

## SAN FERNANDO VALLEY TRACK CLUB

*Coach: Laszlo Tabori*  
(213) 837-4794



Suite 900  
18321 Ventura Blvd.  
Tarzana, Calif. 91356

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# VOLUME 1 NUMBER 8 NEWSLETTER

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AUGUST, 1975

### JULY HIGHLIGHTS

DAVE BABIRACKI tours Europe with AAU U.S. team. Finishes 7th, 3rd and 1st in toughest international competition.

JACKI HANSEN successfully defends championships in 15km and 1-hour runs.

AJIM BAKSH wins All-Comers 3-mile Championship; sets 15km age-group record.

GAYLORD KALCHSCHMID, JERRY WOJCIK and AL SHEAHEN place in Western Masters Regional.

DICK ORTIZ, MARK KENNEDY and JON SUTHERLAND place in All-Comers finals.

GUY ARBOGAST finishes 9th out of 238 in 15km Championships.

RON and STEVE ADAMS win Cerritos 2-man, 10-mile relay.

### COMING UP IN AUGUST

Aug. 2-23. All-comers meets each Saturday at 3PM at UCLA.

Aug. 8-10. U.S. Masters Championships, White Plains, N.Y. Damski, Gleimer, Sheahen compete.

Aug. 11-16. First World Masters Championships, Toronto, Canada. Damski and Sheahen entered.

Aug. 15-16. Pan-American Games trials, Oregon. Babiracki runs 5km & 10km.

Aug. 28. Monthly club meeting, 7:30PM, Bungalow 45, Valley College.

Aug. 31. Santa Monica Marathon.

### BABIRACKI TOURS EUROPE WITH U.S. TEAM

Off the strength of his excellent 7th place finish (out of 26) in 13:43.2 in the 5000-meter run in the U.S. AAU Championships in Eugene on June 20, Dave Babiracki, the pride of SFVTC, was invited to tour Europe with the U.S. track and field team.

Against the toughest kind of international competition, Dave did surprisingly well, and established himself as one of America's premier distance runners.

His first stop was Stockholm, Sweden. Suffering from jet lag, Dave, nevertheless ran a creditable 13:48, good for 7th in the 5000 meters.

Moving on to Russia, he again ran 5000 meters, placing 3rd in 13:56.0.

His best performance came in Prague, Czechoslovakia. Running against Czechs and Poland, Dave won the 10,000 meters in a fantastic 28:51.

The headline in the Los Angeles newspapers read: "UNKNOWN STUNS POLAND." The article, fed by AP to papers throughout the country, said:

"Little-known Dave Babiracki of Granada Hills, Calif., in his first race over the distance, won the 10,000 meters in a complete surprise for the outstanding U.S. victory of the opening competition, watched by 7,000 fans at Prague's Starbov Stadium.

"Babiracki, a 22-year old Brigham Young University graduate, had ad-

(continued on page 2)

### TRACK AND FIELD SCHEDULE

- Aug. 2-23 All-comers meets, each Saturday at 3PM, at UCLA. 50¢ per event.  
Aug. 8-10 U.S. National AAU Masters Championships, White Plains, N.Y.  
Aug. 11-16 First World Masters Championships, Toronto, Canada.  
Aug. 15-16 Pan American Games Trials, Oregon.  
Aug. 29 U.S. AAU Women's 10,000 meter run, UCLA, 5:30PM.  
Oct. 12-26 Pan American Games, Mexico City.

### LONG DISTANCE RUNNING SCHEDULE

- Aug. 9 8:30AM Huntington Beach Distance Derby, 10 mi, 3mi & 1.5mi.  
Aug. 16 10:00AM South Orange Co. 10km; Mason Regional Park at Culver and University Drive in Irvine. 2-loop course with some hills on bicycle lanes.  
Aug. 23 8:30AM 13th Santa Monica Sports Festival 10 km. 1456 Ocean Ave., Santa Monica, north of pier.  
Aug. 28 6:00PM College of the Canyons 8 mile run. Golden State Freeway to Valencia Blvd. to College.  
Aug. 31 7:30AM Santa Monica Marathon, 26.2 miles. Santa Monica City College, 16th & Pico, Santa Monica.  
Sept. 1 10:00AM Mt. Baldy race to the top, 8 miles. Race from 6500 ft. to 10,000 ft. peak via trails. Challenging course.  
Sept. 7 10:00AM California AAU Team Cross-country championships. Also open 10km. Santa Maria.  
Sept. 7 8:00AM Griffith Park Cross Country. Starting times for different divisions vary from 8:00AM to 12 Noon.  
Sept. 14 9:00AM 4th annual Will Rogers XC, 15km. 14253 Sunset Blvd.  
Sept. 14 9:30AM National Masters 25km Championships, Golden Gate Park Polo Fields, San Francisco. Contact Jack Leydig, PO Box 1551, San Mateo, Cal. 94401.  
Oct. 12 8:30AM National Masters Marathon, Central Point High School, Medford, Oregon, 5 year age groups; Contact: South Oregon Sizzlers TC, PO Box 1072, Phoenix, Oregon 97535.

If you are registered with the AAU as a "long-distance runner," you should be receiving their quarterly long-distance schedule. If not, call the AAU office at 877-0256.

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### BABIRACKI (cont.)

mitted before the race that in running circles, 'no one knows me.' But he surprised the East Europeans with a powerful finishing kick in the last half lap in the more than six-mile race by outrunning Poland's Henryk Nogala down the home stretch for a three-second victory margin."

Dave is now preparing to compete in both the 5000 and 10000 in the Pan-American Games trials to be held in Oregon on August 15-16. Top performers will join the U.S. team for the Pan American Games in Mexico City in October.

Look for a feature spread on Dave in an upcoming issue of the Valley section of the Los Angeles Times.

JULY 5-6 -- AAU WESTERN MASTERS REGIONAL CHAMPIONSHIPS -- Oakland, California

232 top senior spikers over age 30 from the Western AAU region of California, Hawaii, Nevada and Arizona competed in 5-year age groups in the 1st Western Regional Masters Championships.

GAYLORD KALCHSCHMID turned in his two fastest times of the year, placing 2nd in the 1500 in 4:19.6 and 3rd in the 800 in 2:06.3. He cut seven seconds from his 2nd-place Senior Olympics 1500 time the previous week with fractions of 66-73-71. He competed in the 40-44 group.

JERRY WOJCIK picked up three 3rd-place medals in the triple jump, javelin and pentathlon in the 45-49 division. He triple-jumped 32', one of his best of the year; threw the javelin 121', short of his 128' best; and compiled these marks in the rugged 5-event pentathlon:

Event	Mark	Pts.
Javelin	125'7"	465
Discus	83'	363
Long jump	15'½"	266
200	28.9	272
1500	5:44.1	199

Total points ..... 1565

AL SHEAHEN took 2nd in the 400 intermediate hurdles in the 40-44 division in 64.0, short of his American age-43 rec-

ord of 62.0. He placed 6th in the 800 in 2:12, and wound up in the pole vault pit in the 400 finals when a runner in the adjacent lane pulled a hamstring and took the shortest path to the infield, taking Al with him.

Fellow Valley athlete Gordon Farrell, world 55-59 triple jump record holder, won the long jump in 17'4" and the triple jump in 37'7". George Ker won the 50-54 shot in 52'1½" and won the discus in 152'.

Former Olympian Lon Spurrier 43, who set an 880 record at the University of California in 1955 and competed in the 1956 Olympics, placed 4th in the 400 in 54.1. 1968 Olympic hurdler Ron Whitney 32, won the 30-34 400-meter hurdles in an excellent 53.0. Mal Andrews, 1956 Olympic long-jumper, won the 40-44 long jump with a 20'5½" leap. 1956 Olympic javelin thrower Phil Conley 40, won that event as well as the pentathlon with 2562 points.

The first World Masters Track and Field Championships, set for Toronto on August 11-16, 1975, has drawn over 1500 entrants from 23 countries. Representing SFVTC will be JOHN DAMSKI in the 60-64 triple jump, long jump and high jump; and AL SHEAHEN in the 400-meter intermediate hurdles.

NEW MEMBERS

Linda Farrell  
2029 N. Avenida Reforio #3  
Simi Valley 93063  
893-9500  
5-6-50  
6 miles - 45:59

Ken Blyadow  
2802 Woodwardia Dr.  
Los Angeles 90024  
474-3424  
6-26-36  
Marathon - 2hr. 51 min.

James B. McGinn  
24149 Archwood St.  
Canoga Park 91307  
883-5217  
11-1-33  
2-mile - 15 min.

Sean McGinn  
24149 Archwood  
Canoga Park 91307  
883-5217  
6-9-60  
Mile - 5:07

Karen Wager-Smith  
2374 N. Medina  
Simi Valley 93063  
805-526-8381  
Born: 1963

Edward G. Lowell  
19440 Wells Drive  
Tarzana 91356  
345-7879  
1-1-16  
HJ - 4'10"  
10000 - 41:56

Richard Payne  
5146 Coldwater Canyon Ave.  
Van Nuys 91423  
980-7132  
5-2-52  
440IH - 57.0

Guy Arbogast  
20551 Deforest St.  
Woodland Hills 91364  
340-1088  
6-mi - 28:34

JULY 2 -- ALL COMERS MEET NO. 3  
Pierce College - Woodland Hills

MARK KENNEDY won the Open Mile for the 3rd consecutive week with a good 4:12.2, outkicking AJIM BAKSH, whose 4:14.0 gave SFVTC a 1-2 finish. BAKSH went on to win the novice 2-mile in 9:12.2.

JON SUTHERLAND took 2nd in the open 3-mile run in an excellent 14:29.0. HANK NORTON won the Masters 440 in 61.0 and placed 3rd in the mile in 5:28.4. DAVE PARKER got 2nd in that Masters Mile in 5:08.4 with EARL RIPPEE nabbing 4th in 5:38.2.

JULY 9 -- ALL COMERS MEET NO. 4

DAVE BERRY ran the fastest All-Comers 440 of the summer to-date in 49.2. MARK KENNEDY finally lost a mile run, but ran his 2nd best time of the season in 4:08.6, losing to Gary Tuttle, just back from the China tour, by a nose in 4:08.5.

AJIM BAKSH easily won the open 3-mile in an outstanding 14:17.0. HANK NORTON improved his mile time by 17 SECONDS with a tremendous 5:11.6, good for 4th in a tough field. BOB PLASSMEYER, showing good form, ran the 120-high-hurdles in 16.8.

EARL RIPPEE ran a 5:42 mile. GEORGE WILLIAMS, debuting after a long layoff, finished steady in the mile in 6:32. DICK WAGER-SMITH tried the 880 for the first time. DEREK LAWSON ran a good 440 in 53.

JULY 16 -- ALL COMERS MEET NO. 5

MARK KENNEDY won the novice 2-mile in 9:15.0. AJIM BAKSH won the 3-mile in 14:27.8. DEREK LAWSON won the open 440 in 52.0. AL SHEAHEN won the Masters 440 in 57.8.

HANK NORTON set his 3rd PR in as many weeks, lowering his mile time to 5:09.6, good for 3rd in the Masters division. GAYLORD KALCHSCHMID ran an excellent 12:00 in the rugged cross-country, not far behind RICHARD NANCE's 11:00+.

DICK WAGER-SMITH and NORTON ran 2nd and 3rd in the Masters 440 in 61.3 and 62.4 respectively. EARL RIPPEE, showing steady improvement, ran a 13:10 cross-country 2-mile. Potential new member Hilliard Sumner ran his 2nd 440 in a year, improving from 54.0 to 51.4. KITTY SONLEITNER took 2nd in the women's 440 in 65.9.

JULY 23 - ALL COMERS MEET NO. 6

In the final qualifying tune-up before the All-Comers Championships, DICK ORTIZ came to run, winning the Masters mile in 4:45, then literally sprinting to the start of the 100, finishing in 11.6. Then he won the Masters 440 in a good 57.0 and topped off the evening with a 27.3 220.

HANK NORTON again bettered his mile time with a 5:08.5. REID PRESSLEY made his annual assault on the 5-minute mile at Venice on July 22, just missing in 5:03.7. EARL RIPPEE ran a 5:38 mile.

JULY 25 -- ALL COMERS CHAMPIONSHIPS

The climax of this 16th annual season saw the top 8 qualifiers from the previous 24 meets -- at Gardena, Venice, Pierce and East LA -- vie in the finals with beautiful name-engraved trophies awarded to the top 3 finishers in each race.

MARK KENNEDY got one of those with a 3rd place in the mile run in 4:14.2, barely losing a 3-man photo.

AJIM BAKSH won the 3-mile run in 14:15 with JON SUTHERLAND taking 3rd in 14:29. DICK ORTIZ finished 2nd in the Masters Mile in a season's best 4:42.2, beating comebacking American record holder Wilbur Williams. Jim Smith won in 4:40.8

Trying to better his mile time for the 5th straight week, HANK NORTON proved to be human by running "only" a 5:14 in the Masters division. AL SHEAHEN, trying to run a 440 off overdistance training only, found it doesn't quite work as he chugged to a 4th place, 57.8 clocking in the masters, setting what he calls a "new PW -- personal worst" in serious competition.

GAYLORD KALCHSCHMID worked late and got to the track too late for his matchup with Ortiz. DICK WAGER-SMITH ran a 60.1 440. ORTIZ, WAGER-SMITH and NORTON finished in a 3-way photo for 4th in the Masters 220 in 27.3. DEREK LAWSON got 4th in 51.4 in the open 440. DAVE BERRY was out with a muscle pull.

Send all newsletter material by the 31st to Al Sheahan, 6200 Hazeltine Ave., Van Nuys, Cal. 91401.

JULY 19 -- ALL COMERS MEET -- UCLA

In this second of seven Saturday afternoon meets this summer, WILBUR BUCHANAN returned from the painful groin injury that has sidelined him since April, easing through a 440 in 64.0. (He runs 58-59 when healthy). JERRY WOJCIK's javelin form returned as he threw 128' and triple-jumped 31'.

JULY 26 -- ALL COMERS MEET -- UCLA

EARL RIPPEE tackled a tough double on a very smoggy day, running a 5:34 mile and 12:20 two-mile. JERRY WOJCIK again threw the javelin 128'. AL SHEAHEN set a new American age-43 record in the 440 yard hurdles in 62.2.

AUGUST 2 -- ALL COMERS MEET -- UCLA

BOB PLASSMEYER, looking stronger every week, ran a 1975 PR of 45.2 in the 330 intermediate hurdles, and ran a good 16.8 in the 120-yard highs. Bob is prepping for the Police Championships in Santa Barbara on August 15-16.

WILBUR BUCHANAN, testing his healing injury, glided through a 100 in 11.8 and 220 in 28.5.

MARK KENNEDY followed the pace and passed the leaders in the drive to win the 880 in 1:56.2.

LATE RESULTS

On May 18, JON SUTHERLAND ran a 13:58.4 at UC Santa Barbara. The following day, Jon finished 16th out of 7000 runners -- that's right, 7000 -- in the Bay to Breakers run in San Francisco. This is the race that traditionally has more entrants than any other race in the world, surpassing the 2000+ at the Boston Marathon.

WORKOUT SCHEDULE  
Under the direction of Coach Laszlo Tabori, members run together on Tuesday and Thursday from 5:00PM to 7:30PM, and most Saturdays from 2:00PM to 4:30PM, at Los Angeles Valley College, 5800 Ethel Avenue, Van Nuys. All club members are welcome.

CERRITOS 2-MAN, 10-MILE RELAY - JULY 13

AJIM BAKSH and his partner won the combined age 0-40 competition, in which two partners each run 10 half-miles. In the 41-60 division, RON and STEVE ADAMS took first place. REID PRESSLEY couldn't find a partner within the club, so ran with a pick-up. Reid averaged about 2:38 for each 880. Also representing the club was MARK COVERT.

JULY 4 -- SPA-AAU 15KM CHAMPIONSHIPS -- SANTA BARBARA -- 9.32 MILES

JACKI HANSEN successfully defended her women's 15km championship with a new course record for women of 56:04.

New member GUY ARBOGAST finished 9th in the field of 238 runners in an excellent 49:16. Guy was 5th at the 10km mark in 31:38. STEVE ACUFF finished 23rd in 51:01. JOEL SCOTT took 58th in 55:37. COURTENAY STONE ran 1:07:53. BRIAN STANSAUK ran 57:43.

Gary Tuttle broke Mike Wagenbach's 1973 course record of 46:50 with a winning 45:20.

Results:

- |                    |          |       |
|--------------------|----------|-------|
| 1. Gary Tuttle     | BHS      | 45:20 |
| 2. George Aguirre  | SBAA     | 46:28 |
| 3. Richard Aguirre | SBAA     | 47:07 |
| 4. Wayne Badgley   | Stockton | 47:10 |
| 5. Tom Steiner     | AATC     | 47:39 |

Division Winners:

- |                      |       |
|----------------------|-------|
| 16-19 George Aguirre | 46:28 |
| 13-15 Frank Asuma    | 51:16 |
| 12 un. Fred Cummings | 66:43 |
| Girls Donna Sanchez  | 60:35 |
| Women JACKI HANSEN   | 56:04 |
| 35-39 Ron Wise       | 51:25 |
| 40-49 Jerry Smartt   | 51:50 |

JULY 19 -- NATIONAL MASTERS; WOMEN'S AND JUNIORS SPA-AAU ONE-HOUR RUN CHAMPIONSHIPS -- UC SANTA BARBARA

JACKI HANSEN defended her SPA-AAU women's championship with an excellent 10 miles, 112 yards in the one-hour run. EARL RIPPEE ran about 100 yards short of nine miles.

AJIM BAKSH won the Juniors (age 16-19) championships with a new national age-group record of 12 miles, 236 yards.

On July 26, Jacki improved her mark to 10 miles, 243 yards while running in the open one-hour run. More results on this in the next issue.

## U.S. MASTERS REPORT

As the excitement builds for the First World Masters Track and Field Championships in Toronto August 11-16, performances are reaching new record levels.

Here are the highlights of seven regional Masters championships held in June and July in various parts of the country. (The combined best times for each age group and each event are listed in this newsletter.)

### METROPOLITAN CHAMPIONSHIPS -- RANDALL'S ISLAND, NEW YORK -- JUNE 28, 1975

DR. BOB THOMAS 42, ran a 10.1 in the 100 and 22.9 in the 220, stamping him as the U.S. favorite in the Class 1A (40-44) sprints in New York and Toronto.

RUDY VALENTINE 51, came close to the existing world record of 55.0 in the 50-54 400 with a 55.5 in the 440.

### SENIOR OLYMPICS -- UNIV. OF CALIFORNIA AT IRVINE -- JUNE 28-29, 1975

Literally dozens of top marks were set, among them BILL FITZGERALD 50, running a world record 2:01.0 in the 800. Other world five-year age group records included: HAROLD CHAPSON 72, with a 5:21.5 in the 1500; WIN McFADDEN 70, with a 30.2 in the 200; BOB LONG 55, 11:58.0 in the 3000-Steeplechase; BOB MacCONAGHY running the 65-59 110-high hurdles in 21.5; JOHN SATTI with a 17'4" in the 60-64 long jump; SHIRLEY DAVISSON 45, triple jumping 41'; TOM PATSALIS 53, triple-jumping 40'9"; WIN McFADDEN 70, a 29'5" triple jump; RANDOLPH HUBBELL with a 112' Hammer Throw in the 65-69 class; and LEW ROBERTS 48, 10:26 in the Steeplechase.

American age-group records set were: BILL FITZGERALD, 4:18.5 in the 50-54 1500; AL FEOLA, 14.9 in the 40-44 110-highs; JIM O'NEIL, 35:01 in the 50-54 10000; and AVERY BRYANT, 11:25 in the 50-54 3000 meter steeplechase.

### WESTERN REGIONALS -- OAKLAND, CAL. -- JULY 5-6, 1975

HAROLD CHAPSON, in the 70-74 group, won the 400 in 68.1, 1500 in 5:22.0 and broke his own world record with a 2:35.4 in the 800. FREITIOF SJOSTRAND 62, won the 200 in 26.6 and the 400 in 60.2. JIM O'NEIL set a new American record of 16:42.0 in the 50-54 5000. JOE CARUSO long-jumped 14'5" for a new 65-59 world mark. KEN CAR-

NINE 67, and STAN HERMANN 71, broke their own world records in the Discus with throws of 135'3" and 116'3 $\frac{1}{2}$ " respectively. HERMANN also set a new 101'3" Hammer Throw record.

### NORTHWEST REGIONALS -- GRESHAM, OREGON -- JULY 12-13, 1975

RAY HATTON 43, won the mile in 4:30.4, the 3-mile in 15:14.0 and the 6-mile in 30:57.2. All are the fastest U.S. Masters marks in 1975 to date.

BILL FITZGERALD again lowered his world mile mark to 4:32.1. JIM O'NEIL broke Leon Dreher's 50-54 record in the 3-mile run by 27 seconds in 15:55.0. O'NEIL also set a new world mark of 33:02 in the 6-mile, breaking Britain's Harold Smith's record by 58 seconds...an incredible two-day performance.

CLIVE DAVIES, competing in the 2B division, but who is rumored to be 60 this month, ran a world record 16:51.0 in the 3-mile and 35:05 in the 6-mile, another outstanding double.

NORM BRIGHT set a new 65-69 mark of 38:17 in the 6-mile. TOM MONTGOMERY set a U.S. 3A record with a 125'4" discus throw.

### MIDWEST REGIONAL -- EVANSTON, ILL. -- JULY 12-13, 1975.

HAL HIGDON 44, broke Ray Hatton's 3000 meter American record of 8:52.2 with an 8:50.0. Higdon also won the 3000-meter steeplechase, running all by himself, in 10:04.0.

BILL ANDBERG 64, won the 1500 in 5:04. JACK GREENWOOD 49, won the 400 in 54.5 and the 100 in 11.7. Jack has done a 53.9 440, 23.8 220 and 10.7 100-yds. this year and is clearly in top shape.

### EASTERN REGIONAL -- WEST LONG BRANCH, N.J. -- JULY 20, 1975 (Incomplete)

BOB THOMAS ran the fastest over-40 440 in the U.S. this year in 51.8. JACK BOITANO won the 2-mile walk in 15:24.0

### SOUTHWEST REGIONAL -- HOUSTON, TEXAS JUNE 14, 1975

FRED WHITE won the 60-64 100 yd. dash in 12.0, the 220 in 27.7, and long jump in 15'2 $\frac{1}{2}$ ". FRED ZIEGLER won the 60-64 880 in 2:38.8.

BEST MARKS FROM SEVEN U.S. AAU MASTERS REGIONAL CHAMPIONSHIPS IN JUNE-JULY, 1975

(SO=Senior Olympics, Los Angeles; W=Western Regional, Oakland; NW=Northwest Regional, Gresham, Ore.; M=Metropolitan Championships, New York; SW=Southwest Regional, Houston; E=Eastern Regional, New Jersey; MW=Midwest Regional, Evanston, Ill. Some top marks may be missing from Eastern and Mid-West Regionals. Others complete.)

1A=40-44; 1B=45-49; 2A=50-54; 2B=55-59; 3A=60-64; 3B=65-69; 4A=70-74; 4B=75-79; SM=30-39.

100 METERS

1A

- \*10.1 Bob Thomas - M
- 11.0w Phil Presber - W
- 11.0w Percy Knox - W
- 11.2w Van Parish - W
- \*10.5 W. Palmer - M
- \*10.5 M. Brown - M

1B

- 11.4 Dick Marlin - SO
- 11.5 Huel Washington - W
- 11.6 Bob Jordan - W
- 11.6 Ozzie Dawkins - W
- 11.7 Jack Greenwood - MW

2A

- 11.9 Dick Stolpe - SO
- 11.9 Bob Roemer - W
- 12.1 Bob Cooper - W
- \*11.2 Ken Jack - M
- \*11.2 Rudy Valentine - M

2B

- 12.0 Al Guidet - SO
- 12.4 Clarence Killion - W

3A

- \*11.8 Freitiof Sjostrand-NW
- \*12.0 Fred White - SW
- \*12.2 Orville Nichols - NW
- 13.2 John Satti - W

3B

- 13.8 Joe Caruso (SO)
- \*13.0 M. D'Elia - M

4A

- 14.6 Sing Lum - SO
- \*14.6 K. Bras - M

4B

- 18.2 Buell Crane - SO

SM

- 10.8 Ken Dennis (SO)
- 10.9 Ben Anixter - W
- 11.0 Hugh Adams - W
- \*11.1 Jim Puckett - NW
- \*100 yards

200 METERS

1A

- \*22.9 Bob Thomas - M
- 22.9 Jim Lingel - SO
- 23.2 Richard Hardin - SO
- 23.7 Van Parish - SO
- \*23.8 W. Palmer - M

1B

- 24.3 Jack Greenwood- MW
- 24.4 Dick Marlin - SO
- 24.4 Huel Washington - SO
- 24.4 Ozzie Dawkins - SO
- \*25.2 S. Thompson - M

2A

- 24.1 Dick Stolpe - SO
- \*25.0 Rudy Valentine - M
- \*25.1 Ken Jack - M

2B

- 24.3 Al Guidet
- 26.2 Bill Bowers -SO

3A

- 26.6 Freitiof Sjostrand-SO
- \*27.7 Fred White - SW
- 27.8 John Satti - SO

3B

- \*29.2 Ken Carnine (NW)

4A

- 30.2 Win McFadden - SO
- 31.1 Sing Lum - SO
- \*32.0 Harold Chapson - NW

4B

- 36.0 Buell Crane - SO

SM

- 22.1 Ken Dennis - SO
- \*22.7 G. Paton - M
- \*22.7 C. Bertram - M
- \*22.8 Ted Cain - NW
- \*220 yards

400 METERS

1A

- 51.8 Bob Thomas - E
- 53.0 Marshall Clark - W
- 53.3 Nick Newton - W
- 53.5 Hans Bruhner - W
- 54.2 Jim Parks - SO
- \*54.4 W. Palmer - M

1B

- 53.2 Don Cheek - W
- 54.5 Jack Greenwood - MW
- 55.7 Huel Washington - W

2A

- \*55.5 Rudy Valentine - M
- 56.3 Dick Stolpe - SO
- 57.3 George Puterbaugh - SO

2B

- 58.3 Bill Bowers - SO

3A

- 60.0 Freitiof Sjostrand-SO
- 63.0 John Satti - SO
- 60.4 R. McTarnahan - NW

3B

- 66.9 Mel Shine - W

4A

- 68.1 Harold Chapson - W

\*440 yards

800 METERS

- 2:03.0 Henry Kupczyk
- 2:02.4 Paul Richardson - W
- 2:06.0 Norm Lloyd - W
- 2:06.3 Gaylord Kalchschmid-W
- 2:07.3 Jerry Lewis - W
- \*2:08.2 Bill Krebs - M
- 2:08.0 Roger Swank - MW

1B

- 2:13.4 Don Palmer - SO
- \*2:13.5 Pete Mundle - NW

2A

- 2:01.0 Bill Fitzgerald - SO
- \*2:11.5 Avery Bryant - NW
- 2:13.0 George Puterbaugh-SO

2B

- 2:21.0 Bob McDonald - SO
- 2:24.2 Ed Halpin - SO
- \*2:25.7 Bob Dellwo - NW

3A

- 2:34.4 Bud Deacon - SO
- \*2:35.7 Russ Niblock - NW
- \*2:38.8 Fred Ziegler - SW
- Bill Andberg - MW

3B

- 2:35.1 Mel Shine - W
- 2:45.3 Sid Madden - W
- \*2:45.6 Ken Carnine - NW

800 (cont.)

4A  
2:35.4 Harold Chapson-W

4B  
3:32.1 Paul Spangler-W

SM

\*1:56.9 B. Maxwell-M  
1:57.4 Ron Whitney-W  
1:57.9 Rudy Dres'n'fer-W  
1:58.0 Cliff Cordy-W  
1:58.6 Norm Rustad-SO  
\*880 yards

1500 METERS1A

\*4:30.4 Ray Hatton-NW  
4:16.2 Paul Richardson-W  
4:19.0 John Weldy-SO  
4:19.6 Gaylord Kalch'mid-W  
\*4:39.0 Pat Dougherty-E  
\*4:46.2 Bob Bourdeau-NW  
\*4:49.6 Carl Genovese-M  
4:35.0 Otto Volkman-MW

1B

4:21.0 Pete Mundle-SO  
4:25.5 Bob Malain-W  
\*4:47.6 Wayne Hanson-SW

2A

4:18.5 Bill Fitzgerald-SO  
4:30.3 Avery Bryant-W  
4:36.4 Geo. Puterbaugh-SO

2B

4:54.2 Ed Preston-W  
\*5:13.5 Clive Davies-NW  
\*5:14.8 Bob Dellwo-NW  
5:01.0 Ed Halpin-SO

3A

5:04.0 Bill Andberg-MW

3B

5:30+ Ray Sears-MW  
5:49.4 Sid Madden-W

4A

5:21.5 Harold Chapson-SO

4B

6:49.0 Paul Spangler-W

SM

4:02.9 R. Dressendorfer-W  
4:03.3 Nat White-SO  
4:06.8 Norm Rustad-W  
4:08.0 Dave Mellady-SO  
4:08.1 John Brennan-W  
4:09.1 Jim Bevins-W

\*One-mile

5000 METERS1A

\*15:14.0 Ray Hatton-NW  
15:45.0 Jerry Smartt-SO  
\*15:59.5 Vince Chiapetta-M  
16:30.0 Joe Livesay-SO  
16:36.0 John Stayton-W

1B

16:01.0 Pete Mundle-W  
16:15.0 Ross Smith-W  
16:30.0 Bob Malain-W

2A

\*15:55.0 Jim O'Neil-NW  
17:05.0 Mauro Hernandez-W  
\*16:47.0 Ray Gil-NW

2B

\*16:51.0 Clive Davies-NW  
17:42.0 Ed Preston-W

3A

20:00.0 John Montoya-SO  
\*21:09.0 Clyde Villemez-SW

3B

23:06.0 Bill Monheit-W

4B

24:17.0 Paul Spangler-W

SM

\*15:17.0 Bob Ladum-NW  
15:58.0 Kent Guthrie-W  
\*15:34.0 Bill Theriault-NW  
\*3-miles

10000 METERS1A

\*30:57.2 Ray Hatton-NW  
32:37.0 Jerry Smartt-SO  
34:53.0 Joe Livesay-SO

1B

\*32:26.0 Tony Sapienza-NW  
33:34.0 Pete Mundle-SO  
34:10.0 Ross Smith-W

2A

\*33:02.0 Jim O'Neil-NW  
\*34:34.0 Ray Gil-NW  
\*37:01.0 G. Haller-M

2B

\*35:05.0 Clive Davies-NW  
37:04.0 Ed Preston-SO  
\*36:45.0 Jim Oleson-NW

3A

38:51.0 Al Clark-SO

3B

\*38:17.0 Norm Bright-NW

4B

50:36.0 Paul Spangler-W  
\*6-mile

110 METER HIGH HURDLES1A

14.9 Al Feola-SO  
15.3 Dave Jackson-W  
15.4 Mal Andrews-W  
16.1 Bob Billings-SO

2A

18.0 Tom Patsalis-SO  
19.5 Wayne Ambrose-SO

2B

19.6 Howard McNiece-NW  
19.9 Ed Reiner-NW

3A

18.7 Bud Deacon-SO  
19.7 Vince Godfrey-SO  
19.7 Ted Hatlen-SO

3B

21.5 Bob MacConaghy-SO

4A

28.9 Win McFadden-SO

4B

26.0 Buell Crane-SO

400-METER HURDLES1A

61.2 Van Parish-W  
62.0 Al Sheahan-SO  
62.7 Frank Dotson-MW

1B

69.2 Tom Clayton-W  
69.6 Ray Spencer-W

2A

67.4 Wayne Ambrose-SO  
72.0 Avery Bryant-SO

2B

\*53.8 Howard McNiece-NW

3A

71.3 Bud Deacon-SO

3B

91.0 Walt Frederick-SO  
\*330 yards

3000 METER STEEPLECHASE1A

9:57.1 Jim Shettler-W  
10:04.0 Hal Higdon-MW

1B

10:26.0 Lew Roberts-SO  
10:53.0 Frank Thomas-SO  
11:55.0 Jack Noble-SO

2A

11:25.0 Avery Bryant-SO

2B

11:58.0 Bob Long-SO



SHOT PUT1A

44' 9" Carlos Fraun' r-SO  
 43' 11" Ted Wassam-NW  
 43' 5" Andy Halle-SO

1B

42' 1 $\frac{1}{2}$ " John Pavelich-NW  
 41' 8 $\frac{1}{2}$ " L. Olsen-M

2A

52' 1 $\frac{1}{2}$ " George Ker-W

2B

41' 0 $\frac{1}{2}$ " Mike Casteneda-NW  
 39' 11 $\frac{1}{2}$ " LaVern Dell-SO  
 39' 7 $\frac{1}{2}$ " Jerry Sierert-SO

3A

45' 10" Tom Montgomery-SO  
 45' 3 $\frac{1}{2}$ " Jim York-NW

3B

43' 0" Vern Cheadle-SO  
 42' 4" Red Doms-SO  
 41' 11" Ed Lamb-SO

4A

40' 4" Stan Hermann-SO  
 33' 8" Ralph Higgins-SO

DISCUS1A

146' 10" C. Fraundorfer-SO  
 139' 11" Phil Brady-NW  
 138' 3" Andy Halle-SO  
 136' 7" Walt Badorek-NW

1B

130' 7" Harry Hawke-SO  
 125' 9" L. Olsen-M  
 125' 5 $\frac{1}{2}$ " John Pavelich-NW

2A

151' 9 $\frac{1}{2}$ " George Ker-SO

2B

142' 0" Dan Aldrich-SO

3A

122' 4" Dave Shrader-SO  
 121' 0" Jim York-NW  
 125' 4" Tom Montgomery-W

3B

135' 3" Ken Carnine-W  
 128' 2" Ed Both-SO

4A

116' 3 $\frac{1}{2}$ " Stan Hermann-W

4B

87' 5" John Whittemore-SO  
 87' 4 $\frac{1}{4}$ " Buell Crane-W

LONG JUMP1A

21' 7 $\frac{1}{2}$ " Dave Jackson-SO  
 21' 1" Mal Andrews-SO  
 20' 7" Sam Taylor-NW  
 20' 6 $\frac{1}{2}$ " Hugh Cobb-SO  
 20' 4" Phil Presber-W

1B

21' 4" Shirley Davisson  
 20' 5 $\frac{1}{2}$ " Phil Schegel-SO  
 18' 11 $\frac{1}{2}$ " George Yonge-NW

2A

18' 7" Tom Patsalis-SO  
 17' 3 $\frac{1}{2}$ " Dick Stolpe-SO  
 17' 0" Bob Roemer-W  
 16' 11 $\frac{1}{2}$ " Rudy Valentine-M

2B

17' 4 $\frac{1}{2}$ " Gordon Farrell-W  
 16' 2 $\frac{1}{2}$ " Bob Ogle-NW

3A

17' 4" John Satti-SO  
 15' 2 $\frac{1}{2}$ " Fred White-SW  
 15' 1 $\frac{1}{2}$ " John Damski-SO

3B

14' 5" Joe Caruso-W

4A

12' 6 $\frac{1}{2}$ " Win McFadden-SO  
 11' 4" Ralph Higgins-SO

4B

12' 1 $\frac{1}{2}$ " Walt Westbrook-SO  
 11' 3" Buell Crane-NW

TRIPLE JUMP1A

44' 8" Dave Jackson-SO  
 43' 7" Alvis Andrews-SO  
 40' 4" Mal Andrews-SO

1B

41' 0" Shirley Davisson-SO  
 37' 4" Phil Schegel-W

2A

40' 9" Tom Patsalis-SO

2B

37' 6 $\frac{1}{2}$ " Gordon Farrell-W

3A

31' 8 $\frac{1}{2}$ " Bud Deacon-NW  
 31' 8 $\frac{1}{2}$ " John Damski-SO  
 30' 5" Mike Andors-SO  
 29' 10 $\frac{1}{2}$ " Orville Nichols-NW  
 29' 7 $\frac{1}{2}$ " Fred White-SW

3B

27' 4" Joe Caruso-SO  
 25' 4" Red Doms-SO

4A

29' 5" Win McFadden-SO

4B

23' 11" Walt Westbrook-W  
 23' 9 $\frac{1}{2}$ " Buell Crane-NW

HIGH JUMP1A

5' 10" Don nose-SO  
 5' 8" Bob Billings-SO  
 5' 6" Phil Conley-SO

1B

5' 6" Hugh Simpson-SO  
 5' 6" Ed Austin-SO

2A

4' 10" Dave Brown-SO  
 4' 8" Bob King-SO

2B

5' 0" Orval Gillett-W  
 5' 0" Bob Ogle-NW  
 4' 10" Jim Vernon-SO

3A

4' 6" John Damski-SO  
 4' 4 $\frac{1}{2}$ " Bud Deacon-NW  
 4' 6" Ted Wilson-SO

3B

4' 2" Fred Bierlein-W  
 4' 0" Al Brosz-NW

4A

3' 10" Percy Stephens-SO  
 3' 8" Win McFadden-SO

4B

4' 1 $\frac{1}{4}$ " Buell Crane-SO

POLE VAULT1A

11' 0" Doug Dittmar-SO  
 11' 0" Duane Telliano-SO

1B

12' 0" Roger French-SO  
 11' 0" Hal Wallace-SO  
 11' 0" H. Colen-M

2A

10' 6" Don Grosh-SO  
 10' 6" Dave Brown-SO

2B

11' 6 $\frac{1}{2}$ " Jim Vernon-W  
 10' 6" Orval Gillett-SO

3A

9' 0" Bud Deacon-NW

3B

9' 1 $\frac{1}{4}$ " Bob MacConaghy-SO

4B

8' 7" Walt Westbrook-SO

JAVELIN

1A  
 225'11" Phil Conley-SO  
 173'6" Don Rose-SO  
 171'9" Hiram Crane-NW

1B  
 162' Bob Backus-E  
 151'4" Dick Straub-SO  
 140' Hal Wallace-W

2A  
 144'11" Pete Fetter-SO  
 142'6" Harold Hunter-SO

2B  
 165'11" Bill Morales-SO  
 164'2½" Dan Aldrich-SO

3A  
 120'2" Bud Deacon-SO  
 118'2" Orville Nichols-NW

3B  
 126'3½" Bob MacConaghy-SO  
 117'4½" Ken Carnine-NW

4A  
 100'7½" Ralph Higgins-SO

4B  
 81'4½" Buell Crane-SO  
 75'3" John Whittemore-SO

5000 METER WALK

1A  
 \*15:24.0 Jack Boitano-E  
 30:04.0 Jim Fields-SO  
 31:26.6 Ed Phillips-W

1B  
 24:10.0 John Kelly-SO  
 29:33.8 Bob McGuire-W

2A  
 28:07.0 Howard Barnes-SO  
 29:18.6 Art Smith-W

2B  
 \*19:04.0 John Evans-M  
 31:35.0 Phil Mooers-W  
 32:05.0 Bob Long-SO

3A  
 33:14.0 Mickey Blakesley-SO

3B  
 31:44.0 Larry O'Neil-SO

\*2-miles

HAMMER THROW

1A  
 189'9" Hal Connolly-SO

1B  
 121'3" L. Olsen-M  
 113'1" John Pavelich-W

2A  
 92'7" Frank DeBernardi-SO

2B  
 109' Charles McMahon-SO  
 106' Dan Aldrich-SO

3A  
 121'1" Tom Montgomery-W  
 98'7" Art Vesco-W

3B  
 112' Randolph Hubbell-SO

4A  
 101'3" Stan Hermann-W

4B  
 71'5" John Whittemore-SO

U.S. MASTERS REPORT (cont.)

In an all-comers meet in Oregon, RAY HATTON broke Wilbur Williams 1973 Masters Mile mark of 4:24.3 with a 4:24.0. Williams, meanwhile, returning to action after a string of injuries, ran 4:48 in a Los Angeles all-comers meet.

PETE MUNDLE set an age-47 world record of 9:45.8 in the 2-mile on July 26 at UCLA. OZZIE DAWKINS 47, blazed to a fast 23.9 in the 220. AL GUIDET, after pulling a muscle on June 28, made a sensational comeback by setting a new world age-57 record of 24.3 in the 220 in the UCLA meet, and ran a 56.9 440 on July 31.

JIM GRELLE, former American mile record holder, showed up in the Gresham Northwest Regionals in the 35-39 division and placed 2nd in the 880 in 2:04.9.

At the Western Masters banquet, Dave Pain announced that plans are firming for the 2nd World Masters Track and Field Championships in Goteberg, Sweden in 1977.

Pain said the U.S. Masters Championships 1976 site will be awarded at the November AAU meeting in New Orleans to the top bidder. Because the West Coast hosted the event for the first six years, chances are that the meet will again be held in an Eastern city. It is tentatively scheduled for the 4th of July weekend as was the custom prior to 1975.

Pain proposed that the Western Regionals be rotated on a 3-city basis, in San Diego in 1976 and Los Angeles in 1977, returning to the Bay area in 1978. It would be held the second or third weekend in June.

# Masters Decathlon has 4 records in the books

## 64-year-old Bud Deacon sets 2 world marks

There are not too many 64-year-old bona fide athletes around this nation like Bud Deacon of Honolulu, Hawaii.

The wiry, white-haired but nimble-footed veteran set two official world age group records in Friday's opening two events of the National A.A.U. Masters Decathlon Championships, underway again today at Hilo College. He's defending division champion.

Deacon, an enthusiastic competitor, is the only entrant in his division (60-69 years of age), but it is doubtful that any man his age could beat him this weekend in Santa Maria. He accumulated 1,452 points in yesterday's opening half of the 10-event track and field grind.

Bruce Hescock of Bethany, Conn., the defending champion in Division I (40-49 years), is leading that five-man field at the halfway mark with 2,994 points, 30 more than what he had at the same point last year.

Defending champion Pete Fetter of Redondo Beach, with 1,560 points after five events, is leading his two-man Division II (50-59 years). George Etherrington of Abilene, Kan., is second with 1,221 points.

Yesterday's events included the 100-meter dash, long jump, shot put, high jump and 400 meters.

Today's competition, which got underway at 10 a.m., wraps things up with 110-meter high hurdles, discus, pole vault, javelin and 1,500-meter run.

Deacon obliterated the old world age group record for the long jump by sailing 15-1 1/2. The old mark was 13-6 1/2. He also up-

ped the former world age group high jump record of 4-4 by half an inch.

Hescock established a new meet record in the long jump with a leap of 21-7 1/2. And Hawke set a new meet mark for the shot put with a good heave of 40-8 1/2.

### FINST DAY'S TOTALS

Division I (40-49 years old): Bruce Hescock, Bethany, Conn. 2994; Harry Hawke, San Diego 2875; James Beaver, Charlottesville, Va. 1784; Douglas Dittmar, Solvang 1707; David Douglass, Los Angeles 1599.

Division II (50-59 years): Pete Fetter, Redondo Beach 1880; George Etherrington, Abilene, Kan. 1221.

Division III (60-69): Bud Deacon, Honolulu, Hawaii 1452.

100 Meters: Div. I: Hawke 12.1; Hescock 12.2; Beaver 12.2; Dittmar 12.6; Douglass 13.7; Div. II: Deacon 19.1.

Long Jump: Div. I: Hescock 21-7 1/2 (new meet record, old mark Jake Cass, Santa Barbara, 20-7 1/2, 1974); Hawke 18-7 1/2; Beaver 15-11 1/2; Dittmar 15-8 1/2; Douglass 15-6 1/2; Div. II: Fetter 17-2; Etherrington 14-4 1/2; Div. III: Deacon 15-1 1/2 (World age group record for 64 years, old mark 13-6 1/2; A. J. Dochowich, Merced 1872).

Shot Put: Div. I: Hawke 40-8 1/2 (meet record, old mark 39-1/2, Hawke, 1974); Hescock 37-11 1/2; Beaver 32-3 1/2; Douglass 30-4 1/2; Dittmas 23-9; Div. II: Fetter 35-0; Etherrington 28-8; Div. III: Deacon 35-4.

High Jump: Div. I: Hescock 5-7 1/2; Hawke 5-3; Beaver 5-1 1/2; Dittmas 4-9 1/2; Douglass 4-8; Div. II: Etherrington 4-4 1/2; Fetter 4-2; Div. III: Deacon 4-4 1/2 (World age group record for 64 years, old mark 4-4; Fred Bierlein, Berkeley, 1974).

400 Meters: Div. I: Hescock 53.9; Hawke 59.4; Dittmar 61.8; Douglass 54.5; Beaver 61.0; Div. II: Fetter 65.8; Etherrington 69.0; Div. III: Deacon 65.5.

Hescock and Deacon were defending divisional champions, while the third repeat champion is Pete Fetter, Redondo Beach, who scored 3,340 points to take the 50-59 age group crown.

Deacon, a remarkably spry and able man in his 64th summer, set three world age records. The first two, in the long jump (15-1 1/2) and high jump (4-4 1/2) were set during Friday's opening five events in the competition. He came back on Saturday to throw the javelin (103-4 1/2) for his other world mark.

Hescock recorded two new national marks. His first was a fine 21-2 1/2 long jump on Friday, and then he cleared 12-10 1/2 in the pole vault the next day for another national mark.

Fetter tied the national age record of 12.3 for 100 meters on Friday, then flipped the javelin 134-11 on Saturday to erase his own one-year record by almost eight feet.

Hawke, the biggest man in the competition, spun the discus 128-5 1/2 Saturday for a national mark in his division. That added to his Friday accomplishment of shoving the shot put to a new national mark of 40-8 1/2, or one foot better than his mark of the year before.

There were some aches and pains along the way. A nagging knee injury forced James Beaver of Charlottesville, Va., out of the 40-49 division competition after Friday's five events. Dave Douglass came up with a severe right leg injury but managed to continue in most events in the same division, and Deacon, despite a right Achilles tendon injury, finished the competition.

### FINAL POINT SCORES

Division I (Ages 40-49): Bruce Hescock, Bethany, Conn. 6,001 (World age 41 record, American Division record); Harry Hawke, San Diego, 5,864 (World age 40 record); Dave Douglass, Los Angeles 2,175; James Beaver of Charlottesville, Virginia, finished with a first-half score of 1,788, but was forced to withdraw at the beginning of Saturday's final five events because of a knee injury.

Division II (Ages 50-59): Pete Fetter, Redondo Beach, 3,340; George Etherrington, Abilene, Kansas, 2,665.

Division III (Age 60-69): Bud Deacon, Honolulu, Hawaii 2,301 (World age 64 record).

### SATURDAY'S EVENTS

110-Meter Hurdles: Div. I: Hescock 17.0; Dittmar 20.7; Hawke 21.3; Douglass no time; Div. II: Etherrington 29.8; Fetter 21.5; Div. III: Deacon no time.

Discus: Div. I: Hawke 128-5 1/2 (Meet record, old mark 125-6; Hescock 107-0; Hescock 117-8; Douglass 76-10; Dittmar 88-8; Div. II: Fetter 88-9; Etherrington 72-7 1/2; Div. III: Deacon 72-0).

Pole Vault: Div. I: Hescock 12-10 1/2 (Meet record, old mark 12-0); Hescock 10-4; Dittmar 11-3; Hawke 10-3 1/2; Div. II: Fetter 8-3 1/2; Etherrington 7-7 1/2; Div. III: Deacon, no height.

Javelin: Div. I: Hawke 133-8; Hescock 131-6 1/2; Douglass 94-5 1/2; Dittmar 84-3; Div. II: Fetter 104-4 1/2 (Meet record, old mark 127-0; Fetter 104-4; Div. III: Deacon 103-4 1/2; World age 64 record).

500 Meters: Div. I: Hescock 5:35.0; Dittmar 5:17.0; Hawke 5:42.0; Douglass no time; Div. II: Etherrington 6:15.8; Fetter 6:55.0; Div. III: Deacon did not run.

© Santa Maria, Calif., Times, Monday, July 7, 1975

Times

Sports

Bob McGraw  
Sports Editor

# Decathlon Marks fall

## AAU Master field in record assault

By BOB MCGRAW  
Times Sports Editor

Entrants in this year's annual National A.A.U. Masters Decathlon Championships, held Friday and Saturday at Hilo College, went on a record-setting, once second to none in the brief four-year history of the competition.

When it was over late Saturday afternoon, this was the final tally: one meet record tied, five new national marks, three exact-age world records, four exact-age world record total scores.

All three defending age division champions repeated their victories of a year ago when the national meet was held here for the first time, and two of the titlists set exact-age world records.

They are Bruce Hescock of Bethany, Conn., 6,001 points for a world age 41 record as well as an American division 40-49 years record, Harry Hawke, San Diego, 5,864 points, world age 46 record, Douglas Dittmar, Solvang, 2,665 points, world age 41 record, and Bud Deacon, Honolulu, Hawaii, 2,301, world age 64 record.

© Santa Maria, Calif., Times, Saturday, July 5, 1975

STRENUOUS EXERCISE INCREASES OXYGEN DEMAND OF THE MUSCLES AND WHETHER THE DEMAND IS MET DEPENDS PRIMARILY ON THE ADEQUACY OF CARDIAC OUTPUT. After several weeks of physical training, the healthy individual increases cardiac output to its maximum and thereby increases the rate of oxygen delivery to the tissues. This increased cardiac output is accomplished primarily through a larger stroke volume, and after a period of training, the stroke volume is increased for all levels of activity. The result is a lower heart rate for any given workload and a lower heart rate at rest in the supine position. A slower heart rate yields a lower figure for heart rate times blood pressure; two major determinants of how rapidly the myocardium will require oxygen. A reduced myocardial oxygen requirement can lessen the heart's vulnerability to ischemic stresses, and thereby reduce its susceptibility to infarction, sudden death, or angina pectoris.

Another benefit of exercise is the reduced oxygen requirement of trained skeletal muscles. After conditioning, an individual will have a decrease in skeletal muscle flow and lactic acid production. Additional benefits to be gained from physical conditioning are a reduction of serum triglycerides, a helpful adjunct to dietary weight reduction, and an increase in sense of well being. So remember - keep running.

#### CLUB MEETING -- JULY 31

The monthly club meeting was held at the usual place -- Bungalow 45 on the Valley College campus. The meetings will be held there on the final Thursday of each month at 7:30PM. Next meeting: August 28.

Not too much business at this one, so you didn't miss much. For the past two years, the club members have gathered at President Earl Rippee's home in Tarzana for a Sunday swim party. We're going to do the same this year. August 23 was suggested as a date, but the sentiment was that too many members will be out of town in August. We'll probably schedule it for September.

Uniforms still not in. Sorry. Soon, we hope.

Reid Pressley suggests we get a team together for the October 25th 77.5 mile Long Beach to San Diego Relay. Open & Masters divisions. 6-mile legs. Follow car required.

#### **Europacup in Turin**

**100 m:** 1. Menna (Italien) 10.20 Sek., 2. Ehl (Wattenscheid) 10.52, 3. Mida (Belgien) 10.59, 4. Demec (CSSR) 10.66, 5. Gresa (Ungarn) 10.72, 6. Dorvas (Rumänien) 10.89.

**400 m:** 1. Brijdanbach (Belgien) 45.05, 2. Herrmann (Leverkusen) 45.65, 3. Abeti (Italien) 47.05, 4. Roza (Ungarn) 47.25, 5. Ströß (CSSR) 47.82, 6. Korodi (Rumänien) 48.50.

**1500 m:** 1. Chipu (Rumänien) 3:43.3 Minuten, 2. Zemen (Ungarn) 3:43.4, 3. Wessinghage (Leverkusen) 3:48.4, 4. Fontanella (Italien) 3:49.3, 5. Polak (CSSR) 3:50.1, 6. Schots (Belgien) 3:53.4.

**10 000 m:** 1. Florciu (Rumänien) 29:03.2, 2. Uhiemann (Bonn) 29:03.4, 3. Hoffmann (CSSR) 29:05.8, 4. Fava (Italien) 29:48.0, 5. Mohacsi (Ungarn) 30:02.8, 6. Orneis (Belgien) 31:30.0.

# BOSTON MARATHON



DEAR LONG DISTANCE RUNNER:

OK, now we are ready to go — are you? In 1975, about 100 Californians entered the Boston Marathon. We are arranging a tour for 1976 which will include:

- 1) Roundtrip air fare from Los Angeles with meals on board with American Airlines.
- 2) Five days and four nights at the Sheraton-Boston (one of the best hotels in downtown Boston) based on two persons sharing a room.
- 3) Two half-day Bicentennial tours in the Boston area.
- 4) Roundtrip transfers between the Boston Airport and the hotel.
- 5) Tips for baggage handling.

Bring your family and friends! Just relax and enjoy the tour and concentrate on the race. All of this for a minimum of approximately \$315.00 per person (pending C.A.B. approval) (if 170 sign up). However, if we only have 40 or more, we still will go and pay about \$370.00 per person. We leave Los Angeles on Friday morning, April 16, 1976, and return on Tuesday afternoon, April 20th, 1976.

A definite reservation and deposit must be made by October 12, 1975. Full payment will be due by February 12, 1976. Send us the coupon below indicating your interest.

Mr. John Stayton  
c/o World Travel Tours, Inc.  
620 North Main Street  
Santa Ana, California 92701

For information, call:  
Miss Cindy Smith  
(714) 547-5986

I want to go with the group. Number of persons in party \_\_\_\_\_.

If possible, I want to use the group air fare only. Number in party \_\_\_\_\_.

Any other information \_\_\_\_\_.

Name \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_



"It is not the critic who counts; not the one who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the one who is actually in the arena; who strives again and again; who knows the great enthusiasm and the great devotion and spends himself in a worthy cause; who, at the best, knows in the end the triumph of high achievement; and who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat." -- Theodore Roosevelt

THE SAN FERNANDO VALLEY TRACK CLUB is a group of men and women of all ages whose purpose is to promote and participate in amateur track and field events, and to encourage exercise programs for health, fun and friendship.

Under the direction of Coach Laszlo Tabori, former Olympian and sub-four-minute-miler, members run together on Tuesday and Thursday from 5:00PM to 7:30PM, and most Saturdays from 2:00PM to 4:30PM, at Los Angeles Valley College, 5800 Fulton Avenue, Van Nuys, California.

Meetings of the club, where members may meet one another in a body, and promote good fellowship, are held on the final Thursday of each month at 7:30PM in Bungalow 45 on the Valley College campus.

The club offers discounts on equipment to members. It publishes a monthly newsletter, outlining club activities, summarizing race results and listing upcoming events.

-----  
NEW MEMBERSHIP APPLICATION

NAME \_\_\_\_\_ DATE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 BIRTH DATE \_\_\_\_\_ AAU NO. (if any) \_\_\_\_\_  
 INTERESTED IN:                      EVENT                      BEST TIME  
 TRACK \_\_\_\_\_  
 FIELD \_\_\_\_\_  
 LONG DISTANCE \_\_\_\_\_

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

Yearly membership (includes monthly newsletter)

- |   |   |
|---|---|
| <input type="checkbox"/> Individual Membership ... \$10 | <input type="checkbox"/> Sustaining Membership ... \$ 50          |
| <input type="checkbox"/> Family Membership ..... \$15   | <input type="checkbox"/> Century Membership ..... \$100           |
| <input type="checkbox"/> Contributing Membership . \$25 | <input type="checkbox"/> Patron Membership ..... \$500 or<br>more |

