

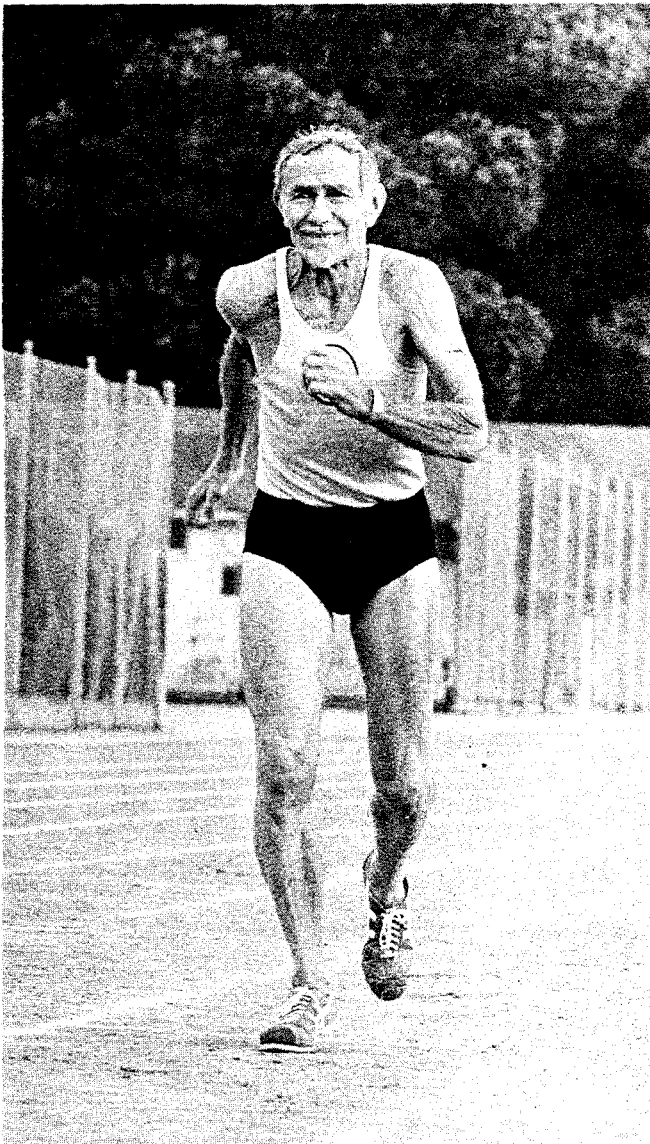


NEWSLETTER

John Pagliano — Editor
834 Vallombrosa Drive, Pasadena, California 91107
681-9256

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When you take a person for granted, you do this individual an injustice. Such is the case with our coverman Fred Grace. How on earth can you take this runner lightly when he can do 47 miles in a one day workout? For this single reason Fred declines to enter the 50 mile run, for fear he might not be able to finish. Here is a man to admire - all 72 years of him.



Is Fred Grace really superhuman? Does he have some magic elixir of milk and peanut butter that gives him "go" power? Possibly he has found the sought after Fountain of Youth? After all fellows, most people his age already have reservations at Forest Lawn and while away their time at Leisure World or Youngtown.

At the tender age of 72, Fred Grace has the energy and ability of a 40 year old runner. He is always on tap to represent the Seniors Track Club and to lend a helping hand to the less vibrant runner.

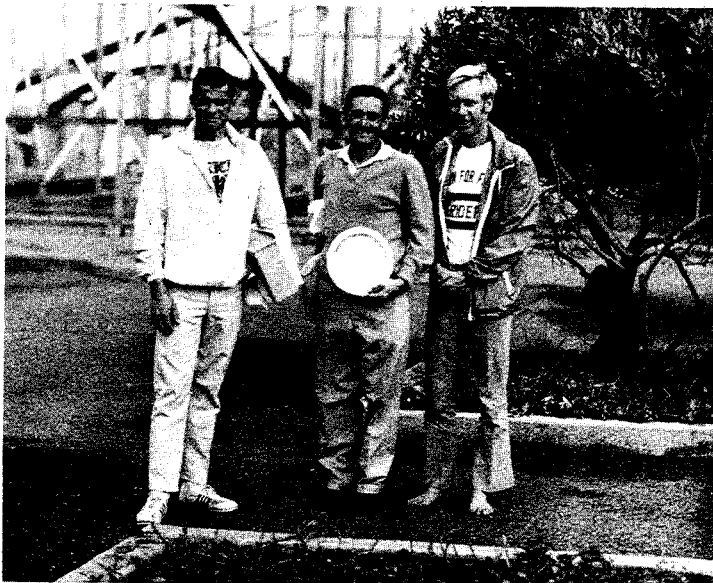
Just to show you what Fred can take and do, a year or so ago he twisted his ankle on one of his 30 milers. It soon swelled up to the size of a softball, complete with colors of red, black, brown, etc. To see Fred run on this made you weep, but as you wiped your eyes, Fred zipped by you and casually inquired if his fellow runner was going to be a dnf (Does Not Finish)? When I think.. (continued on page 3)

The illustration at the left was taken of Fred Grace at the December Seniors meet at Long Beach. Note the determined look captured on film by Duke's camera.



Phil Carlon, shown finishing the San Diego Mission Bay Marathon, has become the top marathoner in the club this year. Phil has a best time of 2:33.50 posted at the Culver City Marathon in 1969. He ran five marathons in 1969 ranging in time from 2:49 at the Arizona Admissions Day Marathon to 2:38 at Palos Verdes to his present best of 2:33 at Culver City.

Carlon hopes to travel to the Boston Marathon this year and perhaps break the magic 2:30 barrier.



The happy group shown here are the award winners at the San Diego Mission Bay Marathon. (L-R) Phil Carlon 16th place finisher with a posted time of 2:43.03; Owen Gorman in the center who ran 2:52.57 for a placing of 34th. Owen was also the senior age group winner. At the right your old editor John Pagliano who ran 2:36.37 and came in 7th. He was given the biz for the Striders shirt too. The race was won by Mike Mahler of the Pacific Coast Club in a record time of 2:33.25.

The STC team composed of Pagliano, Toledo, and Carlon beat out the Striders, Pacific Coast Club, San Diego Track Club, Santa Barbara A.C. etc for the team title.

The Senior Mile event at the Sunkist Invitational Indoor meet held at the Sports Arena this last January was spectacular. Pictured here is upset winner Jim Van Tate-nhove breaking the tape. Jim beat out favored Pete Mundle (2nd) and Bill Fitzgerald (3rd).

ALL PHOTOGRAPHS TAKEN BY DONALD DUKE



(Fred Grace continued)

of my little aches and pain and here was this huge swollen mass still going on twenty mile jaunts, it made me feel ashamed to offer up any excuses as to why I wasn't doing any better. And how about the time he ran the San Diego Masters Marathon with that calf all knotted up and twitching. I have seen other runners look askance at him when he did not improve his time in a marathon, but, for shame - how many of you ever competed in a 100 mile race as Fred did last year????? And after all, how much can we expect of a 72 year old competitor who can still beat a lot of us. Did you know that Fred has been accorded international recognition in that he is the worlds most active marathoner for a man of his years. And there are a lot of active marathoners in their 60's and 70's in Europe.

I would have to put down names for another page or so to show the men who have been inspired and helped by this man. After talking with him some years back, I went home higher than a kite and went out the next morning and had my first 10 mile workout. Talk about helping people. You don't know the half of it. He has helped countless delinquents to a straight life by the weightlifting and boxing lessons interspersed with his philosophy in his garage gym. Fred doesn't turn anyone down. All you have to do is ask.

Fred has shown us that we have 20 to 30 to 40 years of fun, running and competition left in all of us. He has shown us the way and Fred, we love you for what you truly are - A GIANT OF A MAN.....

Submitted by Howard Barnes

Fred, to you we dedicate this issue. What else can we say?

Don't forget the March 6, indoor track meet against the LAAC at their gym. They have a great, Tartan banked indoor track. It will be a dual meet between the STC and the LAAC 40+ gang. There will also be a 2 mile for all those club members under 40. The meet begins at 7:00. Awards will be give to 1,2, and 3 places.

Again, please return all club trophies to Charlie Southard. We are missing about 12 trophies won by the club. These trophies will be put on display as soon as they are collected.

Herman Podel is playing possum at the Veterans Administration Hospital in Westwood. Please write to him so he can get back out on the roads with the rest of us. Herman has a lot of experience in running and we are going to impose on him to write us some material for the Newsletter.

If there are any Stanford or Occidental College Alums in the crowd, March 7 is your day. There will be a 440 relay pitting the Indian and Tiger alums in three age group classes: 20-29, 30-39 and 40+. The relay will be 4x110. All field event and runner alums are welcome. Drop a line to Dixon Farmer, Occidental College, 1600 Campus Rd., L.A. 90041.

I have heard about students showing their teachers a thing or two. But I think Charlie Seekins took it a little bit to heart. His former student is Bob Deines. Now I know why Charlies times have been dropping so fast. STCer Seekins has really been improving on his marathon times as well as garnering a few handicap awards.

Who is going to run the Boston Marathon? Housing will be available for a few. Also, the West Valley Track Club is arranging a group fare deal of \$250 from San Francisco, round trip to Boston. Please contact editor immediately as housing is first come, first serve.

Distance Running News is now The Runners World. A new format dealing with all aspects of running. Not so much emphasis on results, rather on theory, interviews, comment, etc. A very worthy publication and a must for all Senior runners. TRW, PO Box 366, Mountain View, Calif. 94040.

Gene Stern made his debut into the 40 and over class by winning the 40+ division of the 2nd annual San Diegutto half marathon. Gene posted a 1:22.53 as well as placing 14th over all.

Congratulations to Bill Fitzgerald for edging Pete Mundle in the Examiner Indoor Games in San Francisco on Jan.3. The time was 4:35.2 to 4:35.7.

Who says marathoners are slow? Culver City winner, Tom Heinonen won an all comers meet in San Diego with a 9:04.2 for the two mile.

From the West Valley Newsletter comes a hint: About $\frac{1}{2}$ hour before any competition he chews up several charcoal tablets (Requa's Charcoal Tablets are available in any drug store for about 1¢ each) and washes them down with a small amount of water. It makes for a very black mouth and teeth but it seems to absorb gases in the stomach and intestine that are the primary cause of stitches, etc.

Note of humor at the Las Vegas Marathon: Meet director Bill Selvin leaning out of his car at the 5 mile mark pleading with the control officer to let him through so he could give times at the ten mile mark.

Howard Barnes says that the Gatorade is in. The reason for the delay was that all Gatorade had to switched off Cyclmates.

A note of interest from our questionnaires at the Las Vegas Marathon: of 85 random runners, 58 wore Tiger shoes, 12 wore Adidas, 3 wore Puma, one wore ballet slippers and 11 had miscellaneous shoes.

As is my perogative, I would like to editorialize on a problem which has become more evident in the last few weeks and which threatens not only you but our whole distance running program as well. Several meets are being threatned out of existance (Mt. Baldy to the Peak, Mt. Baldy Notch and the Palos Verdes Marathon are some exact example) due to the complacency of our AAU Distance Running Committee. Rather than push our sponsors, they seem to be taking the attitude that "well if they are hesitant in sponsoring a race, to hell with them, we'll just cancel it". Gentlemen, we need sponsors, even if means kssing a few rears. Without sponsors we don't run. We don't need three foot trophies, just a few medals is sufficient. If you can't do your jobs, please resign and make room for someone who is willing to do a little work and a little pushing. Sponsors are easy to find if you just look. (For instance, the Orange County Podiatry Association was excited when we approached them on sponsoring our 25 Kilo run in May. They are even going to sponsor a five mile AAU walk at the same time). If the committee cannot function properly, I suggest the runners sponsor these meets (the above mentioned specifically) on their own. After talking to Don Jones and others, we feel we can come up with enough money to provide trophies for the Baldy runs from our own pockets. If there are any club members who can supply sponsors, or give us a few leads, please contact me as soon as possible. So, gentlemen, please get up off your rears and make a couple of phone calls. Don't rely on others to sponsor these meets, because pretty soon we will have no meets at all.

Please excuse the varied mailing dates for the Newsletter. We will try to get on a middle of the month mailing date. Please send in all Newsletter information by the first week of the month, and we will try to get the letter out by the 15th of the month. Drop a line to our Box if you can donate 3 hours once a month in preparing the letter. We have over 300 mailings a month and Don Duke and myself get run down after having to type the stencils, set up the picture frames, run the letter on the machines, fold and sort all the copies, staple, put the letter in envelopes, address and mail all of hem.

The Eugene Magnan Memorial Run held at Woodside on Jan. 31st was billed as the hardest 20 miles in California. Believe me, it is. The course is run through (and over) some of the most beautiful green, hill country in California. Breathtaking views astonished the runners as they staggered over the long hills and plateaus. More information on this when the results are obtained.

Bob Carman reports that he managed to sprain, tear... etc., his right Achilles tendon at the Rocklin 50 miler in Oct. and has been unable to train in recent months. My understanding is that Bob has seen a specialist in the L.A. area and we hope that he got the green light. Bob, how about dropping a line and letting us know the latest info.

Bob also wrote up a very interesting article concerning the measurement of the Culver City Marathon course. Bob is a member of the National AAU Standards Committee. Here is his write-up:

First of all, in order to get a course certified one should work with the national standards committee and the local district course certification "expert" and, when measurements have been made, have him submit a complete report of the measurement to the National Committee. He should know what is wanted by the national committee and understand the measurement procedures that have proven inadequate. Usually this so-called expert is an engineer or other technically trained person and a runner, and has taken the trouble to learn all that he can about course measurement. The national committee usually relies on him for coordinating efforts.

I am that man for the SPA AAU and I am also a member of the national committee. In 1965 I spent two days carefully measuring the Culver City Course. By my measurements it proved to be about 617 yards long. The race promoter resented the criticism they felt was attached to a careful measurement, ignored my measurements and refused to even consider making the course the correct distance or even remeasuring it. They had claimed for some time that it was measured by some mysterious and never identified 'engineers' but they were never able or willing to produce any actual measurement data. Nevertheless, my measurements were accepted by the national standards committee and the course was used as a trial course for the 1968 US Olympic team. Because our runners would have been at a distinct disadvantage running 617 yards more than required (you'll recall that times were compared from trials across the country to determine those who would get expenses paid to the final trials.) We took times at the required distance and managed to have them accepted by the national committee. The race promoters, ignoring the runners best interest as they have consistently in this matter, resented the implication that their sacred course was long.

When the Culver City race was named the 1969 national championships there was the stipulation that the course be remeasured and properly certified. The race promoters were told by the national group to work with me to get it done properly. As of Sept. 1969 neither I nor the national standards committee had heard from the Culver City people and the national AAU was considering withdrawing the championship race sanction if the course were not certified in time. On Nov. 12 Mr. Jim Lloyd of the Culver City Rec. Dept. wrote to Ted Corbitt, chairman of the national standards committee, claiming that the course had been measured in November 1968 (a year earlier) by a city engineer for the city of Culver City. The measurement was done in two days using a surveyor's wheel. (...a notoriously inaccurate device for careful measurement of long distances unless it is used very carefully). For some inexplicable reason the measurements were kept secret for 12 months and released just before this years race. The race promoters produced a document signed by the city Director of Public Works attesting to the validity of the measurements that were (claimed to have been) made. These measurements indicated that the course run this year is exactly 138,429.5 feet long. This is $5\frac{1}{2}$ feet short of the required 26 miles, 385 yards. Mr. Lloyd made it clear that he considered my 1965 measurement to be not only inaccurate but a deliberate lie.

It is astonishing to me that the course could be so exact and finish and begin at a prearranged spot. The odds against this are overwhelming. If I'm a liar, my lies are at least a helluva lot more credible than his!

Ignoring the personal allegations (it isn't easy, someday one of those

clowns is going to get a mouthful of knuckles), I should just note here that it is damn difficult to get any decent accuracy with a surveyor wheel and I doubt if city employees will put in the 30 hours of work (in two days) walking the course and 6-8 hours calibrating the wheel that I did in 1965. In reference to lies, Mr. Lloyd claims that three wheels were used (apparently simultaneously) while other Culver City Recreation Dept. people claim two wheels. Apparently someone there has trouble counting beyond one.

None of us working with the national standards committee have been able to determine why their measurements were kept on ice for a year and why I was never brought in on the measurement. I suspect that it is because the measurements were either not made at all or not made as advertised, but I have no evidence for this.

There the matter stands. As far as I know, the course is officially certified at 26 miles 385 yards and will remain so. As you know, the new course is considerably longer than the 1968 course. By the way, I never claimed to have done a perfect jog of measurement in 1965. I simply did the best, most careful job I could, wrote out my methods and results in detail and submitted them to the standards committee. I believe my measurement was quite close. Only God know how long the damn thing is and He has not seen fit to inform me. Apparently the Culver City people have a direct pipeline and we will have to live with their pronouncements.

An anonymous writer has forwarded a description of our fleet foot Fred: Like the Dodo, Fred runs backward when he thinks he's going forward. That's the reason his zonar system sputters and can't find the course. He tried running with a seeing eye dog but got him lost and the pooch quit in disgust. The only reason he finds his way to the location of the runs is that Helen, his wife, does the navigating. But it's not easy. For her.

On May 1, 1970 the new IAAF white shoe rule is effective. Totally white shoes must be worn in international races, national championships, and major track and field events, indoor and out.

Fred Grace points out that running, like living should be fun. If it isn't, forget it. You're not going to stay with it. Stick to beer and pretzels. I've been exercising for 58 years and enjoyin it more today than when I was a kid. When was I a kid? That's what I still am. So when I tell you that I'll still be running marathons at 80 you'd better believe it. I'll really be only 8 then.

So run as you please. Have fun in your training. You can't point for 40 runs of varying distances every year. Today you feel like pushing. Then push. Eight miles and mentally you've had it? Quit. Tomorrow you may want to run 30. The next day 35. If you're enjoying your running you won't stop - except now and then to fight off a dog.

Anyone interested in timing, judging, or just helping in the Senior Olympics, please contact Warren Blaney at 619 S. Dunsmuir Ave., L.A. 90036. Call WE 85548.

Those of you who are business minded may have noted a new book called 'The Business Healers' by Hal Higdon. Is this the running Hal Higdon?

For those of you who have suffered pain of indoor track, an article and cartoons called "Ode On A Grecian Urge" in the Sports Illustrated, Jan. 19, 1970 issue will bring back home many memories.

For those who are interested in race walking, the following article by Bob Bowman reprinted from the SPA AAU Race Walking Newsletter may be of some interest.

I have been asked to express my views on training. Since most seasoned walkers have a pretty good idea on how they wish to train, I have chosen to address my recommendations to the relative new walker or the 'part time' race walker, who now feels he would like to up his training in

order to achieve new goals. There has been quite a bit written on this subject in the past, but it is worth repeating from time to time because of the new people attracted to the sport.

My first recommendation is to forget speed work until a good background of slow, easy race walking has been undertaken. I would suggest a couple of months of this. Forget timing yourself and stay off tracks during this period. It's during this period one should work on form. It will help to walk with experienced walkers as to acquire a visual image of the proper technique. Many things can be done during these initial stages to help improve one's form but they may be too technical or premature for the beginner and should be introduced at later stages of development. The best advice I can give a beginner is to come to the races and learn by watching others and to obtain coaching aids from experienced officials and athletes.

Once a solid background of slow easy stuff has been accomplished, I would suggest some weight lifting and stretching exercises to improve overall body strength and flexibility. This will help tone muscles and make the race walking technique producing. This phase of training can be introduced right along with one's walking on a regular basis (3 times per week). Keep it short (20-30 minutes), even after years of training. The weight work should consist of presses and curls with the arms and if you have access to a Universal Gym, some leg curls done lying face down and straight-leg pulls done by placing a belt around one's foot and pulling weight on a pulley. The latter should be done while standing in a race walking position.

Only after several months of slower walking and general body conditioning should one introduce speed work in the training program. At first, once a week is enough. I always liked interval 440's, although 880's are better, but for the beginner, I feel 440's are sufficient. They should be done at a pace you feel comfortable at, but which you still have to work at a bit (not so fast that you can only do 3 or 4 though). Do about 10-12 at first, increasing up to 20 then gradually increase speed. Try to walk them all in about the same time. The rest period should consist of slow walking (strolling) for about 2 minutes (a slow 220 is good). Only after you can do 20 x 440 at a good pace should you cut the rest period down to 1 minute.

After doing the above faithfully for 6 months you should feel like a race walker and have the basic technique mastered. You are ready now for refinements necessary for advanced training and development of more speed. A discussion of this will appear at a later date. The above is only a general discussion of the major points.

In the Feb. 23rd issue to time, 800 meter champion Ralph Doubell is quoted as saying that he expects to be a topflight competitor "at least until he is 40".

Al Guth will be translating articles from the quarterly publication Interessengemeinschaft aelterer Langstreckenlauger Deutschlands. AAL states that in issues #15 to #20 there is a wealth of material which may find its way into future Newsletters.

Listing of the worlds best for 1968 with many of our members in top spots may be informative and show the quality of our runners in comparison to the best veterans in the world. For this issue I begin by quoting from the compilation of "Who started where":, March 1969. In the 1st National 100 mile run (160,9km.) in Santa Rosa California, three veterans finished, showing remarkable performances:

Paul Reese (1917) 15:04:30
 Burt Ryman (1924) 18:07:11
 Fred Grace (1897) 19:21:18

It would be interesting to see the three super-long distance runners compete in the 100 KM run in Biel. I assume that many of our members are not familiar with a race, which over 7 years has grown to mammoth proportions. From small beginnings it has jumped to 1397 starters in 1969. It was held on June 13 and 14. 1152 finished the race within the time limit of 24 hours, which justifies to call year after year for such a tough test of endurance. The day before the race it rained for quite a long time, which made the cross country and forest parts of the course more difficult. The participants deserve admiration and the excellent organization has to be mentioned. The temperature was pleasant during the night, but the runners in the middle of the pack and those bringing up the rear had to suffer from the warm, muggy weather on the 14th. 258 of the over 40 finished the race. The fastest was Zitterli (Biel). The two oldest were Voelschow (1894) placing 790th with 19:43 and Nessonson (1891) placing 940th in 20:52.

The running times of 1969 and 1968 in many instances are strikingly similar, in others great improvements are shown, therefore the comparison for some leaders may be of interest.

Age group	1968	1969	
Zitterli (Swiss)	9:09:00:00	8:41	7th place!
Hoffman (German)	12:39:00:0	9:42	15th place
Brunner (Swiss)		10:02	24th place

(The rest of the age groupings will be included in our next issue)

The race is 'written up', analyzed and statistical data collected in many issues, it is the most popular one and I have asked for details and hope to receive an answer soon. Participation of some of our "stars" could be of tremendous propaganda value. More about that in later issues. (Al Guth)

My appologies for the delay in the Newsletter this month. Again, trying to wait for results is proving futile. So, our next issue will deal mainly with results and we will eliminate pictures for the issue and perhaps double up for a 'picture' issue. Please forward your clear black and white photographs to station D so we can print some of them.

The 40+ title was taken by Bob Foley of the Twin Cities Club at the Las Vegas Marathon this year. Bob ran a 2:53.00. By the way, you 40+ had better start training. Look who is moving up in the next few years: Dave Waco (37), Jim Van Manen (37), and Tom Sturak (38). It seems like competition is getting keener in the 40+ than in the 30-40 group!

Our good friend from Germany, Hans Jurgensohn will be in town on the 14th of March. Mr. Jurgensohn is connected with Condition the magazine for the Association of Veterans Long Distance Runners located in Germany. He is 48 and has completed a 100 KM race in 10:44! Perhaps we can get a group together for running and chatting. By the way, the new format for Condition is excellent. From scanning the results (printed in German) it seems like we have a ways to go in our age group running. We will reproduce some of their age group results in the next issue. For those of you who are interested in the magazine or can read German, perhaps a subscription would be of value.

Letters From Our Readers

Chuck Seekins

I must say that my fellow runners don't do much to build my confidence. Sure, you shake my hand when I finish a race, and you say 'nice going' etc., but what you say is with your clothes already on, or even worse, your street clothes. If you really want to make me feel good you should wait until you see me coming (I won't be able to see you), remove your sweat clothes, dump a cup of water over yourself to pretend you're still sweating, try to pant a bit, and THEN shake hands.

The computer on the other hand, really knows how to make a fellow feel good. At the Rose Bowl run, I'd see good runners take off with me still standing there getting nervous.

Me: Isn't it time for me to start yet?

Computer: No. You can easily beat all of those guys who've already gone.

Me: Thanks, but by ten minutes?

C: Sure, don't worry.

Me: Look, you're letting him go, and he beat me last week.

C: A good runner like you can make up time on him - this is a ten mile race.

Me: Look who's starting now. I'd better get going.

C: A fine runner like you can make it up on him.

Me: I wish I thought so. Look the first starters are already finishing one lap. You've got to let me go.

C: What's one lap? A great runner like you can make it up.

Me: Now Bob Long and Ed Halpin are starting and I've never beaten them in any race.

C: Today's your day. O.K., you can go now.

You see how it goes. Of course the computer was wrong, but doesn't it make a guy feel good?

Bill Thompson (Massachusetts)

I've been pestered a lot myself since San Diego with lame left ankle and stiff right hip. Hate to set out on the morning trail, but get loose in a couple of miles. About three weeks ago I decided to give in to a new thing under the calf muscle and switched to the bike. Churning down Plymouth St. just after sunrise I smacked into a Saint Bernard broadside. Over the handlebars, over the St. Bernard for a 4 point set down. I was dizzy waking up for the next ten days in a row, but I could run, and get stabilized for the day, beginning the 2nd day after the spill and I have been at it every day since and moving o.k.

Fred Grace

If the Palos Verdes 15 is to be extended to a 50 the only thing that makes sense is to send invitations to Mt. Everest climbers.

By the 10th laps, if anyone is still at it, he'll think he's walking up a side of the Empire State Building. With just as good a chance of making it. By the time the winner gets in, if he hasn't grown wings, Frank Sax's kids will have grandchildren. And I'll still be two trips out.

Pete Strudwick

Re your Jan. 1970 issue: Page 4, Bill Toomy's comments about the rules governing amateurism needed modification were straight to the point. But it's more than a matter of keeping the people we have: it's also a matter of who will enter athletics in the first place.

It has probably always been too long since the athlete has been heard, John, All too often he's so busy doing athletics he's been too busy to

control his own career. I'm not proposing an athletic revolt. That's ridiculous. Revolt against what - himself? But I am proposing a hard look at our rules of behavior re Toomey.

The criterion for acceptable athletic behavior sought by the question "Is it amateur?" Or is the real question "Is it ethical?" But what the devil does it mean to be ethical, as a runner, say? Is a runner ethical when he promotes healthy running? Is a runner who remains amateur and thereby inhibits his running being unethical? Is an official who insists on strict amateurism and thereby inhibits a runner's healthy performance being unethical?

I propose that what's needed for runners is the same sort of thing that's needed wherever people gather: a concern for the human welfare rather than for rules or symbols which have a way of forgetting men. It's not easy to remain awake to our human needs. It means taking responsibility and not letting someone else run your life. It means keeping a hand on your pulse to stay tuned in on how things really affect you. Let's do just that re amateurism/professionalism for runners. Any opinions fellows.

Ralph Schuhart

Track and field enthusiasts are considering a meet, possibly for Saturday, March 28, for an open weekend in the schedule. It will be all-comers since there are insufficient interested members, and to accommodate prospective members. The four field events will be contested in the regular way, while the running events will be handicap, one or two of which will be age-handicap.

As an illustration of the latter, we are considering an age-handicap 440 based upon, say a C level performance chart: under 30 58 sec., 30-39 61, 40's 68, 50's 80, 60's 96, 70+ 110. Or we could use a District Level chart of 52.5, 54.5 etc. This latter one would yield a staggered start, in reverse order of: gun, at 10 sec., at 26, at 32, at 35.5, and 37.5. We have a couple of great mathematicians, but we could use another one to see how great they are!

Prizes will be plentiful. Entry blanks will be used, and they must be in several days in advance. Secure them from me at 535 Manila Ave., Long Beach, Ca., 90814. In your note, please tell me which events you prefer.

Values, friendship, the role of the athlete, these all add up to a couple of fellows each reading and then discussing something of interest and importance. In the Jan., Readers Digest you might try "Zero Hour for the Middle East", "Rape on the Oklawaha", or the "Drug Scene". Or you can go to books for more extended discussions.

Lane Blank

I'd like to share a few comments with you, the readers, Larry Carter, and the medical members of the STC. For years, I have experienced a cyclic trend of about three weeks in duration with regard to my performance in running events. Typically I have two good weeks of accomplishment, even improvement, followed by one poor week. This seems true for workouts, time trials, and races and its onset has occurred at the start of the days running and, at times, during a workout.

The essence of my remarks to you at present is observation of certain factors that seem to correlate with my 'ups' and 'downs'. When I am running well, I seem to need (and get) less sleep awaken refreshed without an alarm, (at 6:00 AM or earlier) eat (and probably drink) considerably less than usual, gain a few pounds, and experience some skin difficulties (pimples etc.). During my down periods, the situation is reversed - more but less refreshing sleep, more food consumed, loss of weight, and a relatively clear skin.

I once experimented with trying to accelerate the cycle by double work-

outs daily. In that instance the cycle did, indeed, change, but as I recall, I finished the experiment relatively exhausted. On the other hand, I recently rested on the 5th day of the 'down' cycle (due to bad weather) and experienced a distinct turn-around of performance on the very next day. Usually when the poor running days arrive, I either switch to tennis and/or basketball (neither of which do I experience the phenomenon) or run time trials at odd distances (eg 330, 660, 100) or distances I have not recently run.. These measures are taken to preserve my morale.

One further point.....severe effort in competition or trial below 10 miles does not seem to hurt my next days workout (or 2 days). For example, the day after the 4-event STC meet at Wilson, I ran my best long-interval workout, 4 x 1 mile in 6:30, resting 3:30. Also, the day after the 6.6 at Irvine I ran 6 at a slightly faster pace (40:00), then followed the meet two days with 10x440 in 80 and 20 x 220 in 38 respectively (both are best evers). (ed.-perhaps a correlation as explained by Dr. Prkop in our Jan. 1970 Newsletter, page 11).

Fred Grace

After what happened at the Culver City Marathon, I'm sending my seeing eye dog back. My eyesight gives me no trouble in reading, writing and arithmetic but when it came to seeing non-existing running directions I thought I was blanker than Lane Blank. That I lacked ESP. That I have no guardian angel. That I'm direction ambidextrous and left is as good as right. But I've been vindicated. I'm the only one who's slow at learning a rat maze. In fact, I have a better excuse. The marking it it was there, has been stamped out by the time I get there.

All of which proves that I'm right about running marathons on repetitive 4-6 mile courses. By the end of the third loop the dreamers who dream of training 6 and finishing 26 are out. So are the tender footers. Also the salt pill crampers. The finishers should be easier to catalogue than DDT free penguins in the North Pole.

Dr. James Niforopoulos (Forwards an article from U.S. Medicine)

A group of physicians over 40 lopped 28 per cent off their mean time while jogging a mile every day for two months.

At the end of the experiment it took an average of about 1 minute longer for the volunteers to achieve a heart rate of 1.50 per minute during maximum effort on a bicycle ergometer, according to Dr. Lewis, M.D., of the Palo Alto Medical Clinic.

These findings, he said, tend to confirm the general impression of significant improvement in both cardiac and somatic muscular conditioning.

Dr. Lewis said that the reduction in track time is "just as good a measure of improved physiological conditioning as any of the other parameters, and obviously is much simpler to determine."

The volunteers, all members of the clinic's medical and administrative staff, recorded a mean reduction of 3 minutes, 28 seconds in the mile jog over the two month period.

The 25 volunteers, average age 43, underwent little weight change during the experiment, Dr. Lewis said in a presentation. The mean weight loss was 1.8 pounds. There was, however, a decrease in body fat reflected by a mean loss of 1.7 cm in girth and 7.1 cm in skin fold thickness. There was no significant change in serum uric acid or cholesterol.

But there was a mean loss of 17 mg in serum triglycerides which probably reflects the greater biochemical lability of the triglyceride moiety. The physical efficiency test (Harvard Step Test) improved 35 per cent. Dr. Lewis said "This degree of psychophysiological improvement in this volunteer group as the result of jogging less than 10 minutes of a two month period was interesting and unexpected. If confirmed by further studies on larger groups for longer periods, the long range implications should be clear to all."

Michael Stewart

I read your Jan. 1970 issue Newsletter and I would like to comment on Fred Grace's subject of improving the local marathons.

Fred stressed many fine ideas of improving the marathon's haphazard ways such as running loops of 5 miles, thus having only 1 watch, 1 water-stop, and no traffic problems.

The medical myth which Fred wrote of is very significant to all of us. I must say that the medical releases are actually of no importance. Promoters release themselves of any damages caused by injuries with a statement on the entry blanks. The physical condition to finish a marathon with no serious aftereffects is sustained by the average long distance runner. The promoters might want to limit the "kooks" through the use of the physical certificates. I say let them compete anyway as they will probably be stopped at the 10 mile mark on his knees with his head on the road. A good lesson not to run a marathon 'just for kicks'. Besides the promoters should let them run, they need the money for awards anyway.

Concerning an adequate marathon location with loops as a basis, I recommend Cal Ctate College at Long Beach. The college has a good loop of 4 miles which can be stretched to 5 miles easily. It also has a large parking lot with no cost involved, plenty of showers, lockers and restrooms. It is a flat course except for a medium size hill with a downhill section. It is a fairly well known course because it is where the marathon prep is conducted for so many years. I your subscribers and readers like this idea, please contact Mike Stewart at the road runs.

Paul Oerth

Every last lingering doubt that I had concerning the relative merits of Southern California and the East Coast is now dissipated. California wins hand down. From now on the only snow I want to see will be on Mt. Baldy. This assignment has turned out to be a technical success. Outdoor training has been impossible, so I have had to do all my running at the "Y", 20 laps per mile - ugh! The only consoling features were that when I finished each night I had an inexhaustible supply of superb restaurants from which to chose for my evening meal. Very nice but hadly redeeming. My final word on the matter: I would rather serve in California than reign in New York.

In response to John Hales letter, I have found that no conventional time piece is reliable when worn on the wrist or held in the hand while running. Apparently the rhythms running motion upsets the action of the balance wheel. I have an 'accutron' wrist watch which seems to be impervious to errors induced by motion, a fact I discovered when on several occasions I forgot to take it off before starting to run. However, if one wears a stop watch suspended from the neck on a lanyard long enough to secure the watch under the upper band of the supporter, it will keep time. However, to me it is all academic - I have an aversion to timing and I never do it anymore.

I am looking forward to seeing everyone soon and getting back into races run under civilized conditions. There is a great likelihood that Browning Ross will be in California this summer. He is very anxious to meet Pete Mundle. I didn't have the heart to tell him about Jones, Jewsbury, Gorman and Robberson. Poor devil.

Carl Selbrede (from application)

Last summer, while reading the Whittier Daily News, our hometown paper, I read an article about Dewey Vroom. It stated that he was 42 years old and had competed successfully in an AAU meet. Right then I decided to start running again. Since Dewey also works out at Whittier High, we became acquainted. It was his persistent encouragement to join the STC which gave me the nerve to apply.

Presidents Page

from Charlie Southard

Thank you for the confidence which you have shown in me by making me your president.

Basically I accepted the nomination because of my confidence in you as individuals who are truly interested in your organization and are willing to contribute to its health.

This is not a one man or ten man job. There is a tremendous amount of work to be done. And it must be spread over a large number of people so that no one is unduly burdened.

Accordingly I will be calling upon many of you to carry out various assignments throughout the year. If we are to continue and prosper rather than shrink, your assistance will be urgently needed.

Please note that all club trophies are to be turned over to a member of the executive board or to Clyde Alling immediately. Bring them to the next meet you attend. We have found a home for them which will provide some excellent publicity for the club. The N. Orange County YMCA will display them along with photographs and biographies of our members. This will provide some motivation for the individuals in the Run for Your Life program. So please fellows, let's get this hardware together.

The dual meet with the Los Angeles Athletic Club has been finalised. It will be held on Friday night, March 6, beginning at 7 P.M. The events are the 220, 440, 880, 1 mile, 2 miles. Minimum age 40 except for the two mile event which will have a sub 40 age group. There will be other age group classifications if there are enough competitors to justify it. This is one of the finest private club indoor facilities in the country and the 10 lap banked course is Tartan. Maximum spike length is $\frac{1}{4}$ ". There will be awards to the first three in each event.

Slight correction on the Old Time Athletes Assoc. "Active participation in some form of amateur athletics at least 30 years prior to date of application is a requisite", does not mean that you must have competed for 30 consecutive years. If as a youngster you engaged in organized sports such as school, playground, or YMCA you would be eligible if that were 30 years ago and we would welcome your application. Dues are \$3.00 a year. Our semi annual meetings are always very interesting.

Hernan Podell checked into the Vets Hospital in Westwood, L.A. on Jan. 25th. Hernan, one of our finest 50+ runners has been bothered by a series of ailments for some time. His latest problem calls for considerable testing, observation and treatment. I'm sure he would appreciate a visit from those of his teammates who are in the area.

It would be greatly appreciated if members would drop me a note if they have any suggestions which will aid in the betterment of the STC.. Naturally it will be impossible to carry out all the suggestions particularly when there are two direct opposites. Your executive board will look at them all.

Feb. 20, San Diego Invitational Indoors. Six man relay progressive 1,2,3,4,5,6, laps. Two men must be in the 50 and over age group, the balance 40-50. If we go there let's have the best team possible and really sweep the boards. Those interested, please contact Bill Fitzgerald.

Doping in Athletes

by

John Pagliano

Much has been said about the subject of doping in athletes, but very little is understood about the subject. To define doping, at best is difficult. Yet most athletes who compete know what it is and what it means.

In 1963, the International Olympic Committee defined doping as "...any substance or any means designed to increase artificially the physical efficiency of an individual". This proved to be too simple a definition and consequently, the following definition was proposed: doping is the use of any non-physiological means (it being understood that physiology is the science dealing with the organic functions characteristic of life), i.e., any means that are not fundamentally natural. (IOC Bulletin #18, 1968) Doping substances are grouped into three groups and are classified as non-food substances which have an effect on normal ability either by their composition or their dosage. They are considered as dope even if used therapeutically. The three groups will be listed in the next issue when the specific drugs are investigated.

The British Assoc. of Sports and Medicine has proposed a rather lengthy definition of doping which includes the proposition that doping is: the administration to, or use by, a HEALTHY individual while taking part in a sporting competition of:

- a) any chemical agent not normally present in the body and which does not play either an essential or normal part in the day to day biochemical environment or process of metabolism.
- b) any chemical agent or substance which plays an essential or normal part in the day to day process of metabolism or forms a normal part of the biochemical environment, when introduced in abnormal quantities and/or by an abnormal route and/or in an abnormal form.

When either a and/or b are present in the body of the athlete during competition with the purpose or effect of modifying artificially the performance of that individual during competition.

Doping is also:

- c) The administration to an individual temporarily or permanently disabled by disease or injury who takes part in a sporting competition of:
 1. any chemical agent or substances regardless of nature, dosage, preparation or route of administration.
 2. Any chemical agent used for the sole purpose of alleviation or curing the disability and/or its cause, which, being present in the body of that individual during competition would, by its secondary effects, improve artificially the performance of that individual during the competition.

Now that you are completely confused, let us go on to the next step. Why all the definitions for a simple word? Let us take an athlete who drinks six cups of coffee prior to competition. Isn't this just as harmful as an amphetamine tablet? Is 500 mg. of vitamin C just as bad as a centigramme of strychnine? All these are physiological means of preparing an athlete. Therefore definite rules must be made as to what and what is not doping. These definitions are based merely on a shallow study of the better known stimulants.

(doping continued)

So now you ask, why the use of dope? Perhaps the answer can be found in the Olympic motto, "Swifter, Higher, Stronger". To the strongest go the gold medals, the world records, the fame and the glory. To the loser, obscurity. In this age of 'supermen' the competition among sportsmen is keen with as little as .1 of a second determining who is to win and who is to lose. The lure of fame and fortune often turns the athlete away from recreational sport to direct material gains. To obtain this end, an athlete may turn to dope in order to squeeze out that .1 second, or that extra $\frac{1}{4}$ inch which may garner the cherished 1st place.

Dr. G.M. Oza of the IOC states that one should win with one's own natural ability. "Dope never provides the real pleasure, recreation, and mental and physical advantages in the long run. Artificial aids, used to improve performances, are unnatural and contrary to the spirit of the Olympic Games. What the whole world expects from a participant is a success achieved through the natural performance of a human being". (International Olympic Committee Bulletin #19, April 1969)

How widespread is the use of drugs? Who knows. There have been reported deaths of Olympic cyclists after taking amphetamines. In the 1967 Pan Am Games, cyclists were tested via urine samples before and after competition. In the first pool, 14 riders were tested, with one positive result containing amphetamines. In the second pool, 13 riders were sampled, and one rider was found to have trace amounts of amphetamine, while a second was found to be positive. A third pool revealed one strong positive test for amphetamine out of 24 riders. A fourth pool found a trace in one out of eight riders. The fifth pool revealed negative results among 24 riders. In one team test (4 riders to a team) four members of one team were found to have a considerable amount of amphetamine in the urine.

In Mexico City, one athlete was disqualified due to a high blood alcohol content.

The Medical Commission of the IOC has set up a series of tests in order to control doping. In general, the controls are as follows: The first six place finishers in each discipline plus others chosen by drawing lots will be tested. In team sports, at least two members of the team designated by draw will be tested. The urine sample will be divided into two flasks in the presence of the athlete and the official. The flasks will be marked with code numbers. All these operations will be under the control of the Medical Committee. The method for analysis will be by gas chromatography. The results are then communicated to the president of the Medical Commission. If positive, the case will be turned over to the Medical Commission for study. Repeat analysis may be called for in the first 24 hours. Any individual who has been convicted of using dope will be excluded from the Olympic Games. Any team in which one member has been convicted will be excluded. Any athlete who refuses to take the tests, will be disqualified.

Now that controls have been set, the logical question is why? First, drugs are dangerous. Any drug which has a definite pharmacological reaction in the human body is potentially toxic and constitutes a potential risk to the athlete. Any habituating drug may cause death in the long run. Continued use of stimulants may be habit forming.

In reference to simulants, the normal reaction to fatigue is abolished and a dangerous state of exhaustion may occur. Also, studies have shown that muscular coordination, as well as mental facilities may be disturbed. Euphoria and self confidence may endanger the state of the athlete.

(To be continued next issue. Comment or additions are welcomed)

Seniors Track Club Newsletter - 16

Data for Competitors Completing All Four STC Events, Wilson High School, 12.21.69. Lane Blank

<u>Runner</u>	<u>440</u>	<u>880</u>	<u>1320</u>	<u>4 mile</u>	<u>Total Score</u>
Kleinsasser	54.6 822	2:18.6 758	3:42.2 766	23:55 724	3070
Krueger	58.6 766	2:19.4 753	3:42 766	23:32 737	3022
Keith	62.1 723	2:22.2 739	3:46 752	26:52 644	2858
Blank	61.8 727	2:25.1 725	3:59 712	28:04 617	2781
Fisher	65.0 691	2:33.9 683	3:56 720	26:46 648	2742
Wallace	61.0 736	2:36.2 673	4:17 662	28:02 618	2689
Robst	69.3 648	2:36.9 671	4:04 697	28:03 618	2634
Alling	68.4 657	2:42.8 647	4:18 659	28:37 607	2567
Restrepo	70.2 639	2:42.7 646	4:23 647	28:45 603	2535
Grace	96.8 463	3:20.0 527	5:15 539	33:31 517	2046

Kleinsasser won again over his last years 3056. Score number refers to his time divided by the worlds best time. The tetrathlon was run so well by Gene Stemm and Phil Carlon. It's a privilege to run with gentlemen and competitors such as Fisher, Keith, Schneider, Gorman, Robst and all.

Comments:

Kleinsasser: #1 again.

Krueger: Very strong and consistent

Keith: Improved competitively all day.

Blank: Faded at longer distances

Fisher: Consistently good.

Wallace: Fine sprinter; 34d Musketeer with Ed and Clyde.

Robst: Up 94 from last year.

Alling: Up 13 from last year.

Restrepo: Consistently good.

Grace: Obviously a miler as well as a marathoner.

In 1968 the men completing all four events were Kleinsasser, Alling, Robst, Cooper, Berry, and Frederick. In 1969 Al Cooper's name, but no time, appears in 880. He too, again, may have run in all four events. Outstanding performances of the day by runners competing in fewer than four events included Fitzgeralds 440, 880, and 1320; Duarte's 440 and 1320; Gormans 440, 1320 and 4 mile; Van Tatenhove's 440 and 1320; Holt's 440; and a block of men who missed the 440 (Long, Sax, Schneider, Atkins) but ran well in the later events. DePooters 3:16.7 still stands as a meet record; Carlon's 22:48 remains tops of the course is the same.

New Members

Glenn A. Blakley
14400 Newport Ave.
Apt. 100
Tustin, Ca. 92680
5449068
Age 26

John M. Rudberg
27545 Longhill Dr.
Palos Verdes Penn., Ca. 90274
541-1649
Age 35

Carl Selbrede
11545 See Dr.
Whittier, Ca. 90606
Age 47

John F. Pinning
19593 Bowers Dr.
Topanga, Ca. 90290
455-1510
Age 41

Thomas S. Takacs
3729 Tracy St. #2
Los Angeles, Ca. 90027
666-0749
Age 32

Val Christensen
20687 Hillside Dr.
Topanga, Ca. 90290
455-1131
Age 38

Personal Profiles

by
Fred Grace

Bob Seaman sounds like he might be a boatswain but he's a doctor. An M.D. brand of Doc. He has the mien of an AMA's big Poo Bah but he's steering his course on the tide of fun instead of dignity. Appropriately Dr. Seaman lives in Manhattan Beach. A runner living at the beach will always have a place to practice his avocation, if De Gaulle like, he learns to walk on the water. Dr. Seaman has been pounding his calluses only a year but already he can run 10 miles faster than he can scribble a prescription.

Paul Oerth is the kind of a goat I like. So I am going for his kind of goatee. He's 42 and has been running 6 years. That means he has wasted 36. But he's trying to atone for it by entering every run. A person can't be held accountable for where he was born but for where he chooses to live. That's why Paul heeded the Pied Piper and ran west two years ago. After all his brand of coffee just has enough for the west.

Bill O'Donnell is a mere 35 year old kid. But he's big for his age. He runs the Glendale hills with Tansley and Tetrick and cools off with Coors. At the last Rose Bowl Run he won a cup big enough to use for a swimming pool. He's a former high jumper and basket baller. He's now making accounting goals for the Gas Co.

Louis Louie Restrepo is a Columbian, not a Columbian man. If he were a Columbian man he would be an activist. But Louie never protests. He just smiles politely and runs. He ran in Hi and started again a few months ago. He has been in the US 22 years and 6½ in Cal. He runs and finishes all races even if it's in the hospital now and then.

r

When you count your blisters In your wife's or sister's
Be glad you're not running High Heels

MEMBERS URGED TO SUPPORT THEIR CLUB ACTIVITIES

by Stan Stafford

We all pay out \$10.00 dues and for this we receive an outstanding monthly "Newsletter". However I hope that this club means more to you than just a publication. A club without active members (participating) is a complete flop, because it is the activeness of its members that make it go.

We are now approaching the 250 mark in club membership. How many of these 250 members do you know? I have been to a good majority of our events and at anyone of these activities have never seen more than 60 of our esteemed members. I feel this is a poor record for such a large organization as the Seniors Track Club. I realize all can't be at every function, but an effort should be made to take part and participate.

We have many outstanding activities that our club puts on or sponsors each year. Our quarterly meetings have been outstanding. Our next one will be a type of panel discussion and clinic on running. You are bound to learn something if you will come and listen. In June we will have our annual picnic at Peck Park in conjunction with the Yankee Doodle Cross Country Run. We are planning to put on a clinic for coaches in the very near future. And of course we sponsor a number of the A.A.U.'s Long Distance Runs and the Annual Veterans S.P.A.A.A.U. Track Championships.

All of these events are publicized in the "Newsletter", and well in advance of their dates. So take time out now, mark a few dates on your calendar. Support our club and its activities. You only learn and enjoy by doing.

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JR. VET AND VETERANS MILE RUNS TO BE HELD
AT EL SEGUNDO RELAYS

If you have been looking for that chance to compete in a mile run, but have been locked out because of the hand picked field, here is your opportunity. The El Segundo Kiwanis Club, in conjunction with the El Segundo High School "Easter Relays," will have two events to be held on March 28 at the El Segundo High School. The first is a Senior Mile for men 40 years and a Junior Veteran Mile for men 30 to 39 years of age. If you want to participate you must contact:

J. E. Fournier - Co-Chairman
El Segundo Relays
425 Main Street
El Segundo, Ca. 90245

Just drop Fournier a postal card with your name, address, and your best mile time.

SENIORS TRACK CLUB TO SPONSOR TWO MAN 14 MILE FUN RELAY

NOVICE EVENTS TO BE INCLUDED

ALL SENIOR TRACK CLUB MEMBERS are urged to mark their calendars now and save Sunday, April 26, as a must date on your running calendar. The Seniors Track Club will be sponsoring its 5th Annual Two Man 14 Mile Relay, to be held at Fountain Valley.

This is a real fun race and it is also an excellent conditioner. The course is a 1.4 miles long. Each two man team runs five alternate laps. This means that each runner will run a total of seven miles. What makes it fun are the various age-group divisions of competition. Classification by total ages of the two team members. The various divisions and awards are as follows:

Open	Ages total less than 70 years	Awards of first 3 teams
Division A	Ages total 70 to 79 years	"
Division B	Ages total 80 to 89 years	"
Division C	Ages total 90 to 99 years	"
Division D	Ages total 100 to 109 years	"
Division E	Ages total less than 25 years or less	"
Special	First two teams from the STC, who do not win awards in the above classifications.	

NOVICE - This a 1.4 Mile event for STC members only. It is limited to those who are beginners or newcomers that have not been running regularly in A.A.U. events. Awards to go to the first three finishers.

Time Schedule

Novice Mile - 1.4 mile run 9:00 A.M. 14 Mile Relay 10:00 A.M.

Place: Fountain Valley Community Center. Take the San Diego Freeway to the Brookhurst (North) turnoff. Almost immediately after coming off the freeway turn right at the first signal (Slater Avenue). The community center is just one block east of Brookhurst and is directly back of the City Hall.

R E M I N D E R

Support your Seniors Track Club activities, come out to this fun run and bring the whole family. With 50 awards to be given out, how can you miss?

Stan Stafford

FIRST QUARTER MEETING

Our first quarter meeting will be held Saturday morning, March 21. So please mark this date in your calendar.

This meeting will be our second annual Seniors Track Club Training Clinic. It will be held from 9-12 A.M. at Helms Hall, Helms Athletic Foundation, 8760 Venice Blvd., Los Angeles. Helms Hall is just south of the Santa Monica Freeway. Easy to find but if you get lost call 870-4333 for directions.

We expect a good exchange of training techniques, ideas and experiences. There will be sessions emphasizing marathoning - preparation, running, and recovery, etc. by the men who know best - experienced marathoners whose most recent encounter was the gruelling Las Vegas affair.

Interval running will get a good examination. Not only will there be expert presentations but the reactions of Senior members to their own attempts at interval training can be as stimulating as the prepared lectures.

Food, diet, nutrition - a controversial subject at times - will be another section.

There will be hints and training tips for beginners and veterans alike. Further plans are being made but are not ready for release at this time. The key is a good turnout for Senior Track Club members as each has much to share and this is the one place to do it.

Beginners, novices, timid trotters - all are welcome.

Willis Kleinsasser

- - - - -

Minutes - Board of Directors Meeting - January 21, 1970

Attendance: Atkins; Barnes; Caldera; Duke; Kleinsasser and Southard.

Caldera gave a sketchy treasurers report as he just received books from Bill Wells. \$844.36 was carried over as 1969 balance and \$720.00 had already been received on 1970 dues. Balance of \$1,624.36.

Old Business - Distance Running Clinic discussed. Committee to handle to be selected by the president. Responsibilities of the executive board discussed. While duties are spelled out in By-Laws some changes had been made in re-typing and a study to be made. LAAC Meet for Spring to be held at the Los Angeles Athletic Club March 6 on the indoor track at 7:00 P.M. Events to be 220, 440, 880, Mile and Two Mile. This is a tartan track by the way, and 10 laps to the mile. Novice Runs. Suggested there be more and committee to be appointed to handle such runs. Senior Events at Meets. A member to be selected to see that there are Senior Events at the various invitationals. Selection to be made shortly.

New Business - Moved, seconded and passed we acquire a bulk mail permit to save money on mailing and "Newsletter". Also decided to have more picture issues of the "Newsletter", but limit the cost of each issue to \$65.00 per month over a 12-month basis.

January Board of Directors Meeting (continued)

New Business (cont.) Board advised some members were not getting A.A.U. distance running schedules. Reason members failed to note "Distance Running" on their A.A.U. card renewals. Moved, seconded and passed we order rubber stamp for cards. Club Emblems - secretary advised his stock was low. Check to be made with Al Cooper. New Application Form - Advised new membership application form with illustrations in process. San Diego Indoor Meet - Schedules and teams to be selected. Quarterly Meetings - Kleinsasser advised he would plan another running clinic at Helms Hall for March. Membership Mailing List - Board advised membership list not available to any member for individual use. The roster is given to all members and he may include meet flyers with the "Newsletter". Roster - in process for 1970 upon payment of dues. 24-Hour Run - Sponsored by LAAC October 30-31. Colored Background numbers at run - suggested age groups be in different color for identification. Running shirts to have members last name - to be checked into for press on letters. Club property - recommended all members advise the president who club trophies he has and they all be located in one place. Review of Awards system - Recommended complete examination of STC awards. Committee to be chosen. Board Meeting Dates to be second Tuesday of each month. LAAC meeting room selected as February meeting location due to its central location.

February Board of Directors Meeting - February 9, 1970 LAAC

Attendance: Atkins; Caldera; Carlon; Duke; Jones; Kleinsasser, Sax, Southard and Stan Stafford.

Old Business - Distance Running Clinic - Committee not selected as yet. Constitution and By-Law Revisions - Committee of Stafford, Jones, Thompson to study and come up with suggestions. LAAC Spring Meet - To be held Friday evening March 6 7:00 P.M. Will be veterans 40 and over, with an open two mile run. Moved, seconded and passed we split costs of awards with LAAC. Also issue three awards to each event - total 45 awards. Treasurers Report - Income: Dues collected 1970 \$810.00, sale of uniforms \$169.60. Total income \$979.60. Expenses: Trophys \$101.85, Newsletter paper and ink etc. plus new stationery \$145.64. Total Expense \$247.49. Net Gain January \$732.11 with carry over from 1969 - Total Balance \$1,576.47. Moved, seconded and passed we accept treasurers report. Uniforms - Moved, seconded and passed Al Cooper keep up stock of uniforms in all sizes. Novice Runs - Chairman to be selected Senior Events at Meets - Bill Fitzgerald selected to handle arrangements. Quarterly Meeting - Kleinsasser to have Running Clinic at Helms Hall March 21. San Diego Indoor Meet - Relay team and a mile team selected. Roster. Will be prepared when all dues are in. Press-On Names - Checking on prices Club Property - Moved, seconded and passed that LAAC be home for trophies upon their acceptance. Review of Awards - Stan Stafford chairman will study system of awards assisted by John Garcia, Orville Atkins and Bert Ryman. Board Meeting Dates - Accepted as second Tuesday of each and to be held at the LAAC due to its central location.

NEW BUSINESS - Membership Card - Moved, seconded and passed they only be issued to new members due to costs involved. If member loses his he makes application to the secretary for replacement. Issuing Awards - Highly recommended at STC events or sponsored runs that an officer issue the awards. Financial Support - Suggested that possibly some financial support be given STC teams outside of Southern California or local area. Newton Caldera, Don Jones, Phil Carlon and Charles Southard to study program. Second Quarter AAU Schedule presented by Frank Sax. Communication Gap - So that members receive information on time, recommended those submitting timely material place a release date. Field Events - The need for field event men noted for 1970 Masters. Committees - Following committees selected. Club Records - Lew Roberts, John Scott. Novice Runs - Bill O'Donnell, John Holt.

WELCOME TO THE FOLLOWING NEW MEMBERS AS OF FEBRUARY 21, 1970

James R. Bole
5475 Anaheim Road
Long Beach, California 90815 597-5146

David R. Drapeau
194 Dean Court
Ventura, California 93003 642-6216

James P. Sullivan
7208 Killdee
Long Beach, California 90808 425-8956

John W. Lanier
3703 Revere Avenue
Los Angeles, Ca. 90039

IMPORTANT NOTICE

EASTER RELAYS - SAN DIEGO
Balboa Stadium - Saturday March 28

Three Senior events, unlimited entries...

1. Senior Mile
2. Two Mile Relay **Two mile Relay Open 35 years of age and over**
3. 100 Yard Dash

Entry cutoff date March 19, 1970. Please advise Don Jones, Team Captain for Veteran Runners by phone or mail if you intend to compete. The event, your age and profession. After March 19 no entries will be accepted. Don's address is 414 El Redondo Street, Redondo Beach, California 90277 Phone 213-FR 6-1152.

Half mile time trials will be held Saturday March 14 at 10:00 A.M. at California State College, Fullerton. It is located on State College Blvd. and Yorba Linda Blvd. You will need long spikes for the track or flats.

If you so desire we'll hold a mile run although no qualifying times are necessary for the Easter Relays. Will provide meet schedule when it is available.

Charlie Southard

LAST FLASH - Results San Diego Indoor Meet -

Mile: Fitzgerald 4:35.5, Mundle 4:36.1, Wood 4:44.4, Kleinsasser 4:47.4
Senior Medley Relay: STC Team A - Kleinsasser, Fitzgerald, Gil, Holt - 3:37.
Team B - Vroom, Poet, Jewsbury, Roberts - 3:39.6 3rd place went to San Diego Track Club 3:45.3