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 Gill in the 15km Mason Park run at Irvine July 25th in the excellent time of just under 50 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

| DATE/AUG | DATE/TIME | EVENT/DISTANCE | LOCATION | DISTANCE | 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 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.**

| SAT AUG 17 | 10:00AM | LONG BEACH INTERNATIONAL SEA FESTIVAL BEACH RUN | Long Beach, CA | 3.21 miles | 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.

### Awards

- For all divisions: T-shirts for all entrants.
- Awards for first five participants in each division.
- Ribbons for all participants in Open Division.

### Race Information

- Race number 2573-0009.
- Registration starts at 7:00AM.
- Race starts at 8:00AM.
- Event consists of a 5K run.
- Registration fee: 50¢.
- Event organizers: Fred Honda, Municipal Sports, City Hall East, LA 90012.

### Directions

- Take Herman Ave. west to 20th St., then north to 4203. Turn right onto Herman Ave. and follow to Griffith Park, just north of the 405 Freeway. Parking is available.
- Restrooms and snacks are available at the start and finish lines.

### Participation

- Participants must be at least 14 years old and in good health.
- Registration is limited to the first 500 participants.
- Registration closes on August 17th at 5:00PM. The number of participants will be updated online.

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<th>LOCATION</th>
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<th>AWARD</th>
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<td>22nd ANNUAL HUNTINGTON BEACH DISTANCE CROSS COUNTRY</td>
<td>Huntington Beach, CA</td>
<td>10 miles</td>
<td>Awards for the first 50 participants.</td>
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### Notes

- Registration includes a T-shirt, prize, and refreshments.
- All participants must be 14 years old or older.
- Registration closes on August 17th at 5:00PM. The number of participants will be updated online.

### Contact Information

- Fred Honda, Municipal Sports, City Hall East, LA 90012. Contact Fred Honda for details.
- Santa Monica Fwy. to 26th St. to Pico Blvd. Showers & Pool.

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### Race Fees

- Early registration: 50¢.
- Late registration: $1.

### Race Schedule

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### Parking

- Parking is available at the event location.
- Restrooms and snacks are available at the start and finish lines.

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### Registration

- Registration is available online at www.griffithparkrun.org.
- Registration closes on August 17th at 5:00PM. The number of participants will be updated online.

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### Contact Information

- Fred Honda, Municipal Sports, City Hall East, LA 90012. Contact Fred Honda for details.
- Santa Monica Fwy. to 26th St. to Pico Blvd. Showers & Pool.

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### Event Directions

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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 58.6 and ran 12.0 in the 100. BOB FLASKESEY 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 KALCH-SCHMID won the Masters division in an excellent 11:20, 71 seconds faster than his 1975 best. JOHN McGWIN finished in a good 14:07.

GERALDO CANCHOLA took 2nd in the open two-mile run in 9:45.0 with RON NOVOTNY 3rd in 9:53.0. 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 11:30 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 Nednor ran 50:15 combined time.

The winner of division B (41-60) was RON KURILIO 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 2:11; Reid, 2:13. To give you an idea of how to run one of these, here are John's & Reid's splits:

<table>
<thead>
<tr>
<th></th>
<th>John</th>
<th>Reid</th>
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<tr>
<td>2:04</td>
<td>2:15</td>
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<tr>
<td>2:11</td>
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<td>2:13</td>
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<td>2:34</td>
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</table>

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 Billhoor Ave.  2915 Rolling Ridge
Tarzana 91356  Burbank 91504
995-2119; 788-7500  846-1864
12-13-36  9-23-55

3 Long-distance  Cross-country;
San Fernando Valley Track Club
19321 Ventura Blvd.
P.O. Box 1
Tarzana, Calif. 91356

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**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 and mail to the club office, 18321 Ventura Blvd., Suite 900, Tarzana 91356.

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**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, 5200 Hazeltine Ave., Van Nuys 91401.

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**NEW MEMBERSHIP APPLICATION**

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<td>CITY</td>
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<tr>
<td>BIRTH DATE</td>
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INTERESTED IN:

- TRACK
- FIELD
- LONG DISTANCE

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

Yearly membership (includes monthly newsletter)

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