(213) 996 - 1400

SAN FERNANDO VALLEY TRACK CLUB

Coach: Laszlo Tabori (213) 837 - 4794



Suite 900 18321 Ventura Bivd. Tarzana, Calif. 91356

JULY, 1976

VOLUME 2 NUMBER 7

NEWSLETTER

JUNE HIGHLIGHTS

JERRY HACKETT sets American age-group record in 800; wins Masters regional and district 800; 2nd in Senior Olympics.

SID MADDEN sets two world age-68 records in 800 and 1500; wins 3 in Masters regionals and Senior Olympics; takes two seconds in nationals.

SUE KINSEY runs fastest 1500 ever by Valley female athlete in national championships. Takes 2nd in district meet.

GAYLORD KALCHSCHMID wins 1500 in Senior Olympics; runs lifetime best PR in 800 in Oregon.

SFVTC Masters distance medley team wins in Corona Del Mar relays.

REID HARTER sets new course record in Pan-American 6-mile run.

RON KURRLE wins Long Beach Grand Prix 10,000 meter road run.

JACKI HANSEN places 3rd in national mini-marathon in New York.

GARY STANSAUK places 1st in 1st quarter long distance running point totals.

RON NOVOTNY wins 880 at Pierce All-comers meet.

JOHN DAMSKI wins long jump and triple jump in Corona Del Mar relays.

HOWARD MILLER takes 2nd in Fontana 10km.

VICKI COOK wins women's mile at Pierce; loses photo in open mile walk.

MARK KENNEDY wins 3 open events at Pierce.

ED KEYSAR resumes training at Valley College.

COMING UP IN JULY

July 14 & 21. All-comers meets at Pierce College, Woodland Hills.

July 23. Finals in all-comers meet at Pierce.

<u>July 17-31</u>. 1976 Olympics, Montreal, Canada. Track events begin July 23.

HEATHER TOLFORD wins women's mile at Pierce.

SFVTC takes 3rd in Hansen Dam 10-mile team competition.

DICK FONSECA places 3rd in Levi "Ride n' Tie" race at Lake Tahoe.

DON GRIMES wins sub-masters pole vault at CDM relays.

LEAL REINHART wins women's mile at Pierce.

RICHARD NANCE wins open mile at Pierce.

JERRY WOJCIK wins hammer throw in Masters regionals.

RAY COOK wins junior-high 2-mile at Pierce.

BOB LONG wins 5000 walk at Masters regionals.

PAUL RITSCHEL and CAROL CARTWRIGHT run PR's in mile at Pierce.

GEORGE WILLIAMS runs PR 10-mile in Fontana.

LONG DISTANCE RUNNING SCHEDULE

DATE/TIME	EVENT/DISTANCE	DIRECTOR/LOR LIAISON MAN	AWARDS	COURSE/FACILITIES/DIRECTIONS
JULY IT	CULLEGE OF THE	Monty Cartwright	Check with race director	Golden State Fwy N to Valencia Blvd.
9:00am	CANYONS 6mi RUN	805/259-7800	<u> </u>	to Collage of the Canyons. Showers
			ased on total time and not	individual placing.
SAT JULY 17 9:30em	7th ANNUAL MORRO Bay to Cayucos Gmi Run	Sue Waterbury, ≸Sen Luie D.C., P.O. BOX 1134, S.L.O. 93406	Men - 1st 10 finishers. 3D-39 3; 4D-49 3; 5D+2; 12-U 2; 13-15 2; 16-19 3 WOMEN - 15-U 2; 16-29 2; 30+2 . SPECIAL - 1st Husband-Wife; 1st Parent- Child. Certificates to al.	
10:00am An Important	DRANGE COUNTY 15km TEAN RACE L.D.R.C. meeting	Dave Sills, Suite 908 South Tower, Union Bank Square, Drange, 92668. 714/547-9251	Open 1-10; Vets 4/3/1; 12-U 2; H.S. 1-5; 13-14 2; Teams- Open 1-2; Vets 1; Women 2;.(3 person	Road & bike trails; start & finish at Mason Park, Irvine. Restrooms-no Show- ers. Santa Ana or San Diego Fwy to Culver Ave., W. to Mason Park.
should have	this race. All clubs one delegate present terested runners are	•	team for women only)	CUIVEL AUGI, W. CU HAOUN FRIX.
8 : D0em	GRIFFITH PARK DISTANCE CLUB 13KILO	Mike Polizzi, 19400 Prairie #113, North- ridge 91324	Open 10; 35-39 3; Vets 3/3/1; 19-U 10; W/WV/C 1/1/1	Trails with some hills. Golden State Fwy to Los Feliz; W. to Riverside Dr. Entrance of Griffith Park. Check-in near pony ride. Restrooms/1 shower.
SUN ALIG 8 Jom	WALMUT SPORTS FESTIVAL - Gmi RUN; Gmi WALK; 3mi RUN; 2mi WALK	For information write Welnut Festival, P.O. BOX 296, Welnut 91789	Many categories of Boys, Girls, Møn, Women, Vets. & High School.	Pomona Fwy (60) E. from L.A. to Brea Cyn. to Valley Blvd; W. on Valley & follow signs to Suzane Park. Bring family for picnác & activities at noon.
SAT AUG 14 6: 30am	22'nd. HUNTINGTON BEACH DISTANCE DERBY. 10ml, 3ml, 1.5ml.	Jit Love, Rec. & Park Dept. P.D. BOX 190, Huntington Beach 714/536-5486	Open + Hdcp 10mi; H.S. 3ni; 13-15; 12-U 3/3; W/WV 10mi. H.S. 3mi.	Senta Ana or San Diego Fwy to Beach Blvd; S. to Main St. to Huntington Beach Pier. Roads out twice & back.
				e on vacation. It will be very OTHERWISE THESE RACES WILL NOT
SAT AUG 28 8:30m	14th SANTA MONICA Sports Festival 10kilo	Doug Carlat, Rec. & Park Dept., 1685 Main St., Santa Monica 213/393-9975 x 276		Out & back, flat pavement through park. 1456 Ocean Ave., Santa Monica. North of Pier. Restrooms.
BAT AUG 7 10:80mm	LONG BEACH INTERNA- TIONAL SEA FESTIVAL Beach run	Nelson Farris 434-1542	Age group men & women T-shirts, medals or ribbons. Merchandise swards.	Restrooms, Parking, 10mi on sand at low tide. Some concrete. Contact Nelson Farris for directions to race site.
SUN AUG 29 71.30m	SANTA MONICA Marathon	Doug Carlot (See Aug 28)	Many awards for all divisions. T-shirts for all entrants	2 loop road course. Some gentle rolling hills. Contact Doug Carlat for details. Santa Monica fwy to Cloverfield, to 26th St. to Pico Blvd. Showers & Pool.
SUN SEPT 5 (Starting times vary different d	CRIFFITH PARK CROSS COUNTRY from 8 to noon for ivisions)		Awards for many divisions Boys, girls, women, open, masters, etc.	Take Santa Monica Fuy; in L.A. take Vermont N. to Griffith Park, just past Los Feliz. For further details, contact Fred Honda.
MON SEPT 6 10:00mm	MT. BALDY RACE TO THE TOP, Bmi.	Dick Richards 714/982-5167		This one is for Mountain Goats! Race from the bottom of Ski Lift. 6,500ft. to the 10,000 peak via trails. Rest- rooms. Take San Bernardino fewy to Mountain Ave. Go 16mi N. to Ski Lift.

MOTES 1. Entry fem is \$1.50 for all SPA races shorter than the marathen distance. The entry fem for the marathens and 50km will be determined by the race director. Boys 19 & under and Girls 13 & under pay \$1.00 for races less than the marathen distance <u>if</u> 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.

2. Girls (12 & U); Women (13-29); Women Vets 30+ must either run in their division or in the GPEN; same for boys in 15-10; 13-15; and 12-U division. In cases where a person is eligible for two catagories, that person must declare for one or the other at sign-in. He or she cannot compete in both.

3. AAU card must be SHOWN upon entering or entry fee is doubled. THIS RULE WILL BE ENFORCED!!

On Sunday, July 18, the City of Cerritos is sponsoring an SPA-AAU sanctioned 2-man, 10-mile relay, at Cerritos Park East, 13234 E. 166th St., Cerritos, Cal. Each entrant will run ten z-mile loops. Check-in 8 to 9AM. A blind draw will be held for those who don't have a partner. Entry fee: \$1.50 per person. Trophies for fastest team in each division. Divisions based on combined age: 0-40; 41-60; 61-80; 81-100; 101-over; Women.

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CORONA DEL MAR RELAYS - May 29 Glendale College

Over 100 men and women athletes over age 30 showed up for this top annual event which combines individual field events with track relay contests in 10-year age categories.

In one of the most exciting relays in SFVTC's short history, the team of CHAZ HABA, REID PRESSLEY, JERRY HACKETT and GAYLORD KALCHSCHMID won the combined Distance Medley Relay, beating the tough Corona Del Mar Track Club's age 30-39 team.

Chaz 41, ran his opening 440 leg in 57.6 to trail leader Gary Miller (53.5) by 30 yards. Reid 32, held his own with a 2:15.1 880 to Chuck Beeman's 2:14.2. Jerry passed Jerry Beeman with a lap to go of their 1320 leg and drew out to a tremendous 3:18.5 to give Gaylord a 14-second lead beginning the final mile leg.

Gaylord 43, was running against 4:30 miler Tom Richards 35. Richards cut the margin to 10 seconds on the 1st lap with a 64 to Gaylord's 68. He cut it to 9 on the 2nd lap with a 70 to Gaylord's 71. They both ran 71 3rd laps -- Gaylord's 3:30 at this point being his fastest 1**320** of the season. Richards went into his famous kick on the last lap, running a 64, but Gaylord had just enough to hold him off with a 72. Richards time: 4:29.0; Gaylord's time 4:41.9, for a 1.3 second victory for SFVTC in 11:13.1.

After that, the 30-39 team of VERNE TJARKS, TIM WYNDHAM, MIKE KROMM, Pressley and Hackett took 2nds in the 2-mile and Sprint-Medley Relays, and 3rd in the Mile Relay.

The 40-49 team of HANK NORTON, WILBUR BUCHANAN, AL SHEAHEN, Haba and Kalchschmid did the same in their division. In a rare display of courage, WILBUR severely pulled a muscle while running his 220 leg, yet kept going to hand the baton off to insure a 2nd place trophy for all the members of the Sprint Medley team.

Wilbur's untimely injury was the only sour note on a very enjoyable day.

In the individual field events, JERRY WOJCIK took 4th in the triple jump in a good $32'7\frac{1}{4}$ ", 5th in the discus with a $92'3\frac{1}{2}$ " throw; 4th in the javelin in 130'4" and 4th in the hammer throw at 61'2", all this in the 40-49 division.

JOHN DAMSKI won the 60-69 triple jump in 31^{4}_{4} ", won the long jump at 14^{11} ", took 2nd in the high jump at 4'; then experimented with some new events with a 75'2" discus throw and 83'11" javelin toss. Not bad, John.

PAUL EVANS took a 5th in the 50-59 discus at 91'1" and a 3rd in the hammer in 69'11", the 1st time he ever threw it.

DON GRIMES won the 30-39 pole vault, as usual, with his consistent $12^{\circ}0^{\circ}$, and took 6th with a $17^{\circ}4\frac{1}{2}^{\circ}$ long jump.

SPA-AAU DISTRICT MASTERS CHAMPIONSHIPS June 12 -- Moorpark College

Jerry Hackett in Masters 880 win

The San Fernando Valley Track Club's Jerry Hackett 35, a credit üñion analyst at Lockheed, won the 880-yard run in the 30-30 age division at the annual Southern Pacific Association AAU Masters track and field championships at Moorpark College in 2:01.1.

in 2:01.1. California State University, Northridge student Sue Kinsey, another Laszlo Tabori-trained Valley Track Club runner, ran what is believed to be the fastest 1500 meters ever run by a Valley female athlete. Running in the semifinals of the Women's AAU national championships, Kinsey ran 4:22.1 to barely qualify for the finals.

The time is the equivalent of a 4:39.8 mile run. Kinsey went unplaced in the finals, won by Francié Larrieu in 4:09.9.

Other Valley track athletes placing in the week end competition were lab technician Gaylord Kalchschmid 43 of Westlake Village, taking second in the 40-49 mile run in 4:46.1 and third in the 880 in 2:11.4; Al Sheahen of Van Nuys with a second in the 40-49 330-yard intermediate hurdles; Sid Madden 68 with a second in the two-mile run in 13:05 and first in the 440 in 72.2.

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. ALL-COMERS MEETS -- Pierce College June 16 - #1

The first of six weekly all-comers meets, sponsored for the 17th year by the Los Angeles Unified School District who do an outstanding job, was held on a warm, smoggy night at Pierce College in Woodland Hills.

Upwards of 500 participants (72 in the novice mile alone) competed in boys, girls, open, novice, women's and masters divisions.

RICHARD NANCE won the open mile in 4:20.3, fine time but short of his 1976 best of 4:14. BILL ENTZ took 2nd in the open 3-mile in 16:09.5 behind Brian Russell's 15:17.5.

HEATHER TOLFORD won the women's mile in 5:18.7. HANK NORTON took 3rd in the Master's mile in 5:33.4. MARK KENNEDY won a special 1500.

June 23 - #2

On a brutal night when the smoke from the Westlake fire was beginning to choke off the Valley air, LEAL REINHART easily won the women's mile in 5:24.5, but was coughing and choking from the smoke for at least a week afterwards.

PAUL RITSCHEL and CAROL CARTWRIGHT made their long-awaited competitive debut and did remarkably well under the conditions. Running in the Masters mile, Paul ran a good 6:24 and Carol a fine 7:05.

MARK KENNEDY won the open mile in 4:15.5. BILL ENTZ was third behind Mark in 4:44.0. RON NOVOTNY ran a tremendous 1:54.1 to win the open 880.

DAVE PARKER slowed in the heat to a 5:17.0 2nd-place in the Masters mile. BOB PLASS-MEYER looked strong with a 12.0 in the Masters 100 and a 47.0 in the 330 intermediate hurdles. VERNE TJARKS was one of about 60 entrants crowding the track in the novice 880. Verne escaped uninjured in a creditable 2:16.1, running in lane 3 most of the trip.

PEP TALK OF THE MONTH: REID PRESSLEY, to DAVE BEIDERMAN, wearing red, white and blue shorts in the 5000 at the Senior Olympics: "C'mon Dave, do it for the bicentennial."

June 30 - #3

SFVTC attendance was sparse at this one as the Masters were recovering from the Senior Olympics and others were elsewhere occupied.

It was a cooler night as MARK KEN-NEDY won his 3rd event in as many weeks with a 4:19.5 in the open mile. RON NOVOTNY was 3rd in 4:22.2. Ron also took 2nd in the open 2-mile in 9:48.6. DAVE PARKER took 2nd again in the Masters mile in 5:15 after a 2:30 1st 880.

VICKI COOK won the women's mile in 5:15.3 and lost a photo in the open mile walk in 7:33.0. "Unbelievable" said Olympic Games walk-qualifier Larry Walker when asked about the 12-year-old's performance.

Brother RAY COOK 13, captured the junior high 2-mile in 10:50.6. GERALDO CANCHOLA hid from the field in the 3-mile, clocking his 2nd fastest time of the year--14:02.9.

CAROL CARTWRIGHT broke seven minutes in the mile in 6:55, ten seconds faster then her first effort a week ago.

5TH ANNUAL MINI-MARATHON -- 10KM <u>NEW YORK CITY</u>

JACKI HANSEN took 3rd place behind 16-year-old Julie Shea and Nadia Garcia in 36:02. Nadia ran 35:58 while Julie set a new course record of 35:04.8 in the Central Park event.

Over 400 of the top women runners in America, from 20 different states, competed, receiving a t-shirt and cosmetic kit from Bonnie Bell for finishing.

The July issue of <u>San Fernando</u> <u>Valley Magazine</u> -- now on the newsstands -- features a story and pictures of the San Fernando Valley Track Club. You'll enjoy it.

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WESTERN AAU MASTERS REGIONAL CHAMPIONSHIPS June 19-20 San Diego

Wedneedey, June 30, 1978 ----- Van Nuys, Calif.

Valley Track Club's Hackett sets record

The San Fernando Valley Track Club's Jerry Hackett set an American record for runners aged 35-39 by winning the 800-meter run in the Western Regional Masters track and field championships at San Diego State College in 1:57.9.

Hackett, a Lockheed credit analyst from Canyon Country, broke Maynard Orme's four-year-old listed record of 2:03.3. The world age-35.39 mark is 1:49.2 set by George Scott of New Zealand (later of Long Beach) in 1972.

Pathologist Sid Madden 68, won three events in the meet, which attracted 228 veteran athletes more than 30 years of age from the western states. Madden won the 65 and up division 800 in 2:42.6, the 1500 in 5:33.5 and the 5000 in 22:33.

Other Laszlo Tabori-trained Valley Track Club competitors were medical lab technician Gaylord

Kalchschmid of Westlake Village, who took second in the 40-44 800 in 2:07.1 and fourth in the 1500 in 4:26.7; Al Sheahen, Van Nuys businessman-writer, second in the 400-meter 40-44 hurdles in 64.8; Bob Long 58, with an 19:30 in the 5000, good for second and a first in the 3000 meter walk; and Valley College English professor Jerry Wojcik, who won the 45-49 age division in the hammer throw, took third in the javelin with a 128 ft.8 in. heave, fifth in the discuss at 91-4, fourth in the triple jump at 32-25 and capped off a busy week end with a fifth in the shot put. 4th ANNUAL HANSEN DAM 10-MILE RUN May 9

Former club member JERRY ALEXANDER set a new course mark of 50:34, fairly flying over a tough course to break Dave White's record by 1:47.

The SFVTC team of RON KURRLE, DENNIS STANSAUK and BRIAN STANSAUK took 3rd place behind the Basin Blues and Culver City Athletic Club with a combined 2:56:22. Broken down, RON finished 6th in 53:03, DENNIS was 35th in 61:13 and BRIAN was 41st in 62:06. (3 runners count in team score) Congratulations and well done.

DAVE PARKER led his Seniors Track Club to a 1st place Masters finish with a 36th place finish in 61:42.

STEVE BROWN, a club member running unattached, ran a tremendous 51:49 to place 3rd overall.

GARY STANSAUK was 56th in 66:34, 15year-old MIKE PERKINS ran 72:30, EARL RIPPEE clocked 72:39, and GEORGE WILLIAMS posted an 80:01 as SFVTC was well-represented.

SENIOR OLYMPICS -- June 26-27 -- UC Irvine

68-YEAR-OLD SETS RECORDS AT IRVINE SENIOR OLYMPICS

San Fernando Valley Track Club member: Sid Madden has set two world records for age 68 in the seventh annual Senior Olympics at UC Irvine.

Madden, a UCLA pathologist, broke Dick Bredenbeck's 1,500-meter record by 8 seconds to win in 5:24.0. He then broke his own age record in the 800-meter run to win in 2:36.0. In addition, Madden won the 5,000 meter run in 22:08.

Teammate Gaylord Kalchschmid of Westlake won the 1,500-meter run in the 40-44 age division in 4:22.5. Jerry Hackett (35-33) finished second in the 800-meter race in 1:57.8.

Earl Rippee (55-59)' Tarzana, placed second in the 5,000 and 10,-000-meter runs in 20:47 and 44:12 and posted a fourth in the 1,500 in 5:52.2.

Morrie Gleimer (60-84), Canoga Park, was second in the 100 and 200meter runs.

George Williams (50-54), was second in the 10,000 in 47:03.

In the field events, Paul Evans (50-54), Canoga Park, was second in the hammer throw with a 68-6 toss and fourth in the discus with a 93-0 mark. Vailey College English Prof. Jerry Wojcik was third in the 45-49 javelin with a 128-3 toss and fourth in the shot put with a 29-414 mark.

in the shot put with a 29-41/4 mark. Al Sheahen (40-44) of Ván Nuys, was second in the 400 intermediate hurdles in 63.5.

Madden, Kalchschmid and Sheahen will represent the Valley Track Club in the U.S. National Masters Championships in Gresham, Ore., from Friday through Sunday, July 2-4.

FINAL 1ST QUARTER LONG DISTANCE RUNNING CUMULATIVE SCORES

With the best seven scores counted out of 13 possible races, GARY STANSAUK won 1st place out of all Southern California runners in the 1st quarter LDR results.

Competing in 9 of the 13 runs, Gary tallied 90 points to edge John Rupp's total of 89. Chuck Seekins was 3rd with 87. RON KURRLE finished 14th with 64, running in only 5 races. DENNIS STANSAUK, competing in only 4 events, managed 44th place with 43 points. BOB LONG took 35th with 48 points in only 5 races.

SENIOR OLYMPICS (continued)

REID PRESSLEY ran a fine 4:39.0 in the 30-34 1500, the equivalent of a 4:58 mile. Reid and VERNE TJARKS had a great duel in the 5000. Reid led all the way but Verne outkicked him, 18:19 to 18:20. SPA-AAU CHAMPIONSHIPS -- May 23 --UCLA

SUE KINSEY took 2nd in the women's 1500 in 4:24.8 behind Ruth Klein-sasser's 4:21.1.

U.S. NATIONAL AAU WOMEN'S CHAMPION-SHIPS -- June 10-12 -- UCLA

Running in the semifinals with six to qualify for the finals, SUE KIN-SEY showed what running smart can do. Laying back off a very very fast pace, Sue held to 8th and 9th place until the last lap, calmly moved up gradually, passed two women on the INSIDE of the curve, and finished strong to pass a tiring Peg Neppel, who had set the pace, right at the wire to get 6th in 4:22.1. By keeping her cool and running intelligently, Sue beat other runners who were probably physically better than her.

Sue's time is thought to be the fastest 1500 ever run by a Valley female athlete -- quite an achievement. She didn't win the finals the next day...Francie Larrieu & co. ran 4:09's. But Sue's improvement this year and perseverance is to be congratulated.

FONTANA DAYS 10-MILE RUN -- May 22

The ubiquitous STANSAUK brothers were at it again. Almost a team unto themselves, BRIAN ran 59:01, DENNIS a 59:23 and GARY a 64:43. REID PRESSLEY ran 62:52 while GEORGE WILLIAMS 55, turned in an excellent 72:47 -- just over a 7-minute-per-mile pace.

LAS POSAS HILLS 10-NILE RUN - May 16

DENNIS STANSAUK edged BRIAN STANSAUK in this one, 60:59 to 62:51 with brother GARY coming home in 67:56. EARL RIPPEE and GEORGE WILLIAMS finished in 76:47 and 77:50 respectively, on "the toughest course I've ever run" according to Earl.

LOS ALIMITOS MARATHON -- May 1

GARY STANSAUK ran 3:16:18, good for 19th place.

PIONEER DAYS 10KM -- April 10 -- Simi

HOWARD MILLER placed 2nd to Walt Hitt, whose winning time was 31:23. Howard ran 32:04, about 5:09 per mile. BRIAN STANSAUK took 12th in 38:03 and GARY STANSAUK garnered 17th in 40:38.

LONG BEACH GRAND PRIX ROAD RUN -- 10KM -- March 27

As a adjunct to the automobile race, bureaucratic and perhaps predictable foul-ups detracted from an outstanding winning performance by RON KURRLE and a fine 4th by MARK COVERT. Ron wound up running an extra 2-mile loop with two other finishers because officials misjudged the finish line. No times were available for ANY finisher because the only available stopwatch was apparently forgotten to be started. Anyway, DENNIS STANSAUK got 16th and BRIAN STANSAUK 36th.

ARROYO VERDE 15KM -- XC -- March 21

DON COCHRANE 36, finished 22nd in 68:29. JOHN COOK 41, was 18th in 66:47.

PAN AMERICAN ROAD RUN -- 6 miles -- May 1

REID HARTER set a new course record in winning in a phenomenal 29:29, 22 seconds ahead of Mike Chambliss. RON KURRLE got 4th in 30:45. BOB LONG was 49th in 41:40, and was 13th in the handicap race.

HIDDEN VALLEY 11,5 MILES -- June 5

Mark Covert's course record of 61:04 set in 1975 held up as Jon Sutherland won in 62:09. BILL ENTZ took 9th in 69:02, BOB LONG was 47th (17th in the handicap) in 87:53 and GEORGE WILLIAMS 62nd in 94:58 among the 78 finishers.

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U.S. AAU NATIONAL MASTERS CHAMPIONSHIPS -- JULY 2-4 -- GRESHAM, OREGON

The 9th annual U.S. Masters Championships were held over the 4th of July weekend in the delightful, smog-free air of Portland suburb Gresham on Oregon's Columbia River beneath snow-capped Mount Hood.

The very gracious and friendly Oregonians hosted 315 men and women athletes over age 30. The meet was extensively covered by the newspapers and all three local television stations. The track-conscious and knowledgable Oregon fans were out in force during the 3-day meet in spite of intermittent rain, cheering each race and each competitor as he or she came to the finish line.

The meet was conducted in 5-year age divisions; unfortunately, the 30-39 year olds are being forced to take a back seat in the national meet due to a few problems discussed elsewhere. But it was a great showcase in all events for the over-40's and in a few events for the 30's.

Our own world age-record holder SID MADDEN 68, took two 2nds in the 800 and 1500. Sid isn't used to losing in his 65-59 division this year, but he ran into the near-legendary Bill Andberg of Minnesota who just turned 65. Sid was within a tick of his best 800 time in 2:37.5 but Andberg won in 2:27.9, just missing a world age-group record. In the 1500, Sid took 2nd again. He ran 5:37.5, slower than his record-setting 5:24 at the Senior Olympics, as Andberg set a new world age 65-69 mark in 4:59.1, breaking Norm Bright's 4:59.8 standard set last year in Toronto.

GAYLORD KALCHSCHMID, in his first national championships, ran a lifetime best 2:05.5 in the 800 and a seasonal best 4:21.5 in the 1500. In this meet, the competition is murder in the 1A division, so those times were good only for 4th and 6th respectively. The winner ran 2:01.8 and 4:09.6.

BOB LONG got two seconds and a third in the 55-59 Steeplechase, 1500 and 5000 in 13:01, 5:20 and 19:30 respectively.

AL SHEAHEN picked up 4th in the 400-meterintermediate hurdles in 62.4, losing a 4-man photo finish by 0.3 for a seasonal best.

Bill Fitzgerald 51, of the Seniors Track Club in Los Angeles tied his American 50-54 record with a 4:18.5 in the 1500 and ran 2:04.1 in the 800. Jack Greenwood 50, of Medicine Lodge Kansas, who missed the 1948 Olympics with a pulled muscle, won seven gold medals for the second year in a row and was voted outstanding athlete of the meet.

Greenwood won the high jump (5'2"), 100 (11.83), 200 (24.03), 400 (53.56 110-hurdles (15.5), 400-meter hurdles (58.03) and 1600-meter relay. His 400 meter time and both hurdles marks are new world age 50-plus records.

American age-group records broken included an 11:15.6 by Ohio's Roland Anspach in the 50-54 Steeplechase and a 146'7¹/₂" discus throw by Jack Thatcher, who also set a world mark in the 60-64 shot put at 48'9".

Fellow Valleyite Jim Parks of the Seniors Track Club took 2nd in the 40-44 400 in 53.9 and 6th behind Gaylord in the 800 in 2:06.6.

Nick Newton got 2nd in the 200 and high jump. Ozzie Dawkins won the 45-49 400 in 55.71.

Masters competition in the 100, 220, 440 and mile continues through July 21 on Wednesday evenings in the Allcomers meets at Pierce College in Woodland Hills.

The Santa Barbara meet is set for October 2nd.

	ADDING " MEN MEMDERG
Alan James Del Rio 6901 Wilbur Ave. Reseda 91355 344-8707 10-30-54 440 & 880	Yvette Marie Irons 3049 Montrose #9 La Crescenta 91214 4-23-61 880, mile, walk
Jerry Hackett 27970 Carvel Dr. Canyon Country 91351 805-252-7043 7-21-40 880 & Mile	Robert Lebowitz 1801 Century Park East; Suite 1401 Los Angeles 90067 556-3574; 783-6191 4-28-36 Marathon; LDR
Greg Howell 2434 Roscomare Rd. Los Angeles 90024 476-3798; 847-4250 11-20-31 Hurdles; 440; mile	Judy Skender aka Judy Yamasaki 15061 Archwood #23 Van Nuys 91405 782-4048: 847-3537 1-10-47

U.S. NATIONAL MASTERS CHAMPIONSHIPS JULY 2-4, 1976 GRESHAM, OREGON

Will Mile June 24 Richard Fonseca winds up third in Strauss race

Richard Fonseca, a Van Nuys insurance broker, has placed third for the second year in a row in Levi Strauss' "Ride and Tie" horse race at Lake Tahoe. Fonseca and his partner, Jim Casper of Arroyo Grande. completed the 31-mile race over pugged

Fonseca and his partner, Jim Casper of Arroyo Grande. completed the 31-mile race over rugged terrain in three hours, 39 minutes and split some \$1000 in prize money.

ey. The winning team of Chuck Stalley of Chico and Buth Alexander of Sonoma finished in three hours, 23 minutes.

Masters results

Northern California Senfor Track Club, 4484, 45-49: Northern California Senior Track Club, 43-44, 50-54: Long Beach Senior Track Club, 50-58.

IN-METER HURDLES - Given Johnson, Control, Calil, 13,9 Gree Jackson, Corona, Calil, 13,9 4277 Ben Danuety, Corona, Calil, 14,977 Ben Danuety, Corona, Calil, 14,977 Ben Danuety, Corona, Calil, are Lindex, Kan, 153 Uniord and ref Findes, 1973, 55-99, Eon Marcan, Philadebha, 1784, 46-46: Vince Golfrer, San Dieso, 19,4, 45-47. Herbard Hallen, umat, 19,54, 45-47. Herbard Hallen, umat, 19,54, 45-47. Herbard Alil, Alil, 2014, Hang San, 19, 30-57. Hang Kang San, 2014, Hang Bruhner, H. Calil, 314, 45-47. Danuet Jack Graenneod, Medicine Lodge, Jack Graenneod, Medicine Lodge,

² 300-868/TER PRELIAS — 45-49; Heal 1, Ed Manausian, N. Caiti, 2489; Heat 2, Bill Fraderickson, N. Caiti, 247, 58-56; Heat 1, Robert Walanabe, San Diego, 27.5; Heat 2, Jack Rowe, Victoria, B. C., 25.1.

STERPLECHASE — 40-45 Unions Metric, Saemie, REIS44 63-76, Greinem Parriell, San Diego, Médi2, S9-58 Reisend Anssech, Seringboro, Diki, 11:154 (American Bage-group carch), S5-51: Naia Waterman, Paio Alio, Calif, 15:235 (American soe-group record), 45-44. R Wateramahan, Portland, 14:40, 65-49. Wikined Bigelow, M. Saet, 15:81:54

12.57: Mirlarn Gerard, N. Cair, 13.14. POLE VAULT -- 60-64: Huge DeGroot, Elloro, Cair.

1-44, 65-87 Bud Descon, Honold, 3-57.
169 METERS — 0-44: in: Weaver, Ft. Worth, Tex., 1107. 45-47. Ed Schuler, unet, 113, 35-58. Jack Greenwood, Medicine Lodge, Kan, 1133, 35-59. A Guidler, Corona, Call, 1208. 46-69. Charles Dillon, San Francisco, 1303. 65-49. Yorid Michingro, Prescolet, Artu, 1374, 70-74.
Winfield McFadden, San Diego, 15.04. 75-up: Collisier Windlich McFadden, San Diego, 15.04. 75-up: Collisier

DISCUS — 40-44: Bob Humphreys, Corona, Catt, 464-45-47, Les Schroder, Klamath Fable, 128-20-50-56 ohn Pavelich, Vancouver, B.C., 145-10, 55-57, Dan Alrich, San Francisco, 133-19-2, 46-44: Jack Thaicher, Iorena, Calli, 146-179, IAmerican ase-arous record). 5-47, Ken Carmin, N. Catt, 141-2.

HIGH JUNNP — 48-54 John Dick, N. Call, 4-6, 65-67. Insil McInhyre, Prescol, Ariz, 4-55 (world age-group scord; old mark 4-4/2 by Stan Thampson, 1975), 70-74: Iberl Reiser, W. Germany, 4-0, 75-79: Buell Cranz, Twin als, Icabo, 3-1.

LONG JUAN - 40-44: Dave Jack, San Francisco, 20-19/2, 45-49: Shirley Davisson, Corona, Celif., 19-21/2, WOMEN'S 600 METERS - Miniam Gerard, N. Calif., 1 340.00

BRE MATTERS --- 48-44: Peter Richardson, San Diego, 2514. 45-47. Vice Seatenes, Vancouver, 8 C. 2017. 55-54: George Puterbauch, Loike Orwego, 218.24. 55-57: Henry Farikanis, Durcham, N.C., 2172. 45-47: John Wall, Ballimore, Mcl., 2352, 45-49. Bill Andberg, untal, 2219. 70-74. Narold Chassion, Honokku, 73.51. 37-57: Paul Spanjeer, unal, 3282 (world apergroup racord; cid mark, 3284 by Sangler, 1976).

Conv.NETER HURDLES — Gr-44 Vandel Parish, N. Cell, 18(1): SP5: Jack Creatword, Medicine Lodge, Kan, 38(1) (world age-group recerc) edd mark. 18(3) by Wally Shoppard, 1971. 55: Robert Humi, Beerth Hills Striders, 1834. 65-64 Vance Godfrey, San Diego, 1:19.81, 65-67. Wilfred Blackow, N. Calif., 196/31, 70-76. Herbert Andreas, Betrave, Colo., 200.

Site of the second seco

3.000-00126, N. Carto, N. C. M. S. C. M. Carto, N. Carto, 23213, 5-4-9; Robert Fine, New York, 2547, 55-57; Don Jacobs, Portland, 33,57, 65-69; Larry C'Neff, Kaisper, Mont, 3007), 70-74; Erski Labdenberg, San Diego, 34-47, WOMEN'S 5,000-METER WALK — Catherine Smith, N. Cart, 3353. old mark 54,7 by Rudy Valentine, WWI, 55-55, Robert Hung, San Dieos, \$8,37, 60-64; Russ Niblock, Vancouver, Wash, 193,43, 65-67; Ken Carine, N. Catill, 195,6, 10-74; Geen Ingram, Skoux Rapida, Iowa, 1/23,4 WOMENT, Steen METERS -WOMENT, 646; AMETERS -

1273. HAAMER — 48-44: Gordon Bobell, Corona, Call., 134-374, 45-47. Bob Backus, New York, 172-35-51. John Pavelich, Vancouver, B. C., 103-725, 55-95. Sandr Patterson, Baslon, Mass., 111-3, 46-44: Notan Fowre, Cookeville, Tenn, 129-4, 45-45. Randoleh Hydbell, Los Anovies, 36-3. Part Abert Rubert, Was Garmany.

1,569 METERS - 40-64: Demus Merer, Seeline, 6394, 45-94; Robert Frie, New York, 422,57, 50-54; Ro-Roter, Saringberg, Ohia, Anto, Carl, 423,98, 40-54; Clive Davice, Porthand, 435,98, 45-64; Bit Andberg, unat, 457,18 (world seegroup record; old mark, 435,8 by Norman Bright, 10-37, 74-74; David Norman Bright, 10-37, 74-74; David Saragiar, unat, 4231 (world seegroup record; old mark, 4327, by Saragiar, Units, 2013)

Ruth Anderson, N. Call., 5:324. LONG JUMP - 50-54: Ray Spen-

Morcom, Philadelphia, 18-1134 (world ass-group record; old mark 18-642 By Gordon Farrell, 1972). WOMEN'S 200 METERS -- Irens Obers N. Call Call Calls

rand, M. Calil, 22 47. 286 METERS - 40-44 Jhn Weeter, F. F. Worfs, Tax, 21 & 4-5-45, 69 F. Worfs, Tax, 21 & 4-5-45, 69 Jack Cremenod, Medicine Lodge, Kan, 2403, 55-59. Al Guidet, Corona, Calif., 231, 46-44: Charles Dillon, Vancouver, B. C. 2837, 65-45. Virgal McLinivro, Pescoli, A-ritz, 28 22 (valid age-group record, old metri McFrades, San Disco, 310, 80-54: Collister Wieeter, Portland, 42 44 Corolister Wieeter, Portland, 42 44 metri

TRIPLE JUAP - 40-4t: Dave Jeckson Corona, Call, 40-14. 65-45. Shirley Davisson, Corone, Celli, 40-10/a. 58-54: Ray Soencer, San Diego, 34-3. 35-51: Boo Marcom, Philadebhia. 34-8.

HIGH JUMP — 40-44 Tom Lanpendec Edio, Minn, 5-94, 45-89. SHOT — 40-44: Hall Smith, Beretry Hills Strider, 44-4, 65-47. Smith East Qanard, Calif., 39-354. So-54. John Previsich, Varcouver, B. C. 46-194. 55-59. Jim Manah, unal., 35-46. 65-49. Robert McConaphy, Carona, Calif. 81-59. Jan Hermann, unal.

WOMEN'S SNOT -- 40-44: Connie

Monito Unit (1997) - 40-44: Deres Mahalier, Lono Beach, Mailis, 45-67 Ross Smith, Rens, Nev, Nills, 95-54 Jim O'Nei, San Francisco, 18:14 S5-59: Norman Hansen, Vancouver, Neen, 18-24, 48-64 Chen Davies, Portland, 18:54, 55-67, Ball Anderes, Unit, Nills, Gorderber, unail, 21:56 Norman, Paul Spangier, unail, 21:56 Nord, Nills Chen Greeber, unail, 21:56 Nord, Paul Spangier, unail, 21:56 Nord, Paul Spangier, unail, 21:56 Nord, String, Lano Beach, Senio

MASTERS REPORT

At the national championships in Oregon, national Masters Chairman Bob Fine reported that:

- 1. The Masters movement is the fastest growing area of amateur athletics in the world. There are an estimated 5000 Masters competing in the United States alone. 1600 competitors participated in the 1st World Masters Track and Field Championships in Toronto in 1975. 3000 are expected in Goth-enburg, Sweden in 1977.
- 2. The U.S. now has a full compliment of National Masters Championships in long distance running, and in race walking, as well as in track and field.
- 3. The AAU has established the Masters as a separate standing sports committee. (Before, Masters track was a sub-committee of Men's Track and Field; Masters Long-distance came under Men's Long-Distance, etc.) This gives greater control of the program to the Masters.
- 4. Proposals are before the Interna-tional organization (I.A.A.F.) to recognize the special needs of the masters on a world-wide level.
- 5. An American Masters Athletic Association is being formed -- composed of clubs who have Masters in their membership -- to give greater strength to the program, coordinate activities, decrease expenses, afford more competition and involve those who don't wish to be a part of the AAU.
- 6. It is hoped that a national magazine will be published for Masters runners.
- 7. It is hoped that national and regional championships will be held under the AMAA.
- 8. Affiliation with the AAU, Road Runners and/or the U.S. Track and Field Federation will be considered.
- Each Master who joins the AAU should check "Masters" because 50¢ of the dues go to the Masters sparse treasury.

- 10. There is a move afoot within the AAU to drag the Masters Long Distance program back under the auspices of the Open Long Distance Committee, thus reducing its autonomy.
- 11. The Masters are divided into seven regions, each of which is encouraged to hold regional championships.
- 12. The sub-masters (30-39) are not a recognized part of the Masters Association. This is because the AAU believes that 30-39 year olds are gen-erally capable of competing on an open level, and it is afraid of the Masters absorbing too much influence if it takes all those runners under its wing. Therefore, sub-masters events will continue to be held in AAU masters meets strictly at the discretion of the meet director.
- 13. In all national and regional championships, competition will be held in 5-year age groups, from 1A (40-44) thru 4B (75-79). (The group later voted to include Group 5 (80-plus) in the schedule of events.
- 14. The 1976 AAU meeting will be held in Phoenix, Oct. 10-11. Anyone interested in the direction the AAU and the Masters is going is strongly urged to attend or send a reprsentative. All the decisions are made there.
- 15. The 1977 championships will be held in Goteborg, Sweden from August 8-14. (See tour details elsewhere)

Bob and Dave Pain, as U.S. representatives, will propose -- the group concurring -- that: a. No national uniforms be worn --

- only club uniforms.
- b. There be no "nation-by-nation" parade which only stresses nationalism; that each competitor parade and compete as individuals only.
- (Hopes dim of getting this through) c. No qualifying times -- each person pays his or her own way and is entitled to compete.
- d. Seeded sections in longer events

MASTERS REPORT (continued)

The group at the Oregon meeting voted thati

- 1. Women be treated the same as men; that competition in national and regional meets be in 5-year age groups for women. beginning at age forty.
- 2. 3 prizes be awarded in each event in each age group in national and regional championships.
- 3. The high hurdles be lowered for Division 1A and 1B from 39" to 36"; for Division 2 from 36" to 33"; and for Division 3 from 33" to 30".

A discussion ensued of whether Hal Higdon, as an example, who has "quit" the AAU (re story in Runners' World) would have been able to compete in these championships had he so wanted. The answer was no. As long as the AAU sanctions a meet, all competitors must belong to the AAU.

There was strong sentiment to form the AMAA so that the Masters would not have to be dependent on the AAU to hold meets -- not that they ever have been -- and could go its own way.

Yet there was also strong sentiment to further the international Masters movement and a recognition that the AAU is the only amateur athletic organization empowered by Congress to deal with the IAAF -- the international power of track and field -- which has countless rules and regulations which many question.

It gets pretty confusing and political. One school of thought believes that ANYONE over 40 should be allowed to compete in Masters competition. Another school of thought (primarily coming out of England and Australia) says that if a person was a "professional" (whatever that means) he or she should not be allowed to compete, EVER AGAIN, in amateur sports. Technically this might bar all coaches, and anyone else who earns money from the sport, from competing. It's a complex issue which is far from being resolved.

2ND WORLD MASTERS CHAMPIONSHIPS --Goteborg, Sweden August 8-14, 1977

These seem to be fairly firm dates for the meet. 3000-4000 competitors-are expected, so early reservations are a must.

Sports Travel International has arranged the following tentative schedule 1A. NY-Got -NY hostel-type-rooms \$483 1B. commercial type 631 2A. LA-Got -LA hostel-type 644 2B. commercial type 792

The above are 11 nights. Go to Goteborg and return.

3A. Generally, the same as above except 3B. that you can go on your own for 4A. a couple of weeks after the meet,

- 4A. a couple of weeks arter 4B. and rejoin the tour in Stockholm 4B. the flight home. The ballpark cost figures are a little higher than above. (The "B" is for 1st class rooms, the "A" for commercial.)
- Plan 5 is to stay with the tour after the meet for a two-week trip to Norway, Sweden, Finland, Leningrad and Moscow for an additional \$1000 roughly.

If you're interested in going on what should be a tremendously exciting trip, send \$150 deposit (\$100 if leaving from NY) before August 15 to: Sports Travel International Ltd. 4869 "B" Santa Monica Avenue San Diego 92107

Let them know what tour you want if you know. All deposits are completely refundable up to January 1, 1977 with-out question or penalty. After that date refunds will be subject to the requirements of hotels and airlines.

Breakfast is included except at hostels, The Russian trip is first class, including some meals enroute; all meals in Russia, plus circus, ballet and opera tickets. Personal variances can be arranged at extra cost.

10

The MEXICAN MASTER TRACK ξ FIELD TEAM has extended an invitation to the Southern California area athletes for a one-day track meet to be held in Mexico City's Olympic Stadium on Saturday, October 23, 1976, for the following Divisions:

Sub Masters	(30-39)	Division 1 (40-49)
Division 2	(50-59)	Division 3 (60 Plus)

In order to avail the athletes a group travel rate we must stay a minimum of five (5) days.

The Confederacion Deportiva Mexicana, A. E., will provide room and board for approximately 35 visiting athletes. The athletes will pay for their own transportation - departure from Los Angeles - October 21, 1976, and departure from Mexico City - October 26, 1976. The fare will be approximately \$150.00 round trip (as compared to regular round trip fare of \$250.00.)

All interested athletes please notify your Club's representative of your interest. (Your club representative is: <u>Al Sheahen</u>

)

400 meter relayS.15000 meter runS.1.2.3Pole Vault1500 meter runS.1.2.31600 meter relay1Shot Put60 meter hurdlesS.1.2High JumpAllDiscus	A11 A11
1)00 meter run S,1,2,3 1000 meter relay 1 Shot ruc	
	All
400 meter run S.1.2.3 Long Jump All Javelin	A11
100 meter dash S,1,2,3 Triple Jump All Hammer 200 meter dash S,1,2,3 800 meter run S,1,2,3	A11
Al Sinshen	
To: Club Representative 6200 Hazeline Ave. Van Nuys, Calif. 91401	
I would like to be considered for the Mexico City Meet:	
Name	
Address	
Club	
Division Age	
I would like to enter the following events:	
#1 Best '76 Performance	
#2 ¹¹ ¹¹	
#3 11 11 11	
· #4 !! !! !!	
I would like to be considered for the 400 Meter Relay	
1600 Meter Relay	
PLEASE NOTE: Club Representatives will gather all forms and submit to	
Bill Adler. (In the event we have more participants than	
suggested by the Mexican Masters we may select a team based on Best 1976 Performance.)	

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Son Fernando Vellay Trod Club 18321 Venturn Bird. P.O. Bon K Tarzeno, Cali 7. 91356

CLUB UNIFORMS & WARM-UP SUITS

Club uniforms, in solid kelly green with white lettering are available for \$11. Dark solid green warm-up suits ire \$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 Sheahen, 6200 Hazeltine Ave., Van Nuys 91401.

NEW MEMBERSHIP APPLICATION

NAME		DATE			
ADDRESS		PHONE _			
CITY	STATE		ZIP		
BIRTH DATE		BUS, PHO	NE		
INTERESTED IN: EV.	ENT	CO	MMENTS :		
TRACK			· · · · · · · · · · · · · · · · · · ·	- <u></u>	
FIELD					
LONG DISTANCE	*				
I would like to be enrolled in the Yearly membership (includes month)	•••		elow:		
🔲 Individual Membership \$10		Sustainir	ng Membership	\$ 50	
Family Membership \$15	, 🗆	Century M	iembership	\$1 00	
Contributing Membership . \$25		Patron Me	mbership		or more