

(213) 996-1400

SAN FERNANDO VALLEY TRACK CLUB

Coach: Lazzlo Tabori
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Suite 900
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VOLUME 1 NUMBER 11

NEWSLETTER

DECEMBER, 1975

NOVEMBER HIGHLIGHTS

SUE KINSEY 3rd in women's national AAU cross-country championships; 2nd in SPAAAU championships.

DAVE BABIRACKI 2nd in SPAAAU cross-country championships; 14th in nationals.

JACKI HANSEN wins Long Beach 16.2 mile run; 4th in SPAAAU cross-country; 16th in nationals; honored by club at party.

MARK COVERT wins Phelan 15 mile run.

RAY HUGHES wins 11.4 mile run in Griffith Park.

WOMEN'S CROSS-COUNTRY TEAM 2nd in SPAAAU championships; 6th in nationals; 3rd in Fountain Valley run.

MEN'S CROSS-COUNTRY TEAM 3rd in SPAAAU championships.

RON KURRELE 2nd in Long Beach 16.2 mile run; BILL SCOBAY 4th.

KINSEY THIRD IN WOMEN'S NATIONALS

SUE KINSEY finished third in the women's national AAU cross-country championships on November 29 in San Mateo.

The Cal-State Northridge junior led the SFVTC squad with a 16:52 in the three-mile race. Defending champion Lynn Bjorklund of the University of New Mexico won again in 16:23.6, followed by Julie Brown of the Los Angeles Track Club in 16:44.

JACKI HANSEN placed 16th among the 186 runners in 17:55. HEATHER TOLFORD was 31st; LEAL REINHART, 63rd; and JACKIE GRAYBOYES, 94th. As a team, SFVTC finished sixth. The LA Track Club won with 87 points.

COMING UP IN DECEMBER

Dec. 5. Weekly all-comers meets begin at West Los Angeles College.

Dec. 7. Western Hemisphere and National Marathon Championship in Culver City.

Dec. 8. Club meeting at club office.

Dec. 12. Periodic all-comers meets begin at Glendale College.

Dec. 14. Jacki Hansen, Earl Rippee, Laszlo Tabori and Jim Oleson fly to Hawaii for Honolulu Marathon.

Dec. 31. Jacki Hansen runs in Sao Paolo, Brazil - Midnight Run.

CLUB MEETING ON MON. DECEMBER 8.

Everyone is invited to a club business meeting on Monday, Dec. 8 at the club office, 18321 Ventura Blvd., Suite 900 (Anvil Corp. Hdqtrs) in Tarzana, at 7:30 PM.

We'll discuss everything...membership, races, teams, finances, etc. If you'd like to know more about what's going on, here's your change. If you have an idea or suggestion, bring it along.

Get off the Ventura Freeway at Reseda; go south to Ventura Blvd., go east about 300 yards. It's in the Barclay Bank Building.

LONG DISTANCE RUNNING SCHEDULE

DATE/TIME	EVENT/DISTANCE	DIRECTOR/LDR LIAISON MAN	AWARDS	COURSE/FACILITIES/DIRECTIONS
SUN DEC 14 11:00am 12noon	14th Annual Apple Vally. 6.3mi Handicap	Jim Gorrell, 14576 Hopi Rd., Apple Vally CA. 92307	1-5 Fast time; 1-5 HDPC; W/W 1/1 HS 1-5; JH 1-3; Girls 1-3; Elm 1; Local awards	From San Bernardino take 8erstown fwy to Victorville, off through Victorville on 7th St. to Hwy 18, to Apple Valley Inn. Check in at Apple Valley Parking Lot.
SAT DEC 20 9:00am	Mt. Tom 4.0 Mile Hill Climb	Larry Knuth	Open 1-10; 40-49 1-3; 50-59 1-3; 60+ 1-2; W 1-3; W 1-2; Girls 1-3; HS 1-3; JH 1-3; Elm 1-3; Local Award.	Tough Hill course, from Glendale College track to peak of Mt. Tom. No Down Hill. Ventura Fwy (134) E. to Glendale Blvd. N. to Glendale College.
SUN DEC 21 10:00am	Skunk Hollow 15km Handicap	Connie Rodewald 852 Sharon Dr. Camarillo 93010	5 HDPC; open; Sub-Master Vets 40,50; G/W/W; 15-U 16-19; Awards beyond 1st to be by attendance	Paved hilly road through the golf course & agricultural land, last 2 mi are dirt. Ventura Fwy to Las Posas Rd. N. 1mi to Crestview Park. Restrooms.
Trophies are needed by the Long Distance Running Committee for recycling into new awards. If you are tired of looking at all your old trophies, contact Alan Meas, 1507 Old Mill Road, San Marino, CA. 91108.				
SAT DEC 27 9:00am	Elysian Park 5km Cross Country		Open-10; Vets 3/2/1; W/W 1/1; Teams: Open 3 5 man teams; sub-masters 1 5 man team; 40+1 5 man team	Roads & trails in Elysian Park. Take Golden State fwy to stadium Way. N. up Stadium Way until you reach starting point just below Dodger Stadium.

NOTES

- Entry fee is \$1.50 for all SPA races shorter than the marathon distance. The entry fee for the marathons and 50km will be determined by the race director. Boys 19 & under and Girls 13 & under pay \$1.00 for races less than the marathon distance if they run in their division. All SPA Championship fees will be \$2.00 regardless of age. For all team races, a team entry fee of \$1.00 per team will be charged.
- Girls (12 & U); Women (13-29); Women Vets 30+ must either run in their division or in the OPEN; same for boys in 16-19; 13-15; and 12-U division. In cases where a person is eligible for two categories, that person must declare for one or the other at sign-in. He or she cannot compete in both.
- AAU card must be SHOWN upon entering or entry fee is doubled.
- LDRC cannot guarantee that all awards listed will be given. The number and type of awards is at the discretion of the Race Director and is based in part upon participation.
- Race marked "TENTATIVE" were so at the time the schedule was published. Announcements regarding these races will be made at earlier races.
- Results of races will be available at succeeding races after about two weeks. They are never mailed out.

UPCOMING MEETS: Beginning December 5, 1975 and every Friday thereafter until February 6, 1975 there will be all comers meets at West Los Angeles College. Field events start at 2:30 P.M. (Javelin 1:00P.M.), running events start at 3:00 P.M.. Located at 4800 Freshman Dr., Culver City.

SCHEDULE

3:00 P.M.	70 YD High Hurdles
3:10 P.M.	100 YD Dash
3:20 P.M.	440 - Int. Hurdles
3:30 P.M.	220 YD Dash
3:40 P.M.	440 YD Dash
3:50 P.M.	880 YD Run
4:00 P.M.	Mile
4:10 P.M.	2 Mile
4:20 P.M.	Relays

(Bring your own implements. - Dressing facilities are available but limited. Bring your own towel.)

GLENDALE COLLEGE COMMUNITY SERVICE PRESENTS:

ALL COMMER TRACK MEET'S

FRIDAY DEC. 12

FRIDAY JAN. 9

FRIDAY JAN. 16

FRIDAY JAN. 23



AT: GLENDALE COLLEGE
1500 N. VERDUGO RD.
GLENDALE

RUNNING EVENTS

3:00 Open 70 HH (East Straight) 42"
 3:00 Open 100 (West Straight)
 3:15 Novice 70 HH (East Straight) 39"
 3:15 Novice 100 (West Straight)
 3:30 Novice Mile Section 1 (5:00 & under)
 3:40 Novice Mile Section 2 (5:01 & over)
 3:45 Open Mile Section 1 (4:30 & under)
 3:55 Open Mile Section 2 (4:31 & over)
 4:00 Novice 330 Heats
 4:10 Open 330 Heats
 4:20 Novice 880 Section 1 (2:05 & under)
 4:25 Novice 880 Section 2 (2:10 & under)
 4:30 Novice 880 Section 3 (2:11 & over)
 4:35 Open 880 Section 1 (2:00 & under)
 4:40 Open 880 Section 2 (2:01 & over)
 4:45 Novice 2 Mile
 5:00 Open 2 Mile

* OPEN - J.C., COLLEGE, UNIVERSITY, CLUB, UNA

* NOVICE - HIGH SCHOOL, JR. HIGH, SENIORS, WOMEN, GIRLS

* NO AWARDS - BEST TIMES DETERMINE SECTION

OTHER DATES:

DEC. 6-7, 9:00 a.m. UST&FF DECATHLON (OPEN, JC, H.S. SENIORS)
 DEC. 13, 8:00 a.m. TRACK CLINIC: Javelin (Janis Donins); Long Jump (Tom Tellez);
 Shotput (Tom Tellez)
 DEC. 20, 8:30 a.m. AAU MT. TOM HILL CLIMB (4 miles)

FIELD EVENTS

1:00 Open, Novice, Girls Javelin
 2:00 Open Novice, Girls Discus
 2:00-3:30 Open 16# Shot Put
 3:30-5:00 Novice 12# Girls (8#) Shotput
 2:00-4:30 Open, Novice, Girls
 Long Jump (6 jumps)
 4:30-5:00 Open & Novice Triple
 Jump (6 jumps)
 2:00-4:00 Open Pole Vault Pit#1
 Starting Height 12-0
 3:00-5:00 Novice Pole vault
 Pit #2 Starting
 Height 9-0
 3:00-5:00 Open, Novice, Girls
 High Jump Starting Height
 4-0

NO FINALS - JUST HEATS

TARTAN OR CHEVRON 440
RUNWAYS SHORT SPIKES
REQUIRED.

ADMISSION TO FIELD

25¢

UNIFORMS. Club uniforms, in attractive solid Kelly green with white lettering are available from the club office for \$11, in sizes small, medium and large. Dark solid green sweat suits are \$22. Make checks payable to SFVTC.

NEWSLETTER. Send all Newsletter material by the 26th of the month to Al Sheahen, 6200 Hazeltine Ave. Van Nuys 91401. (213) 785-1895.

WORKOUT SCHEDULE. Under the direction of Coach Laszlo Tabori, members run together on Tuesday and Thursday from 5:00 PM to 7:30 PM, at Los Angeles Valley College, 5800 Ether Ave., Van Nuys. All club members are welcome.

CLUB OFFICERS.

President.....Earl Rippee
Vice-President.....Gaylord Kalchschmid
Treasurer.....Earl Rippee
Secretary.....Open
Membership.....Dick Wager-Smith
Newsletter &
Publications.....Al Sheahen
Masters Captains:

Track.....Jerry Wojcik
Long distance.....Earl Rippee
Men's Captains.....Jon Sutherland and
Dave Babiracki

Sub-masters:

Captain (30-39)...Reid Pressley
Women's capt.....Jacki Hansen
AAU Rep.....Al Sheahen
Medical director..Gaylord Kalchschmid

The World Masters Marathon will be held on Sunday, January 25, 1976 at Chapman College in Orange. Called "America's fastest flat course," it is certified with a personal best "almost assured". Entry blanks will be in the mail with your AAU schedule. To be sure, write to: Bill Selvin, 2125 N. Tustin, Space 3, Orange 92665. Send self-addressed, stamped envelope.

MASTERS REPORT

Ed Phillips, Western Masters regional chairman, writes:
"I talked with Bob Fine (National AAU Masters Chairman) and tentatively we agreed that, by proclamation, there will be an organization to be known as 'National Masters Sports Association'.

"I will therefore proclaim that there exists the 'Western Masters Sports Association' and that all who signed up in the application (published in the November SFVTC newsletter) are members.

"I am attempting to sign up a number of track meets, road runs and cross-country events for 1976 to be sanctioned by the NMSA according to the proposed by-laws.

"More to come."

NEW MEMBERS

Allan J. P. Hennessy
12017 Albers, Apt. 17
N. Hollywood 91607
3-19-50
Mile - 4:57 - 1968
880 - 2:11 - "
4-mi.- 20:54 - 1969

George G. Kelley
4471 Ventura Canyon Ave. #D203
Sherman Oaks 91423
784-0716
10-2-33
Long Distance

Michael Kromm
4707 S. Slauson Ave. #1
Culver City 90230
397-0176 (Home)
553-1911 (business)
10-25-45

Carol Cummings Cartwright
19135 Hemmingway St.
Reseda 91335
886-9958
8-16-28

**RESULTS OF 1975 AAU ONE HOUR RUN
CHAMPIONSHIPS**

Ajim Baksh, age 18 was second in the nation, with a distance of 12 mi. 254 yds. Jacki Hansen was second in Women's Division, running 10 mi. 246 yds., which was the years best performance by anyone her age. Club President Earl Rippee was 20th in his age group, just missing 9 mi. by 122 yds, which was the years best performance for age 55. Sid Madden, the amazing 68 year old M.D., set a record for his age and was 9th for over 60 year olds with a distance of 7 mi. 1470 yds.

LATE FLASH

DAVE BABIRACKI placed 14th, in 29:23, six seconds behind Marty Liguori, as Greg Fredricks won the 1975 National AAU Cross-Country Championships on November 30 in Annapolis, Maryland in 28:57. Gary Tuttle of the Striders as sixth. Less than 30 seconds separated the first 15 finishers.

HANSEN INVITED TO COMPETE IN BRAZIL

JACKI HANSEN has just received one of the top honors in the world of long distance running, an invitation to run in the New Year's Eve Sao Silvestre Midnight Run in Sao Paolo, Brazil.

The race has been called "the Le Mans of road racing." It is listed in the Guinness book of records in answer to the question: "What sporting event is watched by more people than any other?". Three million spectators line the streets during a frenzied New Year's Eve celebration as the participats run through a roped-off corridor.

The Sao Paolo newspaper which sponsors the event, hand picks the entrants and pays all their expenses. The top long-distance runner from each nation is generally selected. Jacki is the first woman ever to be invited to the run of about 5½ miles.

LA TIMES 11-29-75

**WOMEN OUTPACE
THE OLDTIMERS
TO LAS VEGAS**

LAS VEGAS (AP)—The oldtimers had their work cut out for them in their annual 300-mile relay marathon run from Hollywood to Las Vegas.

They were beaten Friday by the ladies.

Nine elderly men ranging in ages from 61 to 78 finished about four hours behind a group of younger women aged 18 to 45, which included Jacki Hansen, 27, of Santa Monica, the women's world marathon record holder.

The group left Hollywood at 3 p.m. Wednesday and arrived here at 11 a.m. Friday.

The race was stopped for the night Thursday near Baker by the California Highway Patrol because of high winds and poor visibility. At the time the race was halted the women had about a five-mile lead.

Each participant ran for 30 minutes before being relieved by a teammate, all of whom followed in trucks.

**VAN NUYS NEW REPORT OF NOV. 22
RACE**

**Covert Breaks
Course Record
in Phelan Run**

Mark Covert of the San Fernando Valley Track Club won the Phelan 15-mile in a new course record time of 1:21:06, breaking the old record of 1:21:34.

The annual run was held in the mountains north of San Bernardino and the El Cajon Pass at the 3000 ft level, taxing the lung capacity of the 45 runners on a cool, windy day.

Bob Branch placed 4th in 1:24:12, taking 1st in the 30+ division. Brian Stansauk finished 10th -- 6th handicap -- 1:33:16. Reid Pressley placed 16th - 8th handicap -- in 1:41:12.

**1975 MEN'S MASTERS NATIONAL 25-KILO-
METER CHAMPIONSHIPS - SEPTEMBER 14 -
SAN FRANCISCO**

1. Jim Shettler 42 1:27:48
2. Graham Parnell 45 1:27:58
3. Ray Menzie 40 1:28:21
4. John Rudberg 41 1:30:10
5. Ross Smith 47 1:30:37
12. DAVE PARKER 45 1:33:40

**DEVIL TAKE THE HINDMOST -- 11.4
MILES -- GRIFFITH PARK -- OCTOBER 18**

RAY HUGHES 36, ran an excellent 65:36 to outdistance the field by nearly five minutes. LDR chairman Steve Broten was 2nd in 70:00. It was by far the smallest turn out at a road race in years. So few showed up that all runners were allowed to complete the full distance over a new course.

**LONG BEACH MARATHON PREP -- 16.2 MILES
-- OCTOBER 26.**

JACKI HANSEN won the women's division in 1:36:44, a 5:58-per-mile pace. JIM (OLE) OLESON 55, won the 55-59 division in 1:40:59, an average of 6:13 per mile, a fantastic performance and only six seconds behind Bill Fitzgerald's winning 1:40:53 in the 50-54 group.

RON KURRLE took 2nd in the open division in 1:24:58, a 5:15-per-mile clip, behind winner Jeff Lough's 1:23:46. BILL SCOBEY was 4th in 1:28:28. REID PRESSLEY ran a 1:44:00. DAVE PARKER won the 45-49 division in 1:38:09.

Jerry Smartt won the 40-44 competition in 1:30:01. Wilbur Williams was 3rd in 1:39:33.

**2ND ANNUAL HIGH DESERT 10 KM --
NOVEMBER 1.**

BRIAN STANSAUK, 23, ran an excellent 36:04, good for 8th place.

**Local Women Place
Second in AAU Meet**

San Fernando Valley Track Club women's team finished in second place in the Southern Pacific Association AAU district cross-country championships at Glen Helen Park. Sue Kinsey finished second. Jacki Hansen was fourth, Heather Tolford eighth, Leal Reinhart 12th and

Jackie Graybois 14th to give the club 40 points. Winning the team championship with 35 points was the Los Angeles Track Club, led by winner Julie Brown, a former UCLA star.

**MEN'S CROSS-COUNTRY TEAM TAKES
3RD IN DISTRICT CHAMPIONSHIPS**

Led by DAVE BABIRACKI, who placed 2nd behind Gary Tuttle of the Striders, the SFVTC's men's cross-country team placed 3rd in the Southern Pacific Association AAU championships at Long Beach State on November 15. JON SUTHERLAND took 12th in the 6-mile race, followed by Carl Smith 13th, Ron Kurrle 19th and Jerry Alexander 22nd for a total of 68 points, behind American Avenue Track Club and Athletes in Action. Dave ran 29:11; Tuttle 28:35. Charlie Horn, Brian Stansauk and Reid Pressley were also among the 120 finishers.

5-MAN TEAMS:

1. American Avenue Track Club 2:32:29
2. Athletes in Action 2:33:43
3. San Fernando Valley Track Club 2:33:49

**WOMEN TAKE 3RD IN 3-MILE CROSS
COUNTRY**

On November 16 at Fountain Valley, the SFVTC women's cross-country team took 3rd place with 63 points behind the Los Angeles Track Club and San Jose Cindergals, who tied for first with 47 points.

Sue Kinsey ran a sensational race, just being nipped at the tape by LATC's Julie Brown. Sue's time was 15:35.0; Brown's, 15:34.6. Jacki Hansen was 5th in 16:24, Heather Tolford was 14th, Laura Sisanotti 19th and Leal Reinhart 23rd.

JON SUTHERLAND AND CHARLIE HORN finished 5th and 16th, respectively, among over 100 entrants in the California State cross-country 10 km championships in Santa Maria November 8th. Jon's time was 32:38.

Van Nuys News Report of Nov. 8 Meet

WAGER-SMITH STARS ON TV

Most of us run in relative seclusion ...alone, with a friend, or with a small group at Valley College. Even when we race, there is usually only a handful of spectators watching. An exception is the All-Comers' Meets at Pierce when several hundred crowd the stands.

But DICK WAGER-SMITH did his thing before about a quarter of a MILLION people recently.

Maybe you've seen Bryant Gumbel's Sports Challenge Show on KNBC-TV. Gumbel invites viewers to mail in their "sports fantasy". If it's interesting and feasible, Gumbel films and airs it, usually on Wednesdays about 5:45 PM.

Accepting the invitation, Dick penned; "I'd like to prove that an aging, balding 45-year old can beat Francie Larrieu in a quarter-mile run".

Larrieu wasn't available, but Gumbel liked the idea anyway and lined up a top woman 440-runner from the national champion UCLA team. The duel was set for the Bruin's tartan track.

With the television cameras grinding, Dick proceeded to single-handedly advance the cause of women's lib. With tens of thousands looking on, Wager-Smith, normally a 59-second quarter-miler, picked this particular occasion to run a 63, while his opponent, who went by Dick so fast that he still doesn't know her name, breezed home in 57 seconds and change.

"Maybe the camera lights bothered him," one viewing wag mused. "Bring back Bobby Riggs," grumbled a portly, middle-aged executive as his wife and daughters smiled smugly.

Betty Friedan was satisfied. Gloria Steinem approved. Bella Abzug tipped her hat. The ERA moved closer to approval. Dick saved the day with his debonair and articulate manner in the pre-race and post-race interviews. "I was nervous," he admitted, but it was a lot of fun, even though I didn't run my best". Would he do it again? "Sure I would," he enthused. "Maybe I could beat her two out of three".

HANSEN HONORED AT CLUB PARTY

One of the nicest social gatherings in the club's two-year history took place at President Earl Rippee's spacious Tarzana hillside home on November 6th.

About 100 members and guests honored Jacki Hansen's new women's world marathon record of 2:38:19, set October 12 in Eugene, Oregon.

Leal Reinhart provided a tasty and creatively-designed cake, shaped in the form of the record-setting course. Earl presented Jacki with a trophy befitting the occasion. Coach Tabori predicted even greater triumphs for our very own world record-honding sensation.

Jacki expresses her feelings to all of us in this letter:

Dear Earl,

I have a heartfelt of thanks to send you and all the members of the SFVTC. First, thanks for the splendid party with good food surpassed only by the good company. I realize that a few very special people did a wonderful job feeding the hoards of hungry runners. On all their behalf, thank you.

Next, thanks for my beautiful pen set -- a nice remembrance of an occasion too special to forget. But more than these, thank you all for sending me to Eugene to run. The outcome of the marathon was added icing to an already outstanding trip. I'm just glad everything went so well. And I can't think of a nicer way to celebrate it than to do so all together. It's certainly a great feeling to be part of this club.

Many thanks,
with love,

Jacki Hansen

APPLICATION FOR SOUTHERN PACIFIC ASSOCIATION MNEMONIC

Mnemonic, derived from the Greek word mneponikos, means to help remember. We use three character mnemonics for identifiers. The first character is the same as the first character of the last name; the second and third characters are chosen when possible from parts of the whole name. For example, Walt Frederick has FRE and Phil Clarke has CLP.

Handicap records are kept for those runners who have been assigned mnemonics. The handicaps are figured thusly: The course record (in some cases the course record is set to about what a mythical SPA "scratch" runner would have) is subtracted from your time and the difference divided by the course length. For example, if you ran 56:21 on a 10-mile course and the record was 49:36, your "score" for that race would be $(56:21-49:36)/10 = 40 \text{ sec/mi}$ (always round down to the nearest second). Your handicap for a particular race is figured by averaging the best five of your previous ten scores. Suppose that your last ten scores were 21, 40, 61, 36, 29, 55, 73, 19, 29 and 38. If the next race was 20 km (12.4 miles), your handicap for that race would be $12.4 \times 26 = 322.4$ seconds, which is 5:20 when rounded down to the nearest ten seconds. (The average handicap was 26.4 or 26 when rounded.)

In a Portsmouth Start (staggered starting times), your starting time is calculated by subtracting from the maximum (240 sec/mile x course length) your handicap for that race. Here, the handicaps are rounded to the nearest 30 seconds. Suppose the race used in the previous example had a Portsmouth start. Your starting time would be $(12.4 \times 240) - (12.4 \times 26) = 2654 = 44:00$ (rounded to the nearest 30 seconds).

If you don't have ten previous results, your handicap is based on the best half of your scores and the result is multiplied by $(n/10)$ where n is the number of scores you have accumulated. Again going back to the first example, after four races your handicap would have been $(21+36)/2 \times (4/10) = 11$. After seven races it would have been $(21+36+29)/3 \times (7/10) = 19$. Records more than two years old are discarded, so you have to run about five races a year to keep a full handicap.

In order to qualify for a mnemonic, you must have finished at least four SPA Long Distance races within the past two years, not including hour runs, relays, and track races. Handicaps will only be computed for those people with mnemonics.

Fill in as much of the following as possible, detach, and send with a business size (4x9") self-addressed, stamped envelope to John Brennand, 4476 Meadowlark Lane, Santa Barbara, California 93105.

NAME (PRINT, as you want it on result sheets):

BIRTHDATE: _____ CLUB AFFILIATION: _____

	NAME OF RACE	DATE	YOUR TIME	RACE NO. **
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____
8.	_____	_____	_____	_____
9.	_____	_____	_____	_____
10.	_____	_____	_____	_____

* 18 Spaces maximum

** This is the number shown on the official SPA results sheets and not the number that you wore in the race.

TWELFTH ANNUAL

MISSION BAY MARATHON

SATURDAY, JANUARY 10, 1976 MISSION BAY PARK, SAN DIEGO 8:00 a. m.

OLYMPIC MARATHON DISTANCE: 26 MILES 385 YARDS

CONDUCTED BY THE SAN DIEGO TRACK CLUB UNDER THE AUSPICES OF THE SAN DIEGO RECREATION DEPT.

SANCTIONED BY THE PACIFIC SOUTHWEST ASSOCIATION, A. A. U., AND THE UNITED STATES TRACK AND FIELD FEDERATION

COMPETITORS: Open to athletes registered for 1976 or 1975 with the A. A. U. of the United States. Intending competitors who have not competed regularly in long distance runs during the past year, including at least one race of twelve miles or more, must submit evidence of satisfactory conditioning for the Marathon including a schedule of the previous six weeks training. ALL ENTRANTS MUST COMPLETE THE STATEMENT OF MEDICAL FITNESS ON THE REVERSE SIDE OF THE ENTRY FORM.

ENTRY FORMS MUST BE ACCOMPANIED WITH ENTRY FEE, A.A.U. REGISTRATION NUMBER FOR 1975 OR 1976, AND COMPLETED MEDICAL STATEMENT TO BE COMPLETE. INCOMPLETE ENTRIES DELAY REGISTRATION AND WILL BE CHARGED \$1.00 ADDITIONAL INCOMPLETE ENTRY FEE.

ENTRY FEES: \$3.00 per individual plus \$3.00 per team. TEAM ENTRY must include names of team members and each team member must submit a completed individual entry form. DECLARATION OF TEAM MEMBERS must be made at the check-in January 10.

ENTRIES CLOSE MONDAY, JANUARY 5, 1976, with the Mission Bay Marathon, 5946 Wenrich Drive, San Diego, CA 92120. A LATE ENTRY FEE of \$2.00 will be added to individual entries received after January 5, 1976.

AWARDS: Beautiful and distinctive Trophies especially commissioned for the Mission Bay Marathon to the first twenty finishers in the OPEN DIVISION, to the first ten VETERANS, the first five MASTERS, the first three over 60, the first five JUNIORS (16 & under), and to the first ten WOMEN. Additional place awards and merchandise awards through many, many more places in each division.

SPECIAL RECORD AWARDS: Chronograph wrist watch to the first runner under 2:16:00, watch to the first Veteran under 2:30 and to the first Woman under 2:50.

TEAMS: Team awards to the first three members of the first through third place A.A.U.-registered teams in each of the OPEN, VETERANS and WOMEN'S Divisions. Teams are not limited in number of team members and the first three finishers on a team count in scoring.

AWARDS PRESENTATION will be at the AWARDS PICNIC near the Finish at 12:45 p.m. Entrants will be the guests of the San Diego Track Club but are asked to pay \$1.00 for each guest to help defray expenses.

CHECK-IN: Before 7:30 a.m., January 10, at North Mission Bay Drive & De Anza Road. The area for the check-in will be lighted and showers and dressing rooms will be available at Mission Bay High School (1/2-mile from the Start), bring your own towel. Runners may check in at the Race Headquarters at the HILTON INN on East Mission Bay Drive Friday, January 9, from 2:00 until 6:30 p.m. and avoid the Saturday morning rush.

COURSE: Certified to be 26 miles 385 yards, two laps in east Mission Bay Park on asphalt and dirt roads with some concrete walks. Guides, signs and painted arrows will be at all turns and intersections. See the detailed map on the reverse side.

AID STATIONS will be at 2-1/2 mile intervals with water and E.R.G. Entrants may have their own preparations placed at specified Aid Stations if they are clearly labelled with their name and number and left with the Aid Station crew by 7:30 a.m.

MISSION BAY HALF-MARATHON: FOR THOSE RUNNERS WHO HAVE NOT WORKED UP TO THE 55 MILES PER WEEK RECOMMENDED FOR MINIMUM MARATHON PREPARATION, THE MISSION BAY HALF-MARATHON (13 miles 193 yards) WILL BE HELD CONCURRENTLY WITH THE MISSION BAY MARATHON. Entry fee for the MISSION BAY HALF-MARATHON will be \$1.00 and entries will be accepted until 7:30 a.m., January 10. HALF-MARATHON runners will receive times at all MARATHON splits and their names will be printed with the MARATHON results with their times. HALF-MARATHON entrants will not be eligible for MARATHON awards, certificates, or T-shirts even if they decide to complete the Marathon distance.

ACCOMMODATIONS, AIR TRAVEL AND SAN DIEGO TOURS: For special group rates and package deals, contact SPORTS TRAVEL INTERNATIONAL, LTD., 1951 Cable Street, San Diego, CA 92107 (714) 225-9555 before December 19.

Put along this line, send in the entry form below and keep the above portion for your information

OFFICIAL ENTRY FORM
TWELFTH ANNUAL

MISSION BAY MARATHON

JANUARY 10, 1976 MISSION BAY PARK, SAN DIEGO, CALIFORNIA

8:00 A. M.

In consideration of your accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims or damages I may accrue against the Amateur Athletic Union of the United States, the Pacific Southwest Association, A.A.U., the San Diego Recreation Department, Mission Bay Associates, the San Diego Track & Field Association, their representatives, successors and assigns, for any and all injuries suffered by me at the Twelfth Annual Mission Bay Marathon or en route to or from said event.

SIGNATURE _____ PRINTED NAME _____

PARENT'S SIGNATURE _____ (if applicant is under 21) ENTRANT'S AGE _____ AFFILIATION _____

ADDRESS _____ NUMBER _____ STREET _____ CITY _____ STATE _____ ZIP code _____ TELEPHONE () _____

DIVISION: OPEN 40-49 50-59 60 + 17 & UNDER WOMEN N.A.I.A.

OR MISSION BAY HALF-MARATHON _____ A. A. U. REGISTRATION NUMBER FOR 1976 _____ OR 1975 (ALL 8 DIGITS!) _____

MARATHONERS: Do you plan to attend the picnic? _____ No. of guests _____
...the Friday spaghetti supper? _____ No. of guests _____

COMPLETE MEDICAL STATEMENT ON THE REVERSE SIDE!

RECORDS MEET
COLLEGE OF THE DESERT
PALM DESERT, CALIFORNIA
JANUARY 10, 1976

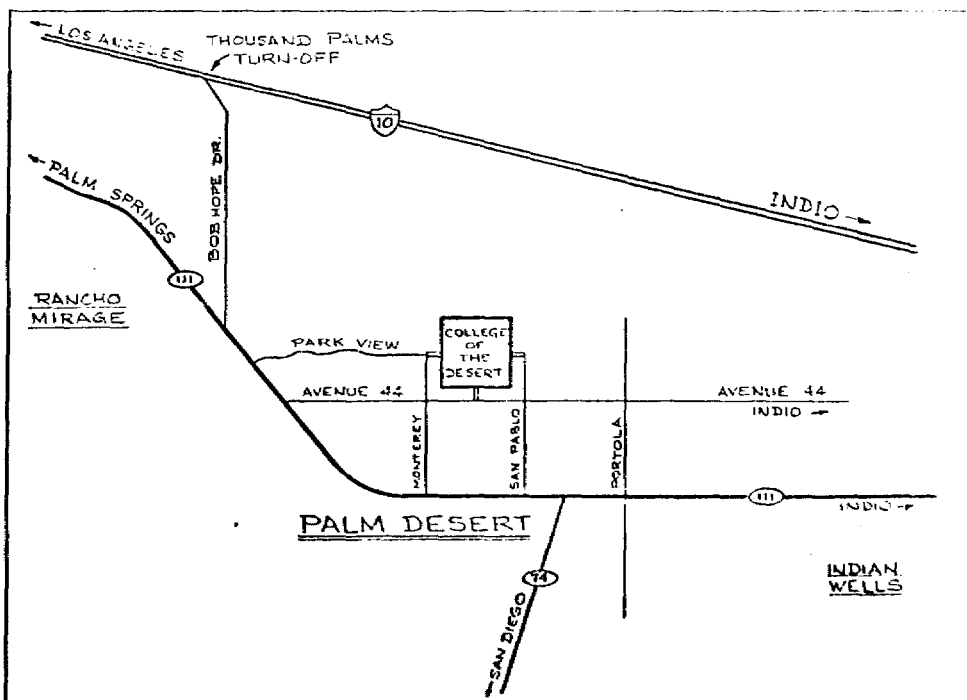
11:30 a.m.	Joggers Mile	Divisions: Open, Women, 5-year age groups to 75+
12 Noon	3,000 Meter Run	
12:30 p.m.	60 Meter Dash	
1:15 p.m.	600 Meter Run	
1:30 p.m.	60 Meter High Hurdles	
2:15 p.m.	1,000 Meter Run	
2:30 p.m.	300 Meter Dash	
3:00 p.m.	8-Man Mile Relay	

FIELD EVENTS

11:00 a.m. Hammer

12 Noon Javelin, Shot Put, 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.

Weight Men - bring your various weight hammer, shot, discus, and javelin.



"IN CASE YOU DIDN'T KNOW" DEPARTMENT

In the November 1956 Olympics in Melbourne, Australia, Coach Laszlo Tabori, then 24, finished fourth in the 1500-meter run in 3:42.4, and sixth in the 5000-meter run in 14:09.8.

In the 1500, Ron Delaney of Ireland won in 3:41.2; Klaus Richtzenhain of Germany was 2nd and John Landy of Australia 3rd, both timed in 3:42.0. Laszlo, representing Hungary, was 4th, ahead of Britain's Brian Hewson (3:42.6) and Stanislav Jungwirth of Czechoslovakia (3:42.6).

In the 5000, Vladimir Kuts of the Soviet Union won in 13:39.6, followed by Gordon Pirie of Great Britain in 13:50.6, Derek Ibbotson of Britain in 13:54.4, Miklos Szabo of Hungary in 14:03.4, Alby Thomas of Australia in 14:04.6 and Laszlo.

Thomas, by the way, just turned 40 and won the 1500 in the World Masters Championships in Toronto in August in 3:59.5 and 3000 in 8:26.7. A week earlier, he won the 5000 in 14:49.8.

MARATHON RUNNING by Gaylord Kalchschmid

Like most endurance athletes, marathon runners are characterized by their highly developed aerobic capacities (VO_2 max) and an ability to tolerate high rates of energy expenditure (70% to 90% VO_2 max.) without accumulating blood lactate. During marathon (42 km. or 26 mi.-385 yds.) competition these runners must alter their speed to compensate for the detrimental effects of uneven terrain, wind resistance and thermal stress. Such factors add to the circulatory and metabolic demands of running. Heat produced in the active muscles must be transported to the body surface via the circulatory system and subsequently dissipated to the environment. Since the major responsibility of circulation is to transport nutrients and metabolic wastes; increasing the environmental heat stress will overload the circulatory system, thereby reducing performance and posing a risk to the runner's health. Despite these limitations, the marathon has been run in less than 2 hours and 10 min. at an average speed of 12.2 mph or 4 min. and 54 sec. per mile.

DAVE BABIRACKI will compete against other top world-class runners in the 2-mile run in the annual Sunkist Indoor Track Meet on January 16, 1976.

"It is not the critic who counts; not the one who points out how the strong man stumbled, or where the door 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 enthusiasms 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

(Detach and Mail)

TICKET ORDER FORM	<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> <p>_____ Reserved Seats at \$7.50 _____</p> <p>_____ Reserved Seats at \$6.50 _____</p> <p>_____ Reserved Seats at \$5.50 _____</p> <p>_____ Reserved Seats at \$4.50 _____</p> <p style="text-align: right;">Mailing fee _____ .50</p> <p style="text-align: right;">Total _____</p>
<p>SUNKIST INDOOR TRACK AND FIELD MEET</p> <p>Friday Evening, January 16, 1976</p> <p>(For priority rights, this form must be in the mail by December 28, 1975)</p>	

For Office Record			Name _____	
Section	Row	Seats	Address _____	
			City _____	Zip _____ Phone _____

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 | <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 |