

(213) 996-1400

SAN FERNANDO VALLEY TRACK CLUB

Coach: Laszlo Tabori
(213) 837-4794



Suite 906
18321 Ventura Blvd.
Tarzana, Calif. 91356

VOLUME 2 NUMBER 8

NEWSLETTER

AUGUST, 1976

JULY HIGHLIGHTS

REID HARTER wins 3-mile run in All-Comers Finals at Pierce.

RON KURRLE and HARTER win 2-man, 10-mile relay at Cerritos.

RON NOVOTNY takes 2nd in finals in all-Comers 880.

LEAL REINHART places 2nd in women's mile all-comers finals.

GAYLORD KALCHSCHMID 2nd in master's mile in Pierce finals.

HOWARD MILLER wins cross-country in all-comers weekly meet.

JOHN MADVIG 2nd in Pierce X-country.

VICKI COOK and KIKI LANTRY win women's 10-mile relay at Cerritos.

JACKI HANSEN and REINHART take 2nd in 10-mile relay.

TOM STURAK and Jerry Smartt win masters 10-mile relay.

SFVTC annual summer party held at Jim Downey's.

KEYSAR RETURNS TO ACTION

One-hour run American age group (50-55) record-holder ED KEYSAR made his first competitive start, since recovering from a long series of operations, a successful one by placing second to Ray Gil in the 15km Mason Park run at Irvine July 25th in the excellent time of just under 60 minutes. It's great to have Ed back in action.

COMING UP IN AUGUST

August 29. Santa Monica Marathon.

August will be a quiet month. The track season and the Olympics are over. Cross-country officially begins in September. The long-distance schedule continues weekly, however, with a run almost every week.

Laszlo Tabori, our coach, will be on vacation from August 7-23, so there will be no formal workouts during that time at Valley College. Workouts resume August 24, Tuesdays and Thursdays at 5PM.

ALL-COMERS FINALS -- Pierce College Friday, July 23

The annual All-Comers finals completed another highly successful and enjoyable six-week season as the top ten competitors in each event from the 23 previous meets met on Pierce College's oval.

REID HARTER drew out to an impressive 50-yard win in the open 3-mile run in 14:16.5. GAYLORD KALCHSCHMID took 2nd in the Masters Mile in 4:48, after running a 2:16 first two-laps. LEAL REINHART added another SFVTC 2nd place in the women's mile in 5:14.5. RON NOVOTNY also garnered a 2nd in the open 880 in 1:56.3. ERIC SHIRLEY took 2nd in the novice mile in 4:24.8.

SFVTC's women's team of JACKI HANSEN, LEAL REINHART and new member DEBBIE HEALD won the 15km championship at Mason Park.

LONG DISTANCE RUNNING SCHEDULE

SAT AUG 7 10:00am	LONG BEACH INTERNATIONAL SEA FESTIVAL BEACH RUN	Nelson Ferris 433-1547	Age group men & women T-shirts, medals or ribbons. Merchandise awards.	Restrooms. Parkins. 10mi on sand at low tide. Some concrete. Contact Nelson Ferris for directions to race site.
SUN AUG 8 3pm	WALNUT SPORTS FESTIVAL - 6mi RUN, 6mi WALK, 3mi RUN, 2mi WALK	For information write Walnut Festival, P.O. BOX 296, Walnut 91789	Many categories of Boys, Girls, Men, Women, Vets. & High School.	Pomona Fwy (60) E. from L.A. to Broad Cyn. to Valley Blvd; W. on Valley & follow signs to Suzanne Park. Bring family for picnic & activities at noon.
SAT AUG 14 8:30am	22nd. HUNTINGTON BEACH DISTANCE DERBY. 10mi, 3mi, 1.5mi.	Jim Love, Rec. & Park Dept. P.O. BOX 190, Huntington Beach 714/776-5486	Open 4 Hdcp 10mi; H.S. 3mi; 13-15; 12-U 3/3; W/W 10mi. H.S. 3mi.	Santa Ana or San Diego Fwy to Beach Blvd; S. to Main St. to Huntington Beach Pier. Roads out twice & back.
From August 6th to the end of August, your L.D.R.C. Chairman will be on vacation. It will be very important that some runners help put on the races during this time. OTHERWISE THESE RACES WILL NOT BE HELD.				
SAT AUG 28 8:30am	14th SANTA MONICA SPORTS FESTIVAL 10kilo	Doug Carlot, Rec. & Park Dept., 1605 Main St., Santa Monica 213/393-9975 x 276		Out & back, flat pavement through park. 1456 Ocean Ave., Santa Monica. North of Pier. Restrooms.
DATE/TIME	EVENT/DISTANCE	LIAISON MAN	AWARDS	COURSE/FACILITIES/DIRECTIONS
SUN AUG 29 7:30am	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 Carlot for details. Santa Monica Fwy to Cloverfield, to 26th St. to Pico Blvd. Showers & Pool.
SUN SEPT 5 (Starting times vary from 8 to noon for different divisions)	GRIFFITH PARK CROSS COUNTRY	Fred Honda, Municipal Sports, City Hall E., 200 N. Main St. L.A. 90012	Awards for many divisions Boys, girls, women, open, masters, etc.	Take Santa Monica Fwy; in L.A. take Vermont N. to Griffith Park, just past Los Feliz. For further details, contact Fred Honda.
MON SEPT 6 10:00am	MT. BALDY RACE TO THE TOP. 3mi.	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. Restrooms. Take San Bernardino Fwy to Mountain Ave. Go 16mi N. to Ski Lift.
SUN SEPT 12 10:00am	BIG BEAR CITY RUN 10mi	Sam Nicholson, 4946 Fredrick, LaCrescenta Pat Miller		Out & back scenic course at 6,800ft. From San Bernardino or Redlands area, Hwy 38 or 38 to Big Bear City. (NOT BIG BEAR LAKE). Check in at park on Greenway Dr.
SAT SEPT 18 9:00am	OCCIDENTAL COLLEGE CROSS COUNTRY	Steve Haas	Open 1-5; Vets 3/3/1; W/W 2/2/	A tough dirt, asphalt hilly course. Take Golden State fwy to Glendale fwy. W. until you reach Eaglerock Blvd., N. to College Road.

GRIFFITH PARK 10TH ANNUAL CROSS COUNTRY RUN is scheduled for Sunday September 12th at 8:00AM. For anyone who can get up that early, the entry fee is 50¢ in advance or \$1 at the gate. The events are fortunately staggered for the late sleepers, however, as listed below.

Trophies to 1st, 2nd and 3rd in each

8:00 A.M.	Boys 13 years & under	1.0 mile
8:20 A.M.	Girls 13 years & under	1.0 mile
8:40 A.M.	Girls 14 - 17 years	1.0 mile
9:10 A.M.	Women's Division, 18 years & over	1.0 mile
9:30 A.M.	Boys Novice Division, 14 - 17 years	2.0 miles
10:00 A.M.	Men, 40 years & over	2.0 miles
10:30 A.M.	High School Open	2.0 miles
11:00 A.M.	Junior College Division	3.6 miles
11:30 A.M.	Open Division	3.6 miles

event; medals given to 4th thru 10th place; ribbons for each competitor, courtesy of the Japanese American Optimist Club. Merchandise awards include 9 pairs of Tiger Running Shoes and 6 pairs of Jog-Joy running suits.

Mail application to Fred Honda, Director, City Hall East, Municipal Sports, 200 N. Main St., 13th Floor, LA 90012. Participants may compete in one event only.

ALL-COMERS MEET -- Pierce College
July 7 -- #4

The fourth of six weekly Wednesday All-Comers meets saw GAYLORD KALCHSCHMID winning the Masters mile in a relaxed -- for him -- 4:56.0. BRUCE DERN was 2nd in a good 5:04.0. GERALDO CANCHOLA won the 4-mile cross-country in 20:58, with HOWARD MILLER 3rd in 23:09.0. RON NOVOTNY, making a bold move around the final turn of the open 880, fell, yet managed to get up and finish 2nd in 1:59.0.

AL SHEAHEN took 3rd in the Masters 440 in 58.5 and ran 12.0 in the 100. BOB PLASSMEYER ran 11.6 in the Masters 100 and 47.5 in the 330-yard intermediate hurdles. DERN ran a season's best 59.0 in the 440.

July 14 -- #5

SFVTC was well represented in the cross-country run as HOWARD MILLER won the 2-mile grind in a great 10:19. JOHN MADVIG was 2nd in 10:22, while GAYLORD KALCHSCHMID won the Masters division in an excellent 11:29, 31 seconds faster than his 1975 best. JIM MCGINN finished in a good 14:07.

GERALDO CANCHOLA took 2nd in the open two-mile run in 9:25.0 with RON NOVOTNY 3rd in 9:38.0. LEAL REINHART took 2nd in the Women's mile. MARK KENNEDY tied for 1st in the open mile in 4:15.1. AL SHEAHEN took 3rd in the Masters 220 in 27.0.

July 21 -- #6

RICHARD NANCE won the two-mile run in a 9:34.8, as most of SFVTC's runners were resting for the finals.

While the All-Comers meets are great fun for everyone, the Wednesday meets at Pierce have all but gotten out of hand with the hundreds of weekly competitors. Don MacKenzie, director of the crew which does such a great job year after year, says that next year the boys and girls divisions may be switched to another night, which should move back the finishing time of the meet from 11PM to about 9PM.

CERRITOS 2-RUNNER, 10-MILE RELAY
July 18

Two runners form a team and each alternately run ten 880's, competing in 20-year combined age divisions.

In division A (0-40), RAY COOK and David Nedorf ran 50:15 combined time.

The winner of division B (41-60) was RON KURRLE and REID HARTER in 43:58. (2nd best overall) On the 3rd lap, Reid spent 30 seconds trying to find Ron in the crowd to hand off to him, otherwise they'd have been 1st overall. HOWARD MILLER and Chris Newland did 46:25. JOHN MADVIG and REID PRESSLEY finished 8th in the division in 47:41. John averaged 2:10; Reid, 2:33. To give you an idea of how to run one of these, here are John's & Reid's splits:

	<u>John</u>	<u>Reid</u>
2:04	2:15	2:28
2:11	2:16	2:33
2:11	2:15	2:29
2:08	2:14	2:42
2:13	2:10	2:34
		2:29
		2:35
		2:40
		2:30
		2:34

In the D division (81-100), Jerry Smartt and TOM STURAK won in 49:14.

VICKY COOK and KIKI LANTRY won the women's division in 51:16, with LEAL REINHART and JACKI HANSEN 2nd in 51:47.

ALL-COMERS MISCELLANY

REID PRESSLEY ran a lifetime best 5:00.5 mile at Bell High on July 8th.

NATIONAL POSTAL MEET

VICKY COOK added to her 1976 track season laurels by winning the 12-13 year-old girls mile at the National Postal Meet at Cal State Dominguez in 5:07.0 as her Rialto Road Runner team captured four team titles and seven individual events at the meet. The team is trained by Coach Tabori with SFVTC on Tuesdays and Thursdays.

NEW MEMBERS * NEW MEMBERS * NEW MEMBERS

Gilbert Saliba	Tom Moriarty
5035 Bilhoor Ave.	2915 Rolling Ridge
Tarzana 91356	Burbank 91504
996-2119; 788-7500	845-1864
12-13-36	9-23-55
3 Long-distance	Cross-country;

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

CLUB UNIFORMS & WARM-UP SUITS

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

NEWSLETTER MATERIAL

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

NEW MEMBERSHIP APPLICATION

NAME _____	DATE _____	
ADDRESS _____	PHONE _____	
CITY _____ STATE _____	ZIP _____	
BIRTH DATE _____	BUS. PHONE _____	
INTERESTED IN:	EVENT:	COMMENTS:
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 |