 3 person.
4. Bikes are allowed at most marathons. Be careful. Injuries have occured. Your runner/friend is subject to disqualification.

On February 13, 1977, John Dunig was elected Long Distance Running Chairman of the local SPA-AAU, replacing Steve Broten. Items of interest at the meeting:

1. Even though, at the national level, Long Distance Running has 3 chairs - open men, open women and Masters, it is still the desire of most athletes in SPA LDR to remain as one combined committee. The Open men and Masters in S.P.A. have been one in the past; at this meeting the Women and/or their representatives also expressed their desire -- and voted to remain one with the others.

2

2. Desire to bid for 10km, 25km and 30km national championships in 1978 (all open men divisions) at the upcoming national AAU convention.
3. Not all District champions will be sent to National Championships due to lack of funds. Only selective Open Men, Women and Masters Champions will be sent to National/International Events as funds are available.

MT. SAC RELAYS -- APRIL 22-24

As the old saying goes, there wasn't much SFVTC participation in this year's Mt. Sac Relays, but what there was, was "cherce."

DEBBIE HEALD smashed the women's 1500 meet record, set by Francie Larrieu, by one-tenth of a second in 4:20.8.

STEVE McCALLEY set a new world mark for deaf runners with an outstanding 3:49.5 in the 1500, good for 2nd place in a strong field.

SPA-AAU 50KM CHAMPIONSHIPS -- APRIL 24

LU DOSTI, our new Vice-President and newly-turned 50-year-old, showed what a joy it is to get older when you're a Masters runner.

Feeling, still, like a 49-year old whippersnapper, he trounced a good field of 50-plussers in the SPAAA 50km championships in Camarillo in a sparkling 3 hours, 37 minutes.

Lu came by the marathon post in 2:57 and just didn't let up as he headed for what may be the finest season of his running career.

ED LOWELL 61, ran an outstanding 38:56 in the Elysian Park 6.1 miler, good for 83rd overall and 3rd in the 60-division. At Tapia Park, he was 2nd in the 60+ (by just 7 seconds) in 68:35 for the 15km grind. On April 17 at Catalina, Ed finished 100th out of 376 overall, 1st among the 60's and 4th over 50. Time for the 7.1 mostly-hills course was an excellent 42:18 as Ed continues to have a fine season.

GORMAN (continued from page 1)

MIKI GORMAN, as we all know by now, was the first woman finisher in the tough Boston classic with a time of 2 hours, 48 minutes, 44 seconds.

She repeated her triumph of 1974, giving SFVTC members three out of the last five Boston wins. (In 1973, JACKI HANSEN was the first woman to finish.)

GORMAN is the Jack Poster of women's long distance running. At 42, she was besting women 10 and 20 years her junior.

It was not an easy trip. "I was very glad to be able to finish," Miki said. "I never ran so fast at the beginning of a race. I was tired at ten miles. Often, I almost fell to the ground. I was hoping it would be cold, but it was warm. All the way, I was just hoping to finish."

Finish she did, 2:43 ahead of second place Marilyn Bevans of Baltimore.

RON KURRELE ran exceptionally well to place 21st in the tough field in 2:23:49. In 1976, he finished 8th in the heat in a slower 2:26:21.

BOB LEBOWITZ and EARL RIPPEE made the trip to Boston. Bob enjoyed the crowds and scenery to come home in slightly over 4 hours. Earl was disappointed when a swollen knee forced him to pass up the race completely. "But I was there at the finish line," he said, "when Miki came running in, and the cheers seemed even louder than when the men's winner finished."

NEW MEMBERS \* \* \* NEW MEMBERS \* \* \* NEW MEMBERS \* \* \* NEW MEMBERS \* \* \* NEW

Jana Frey  
5349 Newcastle  
Encino 91316  
344-9984  
12-31-44

Vic Cook & Avis Cook  
23111 Cumorah Crest Dr.  
Woodland Hills 91364  
2-2-32 7-12-35  
Pole Vault  
883-9781; 346-9153

Terry and Lorie Paulson  
11954 Moorpark #3  
Studio City 91604  
980-3959; 763-9550  
10-23-45 4-2-53  
Jogging; mini-marathons

Ted Falconer  
6139 Bluebell Ave.  
North Hollywood  
763-0687  
3-2-41  
440; Marathon

New address: Alan Cranston  
402 Constitution Ave. N.E.  
Washington, D.C. 20002

Debbie Heald  
14661 Mansa  
La Mirada 90638

OPEN LETTER FROM PRESIDENT JIM DOWNEY:

With my recent election as your club President for the coming year, I find myself quite enthused over the future and potential of the San Fernando Valley Track Club.

This feeling is generated by the extremely high quality membership we have, and the obvious energies this membership has for involvement in their sport and running specialty.

Needless to say, we all recognize that we are blessed with the finest coach and leader in the person of Laszlo Tabori. No track club in our geographic area or throughout the country has this type gentleman with the international reputation, expertise and dedication that Laszlo demonstrates on a daily basis for our club.

Also, we are pleased to have as active members, some of the outstanding distance runners in all age brackets. These records speak for themselves. The future of the Club depends on our plan of action from this point. General discussion among the membership has resulted in many suggestions for more participation in several areas such as more club-sponsored races, more social gatherings and fun-runs for those of us who do not compete on a regular basis.

It is also the desire of the club to provide a certain organization and financial base for our premier runners who need financial support for attending the prestige meets and necessary competition to represent themselves and the club in high quality and highly recognized competition.

The social planning is an easy thing to accomplish and all it takes is YOU. Plans are being made for more social gatherings in conjunction our Fun Run Program and just plain "bull sessions." The administration of and generation of a financial base to properly operate our club is, of course, another problem. It is not our desire to have constant sales or other fund raising programs which will serve to be nothing more than a hidden membership fee or exhaust the energies of the membership. There are certain programs which, from time to time, become worthwhile for club and membership participation. These will be announced

as formulated, and we hope your reception and participation will be forthcoming.

The financial base of the club has, for the most part, been totally carried by Mr. Earl Rippee. I'm quite sure that most of the membership is not aware of this fact, but the club owes a great deal of gratitude to Earl for his outstanding efforts as our benefactor in providing funds, uniforms, printing, postage, secretarial and general organizational efforts on behalf of the club's growth.

It is time the club structure itself that it be self-supporting and assume its proper efforts in being responsible for payment of its own costs of operation. We are not saying that the club is not and will not be most appreciative of donations from those of you who, through your business and other participation, can be of great assistance to the club, but we feel it is time for us to properly budget and support our operation with the membership and fund-raising efforts of the membership. A budget will be prepared with this in mind and printed in a future newsletter. Each of you will be fully aware of what is required to support and add to the growth of the club.

I am pleased to announce that the club will be able to meet in the LA Valley College Recreational Facility on the last Thursday of each month. I hope all of you will take the time to join the officers in making these meetings active ones.

I, personally, am quite pleased to serve as your President and will certainly give all my available time and energies to the club and its programs. Being somewhat inexperienced in all the various running programs, I will, of course, need your support in my education process. I am available for meeting with you and any of the various associated groups which will benefit this education and the participation of our club in the running programs of the area. Please do not hesitate in involving myself or our various officers and team captains in this effort.

(continued on next page)

Letter from Jim Downey (continued)

Once again, I am very grateful for the assistance I have received and the friendship everyone has demonstrated. The rapport, respect, friendship and general "closeness" of our club is something we all should treasure. These "feelings" are what makes, and will continue to make, our club a success.

James L. Downey  
President, SFVTC

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Interested in reading more about running? The following publications are worth reading, depending upon your particular interests:

1. California Track News  
1717 So. Chestnut  
Fresno 93702  
  
Very comprehensive coverage of all California LDR and track results. \$3.50 a year.
2. Runners' World  
Box 366  
Mountain View, Cal. 94040  
  
The Bible of the sport. A must for anyone seriously interested in health and fitness. \$9.50/yr.
3. Track and Field News  
Box 296  
Los Altos, Cal. 94022  
  
Hard news and results on track and field. A must for every track buff. \$11.00/yr.
4. U.S. Masters International Track Team  
1951 Cable St.  
San Diego 92107  
  
Complete U.S. and international Masters coverage. Bi-monthly. \$6/yr.
5. Veteris  
c/o Jerry Smartt  
6142 Navajo Rd.  
Westminster, Cal. 92683  
  
International Masters coverage, particularly England. Quarterly. \$8/yr.

SFVTC PICNIC

It's only 50-50 that you'll receive this in time, but there'll be an SFVTC informal club picnic following the Hansen Dam 10 mile road race, Saturday, May 7. The race begins at 8:00AM -- no pre-entry required -- lots of awards. Picnic follows. Bring your own everything.

RUN TO THE TOP CAMP

The Rialto Roadrunners are sponsoring summer training camps for distance runners in the altitude of the San Bernardino Mountains. A low-cost, intensive running camp for high school and college distance runners. Co-ed. Beginning and advanced instruction; small groups; experienced leaders; exercises, hills, mileage charts, T-shirts, motivational techniques, films, photos. 6 days for \$65 from July 11-16; 7 days for \$80 from August 28-Sept. 4. Contact: Judy Ikenberry, P.O. box 274, Crestline, Calif. 92325; (714) 338-1126.

BONNIE BELL MINI MARATHON

Saturday, June 4, 12 Noon, Central Park, New York City; for women runners only. Call: (212) 595-4141.

KEEPING TRACK...

The Road Runners Club of America is developing an Athlete's Bill of Rights, and hopes to have a document within six months. If you have any thoughts on what might be included, send them to Rick Bayko, Athlete's Bill of Rights, Box 237, Merrimac, MA 01860.

"Running is my 'pick-up.' When you have to face 20,000 people, and you can't just write off St. Louis because you're feeling low. In the past year, running has become my cure-all and my calm-down."

-- Linda Ronstadt

COACH LASZLO TABORI WILL RUN IN THIS EVENT!!!!

# L.A. VALLEY COLLEGE

## JOG-A-THON

TO ALL JOG-A-THON PARTICIPANTS:

We are undertaking a fund raising project to raise funds for the various athletic teams at school. Fund raising can be a hassle and a lot of time and effort can produce very little return. With this Jog-A-Thon we will make a great deal of money and those of you that really put out the effort will win some outstanding prizes.

All you will need to do is to ask people to pledge so much per lap for the one hour jog-a-thon. The jog-a-thon will be held on the school track on Sunday May 22, 1977. There is a 10¢ per lap minimum pledge. You should follow the suggested tip sheet carefully. You will also want to get the business's to pledge large amounts. Please make sure they understand that their pledge is for so much per lap. Donations will also count. Be sure and put the donations on the back side of the pledge sheets so you will be sure and get credit. Get your girl or boy friends to help, brothers, sisters and parents. You will want to make sure all your pledges are collectable.

YOU WILL NOT BE DOING THE COLLECTIONS. This will be done for you in the form of a thank you letter, so please make sure the pledges are complete and readable. All the forms you will need are in the packet. Be sure and use the forms for mailing out to your friends and relatives out of the area. These are the white forms.

Your lap worth is the key to accounting for a large amount of money. Your lap worth is the total of all your pledges added together. For example, if you have 60 sponsors each for 10¢ per lap, your lap worth would amount to \$6.00. If you then run 35 laps in the one hour time limit, you would account for \$210. So think in terms of getting your lap worth up as high as possible. Give the people the opportunity to become involved in the athletic programs at Valley. The fact that you will not be doing the collections should motivate a lot of you to that extra effort, but even more so is the prizes that anyone or all of you could win.

Anyone that accounts for a total amount collected of \$6000.00 will be awarded an expense paid vacation cruise in the CARRIBEAN. Anyone that accounts for a total of \$3000.00 collected will receive a trip to HAWAII, anyone who accounts for a total of 1500.00 collected will receive a 10 speed bike and anyone who raises \$800.00 in collected funds will receive 100.00 towards paying for your books for next semester. Some SUPER prizes, that anyone of you could win. It is going to take some effort on your part, but they are well worth it.

You have until Sunday May 22, 1977 to get your pledges. Bring your pledge sheets with you to the Jog-A-Thon. GOOD LUCK.

NOTE: The SAN FERNANDO VALLEY TRACK CLUB will receive 50% of all funds raised by club members.

COLLECTIONS WILL BE DONE THROUGH THE MAIL IN THE FORM OF A THANK YOU LETTER.

ALL PLEDGES AND DONATIONS ARE TAX DEDUCTIBLE.

\* PLEASE NOTE: YOUR PLEDGE IS FOR SO MUCH PER LAP

The Jog-A-Thon is a fund raising project for non-profit clubs, teams, schools, etc. This Jog-A-Thon is for VALLEY COLLEGE  
NAME OF GROUP

Individual's Name \_\_\_\_\_

Address \_\_\_\_\_

10¢ MINIMUM  
Amount  
Per Lap

Name                      Address                      City                      Zip Code                      Per Lap  
(Please Print Plainly)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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20. \_\_\_\_\_

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

DON COCHRANE 37, led his team, the Burnaby Villanovas, with a 25th place finish in the April 8th 8.6 mile Chandler Road Race in Vancouver, Canada. His time: 47:49.

RAY HUGHES, one of the top sub-masters in the nation and perennial sub-master winner in local distance races, writes that he's just ended his competitive running for this season.

"I have achieved my goal," Ray tells us, "and the smog we have in my area (Mount Baldy) makes intensive training so difficult that, without additional motivation, I choose to call it a year."

It's unfortunate and even depressing that smog should force one of our club's premier runners to halt his running. Perhaps, before he writes finsis to 1977, we can persuade him to run with our 30-39 distance medley and 2-mile relay teams on May 21 and 28.

Ray got under the listed age record for Americans for the fourth year in a row, in either 6-miles or 10,000 meters. On March 26th, he ran at UC Irvine's Meet of Champions, 10,000 meters, finishing 6th in 30:52.6, bettering the listed age 38 record of 30:56.0.

Hughes has his eyes on the age records for each year ahead of him in the 6-mile or 10-kilometer. In 2 years, he'll be in the Masters division, and could very well be the top Masters 10,000 performer in the world in 1979 if he holds his form. His 30:52.6 is three seconds faster than the existing over-40 mark of 30:56.0, set by Ray Hatton, the ranking American Masters distance star, in 1975. (That's an American mark. The world over-40 standard is Jack Foster's 29:38.)

Ray plans to run an "as-I-feel-it" 10 miles each day until mid-August, and then get serious again. He also ran 30:55.0 for 10,000 meters at the Long Beach Relays (4th place) and 9:23.6 for two miles in a UC Irvine all-comers meet in February. On April 9, he ran about 31:24 10km in an abusive wind in Santa Barbara.

FUND RAISING PROJECT

Once again, the SAN FERNANDO VALLEY TRACK CLUB, through the imagination and persistence of its women's members, has won the bid to sell AAU T-shirts for about \$4.00 at the 1977 National AAU Track and Field Championships at UCLA June 9-14.

We need some help. If you'll have some time during those days, we need your assistance. We'll be offering the T-shirts to everyone, but it's the athletes who usually buy the most. It can be a fun time and you can meet a lot of people. Call LEAL REINHART at 820-5168 to volunteer your services. Last year, the money we made was used to fly the women's cross-country team to the nationals in Miami. This year, the profits go to the club's general fund.

MEMBERSHIP DEMOGRAPHICS

SFVTC's membership breaks down as follows:

	<u>age</u>	<u># members</u>	<u>% to total</u>
Men:	0-19	11	8.1
	20-29	23	16.9
	30-39	28	20.5
	40-49	30	22.1
	50-59	15	11.0
	60-69	5	3.7
Total men:		112	82.4
Women:	0-19	7	5.1
	20-29	9	6.6
	30-39	4	2.9
	40-49	4	2.9
Total women:		24	17.6
Total juniors	masters	18	13.2
	sub-masters	54	39.7
	open	32	23.5
	open	32	23.5
Total members		136	100.0



SEVTC MEMBERS WORLD AND AMERICAN  
AGE RECORD HOLDERS

The latest "Masters age records" book is out, listing world and American records for age 40-and-up through December 31, 1976. Compiled by Pete Mundle, the books are available for \$1.50 from Track and Field News, P.O. Box 296, Los Altos, Calif. 94022.

Although competition in the Masters division gets tougher each year as more participants enter this fastest-growing-segment-of-track-and-field, SFVTC, considering our size and numbers, is well represented.

JOHN DAMSKI 62, lost his age-59 high jump world mark to Jim Vernon's 4'10", and his age-59 triple jump record to Vernon's 32'5", but held on to his age-60 world mark of 31'9 $\frac{3}{4}$ " in the triple jump, set May 17, 1975.

ED KEYSAR 55, lost his American six-mile (35:02) and 10,000 meter (36:14) marks to the amazing Jim O'Neil (33:30 and 33:07), but held on to his American age-51 one-hour run record of 10 miles, 273 yards, set July 28, 1973.

SID MADDEN 69, set a new world age-68 mark of 2:36.0 in the 800 meters at UC Irvine on June 27, 1976. Sid still holds the American age-66 mark in the 1500 of 5:30.5 at Irvine on June 22, 1974. He holds the American age-67 record of 5:34.0 in the 1500, set August 9, 1975 in White Plains, N.Y. He set the world age-68 1500 standard of 5:24.0 at Irvine on June 26, 1976, clearly improving with age.

In a sensational year, Sid set his 3rd WORLD age-68 record with a 5:56.5 mile run at Valley College on May 15, 1976. Sid's 4th world mark is the age-67 one-hour-run of 7 miles, 147 yards, set July 19, 1975.

ED LOWELL hung on to his age-58 world steeplechase title of 12:54.6 set July 6, 1974.

JIM "OLE" CLESON still holds the American age-56 six-mile record of 35:48.0, July 5, 1974; and the American age-55 one-hour-run mark of 9 miles, 1272 yards, July 29, 1973.

AL SHEAKEN kept both of his American 400-meter intermediate hurdle records. He holds the age-42 American mark of 62.1, set June 8, 1975 at UCLA; and the age-43 American standard of 61.7, set August 15, 1975 in Toronto.

Even though Al was 0-for-4 against national champion Van Parish in 1976 in head-to-head competition, Van, now 43, couldn't break Al's age-42 mark.

Although the main reasons why most of us run are good health, friendship and the satisfaction of doing our best, no one can deny that setting an age mark is frosting on the cake.

To be the best in the world -- or in the United States -- at your age in your event -- is quite an achievement.

We congratulate the six SFVTC members who have accomplished this goal.

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LETTERS \* \* \* \* LETTERS \* \* \* \*

Aloha to everybody:

This is my first note as a member of SFVTC and I do appreciate it.

I would like to comment on the work EARL RIPPEE has done. Since I first met Earl at the Honolulu Marathon, we have been friends -- and I have developed a very high regard for his concept shown in the performance level of SFVTC. More than that, even out here (in Honolulu), I feel a part of the organization -- and that's important!

Your athletes ably represent the club and your friendships and kindness are full of aloha...thanks, Earl. And to all of you, I hope I can run with you bye and bye.

Hugh "Hawkeye" Ames  
Honolulu, Hawaii

## MASTERS REPORT

The Masters track and field season is upon us. All those winter interval and LSD workouts will prove to be time well spent as we find renewed strength down the stretch in an exciting, competitive race against our age peers.

The Chapman College meet kicks things off on May 8th. Then the annual Grandfather Games on May 14-15 is one of the highlights of the season, particularly since it's held on our home track at Valley College. Meet director George Ker has already received entries from several states and two from Mexico City.

Then it's relay time. The annual Striders Relays on May 21 at Cal Poly Pomona and the 1st annual Don Palmer Memorial Meet (formerly CDM relays) at UC Irvine on May 28 are probably more pure fun than any other meets of the year.

There's something about running on a relay team, with your friends against your friends, that you just don't get running on your own. The friendship and camaraderie that develops is really what our track club, and the entire running community, is all about.

Those two meets are for everyone over age 30. In SFVTC, that means 86 out of our current 136 members are eligible -- 63 percent of our membership -- and we'd like to see all 86 of us there.

There'll be individual field events and sprint and distance relay events -- something for everyone, no matter what your event. At the Palmer meet on May 28, the Corona Del Mar Track Club provides really beautiful trophies that look great clear across the living room. Last year, SFVTC's team of HABA, PRESSLEY, HACKETT and KALCHSCHMID won the distance medley relay, while other teams picked up 2nds and 3rds in the sprint medley, 2-mile and mile relays. Everyone had a very enjoyable time.

Everyone who shows up and wants to run WILL run. We'll have two, three or four teams in the 10-year age groups, depending on who shows up. If you don't want to run, come on out and watch and cheer as CAROL CARTWRIGHT and PAUL RITSCHEL did last year. We need your support and inspiration.

Planning helps. If you know you can make it, call or see your team captain so he can figure out how to best use everyone's talent. We'll probably arrange a couple of car pools.

Team captains are:

<u>Age</u>	<u>Name</u>	<u>Home #</u>	<u>Bus. #</u>
30-39	Reid Pressley	968-5950	570-4340
40-49	Jerry Wojcik	363-6652	781-1200
50-59	Wilbur Buchanan	889-8120	899-9784
60-69	Sid Madden	459-1682	

By the way, new member SENATOR ALAN CRANSTON plans to run on our relay team at the Western Regional Championships on June 18-19 at Santa Ana College.

So pick out what you'd like to run and the team captain will arrange it. Or just show up and plan to run wherever you'll help the club the most. We'll try to get accurate times for everyone. Our main purpose is just to have some fun.

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Some outstanding marks have been set in 1977 Masters competition already:

Mauro Hernandez set a new age 50-54 record with a 10:31.0 2-mile on April 2. Dave Segal has turned in a 10.3 100-yd. and 22.5 220 in the 40-49 division. Nick Newton has a 23.2 220 and 5'8" high jump, along with a 53.8 440 -- all mid-season efforts. Gary Miller ran a 52.0 440 to beat Nick on April 2.

Tom Richards won the 30-39 880 in 2:04.2 on April 2nd. Payton Joran set a world record for 60+ of 12.3 in the 100-meters at Mt. Sac April 23. Bob Emmerling bested TOM STURAK in the 40-49 1500, 4:27.3 to 4:30.3. OLE OLESON took 2nd at Mt. Sac in the 50-59 1500 in 5:02.8, a new age-59 world record, bettering Ray Mahannah's 5:08.8 set in 1975. Tough Avery Bryant topped Ole with a tremendous 4:42.1.

In the South Africa meet last December, Reg Austin 40, of Australia, lowered the world 200 standard to 22.1. Four-time Olympic discus champion Al Cerner, now 40, demolished the world 40+ discus mark with a 199'8" heave April 9 and is pointing for the 1980 Olympics.

## MASTERS RESULTS -- MT. SAC RELAYS

Mt. San Antonio Relays, April 23 and 24, 1977; 80 degrees, breeze

<u>100 meter dash (40-49)</u>	
Dave Serral	11.4
Ted Cain	11.5
Nick Newton	11.6
Percy Knox	11.6
Geo. Waterman	11.6
Van Parish	11.7
Tony Nasralla	11.8
Ted Vick	11.8
Jim Parks	11.8

<u>(50-59)</u>	
Wayne Ambrose	12.5
Fete Fetter	12.6
Clarence Killian	12.7
Al Guidet	12.8
Emson Grimm	15.8
Bill Burke	16.4

<u>(60+)</u>	
Payton Jordan	12.3*
Bill Morales	13.5
Joe Caruso	14.0**
Tony Castro	14.3
Hugo DeGroot	15.5
Don Mowrer	16.4

\*Meet Record. Old record of 13.9 held by Joe Caruso. World Record for 60-64. Old record 12.4 by Y. Brange of Sweden.  
\*\*Ties World age 67 record of Ken Carnine in '75.

<u>1500 METERS (40-49)</u>	
Bob Emmerling	4:27.3
Tom Sturak	4:30.3
Ed Field	4:35.9
Jerry Feeman	4:45.0
Ray Archibald	4:49.6
Bob Holmes	4:56.4

<u>(50+)</u>	
Avery Bryant	4:42.1
Jim Oleson	5:02.8*
Tom Clayton	5:21.1
Ed Stotsenberg	5:26.0

\*World age 59 record. Betters Ray Mahannah's 5:08.8 ('75)

<u>400 METER RELAY (40+)</u>	
Corona Del Mar "A"	45.27 *
(Waterman, Jackson, Segal, Knox)	
So. Calif Striders "A"	46.52
Seniors	47.01
C.D.M. "B"	47.12
So. Calif Striders "B"	47.45
C.D.M. "C"	48.0 **
(Guidet, Ambrose, Fetter, Jordan)	

\* New Meet Record  
\*\* World 50-59 record

<u>MILE RELAY (40+)</u>	
So. Calif Striders	3:41.7*
(Pack, Emmerling, Newton, Cain)	
Seniors	3:50.5
C.D.M.	4:00.3

\*New Meet Record

<u>5000 METER RUN (40-49)</u>	
Truman Clark	16:25.4
Jerry Smartt	17:21.1
Tom Sturak	17:27.6
Pete Mundle	17:31.7
Jim Davis	17:50.6
Ray Archibald	18:40.8

<u>(50+)</u>	
Mauro Hernandez	17:23.1
Avery Bryant	18:33.5
Ray Gil	18:42.9

<u>POLE VAULT (40-49)</u>	
K.C. Keefer	11'6"
Hal Wallace	11'0"
Duane Telliano	11'0"
Doug Dittmar	11'0"
Ray Fitzhugh	11'0"

<u>(50-59)</u>	
Dave Brown	11'0"*
Don Grosh	10'0"
Orv Gillett	10'0"
Tom DeVaughn	9'6"

\*Ties Meet Record

<u>(60+)</u>	
Jim Vernon	10'6"*
Bob McConaghy	9'0"
Hugh DeGroot	8'6"

\*New event. Establishes meet record

<u>HIGH JUMP (40-49)</u>	
Nick Newton	5'10-3/4**
Leon Frankamp	5'4"
Ray Fitzhugh	5'2"
Doug Dittmar	4'10"
Hal Smith	4'10"
Hal Wallace	4'10"
Bob Perry	4'4"

\*New Meet Record

<u>(50+)</u>	
Burl Gist	5'2"
Orv Gillett	4'10"
Dave Brown	4'8"
Hugo DeGroot	4'6"*
Pete Fetter	4'4"
Bill Burke	4'0"
Don Mowrer	4'0"

\*New Meet Record for 60+

<u>DISCUS (40-49)</u>	
Bob Humphreys	163'1"
F. Stuart Thompson	148'11"
Ed Van Pelt	132'11"
Hal Wallace	107'7"
Hal Smith	103'2"

<u>(50-59)</u>	
Fortuna Gordien	152'
George Ker	133'2"
Dan Aldrich	119'6"
Red Doms	80'8"
Emson Grimm	57'2"

<u>LONG JUMP (40-49)</u>	
Shirley Davisson	21'6-1/4"
Dave Jackson	21'3-1/4"
Tony Nasralla	19'1-1/4"
Nick Newton	18'6"
Ray Fitzhugh	18'0-1/2"
Phil Schlegel	17'1-1/4"

<u>(50-59)</u>	
Tom Patsalis	19'2-1/2"
Ray Spencer	16'11-3/4"
Dave Brown	16'3-3/4"
Bill Burke	11'6-1/4"

<u>(60+)</u>	
Jim Vernon	14'8-1/4**
Joe Caruso	13'4-1/4"
Art Vesco	12'1"
Don Mowrer	11'11-1/4"

\*New Meet Record

<u>DISCUS (60+)</u>	
Jack Thatcher	142'10"*
Neel Buell	128'4"
Hugo DeGroot	125'11"
Red Doms	109'5"
Art Vesco	101'2"

\*New Meet Record

**Add to Masters Track and Field Schedule in March newsletter:**

**July 1 - National AAU 1-hr. run, nationwide.**

**July 9-10. Canadian Masters T&F Championships, Montreal.**

**Sept. 10 - Masters 50-mile track Run, Santa Monica.**

**Oct. 23 - AAU National Masters Marathon, New York City.**

**Nov. 12 -- AAU National Masters 10K X-Country, Washington, D.C.**

## SOME THOUGHTS ON EXERCISE

(This is taken from the National Jogging Association Magazine. The article is written by Rory Donaldson.)

The cause of injury is always fatigue and overspecialization. If you take joints, muscles, tendons, ligaments and move them relentlessly through limited ranges of motion that you're not prepared for - breakdown! This makes it clear why joggers must increase training slowly, giving their bodies every opportunity to adapt to new stress. If you increase your training much more than 10% or a mile a week the results are predictable - breakdown!

Too often we become the victims of overspecialization. Too much of our jogging is of exactly the same kind. Imagine a jog that takes 5,000 steps and you can see how the accumulated stress of these steps can cause pain and injury - especially if each step is a carbon of the last: always on the flat; always in a straight line; always at the same pace (rarely increasing or decreasing the range of motion the leg is allowed to pass through). This kind of jogging is psychologically and physiologically monotonous and other possibilities should be explored in order to allow for a wider variety of movement through less repetitious and fuller ranges of motion.

### **Get Off The Straight Line.**

*Get off the straight line.* Jog a number of figure eights if your natural terrain doesn't require you to cut and turn and hop. Gradually tighten the eight. Jog in ever-tightening circles, a minute in each direction. This will help strengthen your ankles and lend more well-rounded flexibility to your legs. Note: eights and circles may lead to shin splints if done too enthusiastically. As with all exercise, enter easily - "start slow and then taper off".

### **Vary Your Pace.**

*Vary your pace* through a brisk walk to fast jogging. During every 30 minute jog accelerate three or four times for 30 seconds, not to a sprint, but to a pace more demanding than usual. This will give your legs some extra variety and stretch. This is especially important if you have no hills.

### **Jog The Hills**

*Jog the hills*, especially up (jogging down hills can pound your knees relentlessly). The up-hills work the quadriceps (the large muscles at the front of the upper leg) much harder than jogging on the flat, helping to stabilize weak knees and strengthen legs. Jogging up-hill stretches the Achilles tendons and calf muscles. If entered slowly and well stretched, hills are gentle on leg injury. The extra resistance that hills offer demands more from your cardiovascular system than jogging on the flat. Hills challenge the spirit in unique ways - as you begin a two mile grade, or come up against a 30 yard wall that nearly forces you to your hands and knees. Jogging downhill can pound and bruise your knees if you overextend your legs and every step requires you to brake, but occasionally a downhill section lets you pull the stops and get a flying stride that has you blowing down that hill like a breeze. This same balanced, long, strong stride can be slowly integrated into your jogging on the flat and eventually even the uphills can be run with a new sense of power.

### **Knee Pain.**

If your jogging leads to any knee pain you know you're going to have to work especially hard on stabilizing your quad and knee muscles. Two exercises that will help considerably; 1) Straighten your leg, contract all the muscles around the knee and upper leg, toe pointed back, for a count of 10-20. Repeat 10-20 times twice a day. 2) Lie on your back and bend your left leg, keeping your foot flat on the floor. Keep your right leg straight and raise it. Do not bend your knee. As you become stronger add 5, 10 pounds to your foot. Lower your leg and repeat 20-40 times, twice a day. Make sure that you work out both legs in order to stay well balanced. You'll notice that neither of these exercises requires you to bend your knee but will build up all the supporting muscles without risking additional knee pain and

injury. It's a good idea to not wait until you're injured to begin these strengthening and stabilizing exercises.

#### Stairs

*Stairs*, search out stairs and jog them, one at a time, lifting your knees high. Or, walk them, two at a time off the balls of your feet, fully extending your leg with each step, encouraging a very full range of motion. Go down stairs carefully and in control, don't pound. With training you'll be able to take 10 or more flights.

#### Jog Backwards Occasionally

*Jog backwards occasionally*, for 100 yards or so. This will force you to jog off your toes (not normally acceptable) which will help strengthen your foot and quadriceps.

#### Walk, Walk, Walk

*Walk*, walk walk. Walking forces the legs through a fuller range of motion than jogging and is much gentler. Walking can offer great relief to tired, tight legs and can be an excellent jogging substitute during extreme fatigue, injury or illness.

#### Stomach and Seat Contractions

*Stomach and Seat contractions* (isometrics) are two exercises that can be done anywhere, even while driving your car, and are excellent for toning the stomach and developing the buttock muscles, necessary for good posture and a strong jogging stride. These exercises are also especially recommended to anyone suffering from low back pain. Contract your abdominal muscles as hard as possible by pulling your navel in and up towards your spine. Relax. Contract your buttock muscles as hard as you can. Relax. Do both contractions together and hold for 15 seconds, pulling quite hard, but not straining. Repeat the complete series 15 times a day, or more.

#### A Word About Warmup

A warm-up should have two parts, the first being to stretch muscles and joints, this is the purpose of going through one complete set of *The Basic 7* before taking your first jogging step. The second part of a good warm-up involves using the muscles that are going to be involved while jogging: the cardiovascular system and legs. This is done by beginning your jog slowly, allowing your body to become adjusted to the new demands you are putting on it before picking up your pace. This will usually take 5-10 minutes.

There are some generalizations about warm-up: the better shape you are in the longer it will take to warm-up and really stretch; the colder the day the harder it will be to warm up; warmups are usually too short and too lazy rather than too long and too vigorous. The better you warm up the better you will be prepared to have a safe, enjoyable, injury-free jog.



These comments on exercise by no means exhaust a very wide range of postures that you may enjoy and which may be beneficial. The emphasis here has been on those exercises that particularly address the jogger's classical and debilitating imbalances by stretching the posterior muscles and strengthening the anterior - realizing, simultaneously, that all active muscles benefit from proper stretching and strengthening.

The keys to fitness and physical well being lie in pace and variety. If you don't push yourself too fast and if you learn to explore your body through a wide range of motion you will learn that jogging isn't a sport only associated with fatigue and pain, but far more with true athletic expression and deep satisfaction. I am reminded of an older man I met recently who told me that for fifteen minutes every morning he tried to find new ways to move his total body. He had no plan but rather moved, dipped, pressed, pulled, expanded, contracted, danced as the spirit of the moment moved him. He walked at least two miles briskly every day and jogged about 30 minutes every other day. He didn't even really consider himself a jogger, simply a person in love with his body and free physical expression. The way he looked and the way he moved let me know that he had been doing something right. A certain excellence, on his own royal road to a quality life was being achieved.

TEN YEARS LOOKING BACK (1967-1977)  
DAVID PAIN

One seldom looks at life, or a period in ones life, in retrospect. We spend most of our time trying to forget the past and attempting to prognosticate the future. But ten years have transpired since Masters Athletics first saw the light of day, and we feel after its first decade, the program is entitled to a review from its humble beginning, to the present. In this way we may gain some insight as to what the future may hold for the Masters. It has always been our thought that sport without competition was somewhat akin to kissing one's sister. Running by itself is gratifying but it's a lot more exciting if one has goals. The thought of doing well in a given competition stimulates one into training harder. Ergo enter a race. But to enter just any race is pointless. A person must have a chance or it's not worth making a fool of one's self.

As a then 44 year old not very fit lawyer, I thought competing against 20 year olds just didn't seem right. I had been exposed to the Masters age group concept in handball and felt it would work in track. Our first efforts with selected Masters miles in track meets seemed to appeal to lots of people, so we tried the concept in a full track meet -- although we eschewed such overly rigorous events as the triple jump and the steeple -- dividing the competitors into 10 year age groups. The idea caught on. Soon we had National championships and even International meetings.

The timing in '67 was just right as there was also emerging a national awareness of the importance of being fit, which in some way was related to the larger concept that we should revert to the more simple and basic aspects of life. Both of these concepts seem to have continued to flourish as we left the '60s and entered the '70s. Natural resources are now considered more precious and are much more costly. People are beginning to think in terms of walking or riding a bike to work. Others are more aware of the dangers of smoking and nonsmoking sections are being opened in aircraft, public places, and restaurants.

During this same period we saw how people who got out and exercised -- even jogged -- were not looked upon as freaks, as in the past, but as persons to be admired for their dedication. Thus it became easier for older men, and even a few women, to put on skimpy track suits and compete in road races or track meets. The willingness of women -- all be it

a few -- to join the men's ranks and show up for races is really a major sociological breakthrough in many countries including the US. It was not too many years ago that mature women never competed in anything except perhaps a genteel game of golf or tennis. To be seen running down the street or on a track pouring with sweat, with boobs bouncing, was unthinkable. Besides, women were too fragile to run farther than 800 meters -- even in the Olympics. Now, of course, we know better. Women are just as tough as men and can run as far, if not farther. The emergence of women as active participants in Masters athletics, some even in their 50s and 60s seems to be related to the Womens Liberation Movement, and logically so.

Anyone who has witnessed a recent marathon or road race, such as the Bay-to-Breakers has not only noted the vast multiplication of

entrants, but also the singularly large number of people over 40 who are in active competition. Virtually every road race of which I am aware offers multiple classes and awards -- usually in ten, but often in five year, divisions -- to encourage the Master competitors. Frequently the over 40 group outnumbers those younger. Of course we all have witnessed the elation expressed by some of our younger friends upon their reaching the magic age of 40, when they could now enter the Masters lists and do battle with their peers. Many are actually so stimulated they produce PR's in events they engaged in when much younger. They thus have proved the validity of the basic premise of the Masters program, mainly that if you give a person fair competition to shoot at, he will do his utmost best. The most practical way of achieving this is by dividing the contestants by age, and five year divisions have proved to be just about the right age frame.

Handicapping -- very active in other sports, primarily horse racing -- has also emerged as a "new" element in the Masters program, as many events give handicaps for age and/or established ability. The best example of which we are aware, is the famous San Francisco trail race the Dipsea, run in reverse order with the slowest going out first. Many other similar events are staged elsewhere.

Masters Track & Field has moved ahead a pace nowhere near that of road racing. For example, the entry for the San Diego Mission Bay Marathon doubled in 1977 from 1000 entries in 1976 to over 2000 this year whereas the entry for the AAU Masters Track & Field championships has stayed relatively steady at approximately 500 contestants. The World Master championships are another thing, however, as we saw 1500 entries compete in Toronto in 1975; whereas over 3000 entries are expected in Gothenburg Sweden in '77.

Perhaps we can account for the widespread interest in LDR over track and field in that virtually anyone can enter a road race if reasonably fit and not feel too bad about his or her performance. Whereas in track ones inadequacies are more apparent. In the field events it is extremely hard to acquire the skills required after reaching age 40. Anyone who has attempted the discus, javelin, or pole vault, is acutely aware of this.

Accordingly only a relatively few field athletes participate, and most of them are calling on old skills developed in younger years.

I once thought that I could single-handedly administer the US Masters program of Track & Field. The fallacy of that idea soon became apparent, and when the AAU expressed an interest in taking over, I acquiesced. This of course was only the beginning of my troubles -- and disenchantment. One always has preconceived ideas of how a program should be run. Others have different ideas and frequently these clash. To compound the problem, I've always held the idealistic view that the Masters program should be open to everyone. The sole criteria being that a person be his or her stated age and fit. Virtually everyone accepts this concept at the outset. There's virtually unanimity that this is what the rule should be. In fact, in '68 or '69 when approached by the AAU's then track & field administrator Ollan

Cassell and later by the prestigious AAU track & field committee, a pledge was made that the Masters program would be open to everyone including ex-professionals. In fact, a rule was adopted to that effect. But with a kicker. It applied only to National and not International competition.

The cold light of realization was beginning to bring into focus the hard facts that the fledgling Masters program -- the chance figment of the imagination of a middle-aged jogging attorney -- was to be sorely buffeted, not only by the AAU, but also the IAAF.

Since the AAU's sole claim to power in athletics in the US is as this nation's IAAF representative, it is placed in the unenviable position of having to enforce IAAF policy even when it does not approve or agree with that policy. The IAAF, in turn, presumes to hold the reins of all power over all international amateur athletics including the Masters program even though the IAAF has refused to consider any legislation dealing with the Masters or to even set up a Masters committee. It takes the lofty position that all amateur athletes -- even those over 40 -- are subject to exactly the same rules including those dealing with the IAAF's archaic definition of who shall, or may, be an amateur.

In Toronto we saw the first overt signs that in international athletics our program would be reduced to the bitter politicking we have now learned to associate with the Olympic games. In Canada politics of the worst kind was injected by the sponsoring Canadian government attempting to decree persona non grata athletes from South Africa even though they came as individuals and had paid their own way. More incredible to me, was the fact that the South Africans were allowed to compete by a slim margin of only one vote (7-6 if my memory does not fail me) and I, a member of the committee and one of the meet organizers, was barred from voting presumably because of my outspoken position and militancy toward the Canadian committee who had totally breached our earlier agreement that all athletes regardless of affiliation, would be allowed to compete.

The difficulty comes from seeking athletic sanctions from track organizations or from the IAAF, and the apparent necessity of seeking government financial aid.

Privately the Canadian committee assured me they had no intention of requiring travel permits or of barring anyone. The truth is they did not press the permit issue but would have barred the South Africans had we not put up a fight in their behalf.

Again the idealist, I cannot condone seeking an organization sanction knowing all along that one doesn't intend to follow its rules. Such hypocrisy is repugnant to me.

Now we are faced with the Swedes -- who will put on an excellent affair I am sure -- decreeing once again that the South Africans are ineligible to compete. Why? Because the IAAF has said so. Once again politics rears its ugly head! Few Masters, as well as this writer, would actively support South Africa's stated policy of apartheid. But what has that got to do with a track meet for aging athletes who come from all over the globe to compete with their peers at their own expense. The irony of the Swede's ukase is that a South African can move to the US, or even Sweden and be eligible to compete.

What distresses me is that outside people

are telling us how to run our event and are attempting to impose their rules which in most cases have no realistic relation to the Masters. Of interest is the fact that the Swedes are planning to trot out some of their aging ex-professionals for the Gothenburg meeting which is great as far as I am concerned, yet the Swedes would presume to bar the South Africans.

Equally distressing to me was the total default by the Ad Hoc Committee in Coventry last August to instruct the Swedes in no uncertain terms that no one would be barred from the meet. The likes of Bob Fine (US) Don Farquharson (Canada) Jack Fitzgerald (Great Britain) and Wally Sheppard (Australia) totally defaulted in the exercise of their charge by the voting athletes at Toronto who very clearly indicated that outside interference with the World Masters would not be tolerated. Even a simple resolution on the proposition that Masters competition was open to all, was rejected 6-1 by this committee with U.S. Rep. Bob Fine voting against the resolution, even though a virtually identical resolution was adopted in Toronto 60 to 11.

What the final outcome will be is anyone's guess. I would hope that the US athletes, at least, would accept the USMTT position that in the masters everyone is welcome, regardless of nationality, race, color, or sex.

Today the South Africans are the whipping boys in Sport. Whose to say that in years to come it won't be the US, Canadian, or Australian athletes who are bounced. On second thought, throwing out the Aussies might not be too bad an idea. They are too damn good anyway which has about as much logic as throwing out the South Africans.

Another unwelcome element has also infiltrated the Masters ranks -- Death. At first we bathed in the fallacious idea our dedication to fitness had led us, to the Fountain of Eternal Youth. Unfortunately, the first 10 years has demonstrated that being fit, although healthful, is no insurance policy to longevity. Enough have dropped prematurely from our ranks from undiagnosed heart disease to demonstrate that running daily is not a be all to end all. All our dedication to fitness can assure is personal satisfaction in our accomplishments, and perhaps, that we have lived more actively a little longer than might otherwise have been the case.

As I reflect on these 10 years I recall the frustrations, disappointments, the broken promises; in short the usual shortcomings of my fellow man. As Master athletes perhaps I expected more from some than I should. I ask myself, "Would I do it again?" At this point I would have to say no. But then I look at the only pictures of myself displayed in my office -- one finishing the 24 hour relay and the other a photo finish dead heat with my good USMTT friends Eddie Halpin and Augie Escamilla doing a 2:18.7 for 880 yards at age 50, and I wonder how many hundreds of similar displays exist elsewhere and mean as much to their owners as mine do to me.

Few of us have the opportunity to profoundly touch the lives of others in any significant way. Through a chance discovery and implementation of the age group concept for Master athletes, I can take comfort in the fact that I may significantly have affected the lives of others, and hopefully, for the better.

(Reprinted from USMTT newsletter.)

#### BETRAYAL AT COVENTRY

The ad hoc committee of seven met in Coventry England last August at which time the Swedes announced that the S. African's would not be permitted to compete because South Africa was not a member of the IAAF.

Despite a 60 to 11 vote in Toronto by the athletes establishing basic policy for the Masters to the effect that the program was to be open to all; the following resolution presented by Helen Pain (as proxy for absent David Pain) was voted down 6-1.

Whereas the Steering Committee of the Second World Masters Track & Field Championships set for Gothenburg, Sweden, August, 1977, recognizes and endorses with enthusiasm the most important objects of the IAAF, i.e. the first three:

- 1) To establish friendly and loyal cooperation between all members for the benefit of amateur athletics throughout the world,
- 2) To strive to ensure that no race, religious, political or other kind of discrimination be allowed in athletics and to take all necessary measures to stop such discrimination,
- 3) To strive to secure that there shall be no hindrance to the participation of any country or individual in international athletic competitions on racial, religious, or political grounds,

Whereas the World Masters Track & Field program is unique in the scheme of athletics in that it is concerned with individual rather than national membership,

Whereas it is the meaning of the aforesaid steering committee that any fit person forty years of age and over may participate in international competition regardless of sex, race, religious belief or political background,

Whereas the IAAF is unable to sanction the forthcoming meet in Gothenburg, (\*)

Be it therefore hereby Resolved that

All decisions pertinent to the championships be determined here and hereinafter by the majority of the Steering Committee with regard only to the Masters program per se rather than dictated to by any government or other body. (\*It is understood that in fact the Meet has been sanctioned by the IAAF.)

Proposed to aforesaid Steering Committee on August 15, 1976, at the regularly convened meeting, Coventry, England, by (signed) Helen L. Pain

Following the defeat of this resolution the other U.S. Delegate Bob Fine moved:

"That we seek to cooperate with the Swedish AAA and/or the IAAF and seek sanction for the meet."

This resolution was seconded by Farquharson and passed 6 to 1.

In exactly one year the bitter lesson learned in Toronto has been completely forgotten.

(From USMTT newsletter)

#### MCCALLEY GOES TO ROMANIA

World deaf record-holder STEVE McCALLEY has succeeded in raising the \$2500 needed for him to travel and compete in the World Deaf Games in Romania this summer. EARL RIPPEE's final \$75 put Steve over the top. STEVE and his family are grateful for the financial support given by SFVTC members.

#### HANSEN HAS GOOKINAID

Gookinaid is available thru JACKI HANSEN, 21643 Circle Trail, Topanga Canyon 90290.

#### LA JOLLA SHORES BEACH RUN-- SAT, JUNE 4

A 2.2 and 4.4 mile run, plus one mile novice run. All entry fees and donations go to the Steve Prefontaine Memorial Fund (established to assist post-college American athletes). \$3.00 donation suggested. Contact: Remember the Pre; 4686 Leathers St.; San Diego 92117. Director: Len Wessels, (714) 270-9073; (714) 454-9121.

#### BOYS TRACK AND FIELD MEET -- SAT, MAY 21

Age groups from 9 & under; 10-11; 12-13; 14-15. Canyon High School, 9:00AM, 220 S. Imperial Highway. Contact: Orange County Blue Angels c/o Joe Salcido, 613 W. Murphy, Santa Ana 92707.

#### 1ST ANNUAL MUHAMMAD ALI INVITATIONAL TRACK MEET -- MON, MAY 30 -- CERRITOS

All the big names: Stones, Moses, Dixon, Walker, Shorter, Riddick, McTear, Wilkins, Cerritos College; 11:00AM; \$5.00

LATE BULLETIN! DEBBIE HEALD ran 2nd in the 880 at the Southern Calif. Outdoor Games May 1 - 2:09.4.-Cyndy Poor won 1st at 2:08.6.



S T R I D E R R E L A Y S

**SPONSOR:** Cal Poly Pomona -Southern California Striders

**DATE & TIME** Saturday, May 21, 1977 at 12:00 Noon

**WHERE:** Cal Poly Pomona, 3801 W. Temple, Pomona, California  
From L. A., S. B. Fwy. to Kellogg Ave. off ramp to college. From Orange County, 57 Freeway to Temple Ave. off ramp to college.

**ENTRY FEE:** \$6.50 PER RELAY TEAM \$2.50 PER INDIVIDUAL TRACK AND FIELD EVENTS.

**AWARDS:** Medals for all winning relay team members and field events. Medals for first three places in individual track and field events. (One womens division only in field events).

**FACILITIES:** Locker room and showers available. (Bring your own towel). Dirt running surface. Rubberized asphalt runways.

**DIVISIONS:** IV (70 Plus) III (60-69) II (50-59) I (40-49)  
I-A (30-39) Open-Women.

**ENTRY DEADLINE:** All entries must be received by May 16, 1977. Entry form and check payable to Bill Adler, 5521 Dubois Ave., Woodland Hills, Ca. 91364.

OFFICIAL ENTRY

STRIDER RELAYS

OFFICIAL ENTRY

CAL POLY POMONA - MAY 21, 1977

**ATHLETE'S RELEASE** In consideration of the acceptance of my entry, I do hereby for myself, heirs and administrators, waive and release any and all claims I may have against Cal Poly Pomona, The Southern California Striders, its representatives and the various sports facilities and associations for any and all injuries suffered by me in any event, sport or facility I also certify that I have no physical defects that would prevent me from performing in this competition.

DATE \_\_\_\_\_ Athlete's Signature \_\_\_\_\_

PLEASE ENTER ME IN THE FOLLOWING EVENTS FOR WHICH I ENCLOSE \$ \_\_\_\_\_  
AT THE RATE OF \$2.50 FOR EACH EVENT OR \$6.50 PER RELAY TEAM. MAKE CHECK PAYABLE TO AND MAIL TO BILL ADLER, 5521 DUBOIS AVENUE, WOODLAND HILLS, CA. 91364

NAME	CLUB AFFILIATION	BIRTHDATE	AGE
ADDRESS	CITY	STATE	ZIP
<u>DIVISION:</u>	<u>EVENT:</u>		
_____ Women		1. _____	
_____ 30-39 (I-A)		2. _____	
_____ 40-49 (I)		3. _____	
_____ 50-59 (II)		4. _____	
_____ 60-69 (III)		5. _____	
_____ 70 Plus (IV)		6. _____	
		7. _____	

Cal Poly Pomona-Strider Relays

Schedule of Events

DIVISIONS: IV (70 Plus) III (60-69) II (50-59) I (40-49)  
I-A (30-39) Women

TRACK EVENTS

12:00 P.M. One Mile Walk (All Divisions)

12:15 400 Meter Relay (Women)  
12:20 " " " (Division II)  
12:25 " " " (Division I)  
12:30 " " " (Division I-A)

12:40 60 Meter Hurdles (Division III) (Division II)  
" " " (Division I) (Division I-A)

1:00 Sprint Medley Relay (Division II) (440-220-220-880)  
1:05 " " " (Division I)  
1:10 " " " (Division I-A)

1:15 1500 Meter Run (Women)

1:25 100 Meter Dash (Women) (Division IV)  
1:30 " " " (Division III)  
1:35 " " " (Division II)  
1:40 " " " (Division I)  
1:45 " " " (Division I-A)

2:00 Distance Medley Relay (Division II) (440-880-1320-MILE)  
2:10 " " " (Division I & IA)

2:25 3000 Meter Run (Division IV) Women  
2:40 " " " (Division III & II)  
2:55 " " " (Division I & I-A)

3:10 800 Meter Relay (Division II)  
3:15 " " " (Division I)  
3:20 " " " (Division I-A)

3:40 240 Meter Shuttle Hurdle Relay (36" Hurdles)  
\* Teams can be mixed with two men from Div. I-A and  
two men from Div. I....However, no more than two  
men can be used on the team from the lower Div. I-A.

FIELD EVENTS

12:00 P.M. Shot Put, Long Jump, Pole Vault & High Jump.  
(All Divisions).

AWARDS: Medals for all winning relay team members.  
Medals for first 3 places in individual track and  
field events. There will be only one combined  
womans division in field events. Any event that  
does not have a sufficient number of participants  
may be combined with the next closest age group.

WELCOME

WELCOME

WELCOME

The 3rd Annual Western Regional Masters Track and Field Championships will be one of the biggest and best Masters meets ever held on the West Coast.

Up to 500 entrants are expected from the Western United States with depth of participants in nearly every event and age group.

The meet is being organized by -- and designed for -- the athletes. The smallest details have been considered to make conditions as stimulating and enjoyable as possible for each participant.

Every participant will receive a Western Masters Regional commemorative patch. Each winner will receive a Masters championship patch. There will be three attractive medals given in each event, in each 5-year age group from 30 to 89 -- regardless of the number of competitors -- with optional engraving of your name and event.

There will be a buffet banquet Saturday night, providing an opportunity for us all to get together in a friendly, social atmosphere. We'll have a hospitality suite. Local newspaper and radio will provide coverage of the event. There will be beautiful T-shirts, engraved at the site with your name and whatever you please, made to order.

Free transportation will be available from the headquarters at the Saddleback Inn to the track site. There'll be an award presentation stand, and first aid facilities.

The meet will be run professionally by AAU officials. There'll be timers for the first six places, three times for the winner, a head timer, a judge for each place, a finish judge, recall starter and wind gauge.

There'll be up-to-the-minute announcement of all the action -- lane assignments, jumping heights, new meet and American records, results -- as well as a running commentary of the race (and field event) in progress. Both the spectator and competitor alike will be able to easily follow the rapid panorama of action and become absorbed in its excitement.

The event is jointly sponsored by the Southern California Master Striders, the Corona Del Mar Track Club and Santa Ana Community College, which is declaring the week of June 13-19 "Masters Run for Fun and Health Week" in the community.

The Masters running movement has come of age. We look forward to seeing you on June 18-19. Your participation will help make the 1977 Western Regional Masters Championships an outstanding event we'll long remember.

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MEET MANAGEMENT COMMITTEE

1977 AAU WESTERN REGIONALS MASTERS  
TRACK AND FIELD CHAMPIONSHIPS

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Sponsored by Master Striders, CDMTC, and Santa Ana College.  
Open to all registered AAU male and female athletes 30 years of age or older as of June 18, 1977. (Proof of age should be available on request.)

- Date and Place:** June 18 and 19, 1977 at Santa Ana Community College.
- Fees:** \$5.00 for first event and \$3.00 for each additional event. Relay teams \$12.00, and may enter on day of the event. (All team members must be from same club.)
- Post Entries:** Will be accepted on days of events if there is space available. Post entry fees will be \$7.50 for one event and \$5.00 for each additional event.
- Entry Deadline:** All entries must be received by June 1, 1977 in order to avoid late entry fee. They should be made payable and mailed to Thomas D. Clayton, Meet Director, 19303 So. Cliveden Avenue, Carson, California 90746. (No entry fee will be refunded on default.)
- Awards:** Awards will be given for the first three places in all events and each entrant will receive an attractive commemorative participant's patch. Awards will still be by divisions even where there has been a consolidation of entrants (due to lack of numbers) into one event.
- Order of Competition:** If trials prove unnecessary, the finals will be run as per schedule. Competition in each running event will begin with women age 30-34. Upon conclusion of all the women's running events, men age 30-34 will run and so on through age 75+.  
Field Events: High Jump and Pole Vault Competition will be one event for all competitors (separate awards per division). Other field events on Saturday will be run in reverse order of age division with ages 75+ first and so on until women ages 30-34. Sunday's field events will be conducted by age groups in the same order of all running events (women age 30-34 first, etc.).

TIME SCHEDULE

<u>Saturday, June 18</u>		<u>Sunday, June 19</u>	
12:00 Noon	3000M Steeplechase (one race)	11:00 A. M.	Triple Jump, Javelin
12:30 P. M.	110M HH Trials	12:00 Noon	5000M Walk (one race)
1:00 P. M.	100M Trials--LJ, Hammer	1:00 P. M.	110M MH Finals
2:00 P. M.	1500 Finals	1:30 P. M.	400M Finals
3:00 P. M.	400M Trials	2:00 P. M.	100M Finals--PV, Discus
3:30 P. M.	800M Trials-SP, HJ	2:30 P. M.	800M Finals
4:00 P. M.	200M Trials	3:00 P. M.	200M Finals
4:30 P. M.	5000M Finals (one race)	3:30 P. M.	10,000 Finals (one race)
5:00 P. M.	400M IH Finals	4:30 P. M.	1600 Relay Finals
5:30 P. M.	400M Relay Finals		

SADDLEBACK INN  
1660 East First Street, Santa Ana, CA 92701 714/835-3311

7 P. M. HOSPITALITY HOUSE - BUFFET BANQUET - DINNER 8 P. M.

LODGING ACCOMMODATIONS AVAILABLE

PLEASE RESERVE \_\_\_\_\_ PLACES AT THE BUFFET BANQUET ON JUNE 18  
AT THE SADDLEBACK INN.

CHECK OR MONEY ORDER IS ENCLOSED TO COVER \_\_\_\_\_ DINNERS AT  
\$7.20 PER PERSON (TAX AND TIP INCLUDED).

SIGNED \_\_\_\_\_

(TEAR OFF)

NAME (please print) \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
AAU NUMBER \_\_\_\_\_ DIVISION \_\_\_\_\_ AFFILIATION \_\_\_\_\_  
ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_  
EVENTS I WISH TO ENTER (Please put 1977 best competitive marks)

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, and executors, waive, release and forever discharge any and all damages which I may have, or which may hereafter accrue to me against Santa Ana College, the AAU, or their officers and agents, for any and all damages which may be suffered by me in connection with my entry or association with the 1977 AAU Master Western Regionals Track and Field Championships. I certify that my level of training is such that I am prepared to compete and recognize the right of the Meet Director to require supplementary training and/or medical evidence before allowing me to compete, and further recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

DATE \_\_\_\_\_ ATHLETE'S SIGNATURE \_\_\_\_\_

# USMITT THEME SONG FOR JULY— chicago! chicago! it's a wonderful town

U.S. MASTERS NATIONAL A A U TRACK & FIELD MEET

July 1, 2, & 3, 1977

North Central College, Naperville, Illinois  
(22 miles west of Chicago)

Special Group (40 minimum) Airfare, American Airlines, Los Angeles/Chicago/LAX\*  
Depart: June 30, 5:15 pm/10:56 pm with dinner  
Return: July 4, 12:00 n/1:58 pm with lunch

\$203.00\*\*

Tickets must be purchased by June 9....  
through Sports Travel International  
4869 "B" Santa Monica Avenue  
San Diego, CA 92107  
(714) 225-9555

(Regular coach class airfare is \$312.00)

You may make your campus housing and meal reservations along with your meet entries directly with WENDELL MILLER, 180 N. La Salle, Rm 2207, Chicago, Ill. 60601. If you prefer hotel accommodations (none are within walking distance), Sports Travel will do it for you.

\*We are holding similar space for the same fare out of San Francisco - IF -

1. Group I - Los Angeles is filled, and
2. A minimum of 40 are ready-willing-able to leave from SFO.

\*\*Subject to change by CAB

SPORTS TRAVEL INTERNATIONAL LTD.  
4869 "B" Santa Monica Avenue  
San Diego, CA 92107

Please reserve \_\_\_\_\_ seats for me on the American Airlines flight to the U.S. Masters National A A U Track & Field Meet in Chicago, and am enclosing \$ \_\_\_\_\_ (\$203.00 per person).

I prefer a Los Angeles \_\_\_\_\_ San Francisco \_\_\_\_\_ departure/return.

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

I will need transportation to and from the airport in Chicago \_\_\_\_\_  
I prefer to rent a car \_\_\_\_\_ go by bus \_\_\_\_\_

# SAN FERNANDO VALLEY TRACK CLUB

Coach: Laszlo Tabori  
213-837-4794



Suite 900  
18321 Ventura Blvd.  
Tarzana, Calif. 91356

## MEMBERSHIP APPLICATION

NAME \_\_\_\_\_ TELEPHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

ALTERNATE ADDRESS \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ BUS. PHONE \_\_\_\_\_

OCCUPATION \_\_\_\_\_

INTERESTED IN:	DISTANCE/EVENT	BEST TIME/MARK
TRACK _____	_____	_____
FIELD _____	_____	_____
LONG DISTANCE RUNNING _____	_____	_____
RACE WALKING _____	_____	_____

MEMBERSHIP DUES ANNUALLY - \$10.00 (INDIVIDUAL)  
\$15.00 (FAMILY)

\*MONTHLY ACTIVITY DUES - \$ 5.00 (INDIVIDUAL)

\*Monthly Dues represent those dues applicable to the SFVTC FITNESS PROGRAM which is offered and controlled by Mr. Laszlo Tabori the renowned coach of the SFVTC.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Make checks payable to: San Fernando Valley Track Club

#### 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 Sheahen, 6200 Hazeltine Ave., Van Nuys 91401 or Jerry Hackett, 27970 Carvel Dr., Canyon Country 91351.

#### CLUB UNIFORMS & WARM-UP SUITS

Club uniforms, in solid kelly green with white letter 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 OR see Leal-Ann Reinhart at the workouts.

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

#### 2ND WORLD MASTERS TRACK AND FIELD CHAMPIONSHIPS -- GOTEBOG, SWEDEN AUGUST 8-13, 1977

Two chartered flights are set to go to the 2nd World Games in Sweden. One leaves on August 4 and returns on August 17. The other leaves August 3rd and returns August 27.

If you take the second charter, you may either go with the tour to Russia and Norway from the 15th-27th, or go on your own and pick up the flight for LA in Stockholm on the 27th.

Age classes in the competition are for men 40 and over, and women 35 and over,

in 5-year age groups.

June 1st is the entry deadline if you're taking one of the charters. July 1st is the deadline if you're going on your own.

If you're interested in the trip, send quickly for entry blank and charter info to USMTT, 1951 Cable St., San Diego, Ca. 92107.

If you plan to go on your own, you can write directly to World Masters Championships 1977, Ullevi, Skanegatan, S-41140, Goteborg, Sweden.

Or call Al Sheahen (785-1895) who has a few extra blanks.

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