

SAN FERNANDO VALLEY TRACK CLUB

Coach: Laszlo Tabori
(213) 837-4794



Suite 900
18321 Ventura Blvd.
Tarzana, Calif. 91356

VOLUME 2 NUMBER 11

NEWSLETTER

NOVEMBER-DECEMBER, 1976

OCTOBER-NOVEMBER HIGHLIGHTS

MIKI GORMAN breaks women's veterans world record with 2:39:11 marathon in New York.

LEAL REINHART takes 2nd in Women's National AAU Marathon Championships in Culver City.

SFVTC WOMEN's team places 3rd in National AAU Cross-Country Championships in Miami.

RON KURRLE finishes 3rd in National AAU Marathon Championships in Louisiana; wins Long Beach 16-miler; 5th in Beverly Hills 10km.

JACKI HANSEN nabs 8th in Women's International Marathon in Germany; sets 15km course record in Vienna.

SFVTC WOMEN's Cross-Country team wins SPAAAU Championships.

KIKI LANTRY wins SPAAAU Age 12-13 Cross Country Championship; takes 2nd in Nationals in Miami.

VICKI COOK wins SPAAAU 10-11 championships; gets 3rd in Miami.

DENNIS STANSAUK places 4th in Reno, Nevada Bicentennial Marathon.

RAY HUGHES wins sub-master Mile Square Park 10km and Long Beach 16m.

ED KEYSAR, on comeback trail, runs 37:18 in Las Vegas 10km.

COMING UP IN DECEMBER

Sun, Dec. 12. National Masters AAU Marathon, Honolulu.

Sun, Dec. 12. National AAU Senior & Master 3000 meter team race, La Crescenta.

Fri, Dec. 10 & 17. All-Comers Track Meet, West Los Angeles College.

Fri, Dec. 17. All-Comers Track meet, Glendale College.

Sat.-Sun, Dec. 11-12. 7th Annual U.S. Track and Field Federation Winter Decathlon at Glendale College.

Sun, Dec. 19. San Bernardino Bicentennial Marathon.

Sun, Dec. 26. Rose Bowl Handicap.

GORMAN SETS NEW WORLD RECORD

MIKI GORMAN broke the women's veteran class world's record for the marathon with a time of 2:39:11 to win the 1st annual New York City Marathon. Gorman 41, broke her own record by 8 minutes. Her time is close to the women's open marathon world record held by teammate JACKI HANSEN. MIKI finished 70th among the 2002 starters through Staten Island, Brooklyn, Queens, across the Queensboro Bridge into Manhattan and the finish line in Central Park.

DATE/TIME	EVENT/DISTANCE	DIRECTOR/LDR LIAISON MAN	AWARDS	CONTACT/LOCATION
SAT DEC 11 10:00am	2nd ANNUAL DESERT HOT SPRINGS ROAD RUN. <u>WOMEN ONLY!</u>	Rosemary Woodward, 11-711 West Dr. Desert Hot Springs, 92240	Mary & various SUPER AWARDS!!	Contact Rosemary Woodward for directions to race site.
SUN DEC 12 10:00am	NATIONAL SENIOR & MASTER 3,000mtr TEAM RACE. SPECIAL 3,000 mtr. WOMANS TEAM RACE.	PRE-ENTRY ONLY!!!! Write to: Sam Nicholson, 4946 Fredrick, La Cres- centa, 91211. Or write to Steve Broten	Trophys to winners of Seniors, Masters races. Natl. medals to each winning team. Team tro- phys to 1st 3 teams of each division.	<u>NO INDIVIDUAL ENTRIES</u> , you must be on a club team to run in this race. Take 210 Fwy J. to Pennsylvania Ave. in La Cres- centa. S. to Honolulu Ave., R. 2 blocks to La Crescenta Park. OR: Golden State Fwy to Sunland Blvd., R. to La Tuna Cyn Rd. for 7mi to Honolulu Ave., R. to La Crescenta Park.
SUN DEC 19 10:00 am	4th SKUNK HOLLOW 15km HANDICAP Ribbons to all finishers.	Connie Rodewald, #52 Sharon, Camarillo 93010 (805) 482-5360	5 HDCP; open, sub-mast- ers, vet 40, vet 50, G/ W/W, jr. Awards beyond 1st to be by attendance.	Paved hilly road through the golf course & agricultural land, last 2m are dirt. Ventura Fwy to Las Posas Rd., N. 1mi to Crestview Park. Restrooms.
SUN DEC 26 10:00am	ROSEBOWL HANDICAP	10.08mi 3.07mi	Fast time -10; HDCP 10; 13-15 5; 12 & U 4; G/W/ WV 2/2/2	3 loops plus a flat course, around Rose bowl. Check in at picnic tables S. of Rosebowl.

SPECIAL NOTE: IF AT LEAST 5 PEOPLE DO NOT VOLUNTEER TO HELP AT THE ROSEBOWL HANDICAP RUN, IT WILL BE CANCELLED!!!!
ALSO -- A LDRC MEETING WILL BE HELD AFTER THIS RACE. ALL CLUBS SHOULD SEND 1 DELEGATE. ALL OTHERS ARE WELCOME.

REINHART 2ND IN U.S. AAU NATIONAL WOMEN'S MARATHON CHAMPIONSHIPS

Almost a year to the day of her first Marathon try, determined LEAL REINHART climaxed an outstanding year with an excellent 2nd place finish in the 1976 Women's AAU National Marathon Championships at Culver City December 5.

Her 2 hours, 50 minutes, 36 seconds was a full 14 minutes faster than her 1975 Culver City time.

Over 400 entrants competed in the combined men's-women's traditional run. Teammates JACKI HANSEN and MIKI GORMAN did not compete; Gorman is pointing for the Honolulu Marathon December 12th.

Julie Brown won the women's division with a 2:45, an exceptional performance for her first marathon.

REINHART's improvement in 1976 has been dramatic. In February, she won the 6.1 mile Elysian Park run in 36:32. In June, she won a mile at the Pierce All-Comers meet in 5:24, and took 2nd in the finals in 5:14.5. She ran a 37:32 10km at Santa Monica August 28th. Then she finished 8th in the women's national 10km championships in San Francisco in 37:08. And she's been part of SFVTC's women's team that has garnered many trophies in 1976 competition. Congratulations on a fine year.

1976 WOMEN'S NATIONAL AAU CROSS-COUNTRY CHAMPIONSHIPS -- November 27 -- Miami, Fla.

Selling T-shirts for four days at the 1976 AAU Track & Field Championships at UCLA in June paid off for the SFVTC's innovative and talented women's cross-country team as they were able to use the T-shirt proceeds to fly to Miami for the 1976 Women's Cross-Country Championships.

The team of LEAL REINHART, MIKI GORMAN, JACKI HANSEN, DEBBIE HEALD and HEATHER TOLFORD took 3rd place with 124 points. The Los Angeles Track Club, led by Julie Brown (2nd) and former SFVTC-er Sue Kinsey (4th) won the team title with 92 points. Iowa State was 2nd with 104 points.

RON KURRLE continued in outstanding form in finishing 8th overall in 2:25. JOHN MADVIG gave SFVTC two finishers in the top ten, coming in 9th right behind RON in 2:25 and change. More results on the Culver City Marathon in January's newsletter.

Uniforms, which have been out of stock for some time, are now available from the club office, 18321 Ventura Blvd., Suite 900, Tarzana 91356. Solid green with white lettering. Cost \$12. Small, medium, large. Call Gaby or Earl at 996-1400.

WOMEN'S INTERNATIONAL MARATHON
October 2 -- Waldniel, Germany

"Marathon runners," wrote Jeffrey Hansen in the Los Angeles Times, "can perform erratically. It depends on how they feel. It depends on the weather and temperature. And it depends on the track-- whether it's flat or hilly.

"But most of all, a performance -- good, bad or mediocre -- depends on showing up at the race site."

Thanks to Hansen's article in the Times, which resulted in several sizeable contributions, and to funding from other sources, women's world marathon record holder JACKI HANSEN was able to make the trip to Germany and show up at the site of this most-prestigious woman's marathon in the world.

She didn't win, but her world record of 2:38:19 remained intact as Germany's Christa Vahlensieck finished 1st in 2:45:25; Wisconsin's Kim Merritt was 2nd in 2:47:12. JACKI 8th in 2:55:50. A week later in Vienna, Austria, JACKI set a new course record of 54:40 for 15 kilometers. Traveling companion TOM STURAK notched a 54:07 in the same race.

SPAAAU CROSS COUNTRY CHAMPIONSHIPS
November 7 -- San Dimas -- 3 miles

SFVTC won the team title with exciting performances by new member DEBBIE HEALD, 3rd in 16:53.4; MIKI GORMAN, 4th in 17:52; JACKI HANSEN, 6th in 18:15.0; and LEAL REINHART. SFVTC won, 26 to LATC's 33. Julie Brown and Sue Kinsey ran 1-2 for LATC, but our greater depth proved decisive.

KIKI LANTRY won the girls age 12-13 two mile run in 11:23.2. VICKI COOK won the girls age 10-11 mile-and-a-half in 8:12.2.

DON COCHRANE finished 51st in the James Cunningham Six Mile Seawall run in Vancouver, Canada, November 6. His time: 34:18. A total of 745 runners entered.

ONE HOUR RUN SPAAAU CHAMPIONSHIPS-1976

	age	mi.	yards
1. Cliff Clark	32	11	1588
2. George Aguirre	18	11	1483
3. REID HARTER	25	11	1290
10. RON KURRLE	28	11	594
15. JOHN MADVIG	20	11	108
16. Truman Clark	40	11	103
64. DENNIS STANSAUK	19	9	1258
73. BRIAN STANSAUK	24	9	1018
148. EARL RIPPEE	56	8	674

1ST ANNUAL BEVERLY HILLS 10 KILOMETER
September 19

Gary Tuttle, in top form, won this inaugural in 29:01. SFVTC was well represented by RON KURRLE (5th in 30:49); DENNIS STANSAUK (30th in 34:03); and MIKI GORMAN (1st in the women's open in 34:52); VICKI COOK won the women's 15 & under competition in 35:50. 430 finished the race.

In the National AAU One Hour Run (as compared to the local SPAAAU results listed above), SFVTC's team of HARTER, KURRLE, MADVIG, STANSAUK and STANSAUK took 8th place, behind US Air Force, West Valley TC, Millrose Athletic, San Diego TC, Culver City AC, Astlan TC and Columbia TC.

JERRY WOJCIK, competing in the weightmen's pentathlon at Glendale College on December 4, threw the discus 91', the hammer 72', the javelin 118' and the 35-lb. weight 26'7" to place 8th in the 40-49 category with 1862 points. Jerry says: "I may start some running for speed and conditioning and enter the sprints next year. Those animals are killing me in the weight stuff."

Joe Gill of the Richmond Track Club made his way along part of the Appalachian Trail and the towpath of the C&O Canal to win the 14th annual John F. Kennedy 50-mile hike/run in 5:59:28 November 20. Gill became only the 2nd person to complete this course in less than six hours. Max White established the course record of 5:55:30 in 1973. 564 started the race.

RESULTS * * * * * RESULTS * * * * * RESULTS * * * * * RESULTS * * * * * RESULTS *

LONG BEACH MARATHON PREP
October 24 -- 16.2 miles

RON KURRE won in an outstanding 1:23:55, a 5:11-per-mile pace. RAY HUGHES was the 1st sub-master, 3rd overall, in 1:27:09. BRIAN STANSAUK finished 30th in 1:40:29. DENNIS STANSAUK was 35th in 1:42:43. DICK FONSECA came in 38th in 1:43:53. GARY STANSAUK ran 60th in 1:52:33.

1ST ANNUAL SILVER STATE BICENTENNIAL MARATHON -- Reno, Nevada - Sept. 5

DENNIS STANSAUK ventured to Reno to finish 4th in the open division in 2:55. Brothers BRIAN and GARY came in 20th and 34th in 3:15:04 and 3:21:10. GEORGE WILLIAMS, in his first marathon ever, ran a fine 4:13:15 to finish 127th out of 260 starters. Bob Cooper's 2:39:09 led the 186 who finished this first annual event. The run is held over a rolling hill course at a 5300 foot elevation, in the Washoe Valley, midway between Carson City and Reno. Temperature was 65 at the start and rose to 75 during the run.

MILE SQUARE PARK CROSS COUNTRY
October 10 -- 10,000 meters

Unofficial results: RON KURRE placed 2nd in 32:52 behind Duane Waltmire's 32:38. RAY HUGHES was the 1st sub-master (30-39) in 33-plus minutes. DENNIS STANSAUK - 38th - 38:58
BRIAN STANSAUK - 44th - 39:21
GARY STANSAUK - 68th - 43:32.
The weather was hot (80) and smoggy.

DON COCHRANE writes from his University post at Simon Fraser U. in Burnaby, B.C., Canada that he placed 17th and 31st on Sept. 11th and 18th over a 3 5/8 mile cross-country course in Stanley Park, Vancouver. His times were identical: 21:14. On October 6th, running in the men's open division of the Simon Fraser University Cross Country race, he finished in 35:13 over

1976 AAU NATIONAL MARATHON CHAMPIONSHIP
October 16 -- Crowley, Louisiana

RON KURRE, having an excellent year, placed 3rd in the AAU national marathon championships in 2:21. Gary Tuttle won in 2:15.

SANTA BARBARA MARATHON -- October 17

Carl Swift broke BILL SCOBAY's 1973 course record of 2:28:43 with a 2:25 to lead the 340 starters. DENNIS STANSAUK placed 14th (9th open) in 2:47:02. BRIAN STANSAUK finished in 2:56 with GARY STANSAUK, 3:43:27. Monty Montgomery 70, holder of dozens of American age records, ran 3:15.

LAS VEGAS 10 KILOMETER - October 23

ED KEYSAR, continuing his inspirational comeback, ran a tremendous 37:18 in Las Vegas. Ed's doing well in spite of a rigorous work schedule.

BLUE ANGELS SPORTS FESTIVAL - October 2
WOMEN'S 5000 METER CROSS COUNTRY

HEATHER TOLFORD set a PR in winning in 16:50. LEAL REINHART took 2nd in 16:59, also a PR for her. KATIE CAKEBREAD was 6th, JACKIE GRAYBOYES 9th and LAURA FARFAN 14th as SFVTC won the team title.

In the Malibu Canyon 10,000 run on October 3rd, BOB LEBOWITZ ran a 42:06, a sizeable improvement over his prior run of 49:11.....HANK NORTON broke five minutes for the mile with an unofficial 4:57 in a workout November 2nd. (It's often said that if track meets were held on Tuesday or Thursday nights, SFVTC members would never lose)

6.3 miles, good enough for 20th overall and 1st place in the jogger category. His 5:35 mile pace was a personal best.

The 7th Annual U.S. Track and Field Federation Winter Decathlon Meet will be held December 11-12, 1976 at Glendale Community College.

Masters at 9AM, Open at 10AM, JC & HS at 11AM. Order of events:

Sat, Dec. 11

100 Meters
Long Jump
Shot Put
High Jump
400 Meters

Sun, Dec. 12

110 Meter hurdles
Discus
Pole Vault
Javelin
1500 Meters

Contact: John Tansley, Glendale College, 1500 N. Verdugo Rd., Glendale 91208. Phone: 240-1000;265. Entry fee: \$4.00.

Glendale College will host 4 winter all-comer meets, on Fridays December 17, January 7, 14 & 21 at 3PM.

A Track and Field Clinic for the Triple Jump (8:30-10AM) and Pole Vault (10:15-12Noon) with registration and coffee at 8AM will be held Saturday, December 18 at Glendale College Gym, 1500 Verdugo Rd., Glendale. Free. Films of James Butts Olympic silver medal performance. Ernie Bullard will lead the vault technique confab.

One mile walk set for Sat. Dec. 11 at LA Valley College, 5800 Ethel Avenue, Van Nuys, between Oxnard and Burbank Blvds.

The San Bernardino Chamber of Commerce Bicentennial Marathon Race will be held Sunday, December 19 at 7:30AM check in, at 4th & Arrowhead, San Bernardino. Five divisions. Medals to top 3. Special medals to those who finish in under 3 hours. Contact: San Bernardino Chamber of Commerce; P.O. Box 658; San Bernardino 92402. (714) 885-7515. Fee: \$3.50. AAU.

The 5th Annual World Masters Marathon will be held Sunday, January 30, 1977 at 7:30AM at Chapman College, Orange, Calif. Entry fee: \$3.00. Send to: World Masters Marathon Committee 2125 North Tustin - Space 3; Orange, Cal. 92665.

CLUB WORKOUTS

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

Italian Athletes in Poll Say Sex Helps Them to Win

ROME (AP)—Most Italian men and women athletes polled in a sex survey said intercourse the night before competition helps them to win.

The survey of 1,200 athletes took 3½ years and covered winners of events in a wide range of sports, from soccer to track and field. It was the latest in a series of projects conducted by a team of experts on the sexual behavior of Italians.

The team is headed by Prof. Giovanni Caletti of the Mestre Hospital near Venice who made public some of the data in advance.

Caletti's conclusions clashed with what a symposium of future soccer managers were told recently. Prof. Igino Terzi, a former soccer player, said that for optimum performance in Sunday games, soccer players should abstain from sex from Friday through Monday. Sex after the game constitutes excessive stress, Terzi claimed.

Caletti said the survey showed athletes were sexually more active than average Italians. They begin having relations at a younger age and have sex more often.

According to the survey, 57.5% of male athletes have intercourse the day before a competition compared to 41.8% of women.

Almost all of them said they find it improves their performance. Sex helped make their reflexes quicker and gave them a greater will to win. What helps is not so much the sex act itself but the calm and relaxation that follows, they said.

Masturbation, on the contrary, appeared to have a negative effect.

"What counts is not the genital discharge but the psychosexual tranquility," Caletti said. "What matters is not when—before or after the contest—but how and why." He made these points:

If the act involves affection and tenderness it can never be negative. It is important for an athlete to govern sex with intelligence.

The survey also showed that 53.1% of male athletes and 31.3% of women have practiced masturbation on the eve of competitions. The experts said this appeared to be connected with disappointing performances, slow reflexes and a lack of concentration.

The causes for masturbation were listed as the lack of a partner, loneliness and the want of affection.

Six per cent of males and 6.4% of women admitted homosexual acts.

NEW MEMBERS * * * * * NEW MEMBERS * * * * * NEW MEMBERS * * * * * NEW MEMBERS

Richard Smooke 11279 Dona Lisa Drive Studio City 91604 624-8361 12-4-38 Track: LDR	Elaine Schultze 19850 Greenbriar Ave. Tarzana 91356 344-6124 11-27-59 Mile	Dan Barrows 4544 Stern Ave. Sherman Oaks 91423 789-0943 6-8-34 100 yd.
---	---	---

Tony Myles has moved to 530 Veteran Ave.#206, Westwood 90024

* * * * *

UP-COMING TRACK AND FIELD COMPETITION:

All Comers Track Meets at West Los Angeles College, Culver City. Open, Novice, Women and Masters (if enough Master competitors).

RUNNING EVENTS	TIME	DATES
400 Relay	3:00	Friday, December 3, 1976
Mile Run	3:10	" December 10, 1976
120 Yd. H. H.	3:20	" December 17, 1976
440 Yd. Dash	3:30	" January 7, 1977
100 Yd. Dash	3:40	" January 14, 1977
880 Yd. Run	3:50	" January 21, 1977
Int. Hurdles	4:00	" January 28, 1977
220 Yd. Dash	4:10	"
2-3 Mile Run	4:20	
Mile Relay	4:30	

FIELD EVENTS: All Field Events start at 3:00 P. M. except Javelin which starts at 1:00 P. M. There will not be a Pole Vault at these meets.

(Detach and Mail)

<p>TICKET ORDER FORM</p> <p>SUNKIST INDOOR TRACK AND FIELD MEET</p> <p>Saturday, January 15, 1977</p> <p><small>(For priority rights, this form must be in the mail by December 20, 1976)</small></p>	<p>Make Checks Payable to: SPORTS ARENA 3939 S. Figueroa Street, Los Angeles, Calif. 90037 Phone 748-6131</p> <p>I hereby apply for:</p> <table border="0"> <tr> <td>_____</td> <td>Reserved Seats at \$8.00</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>Reserved Seats at \$7.00</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>Reserved Seats at \$6.50</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>Reserved Seats at \$5.50</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>Reserved Seats at \$4.50</td> <td>_____</td> </tr> <tr> <td></td> <td>Mailing fee</td> <td>_____ .50</td> </tr> <tr> <td></td> <td>Total</td> <td>_____</td> </tr> </table>	_____	Reserved Seats at \$8.00	_____	_____	Reserved Seats at \$7.00	_____	_____	Reserved Seats at \$6.50	_____	_____	Reserved Seats at \$5.50	_____	_____	Reserved Seats at \$4.50	_____		Mailing fee	_____ .50		Total	_____
_____	Reserved Seats at \$8.00	_____																				
_____	Reserved Seats at \$7.00	_____																				
_____	Reserved Seats at \$6.50	_____																				
_____	Reserved Seats at \$5.50	_____																				
_____	Reserved Seats at \$4.50	_____																				
	Mailing fee	_____ .50																				
	Total	_____																				

For Office Record

Section	Row	Seats

Name _____
 Address _____
 City _____ Zip _____ Phone _____

MASTERS REPORT

Many Southern California Masters runners joined the tour to Mexico October 21-26.

Bill Adler reports: "Our hosts, the Comite Olimpico Mexicana, were so very gracious and hospitable to all U.S. athletes and their dependents. In addition to conducting a first class track and field meet, a reception was given for the U.S. and Colombian athletes at Presidente Domecq Brandy."

Bill arranged for a 2nd Annual International Masters Track and Field Meet in Southern California in 1977. All Latin American countries and Canada will be invited. We'll need a sponsor to help with expenses and a site for housing accomodations for little or no cost to the athletes. Any suggestions will be appreciated. Please write to Bill Adler, PO Box 24791, Los Angeles 90024.

Results of Mexico meet:

100:

Sub.	John Carlos	10.6
1A	Van Parish	11.4
1B	Hugh Cobb	12.7
2A	Bob Watanabe	11.7
3A	Bill Morales	13.2

200

Sub.	John Carlos	23.0
1A	Nick Newton	23.6
2A	Bob Watanabe	24.6

400

Sub	Hilliard Sumner	50.1
1A	Sergio Cruz	54.0
1B	Hans Bruhner	53.9
2A	Bob Sieben	56.1

800

Sub	Dave Himmerberger	2:04.6
1A	Albalo Ariza	2:09.6
2A	Bill Fitzgerald	2:25.0

1500

Sub	Dave Himmerberger	4:17.6
1A	Albalo Ariza	4:31.0
2A	Bill Fitzgerald	5:06.2

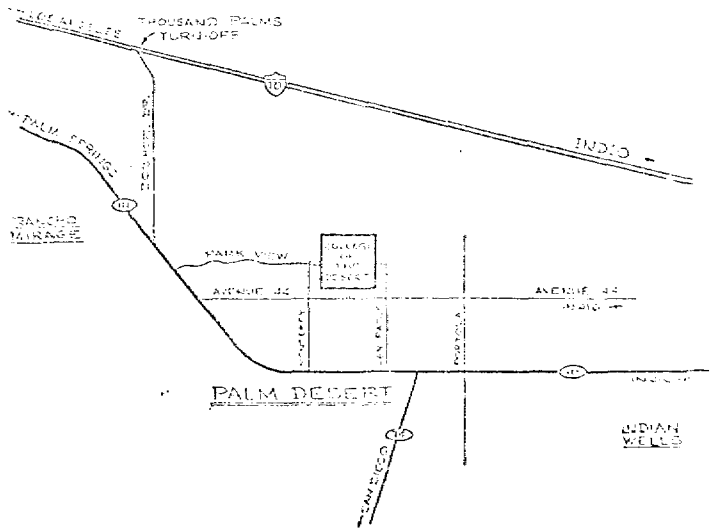
No SFVTC members were able to make the trip, but others who did included John Tansley, George Puterbaugh, Art Vesco, Joe Caruso, Shirley Davison, George Ker, Ray Spencer, Phil Conley, Dave Douglas, Parry O'Brien, Hal Smith, Hal Wallace, Nick Newton, Percy Knox, Phil Schlegel, Wayne Ambrose, Avery Bryant, Dave Mack, Ozzie Dawkins, Walt Butler, Bob Hunt and Hugh Adams.

COLLEGE OF THE DESERT MEET

January 8, 1977 -- Palm Desert, Calif.

11:30AM	Jogger's Mile
11:45AM	8½ mile road race
12:00N	3000 meter run
12:30PM	60 meter dash
1:15PM	600 meter run
1:30PM	60 meter high hurdles
2:15PM	1000 meter run
2:30PM	300 meter dash
3:00PM	8-man mile relay

11:00AM Hammer throw
12:00N Javelin, Shot, Discus, Long Jump (6 trials -- 1 hour time limit)
High Jump and Pole Vault will start at 12 noon to completion. Triple Jump will start on completion of Long Jump. Bring your own implements.



Hal Higdon, who quit the AAU (Runners' World, 1975) writes that he probably won't compete in next year's national championships in Chicago, but is making plans to go to Sweden if the USTFF can issue a travel permit. The rumor that he is rejoining the AAU is untrue.

1977 NAT. ANNUAL. EVENTS

Track and Field

Senior

- National Women's Indoor Pentathlon, February 19, Sterling, Ill.
- National Indoor, February 25, New York City (Madison Square Garden).
- National Outdoor, June 9-12, Los Angeles, Calif. (Drake Stadium, UCLA).
- National Women's Outdoor Pentathlon, June 26-27 or July 11-12, Dayton, Ohio.
- 56-Pound Weight Throw, late June or early July, Manchester, Conn.

Junior

- National Men's, *date to be announced*, Knoxville, Tenn.
- National Women's, June (*date to be announced*), Los Angeles, Calif.
- National Men's Pentathlon, July (*date to be announced*), Buffalo, N.Y.

Masters

- National Indoor, March 13, New Haven, Conn.
- National Pentathlon, April 2-3, Raleigh, N.C.
- National Decathlon, *date and site to be announced*.
- National Weight Pentathlon, June (*date to be announced*), New York City.
- National Outdoor, July 2-3, Chicago.

Long Distance Running

- National Men's One-Hour Run, August 1 (76)-August 1 (77), Postal.
- National Men's Two-Hour Run, December 1 (76)-November 30 (77), Postal.
- National Women's One-Hour Run, January 1-July 31, Postal.
- National 12 Kilo Cross-Country, February 19, Alameda, Calif. *This event will serve as Trials for the IAAF World Championship.*
- National 30 Kilometer, March 26, Albany, N.Y.
- National Women's 10 Kilometer, September (*date to be announced*), New York City.
- National Men's 25 Kilometer, September 4, Honolulu, Hawaii.
- National 50-Mile Track, September 10, Santa Monica, Calif.
- National 3 Kilo Team Cross-Country, September 25, Washington, D.C.
- National Men's 15 Kilometer, October 16, Gardner, Mass.
- National Men's Marathon, October 23, New York City.
- National Women's Marathon, *date to be announced*, Minnesota (*city to be announced*).
- National 20 Kilometer, November 19, Tulsa, Okla.
- National Women's Cross-Country, November 26, San Bernadino, Calif.
- National 10 Kilo Cross-Country, November 26, Houston.
- National 50 Kilometer, December 3, New York City.

FITNESS ASSOCIATES

(Los Angeles) If jogging can do irreparable harm to muscles and ligaments, dislocate your lowerback, or cause permanent impairment and pain, as has been recently proclaimed, you'd never know it by the response of leading west coast physicians and business executives who gathered for The Fitness Conference sponsored by the National Athletic Health Institute and the President's Council on Physical Fitness and Sports.

"Jogging is a particularly good cardiovascular conditioner for the busy business executive," said Dr. Jack Wilmore, executive director of NAHI, "as it gives him maximum exercise value in the least amount of time."

"If we can get our top personnel to do nothing else, we try to get them to jog," responded Edwin B. Gilroy, vice president of personnel for international VSI Corporation. He was supported by cardiologist, Dr. David Ciraulo who told the audience that "dynamic exercises," such as jogging, are particularly beneficial for the middle-aged athlete and people with sedentary occupations.

Produced by Fitness Associates, a private Los Angeles-based company that serves as the marketing arm of NAHI, the conference provided a unique forum for business executives - medical directors and fitness specialists to exchange ideas and examine the role of fitness programs in business and industry. Among the day's major reports:

—Companies that have instituted fitness programs have been exceptionally pleased with the results and have seldom, if ever, curtailed programs - even during the recent recession.

—Not only has there been a significant improvement in the health of employees participating in corporate fitness programs, but a definite jump in productivity as well. Attitudes about the job, co-workers and supervisors also improved markedly.

—Safeguarding the life and health of a top executive through a company-sponsored physical fitness program proves to be a lot cheaper in the long run than having to replace him as a result of death or premature "retirement" from heart disease.

—By far the most generally recommended exercise for business executives and other employees was running, combined with a full complement of strength and flexibility exercises.

Gilroy cited the direct benefits his firm was able to measure after just six months on a fitness program designed by NAHI. "Our average body fat dropped from 22 per cent to 19 per cent," he said. "We saw our average resting pulse rate go from 83 to 65, and our pulse after exercise declined from 155 to 134. Cholesterol, which had been approaching dangerously high levels, now was down in the normal range, and triglycerides dropped from 118 mg. to 67 mg. Blood pressure went from borderline hypertension levels of 149/83 to 121/79."

The VSI health and fitness program, which served as a model for the conference, features five basic components: an annual medical examination, a fitness evaluation and personalized exercise prescription - which almost always emphasizes a running component, diet and nutritional guidance, personal counseling on smoking and alcohol consumption, and periodic re-testing. "All the early evidence we have proves that we're on the right track," Gilroy stressed.

A complete series of cassette tapes of Gilroy's remarks and all other talks is available. They include: "The Shape (Sad) of Employers and Employees Today" by Dr. David Ciraulo; "Is Exercise Worth the Effort" by Dr. Jack Wilmore; "Good Health Is More Than Freedom from Disease" by Dr. Robert Kerlan; "Coronary Heart Disease - The Businessman's Public Enemy No. 1: "Dollars and Sense of Corporate Fitness Programs" by Edwin B. Gilroy; and "Fitness and the Future of America" by Peter Brown, president of the American Association of Fitness Directors for Business and Industry.

The series of tapes (\$16.95) or more information about the conference corporate fitness programs may be obtained from Fitness Associates, 504 Avondale Avenue, Los Angeles, CA 90049.

The 1977 National AAU Masters Track and Field Championships will be held in Chicago, Illinois on Saturday & Sunday, July 2-3, 1977. Competition will be held in five year age groups with medals to the first three finishers regardless of how many competitors show up. A full complement of events is scheduled from age 40 through age 89. A selected number of events will be held for ages 30-34 and 35-39. A large number of entrants is expected, due to the central locale of Chicago, which is within 600 miles of over half the population in the nation.

WORD FROM THE PRESIDENT

As you can see from the following series of letters, we have been working to retain our use of the Track and Football field and rest room facilities at Los Angeles Valley College. Dr. Myron Shapero, Paul Ritschel, Carol Cartwright and I have attended meetings on campus and have spoken out for our cause. We are probably clear for this year, and hopefully we will be allowed to continue next year.

Earl Rippee

October 13, 1976

Dr. Alice Thurston, President
Los Angeles Valley College
5300 Fulton Ave.
Van Nuys, Calif. 91401

Dear Dr. Thurston:

You are, no doubt, aware of the pressures placed upon our public educational system by the financial squeeze of higher costs, higher taxes and the reluctance of the general public to increase necessary funding.

It is my understanding that there are budget problems confronting you in regard to the Community Services offered by your institution. The purpose of this letter is to request that you look at the needs of the community, including the wide participation in all of the various programs presently made available through Community Services, which is certainly prima facie evidence of the fact that the Community Services Department of Los Angeles Valley College is meeting its commitments to the general taxpaying public. Any lessening of these services will be a step in the direction of failing to meet the needs of the community, and will probably prove to be counter-productive in getting the voters help in school bond issues and other issues. Conversely, the uninterrupted and undiminished continuation of these services should be a large plus factor in influencing the general public to support our educational system at the polls and with their pocketbook.

Speaking specifically for the jogging and running program coached by Laszlo Tabori, I would like to say that the benefits are tremendous, not only to the many participants of all ages, but in addition, to the entire community and to Los Angeles

Page 2

October 13, 1976

Dr. Alice Thurston, President
Los Angeles Valley College

Valley College. Coach Tabori's runners, and likewise, Los Angeles Valley College's program are known not only throughout the area, but statewide and nationally, and even worldwide.

At your convenience, but as soon as possible, we would like to meet with you personally to discuss this important matter.

Sincerely,

SAN FERNANDO VALLEY TRACK CLUB

Darl Rippee
President

ER/gp

cc: BOARD OF TRUSTEES

Frederic Wyatt
Ralph Richardson Ph.D.
Ira Reiner
Monroe Richman M.D.
Arthur Bronson
Gwen Moore
William Orozco

Leslie Koltai, Chancellor

Ray Johnson, Director of College Relations
and Community Services

Ruby Zuver, Acting Dean of Students

Ray Follocco, Coordinator, Community Services



BOARD OF TRUSTEES
2140 WEST OLYMPIC BOULEVARD, SUITE 310, LOS ANGELES, CALIFORNIA 90006

MEMBERS OF THE BOARD
ARTHUR H. BRUNSON
DAVID V. MOORE
J. WILLIAM ORTEGO
EARL RIPPEE
RALPH RICHARDSON, Ph.D.
MONROE F. RICHMAN, M.D.
FREDERIC A. WYATT

OFFICE OF
MONROE F. RICHMAN, M.D.



BOARD OF TRUSTEES
2140 WEST OLYMPIC BOULEVARD, SUITE 310, LOS ANGELES, CALIFORNIA 90006

MEMBERS OF THE BOARD
ARTHUR H. BRUNSON
DAVID V. MOORE
J. WILLIAM ORTEGO
EARL RIPPEE
RALPH RICHARDSON, Ph.D.
MONROE F. RICHMAN, M.D.
FREDERIC A. WYATT

OFFICE OF
FREDERIC A. WYATT

October 19, 1976

Dr. Alice J. Thurston
President
Los Angeles Valley College

Dear Dr. Thurston:

I have received a copy of a letter from Mr. Earl Rippee, San Fernando Track Club. He has expressed concern as to whether this program may be deleted from funding under the community services budget.

It would appear that such a program would have wide participation and, additionally, reflect a disproportionately low unit cost because of its relative inexpense. I would not like to see the discontinuance of such a widely appealing and medically useful service at Valley College.

Thank you for your kind attention to my concerns.

Very truly yours,

Monroe F. Richman, M.D.
Member
Board of Trustees

MFR:sh

cc: Mr. Earl Rippee
President, San Fernando Track Club
18321 Ventura Boulevard, Suite 900
Tarzana, California 91356

November 17, 1976

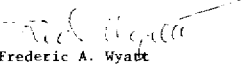
Mr. Earl Rippee, President
San Fernando Valley Track Club
18321 Ventura Boulevard, Suite 900
Tarzana, California 91356

Dear Earl:

Thank you for your thoughtfulness in providing a copy of your October 13 letter to Dr. Alice Thurston. I have had many favorable comments about the fine work that Laszlo Tabori is doing at Los Angeles Valley College and hope that the relations between the San Fernando Valley Track Club and the Community Services Department at Valley College may be both strengthened and expanded. Kindly let me have additional information about the San Fernando Valley Track Club in order that I may be in a better position to support this exciting relationship.

Looking forward to our meeting at a later date and with kindest regards, I am

Most sincerely,


Frederic A. Wyatt
Member, Board of Trustees

FAW:mi

cc: Dr. Leslie Koltai
Dr. Alice Thurston

5800 FULTON AVENUE • VAN NUYS, CALIFORNIA 91461
781-1200 or 873-4010 • PRESIDENT: ALICE J. THURSTON, Ph.D.

LOS ANGELES VALLEY COLLEGE

November 29, 1976

Mr. Earl Rippee
19600 Wills Dr.
Tarzana, Ca 91356

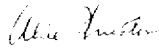
Dear Mr. Rippee

We appreciated meeting with you on November 9, 1976, and discussing your concerns and the concerns of the college in the distribution of resources within the community services program.

We continue to work on a philosophy of community services for this college and growing out of that philosophy is our commitment in terms of facilities, staff, and programs for the community. We are currently working with the budget for the 1977-78 year and I can assure you that we will attempt to distribute the resources that we have to best serve the ever increasing interests and needs of the community in the most appropriate manner.

The budget will be reviewed by the general Community Services Advisory Committee and the recreation program will have representation on this committee.

Sincerely



Dr. Alice Thurston
President

REZ:os

Los Angeles Community College District

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

CLUB UNIFORMS & WARM-UP SUITS

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

NEWSLETTER MATERIAL

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

NEW MEMBERSHIP APPLICATION

NAME _____	DATE _____
ADDRESS _____	PHONE _____
CITY _____ STATE _____	ZIP _____
BIRTH DATE _____	BUS. PHONE _____
INTERESTED IN: _____	EVENT: _____
TRACK _____	COMMENTS: _____
FIELD _____	_____
LONG DISTANCE _____	_____

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

Yearly membership (includes monthly newsletter)

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