APRIL HIGHLIGHTS

DAVE BABIRACKI wins Santa Barbara 1000 in 7:58, 4th in Mt. Sac 5000 in 13:50.8; 2nd in San Jose 5000 in 14:18.6.


RAY HUGHES sets American age-37 record of 30:42.0 in 6-mile run.

HOWARD MILLER wins 2-man, 14-mile age-group relay.

JACKI HANSEN and LEAL REINHART win 14-mile women's relay.

"OLE" OLESON 57, runs fine 3:04 in Boston Marathon in 95-degree heat.

RICHARD NANCE wins mile in 4:15.8 for Valley College in Conference Finals.

HEATHER TOLFORD wins mile in 5:04.6.

GAYLORD KALCHSCHMIDT takes 3rd in Mt. Sac Masters 1500 in 4:29.3.

COMING UP IN MAY


May 15-16. 6th annual Grandfather Games, Valley College. Men and women over 30.


May 22. Master Striders Relays, Cal-Poly Pomona. Men and women over 30; Open W.

May 22-23. SPA-AAU Women's District Championships.


BABIRACKI, KURRLE TRY FOR OLYMPIC TEAM

The San Fernando Valley Track Club is fortunate to have two outstanding runners who have a chance to make the U.S. Olympic team in 1976 -- DAVE BABIRACKI and RON KURRLE. KURRLE is aiming for a spot in the marathon. The Olympic trials in that event will be held in Eugene, Oregon on May 22. Only those runners who have run a 2:23 marathon or better will even be allowed to compete in the trials. Ron ran a 2:22:47 in January to qualify. BABIRACKI will probably go for a spot on the team in the 5000 meter run. The Olympic trials for all track and field events will be held in Eugene on June 19-27. To qualify for that competition, Dave must run a 13:40 5000-meters. His fastest time to-date is a 13:43 last year. Whatever the outcome, both Dave and Ron have our solid support. We are proud that two young men of such outstanding caliber are representing the Valley Track Club in this Olympic year.
LONG DISTANCE RUNNING SCHEDULE

DATE/TIME  EVENT/DISTANCE  LOCATION  COORDS/
SAT MAY 5  4th Annual Hanson 10mi.  Hanson Dam, 91977
3:30pm  Run  Dave Holmes, 9075 13th Ave., Santa 4025
La Verne 6:00pm  Awards  sponsored by CCA

Awards: 10 up 2 sub-marathons; 2 2/4/1; 5 km 2 4:20; 3 1 sub-
to 3 1 marathon 1 30

An Important LDA  Important LOO meeting will follow race. All clubs  Should have a number in attendance. All interested
runners also welcome to attend!

SUN MAY 16  Las Posas Hills Wiring Handicap: 5Km.  All 8:00am  Winners to All
Finishers 10:00am  Finishers 5KMP open; sub-Rs Vero Shara Dr., Camarillo 93010 408/452-6500
Beste S.S., 2 wins 45/50; 15-20; 15-19;
15-20, 16-19

Out agricultural roads, paved roads & 75-80, awards beyond 1st 1st
hills, last 1 mi downhill. Refreshments:  be to be attended.

Trophies are needed by the Long Distance Running Committee for each event. If you are

Jimmy Rolled, 93010 408/452-6500

SAT MAY 22  21st Fontaine Days 11:30, 10:45am  Lessons 8:30am  Lessons 17:30 were
Trail Run 10:45am  $100 to all entrants 1st place in 2 different 1st

San Bernardino Fwy to Sierra Ave. W. 10th Trail Race 8:30am  and at Sierra Madre (3rd stop) 5KMP
on Sierra to Marigold (3rd stop) 4KMP 3 win.

The finish is at parking area.

When filling out applications for A.A.U. cards, be sure to designate your sport as UD (Long Distance
Running) and not Track & Field. This schedule is mailed only to persons on the LD roster.

SAT MAY 29  10th Mt. Wilson 10Km Run 11:30am  Lessons 8:30am  Lessons 17:30 were
Trail Race 8:30am

James T. McMan 4KMP open; sub-Rs Vero Shara Dr., Camarillo 93010 408/452-6500

Open 20; 5KMP open; 15-19 75-80, awards beyond 1st 1st
10K; 15-19 30-50. Sierra Marpe  
residents of age.

One of this year's top events. Tough up & back run. Sponsored by Sierra Madre Search & Rescue Tennes. Box 24, Sierra 
Madre 91024. Check in at Baldwin & Sierra Madre Blvd, in downtown Sierra 
Madre. Just N. of Santa Anita track.

SAT JUNE 5  Lyle Creek 10Km 11:30am  Lessons 8:30am  Lessons 17:30 were
Trail Run 8:30am  Lessons 17:30 were

Bruce Hamarston, 10Km run 11:30am  Lessons 8:30am  Lessons 17:30 were

Race entry fee, 1st place in following divisions: Open, S.S., Vets 45/50; 50+ Open.

San Bernardino Fwy to Sierra ave. W. 10th Trail Race 8:30am  and at Sierra Madre (3rd stop) 5KMP
on Sierra to Marigold (3rd stop) 4KMP 3 win.

All races are open to open; awards 1st; 2nd; 3rd; 4th; 5th; 6th; 7th;

Many & various.

All paved roads on hill near Lion Sleep-
Wood, Restrooms & Picnic facilities. Ventura Fwy to Wendy Dr. W 3 mi to 
Hollywood, N. to Knollwood 1st to Finkley and Bourn Park.

In any race involving team competition, all teams must submit a list of their competing members prior to
the start of the race. If this is not done, your team score will not count.

SAT JUNE 12  10th ANNUAL PALOS 11:30am  Lessons 8:30am  Lessons 17:30 were
VERDES MARATHON 8:30am  Lessons 17:30 were

Lee Braden, 2287 Via 8:30am  Lessons 17:30 were
Avocado, Police Records 22747

Open 20; Men's 5/2/11
Women 2/2/11 H.S. 5;
14/4/4 1st 7x4 finishers.

San Diego Fwy to Hampshire Blvd, S to Gilmore Sprs. Check in at Rolling Hills Analy, Restrooms & showers. Entry fee 1st;

$6.00 after June 4th.

SAT JUNE 19  COASTAL SECTION 9:00am  Lessons 8:00am  Lessons 17:00 were
S.P.A. & NATIONAL 9:00am  Lessons 8:00am  Lessons 17:00 were
ONE HOUR RUN 10:00am  Lessons 8:00am  Lessons 17:00 were

Clerive Rogersfield 10:00am  Lessons 8:00am  Lessons 17:00 were
San Luis Obispo Distance Club, P.O.

Box 1154, S.B. 93406

Included in listing for Santa Barbara section. Runners are eligible for regional & national awards.

San Luis Obispo HS, track, speed is of Santa Barbara section. Runners are eligible for regional & national awards.

SAT JUNE 19  NATIONAL MASTERS 3:00pm  Lessons 2:00pm  Lessons 1:00pm  Lessons
3,000M RACE 2:00pm  Lessons 1:00pm  Lessons

John Broadnax, 4476 9:00am  Lessons 2:00pm  Lessons 1:00pm  Lessons
Midlothian, Va., Santa
Barbaras, 902/854-2911

Many National & District Awards

U.S. 101 past Santa Barbara, follow signs to U.C.S.B. Park at Robertson Gym. (Park area)

Important L.D.O.C. Meeting to follow this race. All clubs should have at least one (1) delegate present.

All other Interclub parties welcome to attend.

THUR JUNE 24  U.C. RIVERSIDE 11:00am  Lessons 10:00am  Lessons
100M HURDLE RACE 9:00am  Lessons 10:00am  Lessons

Bruce Kummerstein, 9:00am  Lessons 10:00am  Lessons
P.O. Box 1156, San
Bernardino 92402

U.C. Riverside. Dirt track, lights,
restrooms & showers. Pomona Fwy (50) 5 mi to Riverside. Exit at University Ave., N. to track.

NOTES

1. Entry fee is $1.00. 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 15 & under and Girls 13 & under pay $1.00 for races less than the marathon distance; $2.00 for all 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.

2. Girls (12 & U); Women (13-29); Women Over 30 must either run in their division or in the OPEN; same for boys in 10-19; 15-19; and 12-0 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.

3. A.R.A card must be shown upon entering or entry fee is doubled. THIS RULE WILL BE ENFORCED!

4. LOO 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.

5. Race marked "Tentative" were so at the time the schedule was published. Announcements regarding these races will be made at earlier races.

6. Results of races will be available at succeeding races about after two weeks. They are never mailed out.
OPEN TRACK & FIELD SCHEDULE

Saturday, May 8  
West Coast Relays, Fresno.

Saturday, May 22  
California Relays, Modesto.

June 10-12  
Thursday thru Saturday  
U.S. National AAU Championships; Drake Stadium, UCLA.

June 19-27  
Olympic Trials - Eugene, Oregon

July 17-29  
1976 Olympics - Montreal, Canada.

Masters Track & Field Schedule

May 15-16  
Saturday-Sunday  
6th Annual Grandfather Games; 12 Noon each day; Age-groups; 30-39; 40-49; 50-59; 60-69; 70 & over; Women 30 & over. Los Angeles Valley College; 5800 Ethel Avenue, Van Nuys.

May 22  
Saturday  
Master Striders Relays - Cal Poly Pomona - 12 Noon. Entry blank in this issue.

May 29  
Saturday  
4th Annual Corona Del Mar Relays; Glendale College; Field events 9AM; Track events 12 Noon. Individual field event competition; Relays only in track competition, with a few individual women events. Each entrant pays $7 and participates in as many events as he or she chooses. Contact your team relay captain if you wish to compete. Schedule includes Sprint Medley Relay, Distance Medley Relay, 2-Mile Relay, One-mile relay, 440 & 880 relays. Last year, SFVTC picked up two firsts and a second to tie for 1st in the 40-49 group. Beautiful trophies. One of the best meets of the year.

June 4-5  
Friday-Saturday  

June 12  
Saturday  
SPA-AAU District Championships. Site to be announced in next issue.

June 19-20  
Saturday-Sunday  
Far West Regional AAU Masters Championships; Castlemont College, San Diego. Entry blank in June issue.

June 26-27  
Saturday-Sunday  
Senior Olympics, University of California at Irvine; Entry blank in June issue.

July 3-4-5  
Saturday-Monday  
U.S. Masters AAU National Championships; Mt. Hood College; Gresham, Oregon. All details in next issue.

July 10-11  
Saturday-Sunday  
U.S. Masters Decathlon Championships; Mt. Hood College; Gresham, Oregon.

June 16-July 23  
Los Angeles Board of Education All-Comers meets, each Wednesday, Pierce College, Woodland Hills; Masters 100, 220, 440, Mile.

July (thru 30th)  
AAU National Masters One-Hour Run (postal). Contact: John Brennand, 4476 Meadowlark Lane, Santa Barbara 93105.
WOMEN'S TRACK & FIELD SCHEDULE

May 8, Saturday
- AL FRANKEN'S INVITATIONAL - UCLA - selected age divisions -
  Al Franken (213) 272-7577

May 8-9, Saturday-Sunday
- SOUTHERN CALIFORNIA CHEETAHS INVITATIONAL - Pending - all age divisions -
  Bim Petersen, 1840 Hawkbrook, San Dimas 91773 (714) 599-4569

May 15, Saturday
- MICKEY'S MISSILES INVITATIONAL - Girls and boys - Audrey (Mickey) Tyler, 5526 Miraflores Dr., San Diego 92114

May 15-16, Saturday-Sunday
- ORANGE COAST INVITATIONAL - Newport Harbor High School - all age divisions -
  Don Moraga, PO Box 2082, Huntington Beach 92647 (714) 646-1891

May 15-16, Saturday-Sunday
- NATIONAL PENTATHLON - UC Santa Barbara - selected age divisions -
  Sam Adams, Ath. Dept., Univ. of Cal Santa Barbara (805) 961-2133

May 22-23, Saturday-Sunday
- SPA/AAU DISTRICT CHAMPIONSHIPS - UCLA - All age divisions -
  Phil Snyder, 27102 Woodbrooke Road, Rancho Palos Verdes 90274
  (213) 377-3133

May 30-31, Sunday-Monday
- CALIFORNIA STATE CHAMPIONSHIPS - Balboa Stadium - all age divisions -
  John Van Benthem, 2429 Calle Del Oro, La Jolla 92037 (714) 454-2247

June 10, 11, 12, Thursday-Friday-Saturday
- NATIONAL CHAMPIONSHIP - UCLA - Senior Women and Men - Pete Scalise, 2925 Knoxville, Long Beach 90815
  (213) 421-2867

June 13, Sunday
- AGE GROUP TRACK CLASSIC - UCLA - Age group - Phil Snyder,
  27102 Woodbrooke Road, Rancho Palos Verdes 90274 (213) 377-3
  (213) 377-3133

June 14-15, Monday-Tuesday
- NATIONAL CHAMPIONSHIP - UCLA - Junior women - Bob Seaman,
  17122 Leal Avenue, Cerritos 90701 (213) 926-5785

June 19-27, Saturday-Sunday
- OLYMPIC TRIALS - Eugene, Oregon - Selected age divisions

June 27 - Sunday
- JUNIOR OLYMPICS - College of the Canyons - all age divisions
  Dave Topp (805) 251-2047

May 22, Saturday
- SPECIAL WOMEN ONLY 10KM - Eugene, Oregon - In conjunction with Olympic Marathon trials. Start and finish in stadium.
  All women who can run this event at a 7:00/mile pace or better are cordially invited. Contact: Janet Heinonen,
  Oregon Track Club, P.O. Box 1107, Eugene 97401.

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.
RESULTS

MT, SAC RELAYS - April 24-25

DAVE BABIRACKI finished 4th in the invitational 5000 in 13:50.8, breaking the meet record of 13:51.8.
HEATHER TOLFORD took 2nd in the women's 1500 in 4:40. GAYLORD KALCHSCHMID placed 3rd in the Master's 1500 in 4:29.6 and 4th in the Master's 5000 in 17:45. WILBUR BUCHANAN took 5th in the age 50-59 100 meter dash in 12.7. The club was unable to defend its Distance Medley Relay championship when 440-man Dave Berry became ill.

SANTA BARBARA RELAYS - April 1

DAVE BABIRACKI turned in an exceptionally fast 3000-meter victory in 7:15.8, the equivalent of about an 8:28 two-mile. REID HARTER ran the 3000 in 8:12.4, MARK KENNEDY took 4th in the 1500 in 3:15.2, and JIM WHITEMORE got a 6th in the 1500 in 3:16.

STC AGE-GROUP RELAY - April 3

In this relay, two runners form a team. Each runs alternate 1.4 mile loops -- 5 times. A total of 7 miles per runner or 14 miles total. HOWARD MILLER and partner Ed Avo! won the age 50-69 division (the combined ages of the two runners) in 68:11. Howard ran his 5 legs in 6:40, 6:40, 6:40, 6:32 and 6:37, the equivalent of 4:45 miles. GAYLORD KALCHSCHMID and John Cook took 4th in the 70-89 age group. Gaylord ran 7:25, 7:20, 7:35, 7:36 and 7:14, the equivalent of 5:14 to 5:30 miles. REID PRESSLEY and STAN CELMER also ran in the 70-89 division. John Landry and Ray Cook 13, won the 29-and-under race. JACKI HANSEN and LEAL REINHART won the women's division.

REID PRESSLEY won the third place medal in the 4th quarter AAU long distance running standings.

BOSTON MARATHON - April 19

In oppressive, humid, 95-degree weather, RON KURRLE and JIM "OLE" OLESON courageously finished this classic American race. Ron, who is pointing for a spot on the American Olympic team, ran a tremendous race to finish 8th in 2:26:21. Ron was the 4th American in the event. Ole ran 3:04, which, for age 57, is outstanding. MARK COVERT also started, but was forced out in the unfavorable weather conditions. Kurrle, who qualified for the Olympic trials with a 2:22:31 marathon in January, journeys to Eugene on May 22 where the first 3 finishers represent the United States at Montreal. Ron feels "like I have a good shot at it" in spite of competition from the likes of Frank Shorter, Bill Rodgers and others. Ron, like many potential American Olympians, is forced to squeeze in his training inbetween his job as a corrective therapist at a Long Beach Veterans hospital. Our best wishes and firm support go with him to Eugene.

FINAL 3PA-AAU STANDINGS

SFVTC placed five men in the top 25 in the final 1975 AAU point-totals. Ratings are determined by dividing average placing (when in top 10, or top 6 for masters) by the number of races run. Gary Tuttle won the open; Gil Perez the Masters. RON KURRLE placed 10th; MARK COVERT 11th; BILL SOBBEY 19th; STEVE BROTHE 20th; RAY HUGHES 22nd. In the Masters, DAVE PARKER placed 20th.

SPAAAU WOMEN'S MID-SEASON MEET - April 4

HEATHER TOLFORD won the mile run in 5:04.6 by 15 yards on a cold, rainy day.

RICHARD NANCE, SFVTC member representing Los Angeles Valley College, won the mile run in 4:15.8 in the Metropolitan Conference Finals at Long Beach on May 1. Gerardo Canchola won the 3-mile run for Valley in 14:32. In a dual meet with Pierce earlier in April, Nancy ran the mile in 4:14.3 for 2nd and tied for 3rd in the 5000 in 15:43.0.
Masters Report

Bob Humphries, who turned 40 on March 30, threw the 4.6# Discus an amazing 182'8" at the Bakersfield Relays April 3rd. The toss broke the American 40-plus record, set last August by Baltimore's Ed McCombs, by 14 feet. Humphries missed Adolfo Consolini's 18-year old world mark by just 9 inches.

Truman Clark, of the Beverly Hills Striders, turned 40 in November and promptly established himself as the current top U.S. Masters marathoner. In a ten-week period, he ran in four major marathons, winning the Masters division in each and improving his lifetime best three times; Culver City, 2:13:28; Mission Bay, 2:32:32; Orange, 2:31:48; San Mateo, 2:34. No other U.S. Master beat even Truman's slowest (2:34) time, in 1975 or yet in 1976. *(see below)

Hal Walker of the Seniors Track Club had multiple pulmonary emboll (blood clots on the lungs) - probably as a result of a calf injury suffered last summer at White Plains. We understand he's taking flying lessons in the meantime.

Membership chairman DICK WAGER-SMITH is still suffering from the 1975 groin injury that has kept him from even jogging since last summer. He's also working seven days a week in his real estate job. We'll miss him on the masters mile relay team.

A Masters 100 for 40-plus will be held on Saturday, May 8 as part of the ITA professional meet. Bill Stock is coordinating; 714-466-8700.

DICK FORSEGA may join the 40-49 relay teams. A sub-3-hour-marathoner, Dick has been coming to the workouts lately. While most of us run for health and an occasional medal here and there, Dick bagged $3000 in last year's "Mile 'n Tie" competition, where two people and a horse compete in what is becoming a serious money event. We hear that $6000 or more is on the line this year.


Top performances:

1A 300 yd. Bertrand 33.7
600 yd. Gluppe 1:19.4
1000 yd. Zipper 2:25.4
Mile Doherty 4:37.3
2-mile Allen 9:52.4
Long j. Pistone 19'3"
High j. Langenfeld 5'8".

2A 300 yd. Valentine 35.0
600 yd. Short 1:26.9
Mile Brown 5:09.0
2-mile Harmon 11:16.0

3A Mile Isaman 5:19.1
2-mile Wall 12:14.0

Dutch Warmerdam, one of the greatest names in track history and holder of the world pole vault record at 15'7 3/4" for 15 years, is now coach at Fresno College and director of the annual West Coast Relays, set for May 8. He returned to action with gusto at age 60. His 4328 decathlon total bested the old 60-64 division best by 190 points and included a 10-6 vault and a 5-0 high jump (which topped the 4'10 1/4" record of Canada's Ian Hume and the 4'9 1/4" U.S. mark of Virgil McIntyre. Dutch also got an age-60 discus mark of 142'2".

Men's Track and Field Qualifying Standards

U.S.A. Olympic Trials

Eugene, Oregon ... June 19-27, 1976

100 meters 10.2 (hand) 10.44 (electric)
200 meters 20.7 (h) 20.94 (h) 46.14 (a)
400 meters 46.9 (h) 1:47.4
800 meters 3:40.6
1500 meters 13:40.0
5000 meters 30:00 Steeplechase 6:32.9
110m High Hurdles 13.7 (h) 13.94 (a)
400m Inter. Hurdles 50.5 (h) 50.64 (a)
Marathon 2 hrs. 20 min.
20K Walk 1 hr. 35 min.
High Jump 7' 1/4"
Long Jump 25' 11"
Triple Jump 53' 9"v
Pole Vault 17' 4"v
Shot Put 63' 7"v
Discus Throw 185' 10"v
Javelin Throw 282' 5"v
Hammer Throw 225' 4"v
10,000 meters 28:46.0
Decathlon 7650 points
ANNOUNCEMENTS

SEMI-FUN-RUNS

At 6:30AM each Sunday morning at Sepulveda Dam, a group of people gather to run 3-mile loops. Some go 3 miles, some go 12. It's not a true "fun-run" in that no times are given, but if you want to work out in the early AM with company, they meet in the parking lot just north of the tennis courts on Balboa Blvd, just north of the Ventura Freeway. Former Tabori-pupil and Valley College star Steve Adams, along with Ed Avol, is the organizer.

1976 NATIONAL AAU CHAMPIONSHIPS AT UCLA

We plan to purchase a block of tickets to the 1976 national AAU meet to be held at UCLA's Drake Stadium June 10-12. If you're interested in attending with the group, tickets are $4. (Admission is free on Thursday.) Babiracki will probably run Friday evening at 7:10 in the 5000. Sue Kinsey may run in the women's 1500 Saturday at 2:20PM. This is the first time the men's and women's championships have been combined. With the Olympic trials slated for Eugene, Oregon, this meet should attract the top U.S. track and field athletes. Call Al Sheahen at 785-1895 or 395-9991 or drop a note to 6200 Hazeltine Ave., Van Nuys 91401 along with your check before May 12th, if you'd like to go.

NEW MEMBERS -- NEW MEMBERS -- NEW MEMBER

John Mossbrook 3300 Castle Heights Ave. #8
Los Angeles 90034
213-559-1218
6-5-43 Mile, 3-mile, 6-mile

Verne Tjarks 3625 Terrace View Dr.
Encino 91436
783-1400 12-8-39
Mile, 10,000, X-C

Michael, Barbara & Eric Walter
17600 Sidwell St.
Granada Hills 91344
213-363-7280
11-29-41 3-12-32 12-31-62
Cross-country

Jimmie Downey
20260 Delta Dr.
Woodland Hills 91364
213-884-8209 10-11-34

T-SHIRTS AVAILABLE

We now have solid green T-shirts, with white lettering, available for $4.00. Mail your check to the club office -- specify size, small, medium, large -- or see Earl Rippee at the evening workout.

GLARING OMISSION DEPARTMENT

In the April newsletter, we listed the names of SPVTC members who hold world or American age records. In our haste, we neglected to mention that the list was confined to over-40 records only. Perhaps the club member with the most outstanding age-records is 37-year-old RAY HUGHES. Ray, who, unfortunately, is temporarily out-of-action again with an injury, set his 6th American age record by running 6-miles in 30:42.0 at the March 13 Long Beach Relays, breaking Pete Mundle's 11-year old mark of 31:20. Ray holds the American age-36 5000-meter record of 15:16; the age-32 6-mile mark of 28:45.2; the age-32 10,000 meter mark of 30:24.8; the age-35-and-36 10,000 meter standards of 30:44.4 and 30:47.2, respectively. These are phenomenal performances and we hope to see Ray back in action soon.
Cal Poly Pomona-Strider Relays

Schedule of Events

DIVISIONS: III (60 & Over) II (50-59) I (40-49)
            I-A (30-39) Women, Women Over 30, and Open

TRACK EVENTS
12:00 PM One Mile Walk (All Divisions except women &
            women+30)
12:15    400 Meter Relay (Women & Women over 30)
12:20    "    "    "    (Division II)
12:25    "    "    "    (Division I)
12:30    "    "    "    (Division I-A)
12:35    Open-College 400 Meter Relay
12:40    Open 5,000 Meter Run
1:00     Sprint Medley Relay (Division II)
1:05     "    "    "    (Division I)
1:10     "    "    "    (Division I-A)
1:15    1500 Meter Run (Women & Women Over 30)
1:25    100 Meter Dash (Women & Women Over 30)
1:30    "    "    "    (Division III)
1:35    "    "    "    (Division II)
1:40    "    "    "    (Division I)
1:45    "    "    "    (Division I-A)
2:00    Distance Medley Relay (Division II)
2:10    "    "    "    (Division I & I-A)
2:25    3000 Meter Run (Women & Women over 30)
2:40    "    "    "    (Division III & II)
2:55    "    "    "    (Division I & I-A)
3:10    800 Meter Relay (Division II)
3:15    "    "    "    (Division I)
3:20    "    "    "    (Division I-A)
3:30    Open-College 1600 Meter Relay
3:40    240 Meter Shuttle Hurdle Relay (39" Hurdles)
*Teams can be mixed with two men from Div. I-A
   and two men from Div. I....However, No more
   than two men can be used on the team from the
   lower division I-A.

FIELD EVENTS
12:00 PM Shot Put, Long Jump, Pole Vault & High Jump
         (All Divisions)

AWARDS:
Medals for all winning relay team members.
Medals for first 3 places in individual track
& field events. There will be only one combined
womans div. in field events. Any event that does
not have a sufficient number of participants
may be combined with the next closest age group.
SPONSOR: Cal Poly Pomona--Beverly Hills Master Striders

DATE & TIME: Saturday, May 22, 1976 at 12:00 Noon

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

ENTRY FEE: $6.00 PER RELAY TEAM $2.00 PER INDIVIDUAL TRACK & FIELD EVENTS

AWARDS: Medals for all winning relay team members and field events. Medals for first three places in individual track and field events (one women's division only in field events)

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

DIVISIONS: III-60 & over; II-50-59; I-40-49; I-A 30-39; Open; women and women over 30

ENTRY DEADLINE: All entries must be received by May 17, 1976. Entry form and check must be mailed to Bill Adler, 5521 Dubois Ave. Woodland Hills, Ca. 91364. Make checks payable to: Cal Poly Pomona Assoc.

OFFICIAL ENTRY

ATHLETE'S RELEASE

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

Athlete's Signature
Date

PLEASE ENTER ME IN THE FOLLOWING EVENTS FOR WHICH I ENCLOSE $ AT THE RATE OF $2.00 FOR EACH EVENT OR $6.00 PER RELAY TEAM. MAKE CHECK PAYABLE TO: CAL POLY POMONA ASSOC.

MAIL TO: BILL ADLER, 5521 DUBOIS AVENUE, WOODLAND HILLS, CA. 91364

NAME AFFILIATION BIRTHDATE AGE

ADDRESS CITY STATE ZIP

DIVISION: Women Women over 30 1.
Open 2.
30-39 (I-A) 3.
40-49 (I) 4.
50-59 (II) 5.
60-over (III) 6.
7.

EVENT: 1.
2.
3.
4.
5.
6.
7.
MT. SAC RELAYS - SATURDAY & SUNDAY, APRIL 24 & 25, 1976 - Beautiful, Warm - 75°

100 METERS (40-49)
Nick Newton, RHS 11.5
George Waterman, CIM 11.5
Percy Knox, CIM 11.6
Cruz Jimenez, Mex 11.6
Tony Nasarella, STC 11.8
Jim Parks, STC
Ted Vick, CIM

100 METERS (50-59)
Payton Jordan, CIM 12.0
Tom Patsalis, CIM 12.4
Wayne Ambrose, CIM 12.5
Tom Clayton, CIM 12.6
Wilbur Buchanan, SFV 12.7
Don Watt, STC 12.7

*Equals Meet Record

800 METERS RELAY (40+)
1. CIM 1:36.2*
   Joe Canuso, SCI 13.9
   Anthony Castro, SCI 14.3
   Don Newer, UN 15.5
   Red Doms, RHS 16.2
   Robert Blakely, UN 16.8

2. BHS
   Al Feola, Herb Adami, Jim Al-Kurashi, Nick Newton

3. STC 1:39.9
   Hal Wallace, Jim Parks, Ozzie Danks, Tony Nasra1a

* New Meet Record

SHOT PUT (40-49) 164
Hal Smith, RHS 45'2-1/5
F. Stuart Thompson, RHS 44'
George Waterman, CIM 40'11/2
John Tansley, CSU 38'3-1/5
Jack Thatcher, CIM 35'7/4

NOTE: Stan Herrmann CW 27'2/5

New Age 71 Record

SHOT PUT (50-59) 128
George Ker, CIM 44'-6-3/4
Jack Thatcher, CIM 41'5-5/4
Dan Aldrich, CIM 39'10/2
Red Doms, RHS 37'1/5
Pete Petter, CIM 32'9

NOTE: Stan Herrmann CW 31'9-3/4

New Age 71 Record

SHOT PUT (60+)
Tom Montgomery, CIM 45'2/5*
James York, NCST 43'6-3/4
Red Doms, RHS 40'7/1
Chuck McIlhun, STC 40'3/4
Niel Lucil, HSU 39'5-5/4
Doodles Weaver, UN 32'6-1/4

*New Meet Record

1500 METER RUN (Masters 40+)
Bill Fitzgerald, STC 4:24.8*
JAN FEKES
Gaylord Kalschmid, SFV 4:29.3
Bob Holmes, UN 4:44.0
Avery Bryant, STC 4:42.3
Mike Healy, WJ 4:42.3

*Establishes Meet Record

5000 METER RUN (40-49, 50+)
Truman Clark, RHS 16:19.6
Jerry Smart, RHS 16:45.6
Carlos Amaro, Mex 16:52.4
Gaylord Kalschmid, SFV 17:45.2

Low Roberts, STC 17:15.2
Avery Bryant, STC 18:20.4
Dick Cotrell, CIM 18:21.6
Ray Archibald, UN 18:29.0
Bob Long, RHS 20:37.8
Harold Daughters, STC 21:11.2
William Dietrich, UN 21:57.8

400 METER RELAY (40+)
1. CIM "A" Team 45.6
   Shirley Davission, Dave Jackson, George Waterman, Percy Knox

2. STC
   Hal Wallace, Jim Parks, Ozzie Danks, Tony Nasra1a

3. RHS 46.6
   Jim Al-Kurashi, Bill Adler, Al Feola, Nick Newton

4. CIM "B" Team 47.5
   Tom Patsalis, Ted Vick, Phil Schlegel, Don Palmer

5. CIM (50+ Team) 48.9
   Wayne Ambrose, Tom Clayton, Pete Petter, Payton Jordan

DISCUS (40-49)
Bob Humphreys, CIM 174'21/2 *
F. Stuart Thompson, RHS 168'11/2
George Waterman, CIM 159'8

Phil Conley, WTC 137'7
Join Tansley, RHS 160'9/5
Hal Smith, RHS 104'8/5

*New Meet Record

DISCUS (50-59)
Fortune Gordien, CIM 157'6
Dan Aldrich, CIM 139'8/5
George Ker, CIM 138'2
John Bocote, CIM 115'5
Jack Thatcher, CIM 111'10/4

*New Meet Record

POLE VAULT (40-49)
Shane Telliano, STC 11'6
John Tansley, CIM 10'0
Hal Wallace, STC 10'0
John Blakesley, STC 9'6

POLE VAULT (50+)
Dave Brown, CIM 11'0
Jim Vernon, CIM 10'6
Don Grosh, STC 10'6
Ory Gillett, CIM 10'0
Tom DeVaughn, UN 8'0

HIGH JUMP (40-49)
Ed Austin, CIM 5'6
Bill Evans, RHS 5'4
Nick Newton, BHS 5'4
John Tansley, CIM 5'4
Phil Conley, WTC 5'2
Shirley Davission, CIM 5'2

HIGH JUMP (50-50)
Don Newer, UN 5'10
Bob Ogle, UN 5'0
Dave Brown, UN 4'10

HIGH JUMP (60+)
Don Newer, UN 5'10
Bob Ogle, UN 5'0
Doodles Weaver, SFV 3'8
Chuck McIlhun, STC 3'6

LONG JUMP (40-49)
Shirley Davission, CIM 21'7-3/4
Dave Jackson, SD 20'10-3/4
Phil Conley, WTC 19'0'/4
Nick Newton, RHS 18'3/4

LONG JUMP (50-59)
Tom Patsalis, CIM 18'7
Raymond Steevey, STC 17'8
Tom Clayton, CIM 16'5
Jim Vernon, UN 16'5
Dave Brown, UN 15'5
Pete Petter, UN 12'0/5
Bob Ogle, UN 14'11/4

LONG JUMP (60+)
Joe Canuso, STC 15'21/2
Don Newer, UN 12'43/5
Chuck McIlhun, STC 11'11/4
Doodles Weaver, UN 10'9/5

Masters Team Captains

Age
30-39 Reid Pressley 570-2914 998-5950
40-49 AI Sheahan 395-9991 785-1895
50-59 Earl Rippee 996-1400 345-0292
60-69

* New Meet Record
Three-day meet
100 Masters competing here

Over a hundred men and women, most of them 60 years and older, took part yesterday in a three-day international track meet sponsored by the Hawaiian Masters Track Club at the University of Hawaii’s Cooke field.

Highlighting yesterday’s performance were a 213° javelin throw by 41-year-old Phil Conley, a 16°-40° long jump by 62-year-old John Sallit and a 5:28.8 mile run by 73-year-old Hal Chopson.

Kazuo Koyama, an 81-year-old woman from Japan, threw the shot 83°.

The meet continues today, with the 10,000 meter run getting under way at 8 a.m.

100-meter run

110-meter hurdles

100-meter hurdles

110 meter hurdles

200-meter hurdles

300-meter hurdles

400-meter hurdles

500-meter run

500-meter hurdles

100-meter hurdles

110-meter hurdles

100-meter hurdles

110-meter hurdles

100-meter hurdles
CLUB UNIFORMS & WARM-UP SUITS:

Club uniforms, in solid kelly green with white lettering are available for $11. Dark solid green warm-up suits are $22. Make checks payable to SPVTC -- denote your size -- and mail to the club office, 18321 Ventura Blvd., Suite 900, Tarzana 91356.

NEWSLETTER MATERIAL

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

NEW MEMBERSHIP APPLICATION

NAME ___________________________ DATE ___________________________
ADDRESS __________________________________________________________
CITY ___________________________ STATE _____________________________ PHONE ___________________________ ZIP ________________________
BIRTH DATE ___________________________
INTERESTED IN: ___________________________ EVENT: ___________________________ BUS. PHONE ___________________________
TRACK ___________________________ FIELD ___________________________
LONG DISTANCE _______________________

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

Yearly membership (includes monthly newsletter)

□ Individual Membership ... $10 □ Sustaining Membership ... $ 50
□ Family Membership ....... $15 □ Century Membership ....... $100
□ Contributing Membership . $25 □ Patron Membership ....... $500 or more