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## SAN FERNANDO VALLEY TRACK CLUB

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VOLUME 1 NUMBER 9

# NEWSLETTER

SEPTEMBER 1975

### AUGUST HIGHLIGHTS

**JOHN DAMSKI** wins two silver medals and one bronze medal in U.S. Masters Championships in White Plains; wins two silver medals in World Masters Championships in Toronto.

**AL SHEAHEN** wins 5th place medal in U.S. Masters and 4th place in Toronto World Masters, setting new American age 43 record in 400-hurdles.

**U.S. MASTERS TRACK & FIELD CHAMPIONSHIPS** - White Plains, N.Y. August 8-10, 1975

The seventh annual U.S. Masters Track & Field Championships were held on the East Coast for the first time. White Plains, N.Y., the city which also hosted this year's U.S. AAU Women's and Junior Men's Championships, saw 615 veteran athletes over the age of 30, including 115 entries from 12 foreign nations, compete in 5-year age groups up to 75 and over.

**JOHN DAMSKI** 60, Lockheed electrician and SFVTC field event performer extraordinaire, carried the club's green colors to prominence in three events. In an exceptional 3-day performance, Damski placed 2nd in the long jump in the 60-64 division with a 14'9" leap, took 3rd in the high jump in 4'8" and placed 2nd in the triple jump in 31'6¼"... A tremendous performance by a guy who responds best when the pressure is greatest, and in the face of an injury to his take-off leg, which forced him to alter his jumps to the other foot.

**President runs marathon!**  
(Rippee, not Ford)

### COMING EVENTS

Oct. 4. Santa Barbara Meet.

Nov. 8. California 10 KM Cross Country AAU Team Championship at Nipomo, Calif (near Santa Maria).

Nov. 15. Masters AAU National Cross Country Championship in New York City.

Dec. 14 Honolulu Marathon. All ages, many awards, picnic on Waikiki Beach, cool trade winds.

**AL SHEAHEN** 43, Van Nuys researcher, also picked up two medals for SFVTC, placing 5th in the 400-meter intermediate hurdles in 62.4, and anchoring a two-mile relay team into a 3rd place finish. Sheahen was the second American finisher in the 400 hurdles, right behind San Francisco's Van Parish who finished behind two English men and a South African. Al actually won his section, but the placings were based on fastest time from all sections.

When the meet's announcer failed to show, Sheahen stepped in and, with considerable help from Pete Mundle of the Santa Monica Track Club, announced all the proceedings for the meet except when he was running.

Fellow Valley athlete **GEORGE KER** 50, won the shot put with a 50'10½" heave, and won the discus with a throw of 149'.

**GORDON FARRELL**, holder of the world 55-59 triple jump record at 41'5". won the long jump in 15'6 ¾" and also won the triple jump.

**BOB LONG**, whose familiar face is seen at nearly every SFVTC workout, won the 55-59 3000-meter steeplechase and took 3rd in the 5000 in 19:03.8.

SFVTC'S MORRIE GLEIMER 60, was on hand, running well in the 100, but going unplaced in the very tough competition.

Athlete-of-the-meet award went to Jack Greenwood, 49, of Medicine Lodge, Kansas. A star hurdler for Kansas University in the early 1950's, Greenwood won 7 gold medals in the 45-49 age division. His winning marks were: 100-meters: 11.4; 200-23.2; 400-52.0; 100-hurdles - 15.3; 400-hurdles - 58.7; and he anchored the winning 400 and mile relays. "Now I know how Mark Spitz felt," smiled the savings and loan executive.

Seventeen new world masters records were set in the 3-day competition. Among them were a 25.9 in the 60-64 200-meter dash and a 12.6 in the 100-meters, both set by UCLA professor Dr. Fritiof Sjostrand 62.

Dick Stolpe 50, of Omaha set a world mark of 54.6 in the 50-54 400-meters. Dr. George Sheehan 55, of Rumson, N.J., set a new American 55-59 mark of 4:45.7 in the 1500.

C.E. Kline 65, of Richmond, Va. set a world mark of 65.1 in the 400. Jim O'Neil 50, of Sacramento broke his own American record by 23 seconds with a 16:19.6 in the 5000. John Gilmour 55, of Perth, Australia broke his world mark with a 16:25.8 in the 55-59 5000.

In field events, Honolulu's venerable Bud Deacon 64, vaulted 11' for a new 60-64 pole vault mark. Walt Westbrook went over the bar at 8'6" for a new 70+ mark. Ed McComas of Baltimore broke his own American mark with a 53' 3 3/4" shot put.

The site of the 1976 U.S. AAU Masters Championships will be selected at the annual AAU meeting in New Orleans in November. Rumor is that Jack Greenwood, an active member of the national committee, as well as an outstanding runner, is working hard to bring the meet to Kansas. The Chicago area is also a possibility.

FIRST WORLD MASTERS TRACK & FIELD CHAMPIONSHIPS -- Toronto, Canada -- August 11-16, 1975

The first World Masters Track & Field Championships were held in Toronto, Canada August 11-16 with over 1400 veteran athletes from 27 nations competing in 5-year age division.

The level of competition was awesome in many events as the top Masters athletes in the world met face to face for the first time.

As he did in the U.S. Masters meet in White Plains, JOHN DAMSKI rose to the pressure of the occasion with his two best performances of the year.

Damski triple-jumped 33'2 1/4" a foot-and-a-half better than he leaped in New York to pick up a 2nd place silver medal. John's jump was only 5" from the 60-64 American age record held by Bud Deacon. It took a new world record jump of 34'3 1/2" by Canada's Ian Hume to beat him.

Wearing the solid green of the SFVTC, Damski took another silver medal in the high jump at 4'7 1/4", losing to Hume, again, who managed 4'9".

In his best jump of the year, John long-jumped 15'3", good for 4th place in the extremely tough competition in this event. He beat Hume in this one (15'2") but lost to Germany's Schneider (16' 1/2") and Lasch (15'11") and the world record holder -- at 17'4" -- John Satti of the U.S. who leaped 15'5 1/2" for 3rd.

FIRST WORLD MASTERS (Cont'd)

AL SHEAHEN ran a lifetime best 61.7 to finish fourth in the 40-44 400-meter intermediate hurdles, setting a new age 43 American record. Sheahen was the first American finisher, just missing a 3rd place bronze medal by 0.2. England's Colin Shaftoe won the event in 60.0, followed by South Africa's Danny Burger in 60.3 and England's Keith Whittaker in 61.5.

Fellow Valley athlete Gordon Farrell 57, Van Nuys, won two gold medals in the 55-59 division with a long jump of 16'4" and a triple jump of 35' 4 3/4".

Valley College Track & Field Coach George Ker 50, tasted defeat for the first time this year, taking 2nd with a shot put of 50'11 3/4", and 3rd with a discus throw of 145'2". Hombrecher of Germany won the shot with a world record 57'7 1/4" while world record holder K. Jouppila of Finland won the discus at 169'4".

Performances in the meet bordered on the unbelievable. Australia's Alby Thomas 40, won the 1500 in 3:59.5, the equivalent of a 4:17 mile. America's Norm Bright 65, set three new world marks, including a tremendous 4:59.8 in the 65-69 1500.

Australia's Theo Orr 50, won four gold medals, including a world record 9:22.2 in the 50-54 3000-meter run. Los Angeles' Mauro Hernandez set a new American mark in the same race, finishing 4th in 9:44.6.

Australia's John Gilmour 55, broke his own world mark in the 55-59 3000 in 9:28.6. Hal Higdon 44, of Michigan City, Indiana, set a new American mark in winning the 3000-meter steeplechase in 9:18.6, defeating world record holder Jim McDonald of New Zealand (9:16.6) and Doug Worling, Australian champion.

Bill Fitzgerald 50, of Palos Verdes won the 800 in 2:01.9 and the 1500 in 4:23.4. Dave Jackson 44, of Los Angeles, a 1960 Olympian, won the long jump in 20'10 3/4" and triple jump in 44'8 3/4". Al Guidet of California City won the 100, 200, 400-hurdles in the 55-59 group.

Other former Olympians competing were Thane Baker (1952), now 43, who won the 100 meters in 11.1, but pulled a hamstring muscle in the 200; Fresno's Phil Conley (1956), who won the 40-44 pentathlon with 2704 points and won the javelin with a 206'4" throw; and Hal Connelly 43, who placed 3rd with a hammer throw of 197'5".

England's Roy Fowler 40, won the 5000 in 14:52.0, the 10,000 in 31:19.6, and the 10,000 cross-country run in 32.51. Jack Greenwood 49, of Kansas, won the 100, 200, 110-hurdles and 400-hurdles.

Ed Gookin 40, of San Diego won the "most-frustrated-athlete-of-the-meet" award, running exceptionally fast times of 2:01.9 in the 800 semi-finals, and 4:11.0 in the 1500 semi-finals, but just failing by inches in each to qualify for the finals in the extremely tough competition.

An 8-member international Masters committee was formed, including Dave Pain, San Diego, and Bob Fine, New York. An invitation was accepted to hold the 2nd World Masters Track & Field Championships in Goteborg, Sweden in 1977.

A TIME TO REMEMBER - by Al Sheahen

The First World Masters Track & Field Championships in Toronto, Canada was a memorable experience for all who attended. "I wouldn't have missed it for anything in the world," was a frequent comment. "I made friends with people from all over the globe," was another. "I'm going to relax for a couple of weeks, then start pointing for Sweden in 1977," said another. "I'm going to Sweden in 1977 even if I'm not in shape to run, just to be a part of this," said yet another.

Over 1400 veteran athletes from 27 nations competed in the 5-day "Masters Olympics" at Toronto's Etobicoke Stadium. The 515-member American contingent was the largest, followed by Sweden, Canada, Great Britain and Australia, who all sent sizable teams. Other nations represented were Austria, Belgium, Brazil, Denmark, Finland, France, Germany, Guyana, Holland, Northern Ireland, Republic of Ireland, Italy, Japan, New Zealand, Norway, Rhodesia, Scotland, Singapore, South Africa, Venezuela, Yugoslavia and Wales.

Prior to the Toronto meet, 615 athletes from 13 nations competed in the 3-day U.S. Masters Championships in White Plains, New York.

The First World Games got off to a rocky start, and in fact, came close to being aborted by the interjection of international politics. It was while the U.S. Masters International Track Team was competing in White Plains that Dave Pain, captain of USMITT and one of the key organizers of the Toronto games, got word from Don Farquharson, President of the 1975 World Masters Championships, that the Canadian government, in an 11th hour decision, was insisting that the South African and Rhodesian athletes be banned from competing in the meet.

The government had provided \$24,000 in financial aid to the meet organizers and had promised \$8,000 more to pay the officials. They demanded the barring of the African athletes or their money back. The Canadian meet organizers had long ago invited the Africans and had accepted their entries, but were faced with bankruptcy if the government withdrew its \$32,000. So they wired the Africans to stay home. But the Africans had already left and were in New York, competing in White Plains. Nevertheless, the meet directors voted to ban the Africans from the competition.

When Dave Pain and others in White Plains learned of this on Saturday, three days before the start of competition, they were furious. At a Saturday night meeting of the U.S. Masters, it was unanimously voted to urge the Canadian meet organizers to reconsider, and the Africans to compete.

In a telephone interview which made the front page of the Toronto Star, Pain said: "Many of the athletes on my team are ready to pull out if the South Africans are not allowed to take part. Representatives of the other teams that I have spoken to about the Canadian ban have indicated they will follow suit. The Canadian government has no right to do this." Pain said the 15 South Africans had entered as individuals, not as a sponsored team, each paying their own \$2000 air fare and expenses.

"They've come all this way only to be unceremoniously kicked out by Canada," said Pain. "It's like inviting friends to dinner and slamming the door in their faces when they arrive."

Over the weekend, Pain, determined that the U.S. team could raise the \$32,000, if necessary, to prevent the Canadian meet organizers from bankruptcy if the South Africans competed.

On the arrival of the U.S. team in Toronto at noon on Monday, the story was on the front page, and a top item in television and radio newscasts. At an airport interview with the Star, Pain said: "The whole Masters' concept is that of individuals competing among themselves and not representing a country. It is non-political. The government should stay out of it. The South Africans have passports to be in this country; they're not here illegally. They haven't done anything wrong but it just happens they came here to compete in a track and field meet."

At the same interview, American black athletes Dave Jackson, Don Cheek and Tom Clayton said they were in favor of the Africans competing, but were undecided as to whether they would withdraw from the meet if the ban was upheld.

At a Monday luncheon meeting with Farquharson, Meet Vice-President Elwyn Davies and attorney Don Champagne, Pain urged them to reconsider their decision and admit the South Africans. He promised to raise the \$8,000 to pay the officials, and to raise the \$24,000 if the government demanded the money back. Everyone agreed, however, that the government was on shaky legal ground if it wanted its money back, since it had stipulated no conditions originally, and the money had already been spent.

The \$8,000 was another matter, since it was to pay the officials, who were en route to Toronto from throughout Canada at that moment. Farquharson pointed out that if the organizers were to defy the government, the officials might refuse to participate in the meet even if the \$8,000 WERE available to pay them. Since most of the officials hope to referee at the 1976 Montreal Olympics, Farquharson felt they might well walk out on this meet rather than risk blacklisting by the Canadian government. Pain said that, should that happen, the U.S. team would provide officials from among its members; that many were qualified to run events, and others would gladly volunteer; that the meet would obviously not run as smoothly, but that it would go on.

Clearly, the Canadian meet organizers were in a tough spot. They wanted to be fair to the South Africans whom they had invited and whose entries they had accepted, and who were now in Toronto ready to compete. They were concerned with the threat of the withdrawal of many athletes if the So. Africans were barred, and they were concerned with possible reprisals by the Canadian government if the South Africans were allowed to compete. They were grateful to Pain and the U.S. team for publicizing the situation in the media, thus putting pressure on the government to back off a bit on its demands.

Later that afternoon and evening, Pain held interviews with the Toronto Sun and appeared on the nationwide Canadian National Broadcasting television network, saying that while we may not agree with a nation's internal social structure, politics has no place in athletics, and that even if it did, we could probably help to change the world better by inter-communication with people with whom we disagree, rather than by boycotts and the shutting off of ideas and verbal exchange.

At this point, it was clear that, regardless of the outcome of the Canadian decision, the Masters Track and Field Program had achieved more publicity than at any other time in its history. The story had carried to other countries. Pain was interviewed by the New York Times and United Press, which carried the story nationwide to thousands of its U.S. affiliates. Millions of people who had never heard of Masters Track & Field before, were now aware of the program.

On Monday night, the Canadian meet organizers voted 6-5 to rescind their ban and allow the South Africans to compete. "Track Officials Defy Ottawa," headlined the Toronto sports pages the next day.

Farquharson said: "Our committee debated for some length of time but at no time did the South African apartheid situation enter the conversation... we felt the government's decision was offered at so late a stage that it was unfair to the competitors."

"We're obviously very pleased," Pain said, "It saved us a lot of problems and hard feelings. Our position was completely a matter of principle. Next time it could be Canada or the United States in the same position as the South Africans are here. The decision of the Canadians demonstrates the independence of the Masters."

Harry Lampert, one of the South African competitors, said it was "a tremendous sense of relief for the South Africans. We have great admiration for the courage of the Canadians to make their decision."

Immediately after the vote was announced, the five-member Yugoslavian team said it was pulling out in protest because it didn't want South Africans to compete.

Meanwhile, Ed Phillips had been rounding up potential officials from among U.S. members in the event they were needed. Happily, they were not, as the whole issue died down very quickly and the meet went on as scheduled. The officials, as it turned out, were superb and contributed enormously to the success of the meet.

Marc LaLonde, the Canadian official who demanded the ban, was on vacation and "could not be reached for comment." A spokesman said: "There's not too much we can do."

The persistence and determination to fight for principle in the face of overwhelming odds by Dave Pain was clearly the difference in persuading the Canadian officials to rescind their ban by one vote. It would have been so easy to roll over, take the \$32,000, tell the South Africans "sorry" and go on with an untroubled meet. But Masters athletes are not the kind that turn tail and sacrifice principle just to run in a track meet.

In an editorial, the Toronto Sun said: "Why in God's name deliberately insert politics into sport? Bravo for those athletes who threatened to boycott the meet unless all could compete! They understand principle better than politicians. They also gave backbone to the organizers to tell Ottawa to jump in the lake...."

The meet began on Tuesday as scheduled with the Pentathlon and a 10,000 meter cross-country course, up 45-degree hills and through 50 yards of 2-foot-deep water. It was a real thrill to watch the hundreds of athletes from different countries as they ran by. Australia, then Sweden, then Canada, France, USA, Venezuela, Great Britain, Finland....the Olympics could not be more exciting.

Hamburgers and beer were served at a social gathering of athletes and friends following the cross-country, which was highlighted by the oldest competitor in the meet, legendary, 90-year-old Duncan MacLean, the "Tartan Flash" from Scotland, entertaining the crowd. MacLean, a former stage understudy to the late Sir Harry Lauder, sang two songs he composed especially for the occasion, "The Four-Minute Mile" and "Push and Go." MacLean says "Every muscle you have is there for a purpose and if you don't use them, they'll die."

On Wednesday evening, the games officially opened with a parade of all the athletes under white and red national banners. The Toronto Globe reported that 20 protesters showed up because of the African decision, but no one seemed to notice.

Thursday thru Saturday saw some of the most amazing performances ever achieved by Masters athletes...Alby Thomas, Jack Greenwood, Bill Fitzgerald, Roy Fowler, Jim McDonald, Dick Stolpe, Al Guidet, Hal Higdon, Anne McKenzie, Fritio Sjostrand, Norm Bright, Ken Carnine, Theo Orr, John Gilmour, Jim O'Neil, Ian Hume, Ed McComas, Phil Conley, Dave Jackson, Shirley Davisson, Garbisch of Germany, Jack Brown, Gordon Farrell, Eric Austin. It was a thrill just to watch them.

Ed Gookin won the "most frustrated athlete of the meet" award. A 40-year old from San Diego, Ed ran a sensational 2:01.9 in the 800 and a 4:11.0 in the 1500, yet did not even qualify for the finals in both events. The competition was very very tough. But that's what it's all about, isn't it?

On Friday morning, about 150 athletes gathered for a Masters International Committee meeting. It was voted:

- 1) To defer any decision as to the frequency of the World Championships until 1977, although the general sentiment seemed to favor a meet every two years.
- 2) To accept the invitation of the city of Gothenburg, Sweden to host the 2nd World Championships in either June or August, 1977.
- 3) To form an eight-member international committee, including Dave Pain and Bob Fine of the United States to propose policy on an international level and to work with the meet organizers in Sweden to insure a top-caliber meet in 1977.
- 4) To look into the controversy between "professional" and "amateur" Masters athletes, which has caused some athletes to be barred from Masters competition in some countries.

Highlight of the Saturday competition was the 200-meter dash for athletes over 80, featuring Duncan MacLean, Charlie Speechly 88, England, and Fritz Schreiber 81, of Sweden.

The young whippersnapper of the group, Schreiber, was first with MacLean second. Not even perspiring or out of breath minutes after the race, MacLean was ready to go again. "I'll race him again right now. Maybe I could beat him two out of three," he said.

After the competition ended on Saturday afternoon, Don Farquharson led the athletes in a victory lap around the track.

All the athletes and their guests attended a banquet Saturday night at the Four Seasons-Sheraton Hotel. Dancing and good fellowship followed dinner.

On Sunday, some competitors toured the Canadian National Exhibition, others went to Niagara Falls, others started to pack, and many just reflected on the memorable six days just past.

On Monday, the US charter took off for Los Angeles. Some carried medals. Some did not. All carried memories they would not soon forget.

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NEW MEMBERS

Leal-Ann Reinhart  
11915 Goshen Ave. #2  
Los Angeles 90049  
820-5168  
10-11-47  
LD - 10 KM - 39:42

Heather Tolford  
22430 Domingo Rd.  
Woodland Hills 91364  
348-3127  
3-27-58  
Mile - 5:19

Bill Chapman  
4340 Ledge Ave.  
No. Hollywood 91602  
761-6101  
1-15-27

Jim Olsen (Associate)

Sid Madden (Associate)  
462 Mesa Rd.  
Santa Monica 90402  
459-1682  
10-27-07



## MY FIRST MARATHON

By Earl Rippee

Early Sunday morning, August 31, 1975, I showed up at Santa Monica College to attempt my first marathon. It was the day before Barbara and I were to celebrate our 25th (Silver) Wedding Anniversary, so I thought a marathon would be appropriate to the memorial occasion.

At the start of the race I had two objectives in mind; the first was to finish the race and the second was to run it in under 3 hours 30 min., in order to qualify for the Boston Marathon. Without keeping you in needless suspense, I achieved both objectives with a time of 3 hr. 28 min. 58 sec. But let me say that the entire race, from start to finish, represented much more than approximately 3½ hours of running time. For one thing, even though I used my own legs, body and mental effort I feel that I would not have achieved my objectives without aid and moral support from some nice people. First, my wife Barbara followed me around the course with liquids and a wet sponge, assisted by George Williams on a bicycle, both of whom gave me moral support and much needed encouragement. Dave Biederman paced me for the first half of the race and kept me from burning out too fast; then Lou Dosti and Mike Rich kept me going the last half. Mike ran on ahead as advance man while Lou stuck with me and kept me going when things really got tough at about 17 miles, while we were going up a long grinding hill. That's when I hit the "barrier" or "brick wall" that I had heard occurs near the 20 mile mark. Lou convinced me that once up the hill to San Vicente Blvd., it would become easier because it would be downhill from there to the ocean. I somehow made it to San Vicente, but I received a big shock when I discovered, with dismay, that going downhill didn't seem to help much. I knew, of course, that some "roller coaster" hills awaited me on Ocean Park Blvd., so it seemed logical that if I couldn't seem to get going downhill, how could I possibly handle the uphill portion later? At this point I saw Laszlo waiting far up ahead. This picked up my spirits because I figured that Laszlo could certainly see that I was "done in" and couldn't possibly finish the last 6 miles, and that surely he would take me out of the race and bring an honorable end to my agony. So what did he do? You guessed it! Instead of telling me to quit, he pointed to the runner ahead of me and shouted, "Catch up with dat guy"! I didn't have the strength to argue with him so I had no choice left, no last reprieve, so somehow I kept going, and miraculously I soon felt rejuvenated and picked up the pace and began to pass other runners. I even zipped up the Ocean Park Blvd. hills, comparatively speaking at least, finishing fairly strong.

Except for the trouble I experienced from 17 to 20 miles, my pace was fairly even - 36 min. at 5 miles, 1 hr. 15 min. at 10 miles, 1 hr. 55 min. at 15 miles, 2 hr. 38 min. at 20 miles and 3 hr. 20 min. at 25 miles.

It took me about a half hour to warm down and recover enough strength to untie my shoelaces. Aside from being a little stiff in my hip joints for awhile, I felt no discomfort after the race and now I'm thinking about the Honolulu Marathon to be held Dec. 14, 1975 and then, maybe I'll try the Boston.

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SOCIAL STUDIES  
DEPARTMENT

HARVARD SCHOOL  
3700 COLDWATER CANYON ROAD  
NORTH HOLLYWOOD, CALIFORNIA 91604

August 27, 1975

Mr. Laszlo Tabori  
San Fernando Valley Track Club

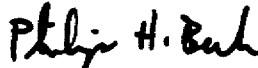
Dear Mr. Tabori:

I am happy to report to you that we have hired Mike Wagenbach as our cross country coach for the coming season. Everyone here was most impressed with him. He seems to be an outstanding young man and a very knowledgeable track coach.

Allow me to express our very deep appreciation for the time you took to introduce him to us. We have the greatest of respect for your expert recommendation and are very much impressed with the excellent program you have developed with the San Fernando Valley Track Club. I am pleased that some of our own students and parents have had the opportunity to become involved with the Track Club. Their consistent praise and enthusiasm for the Club's program is indicative of the high quality of your work.

Thank you again for your assistance and continued success with the Track Club.

Sincerely yours,

  
Philip H. Berk

From the inquiries received about the Honolulu Marathon, many have expressed an interest in the results of last years race and the other aspects of life here in Hawaii. Hopefully the following will answer most of the questions that you might have concerning our race.

1st Annual Honolulu Marathon, December 1973. 167 starters, 157 finishers.  
 Wimer-Duncan Macdonald, Hawaii. 2:27:34.

2nd Annual Honolulu Marathon, December 1974. 317 starters, 297 finishers. (347 entries)

	<u>Under 18</u>	<u>19-39</u>	<u>40-49</u>	<u>50-59</u>	<u>60 Up</u>	
Male	15	93	50	18	2	
Female	5	9	4	3		
Military						58
Cardiac						17
Sp Divisions						21

Winning Times:

Men-Open. Jeff Galloway (27)	2:23:02	Women. Cindy Dalrymple (32)	3:01:59
Jrs. Jerry Chun (15)	2:51:16	Jrs. Joy Chun (14)	3:16:49
Mstrs Andrew Ivan (47)	2:54:00	Vets. Jan Newhart (46)	4:02:16
Vets Joe Goo (50)	3:10:16	Note. Women 40 and up in one division.	
Srs A. Corpacious (67)	3:36:35		
Military D. Kersey (33)	2:49:38		
Univ of Haw. P. Banko (19)	2:34:47		
Cardiac Jay Clark (39)	3:08:02	(This was not a racing division-finishers recognition only; Every finisher received a trophy)	

December Weather:

Generally at starting time the temperature will be in the low 70's, climbing to the 80's around 1030. Humidity varies between 50 to 60%. Normally the prevailing Trade Winds will be blowing into the runner on the outward leg. As long as they do not exceed 10 to 15 knots, no problem. For the return leg, the trades will be from the rear. The humidity is deceptive as you "feel cool" while running. However the failure to take on liquids can lead to serious problems. In the 1973 race one local runner ignored the warning signs and suffered from de-hydration and failed to finish.

Who will be running?

As of 1 August, Jeff Galloway will be returning to defend his laurels. Kenny Moore has accepted and will be returning with his lovely wife Bobbie (see Sports Illustrated August 11). Frank Shorter may return. Jack Foster has accepted conditionally as has Tom Howard of Canada. Steve Hoag has expressed a desire to run here and probably will be a starter. Joan Ulyot and Eileen Waters have accepted invitations and will be among the starters. Locally we have two sub 2:20 marathoners, Duncan Macdonald and Dan Moynihan training for this one. Jacki Hansen (SFVTC), American Record Holder, has also just accepted an invitation.

#### Odds and Ends from the 1974 Race:

27 runners broke 3 hours. The closest division was the Masters, with the first 5 finishing within 5 minutes of each other. The oldest runner was Phillip Kaaihue of Honolulu, age 68. Youngest was John Stricklin, Honolulu, age 6. We had over 40 Doctors, mainly those who are members of the American Medical Joggers Association (the AMJA has been holding one of their annual meetings here for the past three years). Dr John Pagliano, Long Beach California, turned in the best time, 2:47:41. We have a large number of running families enter every year, headed up by Dr. and Mrs. Hunky Chun and their talented six children (3 boys, 3 girls). Daven, age 10 turned in a fine 3:02:23. Scott Cole, age 13 of the "Ky" Cole family ran a barefoot 3:11:11. We are changing the awards this year, largely on the suggestion of one of the out-of-state runners. It was thought that an Hawaiian designed artifact type trophy would be more fitting than the typical "plastic" affair. With the help of Dr. Kenneth Emory, Bishop Museum, we believe that we will have an award of historical significance and value. Last year we presented over 125 awards to the 297 finishers. We hope to better that this year.

#### Accommodations:

The Sheraton Waikiki package mentioned in our Runners World Announcement, is 7 nights for \$88.00, double occupancy. The Sheraton is an excellent hotel, in the heart of Waikiki, fronting on the ocean. Mr. Bob Holden, President of the Sheraton Hotels in the Pacific, is an enthusiastic supporter of the Honolulu Marathon and will be among the starters this year. Normally hotel space is not a problem during early December; however this is subject to change, and without warning. Advance reservations are highly recommended.

For military personnel, active and retired, the Armed Forces Recreation Center at Ft DeRussy will be opening the Hale Koa (House of Warriors) Hotel in October. While the rates will be a little less than comparable "civilian" hotels, you actually might do better with a tour package. For reservations, write to the Hale Koa, Ft DeRussy, Honolulu, HI 96815.

#### Travel:

Air Fares from the West Coast run a little over \$200.00, for a round trip. However there are so many variables that it would be impossible to quote any costs at this point in time. It is recommended that you look into a "Tour Group Package" that is likely to be available through a Travel Agency. We have seen a number of packages that offer air fare, lodging and other extras for about \$600.00 from the East Coast. While the costs may seem high in connection with running a marathon, we believe that coming out here offers one the additional opportunity to take a first class vacation. Yes, enjoy the spirited competition of the marathon and then relax and have some fun. Last year we had over 70 off Island runners compete. From all indications these runners will be back along with a few friends.

For military personnel who might be considering "Space A", a word of caution. From all indications this mode of travel is quite risky with respect to getting here at a particular time. We have noted a drop off in available space both coming to and leaving Hawaii. Military standby would seem to be the best bet to get here on time.

We hope that you will make the decision to come on over and run in the Honolulu Marathon. We have a wonderful course, good competition, and offer ample opportunities for one to win an award. The objective of the Marathon Committee is to provide a setting for all runners to run their best ever. As the Committee members are all veterans in the field of long distance running, we are aware of the runners needs and desires. And we aim to please.

From all on the Marathon Committee, Honolulu Marathon Association, WARM ALOHAS

# 3RD ANNUAL HONOLULU MARATHON

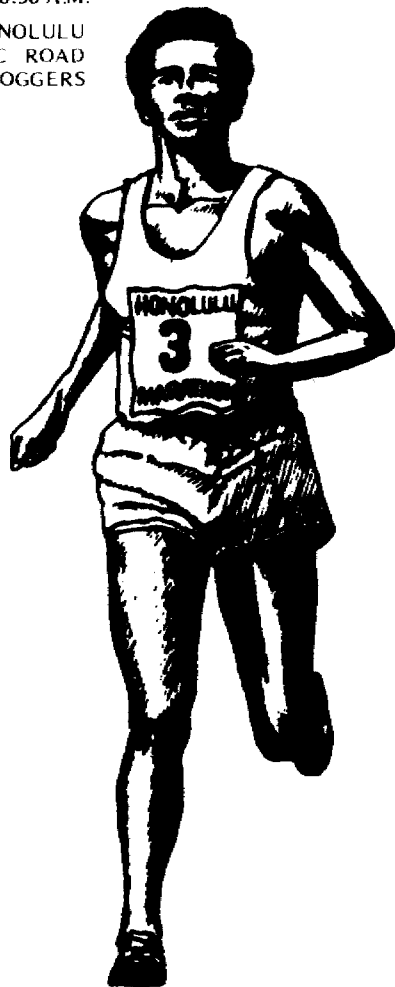
## A.A.U. Certified Course

Hawaiian Association Sanction No. 0297

HONOLULU, HAWAII      SUNDAY, DECEMBER 14, 1975      6:30 A.M.



SPONSORED BY THE CITY AND COUNTY OF HONOLULU WITH THE COOPERATION OF THE MID-PACIFIC ROAD RUNNERS CLUB AND THE AMERICAN MEDICAL JOGGERS ASSOCIATION.



**COURSE:** (See map upside) Aloha Tower, Waikiki Beach, Diamond Head, Hawaii Kai and return to Kapiolani Park. Entire course on flat, paved surface.

**AID STATIONS:** Thirteen stations at approximately three mile intervals. Ample refreshments available.

**DEDICATION:** 1975 race dedicated to Mr. Francis H. Ii Brown, patron of Hawaii sports.

**AWARDS:** Mayor Frank F. Fasi Perpetual Trophy to winner. Francis H. Ii Brown Perpetual Trophy for first local finisher. Certificates and T-shirts to all finishers. Over 100 awards in following divisions:

**DIVISIONS:** Regular Divisions (see upside application for rules)

<b>MENS OPEN</b>	<b>WOMENS OPEN</b>
19 & Under	19 & Under
20-29	20-29
30-39	30-39
40-49	40-49
50-59	50-59
60 & Over	60 & Over

**SPECIAL DIVISIONS**  
 Juniors (12 & Under)  
 Cardiovascular (special entry blank required)  
 Team (based on average time)  
 Military                      Mother-Daughter  
 Three-Man                    Husband-Wife  
 Father-Son                    Family  
 Others to be added at Committee's discretion.

**ENTRY FEE:** \$4; \$6 if late. Due by 5 p.m., December 13. No entries accepted on day of race. Address checks to Honolulu Marathon and send to:

Entry Deadline Dec. 6 - \$4.00  
 Late Entries accepted until Dec. 13 - \$6.00

AAU: All runners must have current AAU card. Registration will be conducted at pre-race check-in, but please get cards in advance if possible.

**MANDATORY CHECK-IN:** Pre-race registration from noon to 4 p.m., Saturday, December 13, at Kapiolani Park Bandstand.

**POST RACE ACTIVITIES:** Awards ceremony, band concert, special entertainment and informal picnic at Kapiolani Park Bandstand at approximately 1 p.m.

FOR FURTHER INFORMATION CALL RACE DIRECTOR TOM FERGUSON AT (808)423-1478.

HONOLULU MARATHON ENTRY FORM

(Complete both sides, Enclose check)

Full name (print) \_\_\_\_\_ Occupation \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

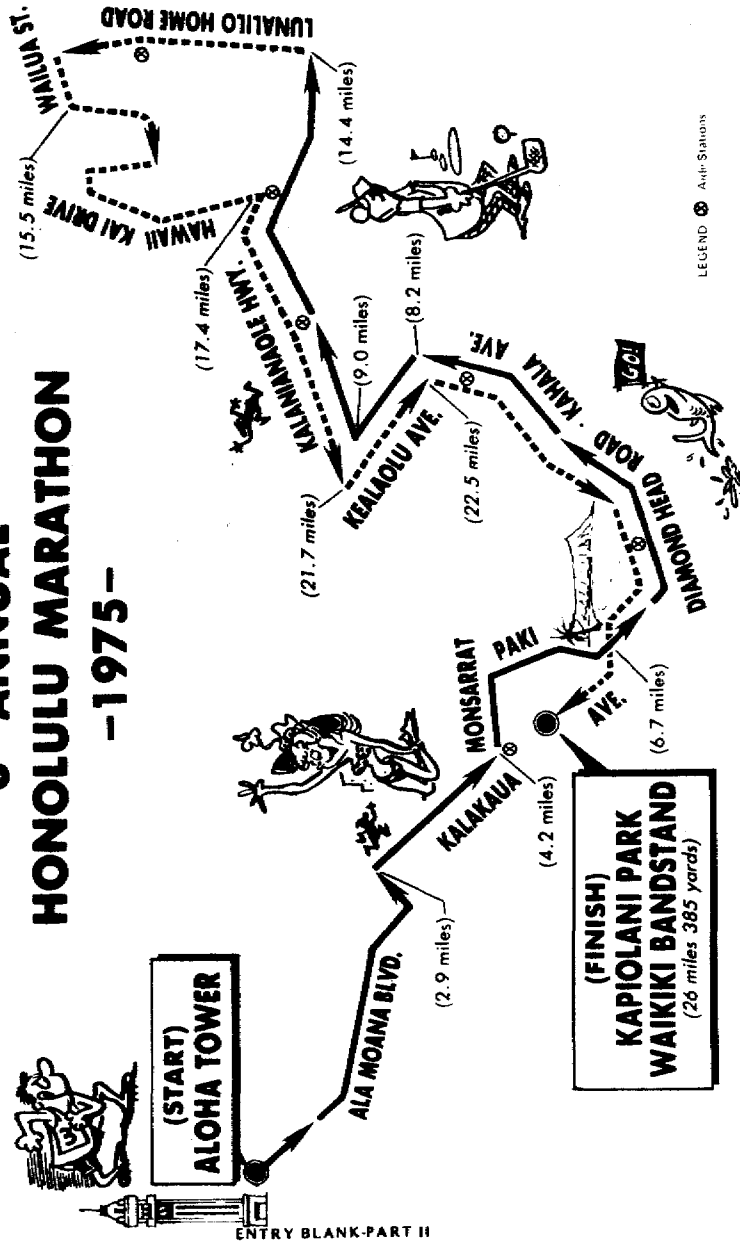
AAU No. \_\_\_\_\_ Age (race day) \_\_\_\_\_ Sex \_\_\_\_\_ Club/School \_\_\_\_\_

Previous Honolulu Marathon time \_\_\_\_\_ Year \_\_\_\_\_ Predicted 1975 time \_\_\_\_\_

Previous best marathon time \_\_\_\_\_ Where? \_\_\_\_\_ T-shirt size S M L XL (Circle one)

YOUR CANCELLED CHECK IS ACKNOWLEDGEMENT OF RECEIPT AND WILL CONTAIN RACE NUMBER. PLEASE COMPLETE MEDICAL CERTIFICATE, SIGN WAIVER AND INDICATE DIVISION ON OVERSIDE.

# 3<sup>rd</sup> ANNUAL HONOLULU MARATHON -1975-



ENTRY BLANK-PART II

**PROTESTS:** In the event of any protests, the Race Director's decision will be final.  
**DIVISION PREFERENCE:** (Once you indicate your preference for a Regular Division, no changes will be permitted).

Select only one Regular Division listed on front \_\_\_\_\_

Select one or more Special Divisions \_\_\_\_\_

**MEDICALLY CERTIFIED FIT TO RUN:**

Date: \_\_\_\_\_ Physician: \_\_\_\_\_

In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators waive any and all rights and claims for damages I may have against the City and County of Honolulu, the State of Hawaii, the Mid-Pacific Road Runners Club, the American Medical Joggers Association, the Hawaiian Association of the Amateur Athletic Union of the United States, or individuals associated with the Honolulu Marathon for any and all injuries suffered by me in this event. I will

additionally permit the free use of my name and pictures in broadcasts, telecasts, etc. I further acknowledge I am a registered or certified amateur according to AAU laws.

Signature \_\_\_\_\_ Date \_\_\_\_\_



"It is not the critic who counts; not the one who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the one who is actually in the arena; who strives again and again; who knows the great enthusiasm and the great devotion and spends himself in a worthy cause; who, at the best, knows in the end the triumph of high achievement; and who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat." -- Theodore Roosevelt

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

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

Meetings of the club, where members may meet one another in a body, and promote good fellowship, are held on the final Thursday of each month at 7:30PM in Bungalow 45 on the Valley College campus.

The club offers discounts on equipment to members. It publishes a monthly newsletter, outlining club activities, summarizing race results and listing upcoming events.

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NEW MEMBERSHIP APPLICATION

NAME \_\_\_\_\_ DATE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 BIRTH DATE \_\_\_\_\_ AAU NO. (if any) \_\_\_\_\_  
 INTERESTED IN:                      EVENT                      BEST TIME  
 TRACK \_\_\_\_\_  
 FIELD \_\_\_\_\_  
 LONG DISTANCE \_\_\_\_\_

I would like to be enrolled in the category checked below:

Yearly membership (includes monthly newsletter)

- |  |   |
|--|---|
| <input type="checkbox"/> Individual Membership ... \$10<br>(Reg. or Associate) | <input type="checkbox"/> Sustaining Membership ... \$ 50          |
| <input type="checkbox"/> Family Membership ..... \$15                          | <input type="checkbox"/> Century Membership ..... \$100           |
| <input type="checkbox"/> Contributing Membership . \$25                        | <input type="checkbox"/> Patron Membership ..... \$500 or<br>more |