

(213) 996 - 1400

SAN FERNANDO VALLEY TRACK CLUB

Coach: Laszlo Tabori
(213) 837 - 4794



Suite 900
18321 Ventura Blvd.
Tarzana, Calif. 91356

VOLUME 3 NUMBER 5

NEWSLETTER

JUNE, 1977

MAY HIGHLIGHTS

DAVE BABIRACKE wins open division at Hansen Dam 10 Mi.

MIKI GORMAN wins woman division at Hansen Dam

SFVTC Women team champions at Hansen Dam GORMAN, REINHART, PATERSON

SFVTC - 50-59 win two distance medley relays Strider and Don Palmer relay meets

SFVTC 40-49 set world mark in the four mile relay at Don Palmer Relays

JACKIE GRABOYES MARRIED T. J. BRYANT ON MAY 1ST. ALL SFVTC MEMBERS ARE INVITED TO JACKIE & JEFF'S OPEN HOUSE ON SUN. JUNE 26TH FROM 2-5 PM AT 10866 WALNUT DR., SUNLAND, CA. 91040 (213) 353-2662 (SO. OF HANSEN DAM - WENTWORTH-SUNLAND BLVD.)

| | |
|--------------------------|-----------------|
| Officers | Page 2 and 3 |
| Letters | Page 3 |
| Articles | Page 4 and 5 |
| Results | Page 6 thru 13 |
| Entry Blanks | Page 14 thru 28 |
| Order Blanks, other info | Page 29 and 30 |

COMING UP IN JUNE

Sat. June 11 SPAAAU-Master Championship Cal State Northridge

Sat.-Sun. June 11-12. National open AAU Championships UCLA

Sat. June 11. Palos Verdes Marathon

Sat.-Sun. June 18-19 3rd. Annual Far Western AAU Championship Master and Sub-Master Santa Ana J.C.

Sat. June 18. Yankee Doodle X-C Peck Park, San Pedro

Sat. June 24-25. Boys Age Group meet Lakewood H.S.-Long Beach

Sun. June 25. Basin Blues-5 & 15 KM Run El Cariso Park, Sylmar

Sat.-Sun. June 25-26. Senior Olympics U C Irvine

Sat.-Sun. June 25-26. Distance Carnival Lompoc...All Ages

Fri.-Sat.-Sun. June 24, 25, & 26 Watts Summer Games

Thur.-June 30. Monthly Club Meeting 7:30 P.M. L.A. VALLEY COLLEGE RECREATION CENTER.

Sat. - Sun. - Mon. July 1, 2, & 3. U.S. Masters Championship Chicago, Ill.

AUG. 8-13. World Masters Championship Goteborg, Sweden.

OFFICERS

President: Jim Downey
805-240-2530

Vice President: Lu Dosti
469-9206

Treasurer: Mike Kromm
397-0176
553-1911

Secretary: Mary Ann Smith

Membership: Carol Cartwright
886-9958
Cheryl Madvig
784-8854
Earl Rippee
714-497-4100
996-1400

News Letter: Jerry Hackett
805-252-7043
213-847-2587

Publicity: Al Sheahen
785-1895
395-9991

AAU Rep: Dave Babiracki

Uniforms: Lea-Ann Reinhart
820-5168

Fun Runs: Paul Ritschel
666-6528

TEAM CAPTAINS

Open Track: Dave Babiracki
Open LD: Looking for Volunteer

Women Track: Debbie Heald

30-39 Track & LD: Reid Pressley
968-5950
570-2914

40-49 Track: Jerry Wojcik
363-6652
781-1200 X 345

40-49 LDR: Gaylord Kalchschmid
889-5658

50-59 Track: Wilbur Buchanan
889-8120
899-9784

50-59 LDR: Earl Rippee
714-497-4100
213-996-1400

60-69 Track LDR: Sid Madden
459-1682

NEW MEMBERS/CHANGES

Barrows, Dan (chg)
15037 Hamlin St
Van Nuys, CA 91411
994-1897 874-2200

James, Miona
3969 So Orange Dr
L.S., CA 90008
292-5074

Norten, Hank (chg)
13111 Vanowen St #5
N Hollywood, CA 91605
764-9658 782-1393

Smith, Mary Anne
16977 Strawberry Dr
Encino, CA 91436
981-1188

Brotten, Steve
13512 E. Ramona Dr.
Whittier 90602
693-4183
6-1-52

Laub, Ray
13856 Kittridge St.
Van Nuys 91405
787-8440
12-15-32

Downey, James
17171 Roscoe #142
Northridge 91324
(New address)

A MESSAGE FROM YOUR EX-EDITOR....

As you may know, Jerry Hackett has graciously agreed to take over the writing of the newsletter as of the June, 1977 issue.

I feel Jerry will do an outstanding job. He is articulate and creative, and deeply committed to the continued success of the club.

I have thoroughly enjoyed the editorship these past two years, but the time has come to pass the baton. Jerry will bring a fresh approach and new ideas, and should make the newsletter better than ever.

I will continue to handle publicity for the club. Please feel free to call on me for anything in that area.

-- Al Sheahen

Letter From
Art Kruger
U.S. World Games Committee
To Steve McCalley

Dear Steve:

We have \$2500 for you, the amount needed for your participation in the XIII World Games for the Deaf.

Please permit me on behalf of the USA Games Committee and the AAAD to express our sincerest appreciation to you and your Committee for the very splendid fund raising effort.

I am very happy for you. This will be the other experience of your life, one you will never forget. I know you will do your very best at the upcoming Games and bring honor to yourself and those wonderful people who supported you and especially San Fernando Valley Track Club.

You will be a credit to our United States team and reflect favorably upon our education system and our country. I know you will not fail your supporters and you will bring back a medal or two especially in GOLD.

By supporting this campaign, they all are giving you your chance to travel to Romania and demonstrate the traditions of American democracy and good sportsmanship.

I would like through the Burbank daily as well as the publication of your track club to express my heartfelt thanks to each and everyone who helped so generously in raising the needed money so as to make possible the participation for you.

Be sure to let Mike Kromm, Earl Rippee and Coach Laszlo Tabori read this letter.

I think I have done another great job in coordinating the individual fund raising drives throughout the country. For the past two months I have been getting money EVERY DAY. By now we are nearing the \$300,000 mark in our WSG Fund for the Bucharest Games. Plenty more are coming in as there are several \$2500s already achieved, and I am awaiting their checks. It is likely we will

have around \$350,000 in the fund to get them all to Bucharest.

Sincerely,

S/ART KRUGER
Chairman

Its great to see one of our members participate in an event like this. All who contributed in any way to help Steve should pat themselves on the back. I know we all wish Steve the best. Having worked out with Steve I'm sure he will do very well in the competition.
GOOD LUCK AND GOD SPEED STEVE.

To the Editor:

Although I did not know Mark Kennedy personally, I knew of him, and of his running accomplishments, and I was deeply distrubed by news of his death as carried in the last edition of the SFVTC Newsletter.

As a strictly "fun runner" in the multifaceted world of long distance running, I am yet a dedicated advocate of the health benefits accure from a life style which includes running and jogging as compoments essential to well being. Common sense must prevail, and as pointed out by Ernst Jokle, Professor of Sports Medicine at University of Kentucky, infectiones diseases do not share the benefits of immunity confirmed by liberal doses of exercise. Neither, as it seems in Mark Kennedy's case, do deeply rooted personal problems.

The implication, however, that Mark's death was caused by a heart problem was one which distrubed me to the point that I was moved to inquire as to the cause of his death from friends in the L.A. County Coroners' Office. The assurance I received from this personal communications and which I wish to pass along to SFVTC members, was that Mark's death was in no way caused by a failure of any organ system. Specifically, there was no cardiac or pulmonary problem present in any form. The search for a specific cause of death is contiuing, but to blame it on an anatomic defect of his coronary arteries was premature and misleading.

Signed: Ken Blaydow, MD

SECOND HAND SMOKE -- A KILLER
(Seniors Track Club Newsletter)

Most fit people don't smoke and believe that if they stay fit, and lean that they are safe from lung cancer and heart disease. As the following articles (Courtesy Seniors T.C. Newsletter) demonstrates your health can be seriously affected if you are exposed to sufficient secondary smoke due to your work environment or occupancy of smoke filled spaces such as restaurants and cocktail parties.

Carbon monoxide (CO) has been implicated as the factor in tobacco smoke which increases the risk in smokers of arteriosclerosis, ischaemic heart-disease, and fetal damage.

When carbon monoxide enters your blood it combines with hemoglobin, the red blood pigment that carries your oxygen around. The combination is called carboxyhemoglobin (CO-Hb). It cannot carry oxygen. Just ten puffs on a single cigarette will raise your CO-Hb level by 1.45%! That one cigarette removed 1½% of your red blood cells from their job of carrying oxygen!

The smoking of a single cigarette increased the platelet's response to clotting. This helps explain the increased incidence of thrombosis in cigarette smokers. Nixon (VA Hosp, Dallas) reported three heart attacks in young men with normal coronary arteries! They were ages 24, 25 and 26. They were smokers. Increased platelet activity is thought to be the mechanism of these coronary thromboses in smokers with normal coronary arteries -- and a single cigarette can cause measurable changes in platelet response! As Chairman of the committee on "jogging deaths" for AMIA, I have worked with two other deputy medical examiners Orselli and Carroll. We were with the local Coroner's Office for about ten years (one or more of us). During this time a quarter of a million autopsies were reviewed and our combined personal experience is around 10,000 autopsies. There are no mysteries about death -- everything has a cause! Since STC is made up of lean individuals who are fairly active I will share this little "secret" with you. If I see a fatal heart attack in a lean, active individual who thinks he is fit, I can tell how much tobacco smoke he had . . . because in this setting it is "dose-related." (Excluded are the grossly obese, diabetics and hypertensives on medication. These individuals are really "patients" and can have a heart attack with a lesser dose of tobacco smoke.)

If you die of coronary heart disease, STC member, look at this table to see the dose of tobacco smoke needed.

| | |
|---|--------------|
| Under age 30. | .3 packs/day |
| Under age 40. | .2 packs/day |
| 40 to 50. | .1 pack/day |
| 50-55 .second-hand smoke for 16 hours/day | |
| 55-60 .second-hand smoke for 8 hours/day | |

Of course, some can tolerate more smoke, but this is the MINIMUM DOSE to produce fatal heart attack in a lean, fit individual.

I can tell by looking at the heart, if the individual smoked . . . and estimate the total dose in "pack-years." But that is not exciting because "smoker's small vessel disease" is dose-related to smoking. Any good Medical Examiner can tell your "life style" from your autopsy!

Smokers who do not inhale, subject those around them to a higher dose of smoke than themselves because they hold their tobacco-burner "downwind" so that the smoke curls around the head of someone else. Lab tests can measure the effects of just ten puffs of a cigarette. It poisons 1½% of your red blood cells and speeds up your blood-clotting mechanism. This is a real danger. If you are already a heart patient, I know your cardiologist has already warned you. If you are a track-and-field athlete over the age of 50, I'll warn you now.

If ten puffs on a cigarette is bad, it doesn't take a genius to worry about spending several hours in a "blue cloud of smoke" -- and if an employer exposes all his employees to 8 hours of tobacco smoke a day, he will have very few around to collect retirement benefits!

SMOKERS GIVE CANCER TO NONSMOKERS

As I ran my 70th marathon at the Mission Bay course enjoying the fresh air, I recalled those famous words of our editor:

"Reserve the date now for our annual banquet . . . it is a grant event . . . 200 people or so . . . and NO ONE SMOKING . . . just fresh air and fresh conversation."..

Why is fresh air so enjoyable?

Because it is good for you!

For every ten smokers that die from lung cancer there is one polite nonsmoker who got his fatal dose of tobacco smoke from room air.

Since cigars put out 6 times as much smoke into room air, it is not surprising that it only takes 1½ cigar smokers with cancer per nonsmoker. Urban nonsmokers are at risk, not rural. (You have to be

exposed to smoke in closed places to get lung cancer . . and city dwellers do spend over 80% of their time in closed places i.e. homes, public assembly areas, offices, autos, etc.)

One cigarette adds 25.8 mg of particulate matter (TPM) to room air as "side stream smoke." This comes directly off the burning end. An equal amount goes into the lungs as "mainstream smoke." When the smoker exhales, he adds about 15 mg of TPM to room air for a total of 40 mg per cigarette. The federal clean air standards for room air is 0.260 mg/me, so one cigarette pollutes 150 cubic meters of room air!

Cancer experiments with mouse skin have indicated that sidestream smoke has a greater tumor-producing activity than mainstream smoke. The smoker therefore "shares" the more dangerous part of the smoke with you!

The "Cigarette Equivalent" (C.E.) for passive smoking is estimated to be between 0.01 and 0.2 C.E. per hour in the "average" urban closed space. Here is a rough scale by which you can judge your own closed space exposure. In general, if the C.E. is less than a half a cigarette per hour, the symptoms appear on the surface of your body; the eyes, nose, tongue etc. Between 0.5 and 1.0 C.E. causes symptoms deep inside your body; nausea, headache, etc. Above 1.0 C.E., the symptoms are systemic: Wheezing, vomiting, irregular heart rate, chest pains, etc.

Most cancer patients give a history of "30 pack-years" of smoking. This means one pack-a-day for 30 years, or three packs-a-day for ten years. This dose of smoke has enough carcinogens to cause cancer. If you are a nonsmoker who lives and works with smokers, you can get this dose of carcinogens through "passive smoking" . . .

Some of the carcinogens in tobacco smoke are in the "tars." Others are named by their chemical structure: benzopyrene, pyrene, phenols, cadmium, etc. All are in the Total Particulate Matter (TPM) and are particles under two microns in size so they are "fully respirable," meaning they go all the way down into the deepest lung tissues and stay there!

(Next time you are trapped in a smoke filled room recall the warnings in this article and get out. Editor.)

Dear Athlete:

The May 8th Forty Plus Track Meet has been rescheduled for Saturday, July 9th, same program of events, same time, etc.

Please let me hear from you if the new date is not OK with you; I will return your prepaid fee. If I don't hear from you by July 1st, I will assume you are competing.

One slight change in schedule:
Event #6, (Divisions E,F,G,H,I and J) will start at 10:00 A.M. (30 minutes earlier) due to possibility of heat.
Due to extra work in lining track, setting up field equipment, etc., the entry fee will be two dollars (\$2.00) for all prepaid entries and all who enter prior to midnight July 5th, three dollars (\$3.00) for late entries.

Many prepaid entries will have some money returned at the meet.

Remember:

One fee - enter unlimited number of events. Certificate to first three in all events.

Anyone (male or female) may compete by paying entry fee, your time or distance will be recorded. Even if you are the only official entry - no certificate, unless there are two entries.

Bill Selvin
Chapman College

RESULTS:

LDR Cumulative scores First Quarter

| | |
|-------------------|--------|
| 6 Dennis Stansauk | 82 pts |
| 10 Ron Kurrle | 77 pts |
| 44 Ernie Portillo | 49 pts |

11th Senior TC 2 Man 14 Mile Relay 4-2

Man/Women Division

Steve Broten, Debbie Heald 78:55

Individuals

| | | |
|---------------|------|-------|
| Steve Broten | 11 | 37:24 |
| Reed Pressley | 31st | 41:14 |
| Debbie Heald | 34 | 41:31 |
| Cheryl Madvig | 109 | 55:53 |
| Jim Downey | 114 | 57:43 |

AAU NAT 2 Hr Track Ch 4-3

UCLA 60 Finishers Cool & Windy

| | | |
|-------------------|----------|----------|
| 1 Ken Moffitt | 21 miles | 1419 yds |
| 9 Dennis Stansauk | 19 Mi | 630 yds |
| 10 Dave Parker | 19 mi | 409 yds |

2nd Canjo 10 Km Hc April 9 Ranjo

cool & cloudy 120 finishers

| | |
|---------------------|-----------------------|
| 1) Bill Scobey | 32.16 (course record) |
| 6) Barry Foose SFVT | 34:22 |
| 22) Dennis Stansauk | 38:08 |
| 34) Ernie Portillo | 39:42 |
| 50) Jim Mc Ginn | 41:21 |

Mt Sac Relays: April 23 Mt SAC Host
 Smoggy Already reported were the fine
 performs by SFVTC representative in
 the men and woman 1500 meters. Steve
 Mc Calley 3:49.5 and Debbie Heald 4:22.8.
 The next day Dennis Stansauk finished 5th
 in the marathon running in the hot 88
 degree and smoggy weather he ran a very
 good 2:45.33

Cinco de Mayo 10.9 Mi Run May 1

Bevedere Park 65° partl cloudy 130
Finishers

| | |
|---------------------------------|-------|
| 1) Jim Capezzuto Boston AA/USAF | 56:38 |
| 5) Ron Kurrle | 58:25 |
| 12) Barry Foose | 61:50 |
| 17) Dennis Stansauk | 63:32 |
| 51) Ernie Portillo | 72:51 |

5th Annual Hansen Dam 10 Mile Run May 7

Hansen Dam 250 Starters *God only knows
how many finish

50 degrees cloudy and cold

SFVTC Womens open team finished 1st

63:44 per person

Men open team finished 2nd

53:31 per person

Individuals

| | |
|---------------------------|-------|
| 1) Dave Babircki | 50:47 |
| 4) Steve Mc Calley | 52:28 |
| 5) DaveFrickel | 53:05 |
| 15) Ron Kurrle | 55:11 |
| 18) Barry Foose | 56:03 |
| 28) Dennis Stansauk | 57:51 |
| 47) Miki Gorman 1st woman | 60:25 |
| 56) Leal Reinhart | 62:06 |
| 58) Lu Dosti | 62:24 |
| 59) Tom Stevak | 62:38 |
| 67) Reed Pressley | 64:26 |
| 86) Mike Kromm | 67:40 |
| 97) Mike Perkins | 68:51 |
| Barbar Paterson | 68:52 |
| Lynn Honeywell | 71:30 |
| Carol Cartwright | 71:31 |
| Joel Drackman | 74:19 |

Great Participattion by the club we
 should have this more often a picnic was
 held afterwards and a good time was had
 by all. Of course,we realize that the
 next event kept some of us out of this
 neet but on second thought maybe we
 should have participated.

Fontan Days 10.75 Miles May 21

Fontana 83 degrees and smoggy

75 finishers

| | |
|--------------------------------|---------|
| 1) Tom Lee | 55:12.3 |
| 27) Dennis Stansauk | 65:36 |
| 35) Reid (El Capitan) Pressley | 74:04 |
| 45) Barbara Paterson | 78:34 |
| 1st woman | |

Los Posas Hills 10 mile May 22

70 degrees and overcast 90 finishers

| | |
|--------------------|-------|
| 1) Bill Scobey | 55:03 |
| 6) Dennis Stansauk | 60:38 |
| Ernie Portillo | 68:25 |
| 2nd | 40:49 |

Forty-one-year-old housewife Miki Gorman won the women's mile and 6-mile runs as 230 over-age-30-athletes competed in the 7th annual Grandfather Games (May 14-15) at Los Angeles Valley College (in Van Nuys, California)

The lithe, Laszlo Tabori coached, San Fernando Valley Track Club Boston Marathon winner easily won the mile in 5:16.2 and 6-mile in 36:10.

1975 and 1976 triple-winner John Damski 62, Lockheed electrician, won the triple jump for over-60's in 31'½", but had to settle for 2nd in the high jump at 4'6" and 3rd in the long jump at 14'9½". All three marks bettered Damski's '76 performance, indicating that Masters competition gets tougher each year.

Jim (Ole) Olesson took 1st in the 6-mile for 50-59 year-old runners in 37:52, and 2nd in the 3-mile in 17:45.5.

Meet director and Valley College track coach George Ker won the 50-59 Shot in 44'6¼" and nabbed 2nd in the Discus with 131'6½".

Hilliard Sumner of Woodland Hills beat 1968 Olympic bronze medalist John Carlos in the 30-39 division of the 440, 49.9 to 50.0. Carlos evened the score with a two-meter triumph over Sumner in the 220 in 21.8. Sumner's 100-yard victory in 10.1 earned him outstanding performer in the 30-39 class.

Monty Montgomery 70, of Sherman Oaks, won the 70+ 880 in an excellent 2:42.6. Montgomery holds dozens of world age records in middle-distance events.

Lockheed credit analyst Jerry Hackett took 3rd in the 30-39 880 in 2:03.3, while Reid Pressley and Vern Tjarks^(Encino) of the Valley Track Club garnered 4th and 5th in the 30-39 mile in 5:01.5 and 5:01.6.

Don Grimes 32, of Woodland Hills took 2nd in the Pole Vault in 12'. Canoga Park's Ernie Portillo 40, in his first Masters Track Meet, ran a surprisingly strong 2:11.9, good for 2nd in the 880. Westlake Village's Gaylord Kalchschmid took 4th in the same event in 2:12.8, followed by actor Bruce Dern in 2:15.1.

Sid Madden 68, picked up two 3rds in the 60-69 group with a 2:55 half-mile and 6:26.2 mile.

Other Valleyites placing were: Wilbur Buchanan, of Pacoima, 5th in the 100 in 12.0 and 8th in the 220 in 27.7; Paul Evans 51, Canoga Park, 4th in the Shot at 35'10", 4th in the Hammer Throw at 81'11" and 7th in the Discus in 98'7"; Valencia's Ed Bell 41, 5th in the 440 in 56.5; Hank Norton, Van Nuys, 6th in the 40-49 mile in 5:16.5 and 7th in the 3-mile in 17:38; Jim McGinn 43, Canoga Park, 7th in the mile in 5:24.1 and 9th in the 3-mile in 19:06; Al Sheahan, Van Nuys, 5th in the 40-49 330 hurdles in 46.3; Valley College professor Jerry Wojcik, 6th in the 40-49 hammer and triple jump at 76' and 30'1"; Mike Hiller 38, 2nd in the 5000 walk in 39:54, 5th in the 3-mile in 20:48 and 8th in the mile in 6:07.5; Jerry Meisner 35, Encino, 6th in the 880 in 2:13.2.

The Valley Track Club's 30-39 mile relay team finished 2nd in 3:49.7 with Hackett turning the anchor leg in 53.9.

Top performances included Novato's Ted Cain 40, with a 51.3 440, and 41.3 330 hurdles, and 15.8 120-hurdles as he copped honors in the 40-49 division.

Jerry Smartt 45, Los Angeles won the 3-mile in 15:46 and 6-mile in 33:10. 1960 Olympian Dave Jackson 45, Los Angeles, triple-jumped 44'3", a new world record for 45-and-over.

###

RESULTS -

Results of Grandfather Games

30-39

Event 880

| | | |
|----------------------|-------|---------|
| 1st Gary Miller | COM | 2:01.9* |
| 2nd Charles McKenney | SCS | 2:03.3 |
| 3rd Jerry Hackett | SFVTC | 2:03.3 |
| 6th Jerry Meisner | SFVTC | 2:13.2 |
| 8th Mike Hiller | SFVTC | 2:13.9 |

Event Mile

| | | |
|-----------------------|-------|--------|
| 1st Bill Kelly | CDM | 4:27* |
| 2nd Jim Murphy | SMTc | 4:33.7 |
| 3rd Dennis Fitzgerald | SCS | 4:44.4 |
| 4th Reid Pressley | SFVTC | 5:01.5 |
| 5th Vern Tjarks | SFVTC | 5:01.6 |
| 8th Mike Hiller | SFVTC | 6:07.5 |

Event - Pole Vault

| | |
|----------------|------|
| 2nd Don Grimes | 12.0 |
|----------------|------|

Event - Mile Relay

| | |
|------------------|--------------|
| 1st Stu Striders | 3:36 |
| 2nd | SFVTC 3:49.7 |

Event - 3 Mile

| | | |
|-------------------|-------|--------|
| 1st John Rupp | STC | 15:29* |
| 2nd Darryl Downey | SMTc | 16:23 |
| 3rd Mike Hiller | SFVTC | 20:48 |

Event - 6 Mile

| | | |
|-----------------|-------|-------|
| 1st Marv Rowley | CCAC | 31:28 |
| 2nd Tom Gleason | UNA | 33:45 |
| 3rd Vern Tjarks | SFVTC | 35:52 |
| 4th Mike Hiller | SFVTC | 47:55 |

RESULTS OF THE GRANDFATHER GAMES MAY 14, 1977

DIVISION I (Age 40-49)

EVENT 100 Heat #1

1st DAVE SEGAL CDM 10:38
2nd KEN DENNIS CDM 10:40
3rd NICK NEWTON SCS 10:05

EVENT 100 Heat #2

1st DICK GLASGOW SDTC 10:09
2nd BOB RADFORD CDM 11:00
3rd TED VICK CDM 11:0
4th HUGH COBB SCS 11:01

EVENT 100 Heat #3

1st MAL ANDREWS 11.17
2nd DENNIS DE VALLANCE 11.2
3rd DAN BARROWS SCS 11.2

EVENT 220 Heat #1

1st DAVE SEGAL CDM 23.00**
2nd KEN DENNIS CDM 23.01
3rd NICK NEWTON SCS 23.2

EVENT 220 Heat #2

1st DICK GLASGOW SDTC 24.7
2nd TED VICK CDM 25.2
3rd BOB RADFORD CDM 25.2

EVENT 220 Heat #3

1st DAN BARROWS SCS 25.3
2nd ED BELL UNA 26.5
3rd HALL WALLACE STC 26.7

EVENT 440 Heat #1

1st HANS BRUHNER NCSTC 53.7
2nd TONY NASHALLA STC 54.9
3rd JIM PARKS STC 55:1

EVENT 880 Heat #1 & Heat #2

1st BOB EMMERLING SCS 2:10.5
2nd ERNIE PORTILLO SFV 2:11.9
3rd JIM PARKS STC 2:12.1
4th REDMOND GLEESON SCS 2:19.4 2h
4th JERRY BELMAN CDM 2:13.1 1h

EVENT MILE

1st BOB EMMERLING SCS 4:46.2
2nd JOHN WELDY ARR 4:46.6
3rd PETE MUNDLE SMTC 4:51.4
4th TOM STURAK SCS 4:54.6
8th REDMOND GLEESON SCS 5:32.8

EVENT 3 MILE

1st JERRY SMARTT SCS 15:46
2nd JIM DAVIS SCS 16:07.5
3rd LEONARD EFRON UNA 16:10
8th REDMOND GLEESON SCS 18:41

EVENT 120 IH (36)

1st TED CAIN SCS 15.8*
2nd HAL SMITH SCS 15.9
3rd MAL ANDREWS 15.9

EVENT 330 IH

1st TED CAIN SCS 41.3*
2nd MAL ANDREWS 44.9
3rd HAL SMITH SCS 45.4

EVENT 440 RELAY

1st CDM #1 44.6*
2nd CDM #2 45.7
3rd SCS #1 46.00

EVENT MILE RELAY

1st NCSTC 3:50.1
2nd SCS #1 3:58.5
3rd SDTC 4:06.5

EVENT 6 MILE

1st JERRY SMARTT SCS 33:10
2nd JOE LIVESAY UNA 33:15
3rd JIM DAVIS SCS 34:05

EVENT 5000 WALK

1st LEONARD EFRON UNA 27:32.2*
2nd JAMES FIELDS UNA 32:03
3rd JOHN FRIESEN UNA 34:19

RESULTS OF THE GRANDFATHER GAMES MAY 14, 1977

DIVISION I ..continued

DIVISION II (AGE 50-59)

EVENT JAVELIN

1st PHIL CONLEY WVTC 203'8"
 2nd SPENCER LETCHER NCSTC 184'10"
 3rd HARRY HAWKE SDTC 139.9

EVENT SHOT PUT

1st BOB HUMPHREYS CDM 42'11½"
 2nd HAL SMITH SCS 42'9"
 3rd GEORGE WATERMAN CDM 40'11½"

EVENT DISCUS

1st BOB HUMPHREYS CDM 159'4-3/4"
 2nd HARRY HAWKE SDTC 116'5"
 3rd GEORGE WATERMAN CDM 115'6½"
 HAL SMITH SCS 107'6-3/4"
 DAVE DOUGLASS SCS 93'8½"

EVENT HAMMER

1st GORDON BOBELL UNA 163'4"*
 2nd BOB HUMPHREYS CDM 124'5"
 3rd DAVE DOUGLASS SCS 112'6"

EVENT LONG JUMP

1st DAVE JACKSON CDM 20'10½"
 2nd MARSHALL KARY SDTC 19'9½"
 3rd TONY NASRALL STC 19'5-3/4"

EVENT TRIPLE JUMP

1st DAVE JACKSON CDM 44'3"
 2nd SHIRLEY DAVISSON CDM 38'6½"
 3rd MAL ANDREWS 37'9"

EVENT HIGH JUMP

1st NICK NEWTON SCS 5'8"
 2nd PHIL CONLEY WVTC 5'6"
 3rd LEON FRANKAMP STC 5'4"
 BILL ADLER SCS 4'10"
 HAL SMITH SCS 4'10"

EVENT POLE VAULT

1st K.C. KEFFER CDM 12'0"
 2nd CARLOS COTA SDTC 11'6"
 3rd DOUG DITMARR AIA 11'6"
 4th DAVE DOUGLASS SCS 9'6"

Outstanding Performers: DIV. I
 TED CAIN SCS
 BOB HUMPHREYS CDM

EVENT 100 Heat #1 & Heat #2

1st BOB WATANABE UNA 11:00
 2nd TOM PATSALIS CDM 11:6
 3rd PETE FETTER CDM 11:7
 4th AL GUIDET 11:9

EVENT 220 Heat #1 & Heat #2

1st BOB SIEBEN SDTC 25.4
 2nd BOB WATANABE UNA 25.7
 3rd DON WATT CDM 26.8
 4th BILL BOWERS SDTC 27.2

EVENT 440

1st BOB SIEBEN SDTC 56.9
 2nd BOB HUNT SCS 58:0
 3rd TOM CLAYTON 58:8

EVENT 880

1st M. HERNANDEZ SMTC 2:18.0
 2nd AVERY BRYANT STC 2:23.4
 3rd DAVE LEWIS CDM 2:35.0
 4th HOWARD KING SCS 2:49

EVENT MILE

1st AVERY BRYANT STC 5:07.4
 2nd JACK NOBLE STC 5:19.4
 3rd ALAN WATERMAN SRS 5:31.7
 4th HAROLD DAUGHTERS SCS 5:37
 6th HOWARD KING SCS 5:58

EVENT 3 MILE

1st LLOYD MILLER 17:14
 2nd JAMES OLESON SFVTC 17:45.5
 3rd AVERY BRYANT STC 17:57
 4th HAROLD DAUGHTERS SCS 18:49

EVENT 6 MILE

1st JAMES OLESON SFVTC 37:52
 2nd HOWARD KING SCS 40:30
 3rd BOB LONG SCS 45:17

*MEET RECORD
 **TIES MEET RECORD

RESULTS OF THE GRANDFATHER GAMES MAY 14, 1977

DIVISION II ..continued

EVENT 70 HH (33")

1st BOB HUNT SCS 9:96*
 2nd TOM PATSALIS CDM 10:1
 3rd AL GUIDET CDM 11:3

EVENT 330 LH

1st BOB HUNT SCS 46:11*
 2nd AL GUIDET CDM 47.01
 3rd HAYDEN PARKS SDTC 50.7

EVENT 440 RELAY

1st SDTC 50.5
 2nd CDM 50.8

EVENT SHOT PUT

1st GEORGE KER CDM 55'6-3/4"
 2nd DAN ALDRICH CDM 39'8 1/2"
 3rd BOB STONE UCSTC 36'2"

EVENT DISCUS

1st DAN ALDRICH CDM 132'2"
 2nd GEORGE KER CDM 131'6 1/2"
 3rd BOB STONE UCSTC 108'8 1/2"

EVENT JAVELIN

1st PETE FETTER CDM 156'2"
 2nd DAN ALDRICH CDM 139'10"
 3rd LES SILVER US MSTC 138'10"

EVENT HAMMER

1st DAN ALDRICH CDM 116'5"*
 2nd TOM DeVAUGHN CDM 106'5"
 3rd F. DeBERNARDI UNA 98'3"

EVENT LONG JUMP

1st TOM PATSALIS CDM 18'7 1/2"
 2nd FLOYD SIMMONS UNA 16'5 1/2"
 3rd RAY SPENCER SDTC 15'11"

EVENT TRIPLE JUMP

1st TOM PATSALIS CDM 37'11"
 2nd DAVE BROWN CDM 33'5"
 3rd RAY SPENCER SDTC 32'3 1/2"

Outstanding Performers: DIV. II
 BOB HUNT SCS
 DAN ALDRICH CDM

EVENT HIGH JUMP

1st FLOYD SIMMONS UNA 5'0"
 2nd BURL GIST CDM 5'0"
 3rd ORV GILLETT CDM 4'10"

EVENT POLE VAULT

1st DON GROSH CDM 11'
 2nd DAVE BROWN CDM 10'6"
 3rd ORV GILLETT CDM 10'

EVENT 5000 M WALK

1st BOB LONG SCS 31:08

DIVISION 70+

EVENT 100

1st SING LUM 14.0*
 2nd PETER THOMASSEN 14.3
 3rd BOB BLAKELY 14.9

EVENT 220

1st MONTY MONTGOMERY UNA 32.0
 2nd SING LUM 32.7
 3rd PETER THOMASSEN 36.0

EVENT 880

1st MONTY MONTGOMERY UNA 2:42.6*

EVENT 70 HURDLES (30")

1st WIN MCFADDEN 15:3

EVENT LONG JUMP

1st WIN MCFADDEN 11'4"
 2nd BOB BLAKELY 9'6-3/4"
 3rd RED DOMS SCS 7'11 1/2"

EVENT TRIPLE JUMP

1st WIN MCFADDEN 25'0 1/4"
 2nd RED DOMS 21'0"

EVENT HIGH JUMP

1st WIN MCFADDEN 3'10"

EVENT SHOT PUT

1st RED DOMS SCS 38'3 1/2"
 2nd S. HERMANN CW 38' 1/2"

//

*MEET RECORD

(over)

RESULTS OF THE GRANDFATHER GAMES MAY 14, 1977

DIVISION 70+ ...continued

EVENT DISCUS

1st RED DOMS SCS 109'4½"
2nd STAN HERMANN CW 99'3½"
3rd WIN McFADDEN 99'1½"

EVENT JAVELIN

1st RED DOMS SCS 105'9"*

EVENT HAMMER

1st STAN HERMANN CW 88'5"
2nd RED DOMS SCS 54'9"

EVENT 5000 M WALK

1st CHESLEY UNRUH SDTC 31:03*

Outstanding Performers: DIV. 70+
RED DOMS SCS
MONTY MONTGOMERY UNA

*MEET RECORD

The San Fernando Valley Masters Runners took a first and third in the 4th annual Striders Relays at Cal Poly Pomona (May 21),

The age 50-59 division team of the Laszlo Tabori coached local club won the distance medley relay in 13:20. Pacoima's Wilbur Buchanan (440 in 61.3), Tarzana's Earl Rippee (880 in 2:38), Lu Dosti (1320 in 3:57) and Ole Oleson (mile in 5:44) comprised the team.

The age 30-49 team placed third in its division of the distance medley relay in 11:54.1, as Mike Kromm (440 in 63.6), Al Sheahen of Van Nuys (880 in 2:16.0, Encino stockbroker Jerry Meisner (1320 in 3:34.5) and Canoga Park's Ernie Portillo (5:01.0 for the mile) banded together.

RESULTS OF THE GRANDFATHER GAMES MAY 14, 1977

DIVISION 70+ ...continued

EVENT DISCUS

| | |
|---------------------|---------|
| 1st RED DOMS SCS | 109'4½" |
| 2nd STAN HERMANN CW | 99'3¼" |
| 3rd WIN McFADDEN | 99'1½" |

EVENT JAVELIN

| | |
|------------------|---------|
| 1st RED DOMS SCS | 105'9"* |
|------------------|---------|

EVENT HAMMER

| | |
|---------------------|-------|
| 1st STAN HERMANN CW | 88'5" |
| 2nd RED DOMS SCS | 54'9" |

EVENT 5000 M WALK

| | |
|------------------------|--------|
| 1st CHESLEY UNRUH SDTC | 31:03* |
|------------------------|--------|

Outstanding Performers: DIV. 70+
RED DOMS SCS
MONTY MONTGOMERY UNA

*MEET RECORD

The San Fernando Valley, ^{Pacoima} Masters Runners took a first and third in the 4th annual Striders Relays at Cal Poly Pomona (May 21).

The age 50-59 division team of the Laszlo Tabori coached local club won the distance medley relay in 13:20. Pacoima's Wilbur Buchanan (440 in 61.3), Tarzana's Earl Rippee (880 in 2:38), Lu Dosti (1320 in 3:57) and Ole Oleson (mile in 5:44) comprised the team.

The age 30-49 team placed third in its division of the distance medley relay in 11:54.1, as Mike Kromm (440 in 63.6), Al Sheahen of Van Nuys (880 in 2:16.0, Encino stockbroker Jerry Meisner (1320 in 3:34.5) and Canoga Park's Ernie Portillo (5:01.0 for the mile) banded together.

The age 40-49 Masters runners of the San Fernando Valley Track Club set a world 4-mile relay mark and won three out of three relays entered to win team honors in the Don Palmer Memorial Track Relays (May 28) at UC Irvine.

The 7-relay carnival featured over-age-30 runners from throughout the Southland.

The Laszlo Tabori-coached foursome of Hank Norton, Van Nuys (5:05.8), Pete Mundle (4:53.4), Canoga Park's Ernie Portillo (5:02.0), and Westlake Village's Gaylord Kalchschmid (4:53.2) beat the So. Calif. Master Striders by 3.9 seconds in 19:54.4 to establish a new world record for over-40 runners in the seldom-run event.

The quartet of Valencia's Ed Bell (57.4-440), Van Nuys' Al Sheahan (2:12.9 - 880), Kalchschmid (3:35 - 1320), and Portillo (5:02.1 - Mile) won the Distance Medley Relay in 11:47.4 and capped a busy afternoon with a 100-meter win in the 2-mile relay.

SFVTC's 30-39 squad took runner up honors in the 4-mile, distance medley, two-mile and sprint medley relays, with Canyon Country's Jerry Hackett running mile anchor legs in 4:52 and 4:54.8. Reid Pressley, Mike Kromm, and Encino's Jerry Weisner and Verne Tjarcks handled the stick. The club's age 50-59 tandem was edged by the Seniors Track Club in the distance medley relay with Pacoima's Wilbur Buchanan (62.0), Tarzana's Earl Rippee (2:38), Lu Dosti (3:47.5), and Ole Olesson (5:27.3) carrying the baton to a 12:53.4 silver trophy.

Next major Masters meet is June 11 at California State University, North.

It was amassing to me while reviewing these results the number of members that do participate in the varies events. They did seem to be a certain amount of name repetition: Mike Hiller was the iron man of the grand person games 8 events
Dennis Stansauk a road race almost every week
Ernie Portillo participating in road races and track meets

I'm sure that you all are participating I like to see us print more results so we can all measure our own performances and be envious of you other participants. Becuase I;m not as good a statistican as Al Sheahan I need your help to get this info. I as that each of you use the form below to keep me posted on what you have done. Give it to me, at practice mail it, or give it to your team captain.

TEAM CAPTAINS PLEASE HELP ME GET THIS

14

INFO

1977 SPASAU DISTRICT SENIORS TRACK & FIELD MEET

Saturday, June 11, 1977, at California State University, Northridge.
(changed from Hoopark) 18111 Nordhoff St, Northridge, Cal. (tartan track)

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. SPASAU DISTRICT MEMBERS eligible for awards, but all other "guests" are welcome to compete. AAU membership available at meet.

Entry fee: \$3.00 for one event, \$1.50 each additional event. \$6.00 Relay teams.

Divisions: Sub-Masters (SM), Div. I 40-49, Div. II 50-59, Div. III 60-69, Div. IV 70 up.

Track events

Field Events

10:00 4 mile walk
11:00 6 mile walk
12:00 4x100 Relay SM first, Rest to follow
12:30 120 Yd Hurdles (30")
12:40 120 Yd Hurdles Div II, III (30")
12:50 120 Yd Hurdles Div IV (30")
1:00 Mile Run (Split Div. if necessary)
1:30 400 yd SM Div I
1:45 400 Yd Div II, III, IV
2:00 100 yd SM Div I
2:15 100 yd Div II, III, IV
2:25 100 yd Women (Medals for age groups)
2:30 200 yd SM Div I
2:45 200 yd Div II, III, IV
3:00 1 mile run
3:15 200 yd SM Div I
3:30 200 yd Div II, III, IV
4:00 Women Mile Run (Medals)

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. time limit
11:00 Hammer Throw All Div.
12:00 12:00 Shot SM, Div I
Discus Div III, IV
Jav Div II
1:00-2:00 Shot Div II
Discus SM, Div I
Jav Div III, IV
2:00-3:00 Shot Div III, IV
Discus Div II
Jav SM, Div I

Relay teams to start when teams are ready.

Name _____ AGE _____ Date of Birth _____
Address _____ Zip _____
Please enter me in the following events: 1. _____
2. _____ 3. _____ 4. _____
5. _____ 6. _____ 7. _____

ATHLETE'S RELEASE

In consideration of my/our entry, I do hereby for myself/ourselves, heirs and administrators, waive and hold harmless all claims I/we may have against the 1977 SPASAU Seniors Track Club District Masters Track & Field Meet, its representatives, the various sport governing bodies, for any and all injuries suffered by me/us in any event, sport or facility. Also, I certify that I/we have no physical defects that could prevent me/us from competing. Furthermore I/we take full responsibility for personal equipment owned by me/us for use at this meet.
My 1977 AAU number is: 337

Individual's Signature

June 6, 1976 is the DEADLINE for entries. File check by _____ to Seniors

Send to: Jim Parks
1162 Sycamore Dr.
Simi Valley, Ca. 93065

A LATE FEE OF 2.00 PER EVENT WILL BE CHARGED FOR ENTRIES RECEIVED

**1977 AAU WESTERN REGIONALS MASTERS
TRACK AND FIELD CHAMPIONSHIPS**

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 _____



8th ANNUAL SENIOR OLYMPICS TRACK/FIELD

University of California - Irvine

June 25 & 26, 1977

ACCOMMODATIONS - Suites, each consisting of 5 double bedrooms, a double bath, and living room. Coin operated washers/dryers (no soap). Available 6/20. Check-in time: Noon-5p.m. each day. Daily rates include room & 3 meals on a per person basis: \$14 double, \$16 single. There is a daily charge of 25¢ (except on Sunday) for parking which is collected at check-in. Enclosed reservation card must be completely filled in & accompanied by check for full amount. To insure your reservation postmark no later than June 14. Make check payable to: The Regents of the University of California. Mail to: Conference Coordinator, Room 255, Administration Bldg., UCI, Irvine, CA 92717; ATTN: Katie Heap. Direct all housing/food questions to her. REFUNDS: On cancellations prior to 6/17 only.

LOCKERS/SHOWERS - Not available. Large restrooms near track are suitable for dressing.

TRACK/FIELD SURFACES - Running track & all jump runways are tartan. 1/4" spikes or less are required. Throwing circles are concrete. Spikes longer than 1/4" are allowed on grass javelin runway.

QUALIFYING HEATS - Usually necessary in middle age groups from 100 thru 400 meters. Heats are seeded according to times submitted on entry. Advancement is by place, not time. Heat & lane assignments are posted at track. If necessary to know prior to meet whether a heat is required, call (213) 938-5548 on Thursday, June 23, between 9 a.m.-4 p.m. only.

FIELD EVENTS - High Jump/Pole Vault bars will be set at appropriate heights for age group, then raised 2" & 6", respectively, at a time. You may start at any height, but bar will not be lowered. Other field events: 6 tries, best one.

FINISHES - Finishes for the 5,000 & 10,000 runs and steeplechase will be in a chute similar to x-country finishes. Upon finishing each runner will be given a place tag. Do not leave finish area until official has taken this tag. Have a friend keep track of your laps.

WALKING COURSES - 5,000 meters held on track. 10,000 meters begins & ends on track with course well marked through the campus. After returning to track from campus use outside lane only as another track event will be underway on inside.

PROGRAMS/RESULTS - Souvenir programs are on sale at meet for \$1. Highlights/Results of Sr. Olympics-'77 may be reserved for an additional \$1 & will be mailed, postpaid, during October.

| <u>IMPLEMENTS:</u> | <u>AGE</u> | <u>DISCUS</u> | <u>HAMMER</u> | <u>SHOT PUT</u> | <u>JAVELIN</u> |
|--------------------|------------|---------------|---------------|-----------------|----------------|
| | 25-49 | 4.6 lb. | 16 lb. | 16 lb. | 800 gm. |
| Men - - | 50-59 | 3.9 lb. | 12 lb. | 12 lb. | " |
| | 60-79 | 2.2 lb. | " | 8 lb. | 600 gm. |
| | 80 plus | " | 8 lb. | 6 lb. | " |
| Women - | 25-49 | 2.2 lb. | 8 lb. | 8 lb. | 600 gm. |
| | 50 plus | " | " | 6 lb. | " |

| <u>HURDLES:</u> | <u>AGE</u> | <u>110 METERS</u> | <u>400 METERS</u> | <u>STEEPLECHASE</u> |
|-----------------|------------|-------------------|-------------------|----------------------------|
| | 25-39 | 39" | 36" | 28 barriers: 36" |
| Men - - | 40-49 | 36" | 33" | 7 water jumps |
| | 50-59 | 33" | 30" | (all ages including women) |
| | 60 Plus | 30" | 30" | |
| Women - | 25-39 | 33" | 33" | |
| | 40 plus | 30" | 30" | |

Saturday, June 25th

TIME SCHEDULE
(1977)

Sunday, June 26th

Track Events

| | | | |
|------------|-------------------------|------------|-------------------------|
| 8:45 a.m. | 5,000 walk final | 8:45 a.m. | 10,000 walk final |
| 9:35 a.m. | 100 sprint trials | 9:30 a.m. | 10,000 run (25-49) |
| 10:15 a.m. | 10,000 run (50+&Women) | 10:20 a.m. | 200 sprint trials |
| 11:15 a.m. | 100 sprint finals | 10:40 a.m. | steeplechase |
| Noon | 110 hurdle finals | 11:20 a.m. | 400 finals |
| 12:45 p.m. | 400 trials | 12:05 p.m. | 200 finals |
| 1:00 p.m. | 1500 finals | 12:45 p.m. | 800 finals |
| 2:00 p.m. | 400 relay finals | 1:30 p.m. | 400 hurdle finals |
| 2:30 p.m. | 5,000 run (25-49) | 2:10 p.m. | 5,000 run (50+ & Women) |
| 3:10 p.m. | 200 family relay finals | 2:45 p.m. | 1600 relay finals |

Field Events

High Jump

| | |
|------------|-------------------|
| 8:30 a.m. | 40-49 |
| 9:10 a.m. | 25-39 |
| 9:50 a.m. | 65 & Over & Women |
| 10:40 a.m. | 60-64 |
| 11:10 a.m. | 50-59 |

Pole Vault

| | |
|------------|-------------------|
| 8:30 a.m. | 40-49 |
| 9:30 a.m. | 25-39 |
| 10:30 a.m. | 60 & Over & Women |
| 11:15 a.m. | 50-59 |

Javelin

| | |
|------------|-------------------|
| 8:30 a.m. | 40-49 |
| 9:15 a.m. | 25-39 |
| 10:00 a.m. | 70 & Over & Women |
| 10:45 a.m. | 60-69 |
| 11:45 a.m. | 50-59 |

Hammer

| | |
|------------|-------------------|
| 8:30 a.m. | 25-49 |
| 9:30 a.m. | 65 & Over & Women |
| 10:30 a.m. | 50-59 |

Shot Put (2 rings)

| | |
|------------|-------------------|
| 11:45 a.m. | 40-49 |
| 11:45 a.m. | 25-39 |
| 1:00 p.m. | 70 & Over & Women |
| 1:15 p.m. | 60-69 |
| 2:00 p.m. | 50-59 |

Discus

| | |
|------------|-------------------|
| 10:30 a.m. | 40-49 |
| 11:45 a.m. | 25-39 |
| 12:30 p.m. | 70 & Over & Women |
| 1:00 p.m. | 50-59 |
| 2:00 p.m. | 60-69 |

Long Jump

| | |
|------------|-------------------|
| 10:30 a.m. | 40-49 |
| 11:15 p.m. | 25-39 |
| 12:30 p.m. | 65 & Over & Women |
| 1:30 p.m. | 60-64 |
| 2:15 p.m. | 50-59 |

Triple Jump

| | |
|------------|-------------------|
| 11:30 a.m. | 25-49 |
| 12:30 p.m. | 65 & Over & Women |
| 1:15 p.m. | 50-64 |

NOTES

Running Order: Oldest age groups to youngest. In certain events, depending upon number entered, more than one age group will run concurrently. Awards & records always based upon 5 year age groups.

Schedule Conflict: Notify event officials.

Women: Run with oldest men's group unless sufficient entries dictate otherwise. In 5000 & 10000 runs, perform with 50 & Over Men. See above for field events.

Track Availability: Day prior to meet & from 8 a.m. on Sat./Sun. of meet.

Registration: Pick up packet at participant's gate. Questions about entry, see Clerk of Course. REMEMBER: Entries close 6/19. No Post Entries.

Starting Blocks/Batons/Poles: Local entrants bring blocks with small spikes in case UCI unable to supply. Bring own batons & vaulting poles.

Numbers: Place number on front only. Races in Assigned Lanes: At end of race remain in your lane and turn around, walk back toward finish line so judges are able to see your number.

GENERAL INFORMATION

ELIGIBILITY - Any man/woman, age 25 & over (except as noted), who does not gain livelihood from competing in the sport entered.

ENTRY - The entry form on this sheet may be used for any and all sports. If you wish acknowledgement of your entry, enclose a stamped, self-addressed business size envelope with your entry.

SPECIFIC EVENT INFORMATION - If you did not receive this information on your sport(s) with this sheet, send in a stamped, self-addressed business size envelope with your entry so it can be mailed to you.

ENTRY DEADLINE - One week prior to start of competition except where noted in your sport(s). Incomplete and/or late entries will be returned. This applies to relays as well as individual and team events. Phone entries will not be accepted at any time.

AGE GROUPS - Five year age groups; i.e., 25-29, 30-34, 35-39, etc. except where noted. Age of youngest team member or doubles partner determines age group except for soccer.

FEES - Entry fee is \$5 per person for one's first event (except where noted) and \$3 per person per event for each additional event. This applies to doubles, team and relay competitions, as well as individual events. **NO REFUNDS.** In addition to entry fee certain sports charge nominal fees for facilities, administration, parties, etc.

INTERNATIONAL SENIOR OLYMPICS ASSOCIATION - Join the ISOA by sending in the enclosed application and receive your membership card (good for all Senior Olympic events), your booster patch, your gold enameled pin, your quarterly publication, and your discounts on group travel. Keep up on what's happening in adult fitness. Be excited by the old idea "God helps those who help themselves." Meet new friends. Visit new places. Enjoy your life to its fullest. **LICK THE PHYSICAL CRISIS - EXERCISE**

ACCOMMODATIONS - Contact local Chambers of Commerce. Those competing in or near Irvine from June 18 on may stay at the University of California at Irvine by making reservations 2 weeks ahead of time through Katie Heap, Conference Coordinator, Room 225, Administration Bldg., UCI, Irvine, CA 92717. Cost is around \$15 per person per day, includes room and meals.

SOUVENIR PROGRAM/HIGHLIGHTS AND RESULTS - Reserve your copies of 1976's souvenir program and the 8-page Highlights/Results (mailed in Oct.) now by enclosing an additional \$2 with your entry. Postpaid. For U.S. Airmail, add 50¢ for program only. Foreign airmail, add \$1 for program and 75¢ for Results.

AWARDS - Participation award to all entrants. Three place awards - gold, silver and bronze with appropriate ribbon - in each age group in each event. **Awards presented upon completion of each event. Awards not presented on day of event will only be mailed at the expense (\$2 handling + postage) of recipient.**

THE SENIOR OLYMPICS is presented annually by Senior Sports International, Inc., a non-profit corporation, located at 5225 Wilshire Boulevard, 302, Los Angeles, CA., 90036. Enclose a self-addressed, stamped, business size envelope with all correspondence.

ALL FEES, DONATIONS, ETC. GIVEN TO SENIOR OLYMPICS* ARE TAX DEDUCTIBLE TO THE FULL EXTENT OF THE LAW.*: Not part of International or U.S. Olympic Committees.

Detach and Mail

ENTRY print name ENTRY

SENIOR OLYMPICS - 77
(entry may be duplicated)

Write names and ages of team and relay members, and doubles partners on reverse side of this sheet. **Doubles players:** Each Player must submit own entry. **Swimmers and Track/Field entrants:** List best recent time in parenthesis after each event entered. **Boxers, Powerlifters, and Wrestlers** list your weight.

TYPE OR PRINT WITH INK THE SPORT(S) AND EVENT(S) ENTERED:

Please enter me (us) in the event(s) listed above for which is enclosed \$. Include an additional \$2 if you wish to reserve your 1976 souvenir program and Highlights/Results. They will be mailed to you postage paid during September. Make checks payable to Senior Olympics - 77 and mail to Senior Olympics, 5225 Wilshire Blvd., 302, Los Angeles, CA, 90036. If you wish an acknowledgement of your entry enclose a stamped, self-addressed envelope.

print name
print street address
city state zip
print birthdate age

ATHLETE/TEAM RELEASE

In consideration of acceptance of my (our) entry, I do hereby (for myself/ourselves), heirs and Administrators waive and release any and all claims I (We) may have against Senior Sports International, Inc., the various sports governing bodies, the various sport facilities, and the representatives of these varying groups for any and all injuries suffered by me (us) in any event, sport or facility. I (We) waive any right to any interest in pictures taken of me (us) during the days of competition. I certify that I (We) have no physical defects that would prevent me (us) from competing. I take full responsibility for equipment used by me (us) for direction and breakage.

Entrant's signature

(Team Manager signs for team sports)

**ENTRY
FEE
\$1.00
LATE
ENTRIES
\$1.50**

**CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
MUNICIPAL SPORTS SECTION
IN COOPERATION WITH KIWANIS CLUB OF SAN PEDRO
PRESENTS 12th ANNUAL**

FEE _____
RECEIPT # _____

YANKEE DOODLE CROSS COUNTRY MEET

**DATE OF EVENT: ENTRY BLANK PECK PARK
SATURDAY 560 N. WESTERN AVE.
JUNE 18, 1977 SAN PEDRO, CA**

**ENTRY BLANK AND FEE MUST BE RECEIVED BY JUNE 13, 1977
AT: MUNICIPAL SPORTS OFFICE
200 N. MAIN ST., CITY HALL EAST, 13th FLOOR, LOS ANGELES 90012**

CARL MANGIAMELI, PRESIDENT, Kiwanis
GENERAL CHAIRMAN: WILLIAM C. TOOLE **CONSULTANT: SYD KRONENTHAL**
 Kiwanis Club of San Pedro Superintendent of Recreation, Culver City
OFFICIAL STARTER: BILL MAYNARD **HONORARY STARTER: BOB CONS**
 Track Coach, Miraleste High School National A.A.U. and Cross Country Champion
 Member of 1960 Olympic Team
REGISTRANT HOSTESSES: MARY ANN, LYNN & LISA FELANDO
MEET COORDINATOR: HERMAN E. WOOTEN, I
 Los Angeles Harbor Area Sports Director

COMMITTEES

COURSES AND AWARDS: BUD OLDS, Chairman
REFRESHMENTS: BOB and GRACE HOKWORTH, Co-chairpersons
FINISHING AND RECORDS: DR. JOHN GOODE, Chairman
**COURSE MARSHALLS: KEY CLUBS OF SAN PEDRO HIGH SCHOOL,
MIRALESTE HIGH SCHOOL, AND KEYWANNETTES**

Awards will be presented at the conclusion of each race.
 * PARTICIPANT RIBBONS FOR EACH CONTESTANT *

TROPHIES will be given to 1st, 2nd and 3rd place in each event. A team trophy for High School Summer Track Club, College Summer Track Club or Athletic Club with least points in each division. A team must consist of at least five (5) members and that team and its members must be registered prior to the date of the race.

MEDALS will be given to:

| | | | | | |
|--------------------|----------------|--------------------------|----------------|------------------|----------------|
| High School Novice | (4th-20th Pl.) | Jr. Varsity & 10th Grade | (4th-20th Pl.) | High School Open | (4th-20th Pl.) |
| Jr. College | (4th-10th Pl.) | Women's Div. 18-Over | (4th-10th Pl.) | Men - Over 50 | (4th-10th Pl.) |
| Open Division | (4th-20th Pl.) | Men - Over 40 | (4th-10th Pl.) | Girls 13-Under | (4th-10th Pl.) |
| Boys 13-Under | (4th-10th Pl.) | Girls 14-17 | (4th-10th Pl.) | | |

The course which is located at Peck Park in San Pedro, has a truly Cross Country setting in the midst of trees, canyons and large grass area.

***** REGULATIONS *****

- 1. High School Novice Event** - Any participant who has not received a school letter is eligible.
- 2. Jr. Varsity & 10th Grade Event** - A participant may not enter this event if they have earned a varsity letter.
- 3. June High School Graduates** may represent the school from which they graduated, if desired.
- 4. DEADLINE FOR APPLICATION AND ENTRY FEE - FRIDAY, JUNE 13, 1977**

If participant's application and entry fee are not in on June 13, 1977, an additional \$.50 will be charged to the above entry fee.
MAKE CHECKS PAYABLE TO: MUNICIPAL SPORTS ACCOUNT Mail or deliver to: MUNICIPAL SPORTS SECTION, City Hall East - 13th Floor, 200 N. Main St., Los Angeles 90012. Receipts given only if requested.

TWELFTH ANNUAL YANKEE DOODLE CROSS COUNTRY TRACK MEET
 SANCTIONED BY S.P.A., A.A.U. - UNDER LONG DISTANCE RUNNING COMMITTEE
 JOHN DUHIG, CHAIRMAN

PARTICIPANT'S APPLICATION

NAME _____ AGE _____ DATE OF BIRTH _____

ADDRESS _____ PHONE _____

REPRESENTING: _____

High School Club

College Club

Unattached _____ A.A.U. Card # _____

Athletic Club

DIVISION (Check one only)

- 9:00 am \$1.00
- 9:20 am 1.00
- 9:50 am 1.00
- 10:10 am 1.00
- 10:20 am 1.00
- 10:35 am 1.00
- 10:55 am 1.00
- 11:15 am 1.00
- 11:40 am 1.00
- 12:00 am 1.00
- 12:30 am 1.00

PARTICIPANTS MAY COMPETE IN ONE EVENT ONLY

- Girls 13 & Under..... ¾ mile
- Boys 13 & Under..... 1 mile
- High School - Novice..... 2 miles
- Men - Over 40 years of age..... 2 miles
- Men - Over 50 years of age..... 2 miles
- Girls 14-17 years of age..... 1 mile
- Jr. Varsity & 10th Grade..... 2 miles
- Women's Division - 18 years & Over..... 1 mile
- High School - Open..... 2 miles
- Jr. College Division..... 4 miles
- Open Division..... 4 miles

REGULATIONS

1. **High School Novice Event** - Any participant who has not received a school letter is eligible.
2. **Jr. Varsity & 10th Grade Event** - A participant may not enter this event if they have earned a varsity letter.
3. June High School Graduates may represent the school from which they graduated, if desired.
4. **DEADLINE FOR APPLICATION AND ENTRY FEE - Friday, June 13, 1977**
 If participant's application and entry fee are not in on June 13, 1977, an additional \$.50 will be charged to the above entry fee.

MAKE CHECKS PAYABLE TO: MUNICIPAL SPORTS ACCOUNT

MAIL OR DELIVER TO: MUNICIPAL SPORTS SECTION
 200 N. Main Street
 City Hall East - 13th Floor
 Los Angeles, CA 90012

WAIVER OF LIABILITY AND HEALTH STATEMENT

In consideration of my entry being accepted, I, intending to be legally bound; do hereby, for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages, which I may have, or which may hereafter accrue to me against the Recreation and Parks Department, the San Pedro Kiwanis Club and all officials concerned, or their respective offices, agents, representatives, successors and/or assigns, for any and all damages which may be sustained and suffered by me in connection with my association with or entry in and arising out of my traveling to, participating in, and returning from said Yankee Doodle Cross Country Meet, presented by the Department of Recreation and Parks for the City of Los Angeles. I, furthermore, certify that I have undergone a recent (within one year) complete physical examination by a physician, and that I know of no physical or mental condition which might be aggravated through my participation in this program.

SIGNATURE OF PARTICIPANT _____

Parent or Guardian _____

If under 18 years of age, signature of Parent or Guardian.

BASIN BLUES

5 & 15K RUNS

SYLMAR

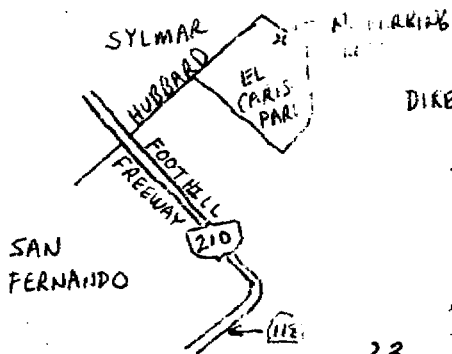


SAT. JUNE 25 9:00 AM EL CARISO PARK, SYLMAR

AWARDS: SHOES TO 1ST MAN AND WOMAN —
T-SHIRTS TO OTHERS

| | |
|------------|------------|
| OPEN: 1-15 | WOMEN: 1-5 |
| 40+: 1-5 | 40+: 1-4 |
| 50+: 1-3 | |
| 60+: 1 | |

ADDITIONAL T-SHIRT AWARDS
IN 5K.



DIRECTIONS: TAKE GOLDEN ST. FREEWAY (5) TO ROUTE 118 WHICH CONNECTS TO THE NEW FOOTHILL FREEWAY (210). TAKE FOOTHILL FREEWAY TO HUBBARD. GO N. ON HUBBARD 1 MILE TO EL CARISO PARK. PROCEED TO N. END OF PARK TO PARKING LOT.

BOYS AGE GROUP STATE TRACK AND FIELD CHAMPIONSHIP

DATE: JUNE 24 & 25 1977 FRIDAY-SATURDAY

PLACE: LAKEWOOD HIGH SCHOOL LONG BEACH, CALIFORNIA

SANCTIONED BY: SOUTHERN PACIFIC ASSOCIATION

SPONSORED BY: THE LONG BEACH LANCERS TRACK & FIELD CLUB

ELIGIBILITY: ALL COMPETITORS MUST HOLD A CURRENT AAU CARD FROM THEIR RESPECTIVE ASSOCIATION.

FACILITIES: CRUSHED ROCK- 9 LANES ($\frac{1}{2}$ INCH SPIKES ON TRACK)
LONG JUMP, HIGH JUMP, POLE VAULT AND TRIPLE JUMP (MUST USE $\frac{1}{4}$ INCH SPIKES)
RESTROOMS WILL BE AVAILABLE

LIMITATIONS: 7 & UNDER (ONLY TWO EVENTS)
9 & UNDER (3 EVENTS PLUS RELAYS)
10-11 (3 EVENTS PLUS RELAYS)
12-13 (3 EVENTS PLUS RELAYS)
14-15 (4 EVENTS PLUS RELAYS)
16-17 (4 EVENTS PLUS RELAYS)

ENTRY FEES: \$2.00 PER ATHLETE FOR EACH INDIVIDUAL EVENT
\$2.50 PER ATHLETE FOR RELAYS
ENTRY FEE MUST ACCOMPANY THE COMPLETED ENTRY FORMS: NO ENTRY WILL BE ACCEPTED WITHOUT FEES ENCLOSED.

BIRTH CERT. EVERY ATHLETE MUST SEND A COPY OF HIS BIRTH CERTIFICATE OR HE WILL NOT BE ABLE TO COMPETE IN THIS MEET. ALL COPIES WILL BE RETURNED

CHECKS OR MONEY ORDERS: MAKE ALL ENTRY FEES PAYABLE TO THE LONG BEACH LANCERS TRACK CLUB

MAIL COMPLETED ENTRIES TO: JAMES TOWNSEND
1355 W. 32ND STREET
LONG BEACH, CALIF. 90810
(213) 426-1849 or 427-8766 (AFTER 7:00pm)

ENTRY DEADLINE: THE ENTRY DEADLINE IS SATURDAY JUNE 11, 1977

SEEDING: LANE ASSIGNMENTS IN ALL PRELIMS WILL BE MADE FROM THE TIMES SUBMITTED ON THE ENTRY FORMS.

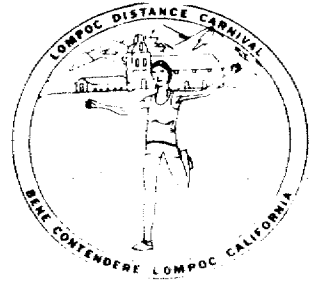
AWARDS: 1st= TROPHY
2nd= TROPHY
3rd= TROPHY
4th= GOLD MEDAL
5th= SILVER MEDAL
6th= BRONZE MEDAL

RELAY AWARDS: TROPHIES TO FIRST THREE PLACES ONLY (POINTS FOR FOURTH-SIXTH)

TEAM TROPHIES: TOP THREE HIGHEST SCORING TEAMS IN EACH AGE GROUP.
1st, 2nd and 3rd PLACE TROPHY TO THE TEAMS THAT SCORE THE MOST COMBINED POINTS.
TROPHY TO THE COMPETITORS CHOSEN MOST OUTSTANDING IN EACH AGE GROUP



Fourth Annual Lompoc
DISTANCE CARNIVAL



Sponsored by the Lompoc Jaycees, the Lompoc Valley Distance Club and the United States Track and Field Federation.

All events sanctioned by USTFF; marathon, Sunday, June 26, sanctioned by the Southern Pacific Association of the AAU.

Date: Saturday, June 25, and Sunday, June 26, 1977.

Place: Lompoc High School, Huyck Stadium, 515 W. College Avenue, Lompoc, CA.

Races: Saturday, June 25

9:45 a.m. All Comers Road Race (5 miles). Register 8:30-9:30 at corner of Pine and 'H' St.

5:15 p.m. Four Mile Relay

6:00 p.m. Women's Invitational 3000 meter Run on track

6:30 p.m. Family Team Run (1 mile)

7:00 p.m. USTFF National Invitational Junior Six Mile Run on track

Sunday, June 26

8:00 a.m. First Annual Valley of the Flowers Marathon and Half Marathon

We have modified this year's program of events to allow a full range of distance events for the seasoned as well as the novice runner.

All Comers Road Race: This event which opens the distance carnival precedes the Flower Festival parade in view of thousands of spectators. See map for route. Entry fee, \$1.50 on day of race.

Four Mile Relay: New event. Trophies to winning open team. Medals to second and third place teams. We will add more divisions if we have at least two teams per category: junior men (19 and under), women, and masters. Entry fee \$6.00 per team, \$8.00 on day of race. Pre-entry preferred.

Women's Invitational 3000 meter Run: Open to qualified runners only. 11.50 two mile time. Free lodging, meals, entertainment to 5 best qualified. Last year's race was one mile. Entrants included winner, Debbie Heald, 4:53.9; Lynne Maltinsky, Kelly Wells. No entry fee.

Family Team Race: One mile on the track. Three categories: (A) husband/wife; (B) parent/offspring; (C) offspring/offspring. Fastest team time wins. Entry fee \$3.00 per team, \$4.50 on day of race.

USTFF National Invitational Junior Six Mile Run: Feature race of the Carnival. Former winners have included: 1974 - Jim Schankel, national prep leader, 28:58.0; 1975 - Thom Hunt, meet record holder, 28:55.8; 1976 - Tim Holmes, 2nd best prep junior time, 30:11.2. Free lodging, meals, entertainment to 10 best qualified Juniors. No entry fee.

Valley of the Flowers Marathon: New event. Sunday, June 26, 8:00 a.m. Scenic route through the Lompoc flower fields and La Purisima Mission. Clean air and average 71 degree summer temperature. Full details in special flyer. Entry \$3.00; late entry, \$4.00.

Awards:

Commemorative ribbons to all finishers in All Comers Road Race

Trophies to winning team members of Four Mile Relay, medals to 2nd and 3rd place

Trophies to top four in Women's Invitational 300 meter Run

Trophies to top five in National Invitational Junior Six Mile Run

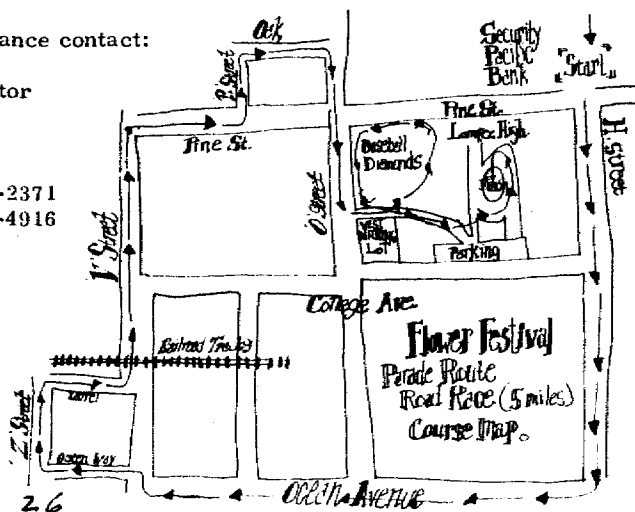
T-shirts and certificates to all finishers of the Valley of the Flowers Marathon and Half Marathon. Special framed certificates to winner and other category finishers described in marathon flyer

Steve Prefontaine Award, in memory of America's great distance runner, for the athlete demonstrating the most courageous performance in either the Junior Six Mile Run or Women's 3000 Meter Run

Distance Carnival T-Shirts: Special Distance Carnival T-Shirts can be purchased at Huyck Stadium Saturday or Sunday for \$3.50. These T-Shirts will be different from the Marathon T-Shirts which can only be obtained by finishing the marathon or half marathon.

For further information or assistance contact:

Joe Sciamé, Meet Director
Lompoc High School
515 W. College Avenue
Lompoc, Ca. 93436
School phone: (805) 736-2371
Home phone: (805) 736-4916



FIRST VALLEY OF THE FLOWERS MARATHON AND HALF MARATHON
Sunday, June 26, 1977 8:00 a.m.

Sponsored by the Lompoc Valley Distance Club and the Lompoc Jaycees.
Sanctioned by the Southern Pacific Association of the AAU.

PLACE: Starts and finishes at Huyck Stadium, adjoining Lompoc Senior High School, 515 West College Avenue, Lompoc (see map on reverse side).

CHECK-IN: Before 7:30 a.m., June 26th at Huyck Stadium. Post-race showers will be available at Lompoc High School (bring your own towel).

ENTRY FEES: Pre-registration--\$3.00/entrant; post-registration--\$4.00/entrant (7:00-7:45 a.m. race day). Please pre-register before race day by returning the entry blank with or without fee. If no fee is sent, you may pay the pre-registration fee of \$3.00 on race day at check-in.

COURSE: A certified 26 mile, 385 yard scenic loop (certificate pending) on asphalt and hard-pack dirt surfaces around Lompoc, its adjoining flower fields, and the beautiful La Purisima Mission State Park. Course is flat except for one sizable hill at Mission entrance (approximately 13 miles out). Half marathon is a flat loop around Lompoc and its flower fields. Guides, signs, and arrows will clearly mark both courses. Both marathon and half marathon will start and finish at Huyck Stadium.

TIMES: Split times will be given at the one-mile mark and at the 5, 10, 15, 20, and 25-mile marks.

REFRESHMENTS: ERG and water will be provided at 5, 10, 15, 20, and 25 miles. Entrants may have their own preparations placed at designated stations if they are clearly labeled with their name and number and given to Aid Station Crew at check-in by 7:30 a.m.

AWARDS: T-shirts and certificates to all finishers. Special framed certificates to winners of all categories.

AWARDS CEREMONY: 2:00 p.m., Sunday, June 26th

RESULTS: Mailed to all entrants.

ENTRY FORM

Cut off and return with fee to: Joe Sciame, 1305 Orchid St., Lompoc, CA 93436 (phone: 805 736-4916). Make checks payable to Lompoc Valley Distance Club.

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims or damages I may accrue against the Lompoc Valley Distance Club, Lompoc Valley Jaycees, Southern Pacific AAU, County of Santa Barbara, City of Lompoc, Lompoc Unified School District, State of California, for any and all injuries suffered by me while travelling to and from, and competing in, the Valley of the Flowers Marathon and Half Marathon.

Signed _____ Parent's signature _____ Date _____
(if participant is under 18)

Name(print) _____ Age _____ AAU # _____

Address _____
street city state zip

Representing(school, club, service, or unattached) _____

Previous best marathon _____ Shirt size _____

Event(circle one): Full Marathon Half Marathon

Division(circle one): Men's: Open(18-34), 35-39, 40-49, 50+

Women's: Open, over 30

Male or female: 17 and under, 60 and over

Spaghetti Dinner(circle one): I will/will not attend the pre-Marathon Spaghetti Dinner on Saturday, June 25th (for details, see reverse side).

Number in party _____ Amount enclosed \$ _____

Midwest Masters

180 North La Salle Street
Suite 2207
Chicago, Illinois 60601



Event: U.S. Master's National AAU Track and Field Meet
 Dates: July 1, 2 and 3, 1977
 Place: North Central College, Naperville, Illinois
 22 miles west of Chicago
 Track: Completely new, \$250,000 chevron surface metric-
 8 lane track, on campus.
 Entry
 Deadline: 6:00 p.m., Tuesday, June 21, 1977
 Housing: Available at North Central College on campus: \$6.00
 per night, double occ.
 Meals: Available at North Central College on campus: \$8.00
 per day, per person for 3 meals.
 Transportation: Twenty minutes from O'Hare Airport, 50 minutes from
 downtown Chicago on Burlington Railroad.

Divisions: MEN
 1a (40 - 44) 1b (45 - 49) 2a (50 - 54) 2b (55 - 59)
 3a (60 - 64) 3b (65 - 69) 4a (70 - 74) 4b (75 - 79)
WOMEN
 30 - 39; 40 - 49; 50 - 59; 60 - 69; +70
SUB-MASTERS
 30 - 39, MEN

Fees: \$7 for first event and \$3 for each additional.
 Relay team fee is \$10.

| Impliments | <u>Javelin</u> | <u>Discus</u> | <u>Shot</u> | <u>Hurdles</u> |
|-------------|----------------|---------------|-------------|----------------|
| Division 1a | 800 gm | 2.0kg | 16 lb | 39HH-36IH |
| Division 1b | 800 gm | 2.0kg | 16 lb | 39HH-36IH |
| Division 2a | 800 gm | 1.6kg | 12 lb | 36HH-33IH |
| Division 2b | 800 gm | 1.6kg | 12 lb | 36HH-33IH |
| Division 3a | 600 gm | 1.0kg | 8 lb | 30HH-30IH |
| Division 3b | 600 gm | 1.0kg | 8 lb | 30HH-30IH |
| Division 4 | 600 gm | 1.0kg | 8 lb | 30HH-30IH |

**OFFICIAL ENTRY FORM FOR THE 1977 AMATEUR UNION
OF THE UNITED STATES MASTERS (OVER 40 YEARS)
NATIONAL TRACK AND FIELD CHAMPIONSHIPS**

Please enter me in the following events for which I have enclosed payment at the rate of \$7.00 for the first event and \$3.00 for each additional event. Relay team entry fees \$10.00, but a separate Relay Entry Form below, must be completed by an authorized club representative. Entries must be received by the Meet Director by 6 P.M. Tuesday, June 21, 1977, at Midwest Masters, 180 No. La Salle, Chicago, Illinois 60601, Rm. 2207. Entries received after that date will be returned. Phone (312) 236-1315.

IMPORTANT NOTICE: Incomplete entries, including those without payment, AAU registration, athlete's release, signatures, etc., will be assessed an incomplete entry fee of \$2.00.

| Event | Rest 76 mark, or estimate, if you did not compete. | Division (1a, 1b, 2a, 2b, 3a, 3b, 4, sub; masters, women) | Payment |
|---------|--|---|---------|
| 1 _____ | _____ | _____ | _____ |
| 2 _____ | _____ | _____ | _____ |
| 3 _____ | _____ | _____ | _____ |
| 4 _____ | _____ | _____ | _____ |

BANQUET RESERVATIONS (July 2 - 8:30 PM):

Rooms \$6 per person, double occupancy X no. of people _____
 Meals \$8 per person, 3 meals a day X no. of people _____
 Banquet \$5.50 per person X no. of people attending _____
 \$5.00 per child 12 and under X no. of children _____

Total Entry Fee Enclosed _____

Payable To Midwest Masters

ATHLETE'S RELEASE (Must be signed)

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 claims for damages which I may have, or which may hereafter accrue to me against North Central College, City of Naperville, the AAU or their officers or agents, for any and all damages which may be suffered by me in connection with my entry or association with the AAU MASTERS 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 _____

ATHLETIC INFORMATION:

Name _____ Please type or print legibly _____ Signature _____
 Date of Birth _____ Affiliation (Club, Unit, etc.) _____
 Month Day Year
 Address Street _____ City _____ State _____ Zip _____
 Telephone No. _____ School or College Attended _____ Years _____
 Notable past (or recent) Performances, Championships, Olympic Team, etc. _____
 (Please enclose a recent black and white photo (non-returnable) of you in action and in uniform for possible inclusion in program.)
 Your Occupation _____ Your Local Paper _____ Name and Address _____

RELAY ENTRY FORM

Relay _____ Division _____ Club name and address _____
 Names: 1 _____ Est. Time _____ 2 _____ Est. Time _____
 3 _____ Est. Time _____ 4 _____ Est. Time _____
 Total Estimated Time _____ Alternates: 1 _____ 2 _____

NOTE: Separate entry forms and \$10.00 payment to Midwest Masters must be submitted for each team entered. Club official certifies with his signature below that all men named are members of his club and that each member has sent or will send an official, individual entry form.

Club Official _____ Address _____ Telephone _____

MAIL COMPLETED ENTRY FORMS TO:
 WENDELL MILLER
 MIDWEST MASTERS
 180 NO. LA SALLE
 RM 2207
 CHICAGO, ILLINOIS 60601

Duplication of entry form permitted.

UNIFORMS:

We will be ordering new San Fernando uniforms shortly. They will be made up specially for us by a company which outfits many professional teams. They are very high quality and are guaranteed to last 5 years or 5,000 racing miles (whichever comes first). The shorts will be white with green stripes, European cut, with built-in brief. The tops will be green tank tops with white trim and a white San Fernando logo. They will cost \$23 per set. In order to insure proper fit in ordering, I am asking everyone to measure and fill out the information below and mail it to me with a check for \$23, payable to the San Fernando Valley Track Club. Orders must be received by June 15. This is an absolute deadline. The uniforms will be ready about the end of July. You can pick them up from Leal-Ann Reinhart before work-out or make other arrangements. Also, Kelly green club T-shirts will be available at \$4.00 each starting June 15.

NAME _____

TOP: Chest measurement: _____ SHORTS: Waist msmt: _____ Hip msmt: _____

MAIL TO: Leal-Ann Reinhart
11915 Goshen Ave. #2
Los Angeles, CA 90049

ERG ORDER FORM

1/2 gal.
Packages

For 3....\$ 2.25
For 12.... 8.40
For 24.... 16.20
For 48.... 31.20
For 72.... 45.00
For 100... 60.00

Cost _____

(Add \$1.25 for Shipping _____)

Specify Flavor: Competition _____
Lemonade _____
Fruit Punch _____

NAME _____

ADDRESS _____

PHONE _____

Mail orders with check payable to:

Jacqueline Hansen
21643 Circle Trail
Topanga Canyon, California 90290

INFORMATION ON MY PARTICIPATION

NAME: _____ ADDRESS: _____

DATE MEET EVENT(S) TIME PLACE

SEND TO: Jerry Hackett 27970 Carvel Dr. Canyon Country, Ca. 91351 30

(213) 996-1400

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

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

CLUB UNIFORMS & WARM-UP SUITS

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

NEWSLETTER MATERIAL

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