



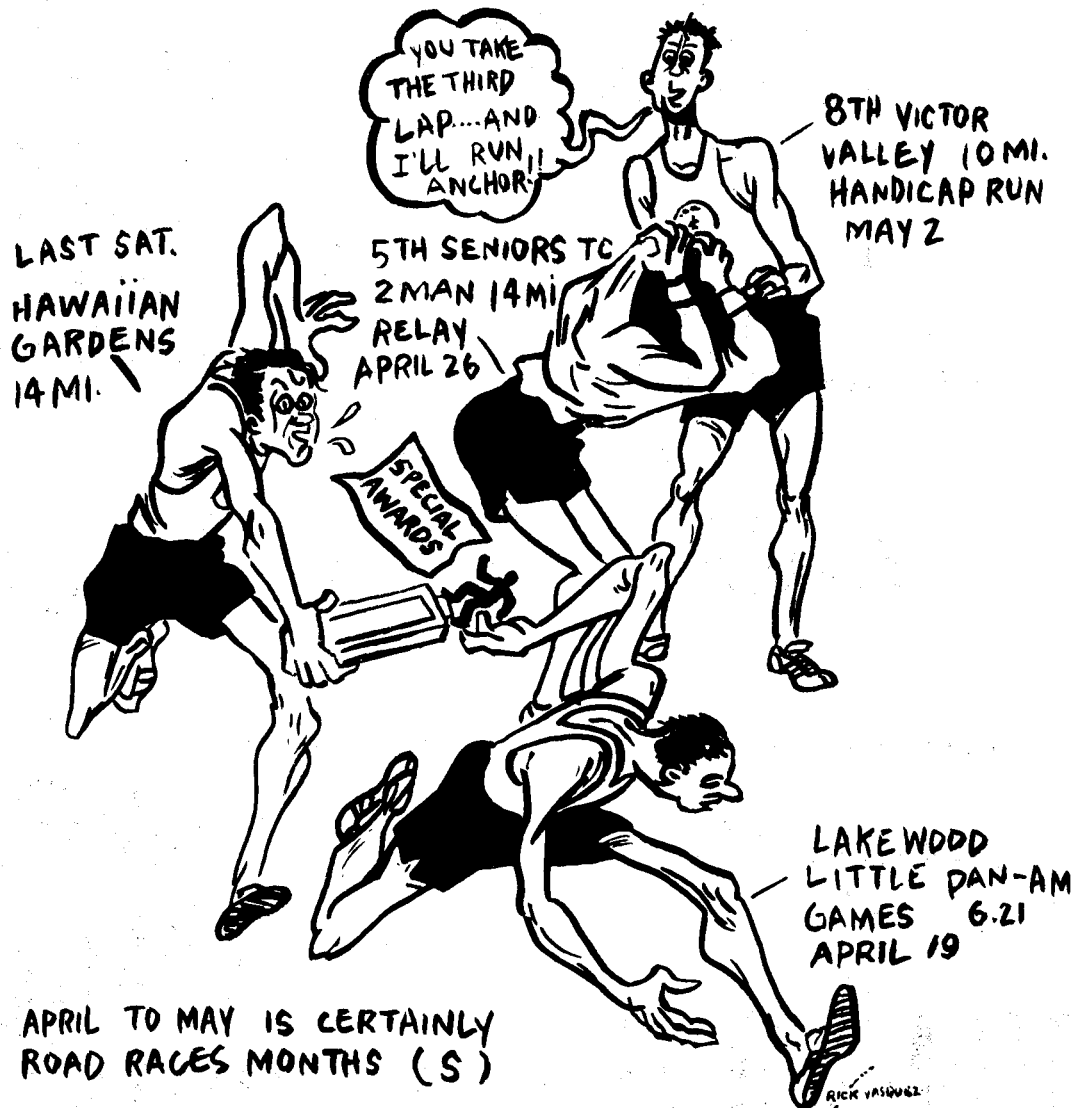
NEWSLETTER



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

Volume 3 Number 4 - April 1970

S7C Art - Rick Vasquez





SENIORS T.C.
TAKE CHAMPIONSHIP
30 KILD AT WESTLAKE
GO TO MARYLAND
AAU CHAMPIONSHIP
TAKE 4TH PLACE!

A TEAM OF
PHIL CARLON 17TH
JOHN PAGLIANO 16TH
NICK DUARTE 19TH
GREAT
SHOWING!
GUYS

RICK VASQUEZ



THE BOSTON KICK 1970
BY SENIORS T.C.



DONT BE LEFT
OUT, WITH OUT A
PARTNER ON APRIL 26TH
14 MI. 2 MAN RELAY.....
ACT NOW -

Seniors Track Club Newsletter

I had honestly planned not to editorialize this issue in order to keep peace in the household. But.....again, an overwhelming sense of frustration crept up. Remember, last issue when we criticized the choice of Redfield, Iowa as the National Marathon Championship site? We didn't mean to downgrade the event, the city or its hard working sponsor, Dr. Peace. It was just felt that picking a denser population center would benefit more athletes. Be that as it may, the AAU has decided to send the first three finishers to the Kosice Marathon in Czechoslovakia. But, if the AAU would have investigated this further, the national teams are made up of two men instead of three. So, while other countries are sending two man teams, we are sending a one and $\frac{1}{2}$ man team. Secondly, sending a three man team to this marathon is rather an extravagant waste of money. How about sending a team to England where they could enter some cross country and road races as well as a marathon. It would save a heck of a lot of money and the athletes would gather a lot more experience.

The Runners World reports on a new publication which will have its inauguration on April 8th, 1970. It is called Racing Report and will be issued semi-monthly. It will feature results, race schedules and one profile on a distance runner. The purpose is to bridge the gap in the reporting of race results and to give schedules to help the athlete pick out the races he wishes to enter. In all, Racing Report is designed to help you as a distance runner. The first issue will be mailed on the 8th of April with up-coming issues coming out the first and third Wednesday of the month. This will allow the editors to include the results of major races the week-end before. So, all race directors, please send your results in promptly. 24 issues by first class mail is only \$5.00. Two years is \$9.00. \$1.50 additional by airmail. Subscribe to Racing Report, PO Box 366, Mountain View, Calif. 94040.

Steve Seymour was kind enough to send us the following article from the Feb. 12th issue of the Tribune Sports Report.

Dr. Bruce C. Ogilvie, PhD, professor of Psychology at San Jose State College reports an article titled 'Successful Athlete is Called a Mostly Stable Extrovert'.

Dr. Ogilvie reports that "The psychological profile of the successful athlete shows that he is emotionally stable, tough minded, conscientious, self controlled and disciplined, self-assured, trusting, and free of jealousy and has a tendency to be outgoing in personality."

"On the other hand, the athlete's quest for success can breed social and emotional isolation, guilt feelings about self-assertion or overt aggression as a reaction to exaggerated external demands for excellence.

Some of the significant traits athletes share in common are: They are success-oriented, ambitious, highly organized individuals, tend to seek leadership roles, have great psychological endurance, and find it easy to express self-assertion.

They have a tendency to have a very low need to express interest in the problems of others, nor do they expect others to show special interest or concern in them. They show low inclination to study the motivation of others and appear to be extremely self-contained individuals.

A growing literature in sports psychology, plus our own numerous investigations, do permit reliable general statements with regard to team sport and individual sport trends in terms of personality structure. It is also possible to make highly reliable statements about a 'coaching personality', 'a sports car racing personality', and a 'football personality'. There are few areas of human commitment that have the potential for reinforcing life's realities as may be found in high level competitive athletics.

(Athlete, continued)

Successful athletes are the type of achievement oriented people who derive personal satisfaction from their striving. High achievement needs are based upon personal attitudes about the probability of success to failure associated with each investment of self or ego. All things considered, the outstanding athlete is at his very best when the odds are slightly against him. Ambitious people derive slight joy, if any, when their ability remains uncontested. The great athletes I have interviewed do not dwell upon their losses, but concentrate upon that part of their performance that limited their excellence.

The negative aspects of athletic performance concern those who resist coaching, the hyperanxious one who find it difficult or impossible to control anxiety or tension, the successful athlete who simply cannot stand the tensions and strains of the success he has achieved, the injury prone athlete, the withdrawn athlete, and the depression prone athlete.

One aspect of the various psychologic stresses on the successful athlete is that caused by fans who identify with the athlete.

I have labeled this psychological phenomenon 'the pedestal effect' whereby fans expect him to exhibit superhuman personality traits. These exaggerated projections only serve to increase his sense of loneliness and isolation. Spectator expectations are always unrealistic, yet it is almost impossible for most athletes to escape from unconsciously taking on their requirements and, by so doing, attempt to meet the fan's idealized standards.

Like every other human being who allows himself to be placed upon this pedestal, the athlete is under a severe threat of imprisonment and restriction imposed by this unreasonable burden on their demand for exceptionalness. In many ways, it is healthier to be an antihero; at least then he can enjoy a high degree of independence of personal action."

Dr. Ogilvie said that this profile of the athlete is drawn from a two year study of more than 10,000 athletes ranging in age from six to 38.

A warning to STC'ers. Stay away from those Huntington Beach basketball buffs. Phil Carlon and Gene Stemm were playing a few weeks ago and Gene ended up for a three day stay in an Anaheim hospital for aggravation of an old back injury. Take it easy on the guy Phil, after all he just turned 40. Paul Oerth had to take a couple of days off after his dog got the better of him on a training run.

Last call for the Boston Marathon. We still have plans for a charter flight with Jack Leydigs group from San Francisco. Please contact editor if you are planning to run Boston.

Runners World is also offering a new book written by Joe Henderson called Road Racers and Their Training. It is a comprehensive survey of distance runners and the sport, its people, their ideas and personalities. It contains training methods, workout routines, personal statistics, and endless tid bits on more than 60 runners of various classes and abilities. Only \$2.50 from Track and Field News, PO Box 296, Los Altos, Ca. 94022.

Again a plea for the return of club trophies. We hope to get a permanent home and would like to get a nice display. So please return to Charlie Southard or one of the club officials at the next meet.

Little Fred Ritcherson has already clocked some impressive two mile times for USC this year. The outstanding freshman star has run a 8:59.8 on March 8 and a 9:01 on March 15.

Jack Disney of the Herald Examiner did a nice write up on the LAPD's athletic activities. It is in the sports section, March 20th. It seems like their cross country team won a 120 mile, eight-man relay race to San Diego by 300 yards. On June 24, a ten man team will race the 512 miles to San Francisco in approximate 10-mile legs repeated five times by each runner.

Officer Bob Burke, an instructor at the Police Academy, is largely responsible for the cross country program. Some of their members include familiar faces such as Alex Shearer and Tony Porrato.

The Striders will be forming a "Master" Striders team under the direction of former LAPD'er Toby Medina. The team will be limited to the over 40 group and I am sure will give us some much needed competition. More about this club later.

The top finisher from SPAAU at the World Masters Marathon, Feb. 7, 1970, at Las Vegas, will be the official SPAAU entry in the 1970 National Sr. AAU Marathon Championships, and will have his travel expenses paid by the SPAAU LDRC.

The secret is finally out, Willis Kleinsasser is forming his own distance running team, and they are all members of his family. Allan Kleinsasser set a new school record on March 14th in winning the mile in 4:26.2 in a meet against Baldwin Park. Then to top off Azusas 62-56 win, Allan's brother, Perry Kleinsasser, came up with a win in the two mile in 10:27.6.

Bob Kuchar of Occidental College won the 50 Kilometer AAU Jr. National Championship in Hollywood on March 15 with a 5:18:56.6. Second was Bob Long of the Striders in 6:01:34.6.

Our own Al Guth walked a 42:54 for 2nd handicap place in the 4 mile Alondra Park Handicap in Lawndale on March 22.

Tom Heinonen reports in the SDTC Newsletter that the USA Armed Forces Cross Country Team placed 13th in the International Cross Country Championships in Vichy France. The race was won by Mike Tagg of England in 36:39 followed by Gaston Roelants in 36:41, Trevor Wright of England with 36:44 and Dick Taylor of England in 36:50. The first American to cross was Ken Moore in 48th place in 38:48 followed by Tom in 51st with a 38:51 John Loeschhorn in 39:09 for 64th, Cliff Clark in 76th, Charles Messenger in 92nd and Bill Norris in 93rd. England ran away with the team title with 36 points followed by France with 85, Belgium 136, Tunisia 187, Scotland 201, Italy 273, Spain 302, Ireland 315, Canada 364, Wales 368, Switzerland 393, N. Ireland 410, and USA 424.

Tom writes that "The English did it again, even without Bedford who has a bad back from 30 miles a day on the roads. We ran 5 laps (approx. 12 km.) on uneven, muddy, rainsoaked grass with several obstacles each lap at the Hippodrome de Bellerive, a horse track in Vichy.

We'll never be any good at this, given the poor teams we send, the unfamiliar terrain and the time of year. However, if we could send our best runners I believe we could compete with all but England. Now it's on to CISM where we may be able to beat someone if the surface is a little harder. The race is in Heverlee, Belgium, on April 4th.

Perhaps the SPAAU could contest a few cross country meets on the international scale. We have had only one, two years ago at Pierce, where barriers were set up and the terrain muddy. It was very exciting and competitive. We are too accustomed to the flat, dry streets. How about getting a couple of 'real' meets on the books for next year. It won't kill us, honest.

Don Love of the SDTC set a new club record in the long jump with a 18'11 3/4" in Feb. Other Senior results from down south include: 880: 1. Frank Evans 2:14.6; 2. Don Coleman 2:15.6; 3. Dave Davis 2:18.0; 4.. (tie) Art Barnard and Ernie Wake 2:22; 5. Dave Pain 2:30.

The Point Loma Track Club is an affiliate of the SDT and FA. They featured a meeting on April 13th featuring Douglas M. Gregg who discussed "Hypnosis and the Mind as Related to Athletic Endeavor".

Meets hosted by the SDT and F in the near future include the National AAU 15 Km. championships on May 3 and the PSAAU track championships on May 30.

Finishers in the El Cajon half marathon on March 8 included:

10.	Ernie Wake	(40)	1:19.53	26.	Herb Weisheit	(40)	1:28.46
14.	Mike Murray	(41)	1:22.24	28.	Merle Hamilton	(48)	1:31.49
15.	Dick Eby	(48)	1:22.44	29.	Hal Sheppard	(48)	1:34.17
20.	Wayne Groesback	(40)	1:26.18	30.	John Lafferty	(52)	1:35.55
22.	Wayne Zook	(53)	1:26.32	35.	Dave Pain	(47)	1:47.29
23.	Bill Hargus	(48)	1:27.16	38.	Dave Hayworth	(41)	2:00.20
24.	Brian Freeman	(44)	1:28.17	40.	John Nichols	(45)	2:28.00
25.	Lew Roberts	(42)	1:28.35				

The lone entry from the STC was Lew Roberts who finished in 25th spot with a 1:28.35.

Phil Camp of the Striders ran a nice mile - two mile double in a meet on April 4th. Phil won the mile in 4:14.8 and the two in 9:22.3. Phil will represent the west coast at the National Marathon Championships in June. Fred Ritcherson ran a 9:03.2 on April 4th for a second place behind team mate Ole Oleson who was clocked in 8:58.0.

Olympic champion Lee Evans announced that he is turning professional and signed a 5 year contract with World Sports Promotions, Inc. which plans to stage 24 professional track and field meets this year in the U.S. and Canada.

Evans stated that he knows he can break the record in the 440. He hopes to compete against John Carlos and Tommy Smith. Evans also said that; "I am sick and tired of being exploited by the people who run the amateur track and field. I could start my own bank if I had all the money that other people have made off me.

The people at CBS and their advertisers better know right now that I am not going to compete in any of the meets that they plan to televise this year. And I am going to urge other athletes to join the professional track and field tour of World Sports Promotions.

Some people have told me that the race I ran at Mexico City was the greatest ever. They havn't seen anything yet.

Ever since I was a kid I dreamed of winning the Olympic gold medal. People told me that I would be set for life and that all the doors would be open to me. I won two gold medals. But instead I have found that doors that used to be open are now closed.

The AAU wants us to believe that it is immoral for track athletes to accept money for competing. But why are track athletes any different from football, basketball or baseball players or golfers?"

Joe Marafco became the missing link of the University of Bridgeport Conn. Track Team last Palm Sunday. It seems like Joe ended up with his spikes, a track suit and a baton looking for his team somewhere in the vicinity of N. Philadelphia. The seven man team had decided to run a relay past the White House in their track uniforms. However, it was Joe's bad luck to be the runner when the team reached Philadelphia. He got lost.

Joe then halted a passing police car and they gave him \$1.15 for something to eat and trolley fare. He was finally united with his track team at the YMCA. Sounds like this guy led the Culver City Marathon.

Dennis Kavanaugh is still alive and running in Denver. Dennis reports he has been under the weather and has been unable to work out to any degree in the past few months. He plans to be in the area in either May or June.

Gary Hamilton is through with his stint in the Air Force in Denver and will now be running in the SPAAU area. It is nice to see Gary back again. He placed 3rd at the 20 Kilo and won the Hawaiian Gardens 14 miler.

Toby Medina reports on the S.C. Striders 15th anniversary banquet to be held on Tuesday, June 30, 1970 at the Mulholland Tennis Club, 2555 Crestview Dr., Los Angeles. The tickets are \$6.00 per person. Track and field athletes will be honored. Guest star Bill Cosby has expressed a willingness to attend. Other name entertainers and celebrities are anxious to contribute their time to make this presentation a fund raising success, so as to insure that the Striders organization continue to provide America with top track and field competition and develop new young prospects for the upcoming 1972 Olympics.

S.C. Striders is a non-profit California corporation. It is non-sectarian, inter-racial, and devoted to the ideals of benefiting the youth of Southern California through recreation and competition, emphasizing track and field. If you will be unable to attend, but wish to contribute to this worthwhile cause, your ticket will be given to a local high school athlete in a high school near you, and a receipt will be given for your donation. Your contribution will be tax deductible. Tickets may be obtained from Toby J. Medina, Master Striders Staff, 283 4717 or 443 9479. Toby has a block of tickets which he will sell to members and non members alike.

Due to circumstances beyond his control, Novice Run Chairman, Lane Blank has cancelled the Legg Lake novice run as was reported elsewhere in the Newsletter. The novice run will not be held. The rest of the novice runs have the go ahead.

Late results: Hawaiian Gardens 14 mile run. April 11, 1970.

1. Gary Hamilton	1:25.51	Handicap:	
2. Ed Bouldin	1:29.11	1. Walt Frederick	1:15.38
3. Gene Massey	1:29.25	2. Paul Oerth	1:16.28
4. Frank Freyne	1:29.37	3. Ed Sylvis	1:17.18
5. Rick Vasquez	1:29.58	4. Chuck Seekins	1:19.14
		5. Tom Cory	1:19.15

* * * * * IMPORTANT NOTICE - May 2 * * * * *

On Saturday, May 2, at 12:00 P.M. (high noon) we will have the full track facilities of California State - Fullerton. For those who wish to sharpen their track skills please come. This is an informal meet, no trophies, prizes, etc. Events will fit those who attend. For those who wish to participate in field events please bring you own discus, shot, javlin, etc.

"All That Glitters"

by

John Pagliano

As many of you have noticed, in the last few issues of the Newsletter, we have been debating on the number, amount and types of trophies that should be given to winners, and losers, of our distance runs. I have given this matter much thought and would like to express my opinion on the matter.

It seems particularly sad to me, as we are supposed to represent the mature and sophisticated branch of our endeavor, that we have become so self-centered and so arrogant that we bestow expensive trophies and awards on ourselves for running 5, 6 or 10 miles. Are we really that important? Are we of such caliber that we deserve 5, 10 or 15 trophies each meet? Is it that important that we collect trophies to show off to our neighbors? Is it important that we have more trophies than the other guy in our age group? Ask yourself, does that trophy really make you any more or less a man than before you won it? Does it make you a better athlete?

True, as I look back, my first trophy was very dear to me at the time. Now, I really cannot remember which one it was. They all look the same. When Bob Deines first told me two years ago that the trophies he wins really mean nothing to him, I thought he was crazy. Then I talked to guys like Orville Atkins, the Canadian National Champion, and Bob Carman, one of our National Champions, all of them could care less about their trophies, their gold medals. Most of them are lost or shoved in a closet.

Why? Because the award is not in the gold medal or the gaudy trophy. The award is in the accomplishment and the conquering of the distance. The award is that feeling deep inside that one gets when one does well. Or the feeling of exhilaration you get when you complete your first meet or finish your first marathon. These are the feelings that will last a lifetime. Trophies will rust and decay and become a mere tribute to our conceit.

It has become a tradition in the United States to worship the accumulation of wealth and worldly goods. And so it is with athletes to accumulate trophies and medals and other gaudy awards. If this is why you run, I do feel sorry for you. Please sit down and look at your awards for a while. Do they give you a feeling of accomplishment? Is this why you compete? How soon that trophy turns green and loses its significance. Most of the fifty odd trophies and awards I have mean very little. I couldn't tell you how I felt or how I did during the race. Perhaps the only award which is one I would keep is a small medal I won 15 years ago, my first.

So, I entreat you, reconsider your attitudes towards your running. Do not run for trophies and medals. Run because it feels good, because you are accomplishing something very few can do. Run for the mere thrill and exhilaration of the sport. If you come in last, so what. I have seen Fred Grace come in last. But with his great attitude and strength, he deserves the sum total of all awards given. He runs for pure pleasure. Fred could care less for his numerous press clippings and trophies. Here is perhaps, the greatest living athlete in America today. I would gladly give up all my ill-earned awards to do half of what Fred is doing when I am that age.

Why not take the money we sink into awards and perhaps start a fund to raise money for a sports center or a clubhouse for amateur runners. Perhaps we could send a cross country team to Europe. I know it takes guts, but each runner should take an honest look within himself to see if he really wants those awards. Why not give out three medals to the fastest and take the money we save and do something tangible and worthwhile with it.

So, gentlemen, let us not become obsessed with trophies. It has become a sickness among us and we can rid ourselves of the problem now. Run for the pure fun of running. Enjoy your competition. Don't beat yourself into the ground for a trophy. Let us not become slaves to a system where physical awards are the mainstay of competition. How many of you would come to a meet and run 26 miles if no awards were given. Look within yourselves.

Report of Training Clinic Held at Helms Hall March 21, 1970

by

Willis Kléinsasser

Since the writer is in charge of quarterly meetings, this cannot be construed as an unbiased report.

About 45-50 STCers met for the second annual training clinic. There were three topics officially discussed and about 130 other sidelights that emerged as expected when our group assembles.

Jim Gardner discussed interval training or interval running based on his research that will soon be published as "Computerized Interval Training". Jim proved to have information and data on about every conceivable subject including marathon running. When his book is finally released, every member should rush to get one.

It is impossible to write-up Jim's presentation. Anyone not present simply missed a tremendous opportunity at gaining material to try out!

Dr. Dick Steiner, another of our members, handled a wide range of material related to physiological considerations in running as well as the effects of various foods. Since one Fred Grace was present, Dick had to substantiate his statements making for a lively and useful presentation.

The three man panel on marathon running got wiped out. Two had to fly east to run in the national 30 kilometer championships and the third had to leave so the subject was turned over to the audience. Ordinarily this would seem a disaster, but this is not an ordinary group. By the time the dust settled, all but one or two men present had spoken at least once and most got in several licks.

The impression this writer received was that the men enjoyed talking and fortunately have a great deal worth saying. Anyone present who didn't receive something they can incorporate into their training or thinking about running are either already world renown experts or totally deaf.

The men present certainly deserve commendation for their willingness to share experience and opinion with extra special thanks to Jim Gardner and Dick Steiner.

APATHY

by

Orville Atkins

I am getting this off my chest while you're representing us in the National 30 Kilo Championships. On Saturday it became very apparent to me that we should take about 80% of the 'members' of the STC and form a club with **their** correct name - The Apathetic Track Club. The attendance at our clinic yesterday was atrocious. Most of the members of our club know so little about track and distance running that they would get more benefit out of the club's clinics than out of their Saturday workout. I learned several most valuable lessons at this clinic and I have been active in track and road running for more than 10 years. Our next meeting is at Peck Park. Last year the attendance there was poor. Hell, one even gets to run in a race along with the meeting and many of our members don't make a point of showing.

Incidentally I have no criticism of those who work at the of a given meeting as long as they suport the club when they can.

Another reason for attendance is the usualy presence of new members. I met three or four yesterday. Our group needs to welcome them and add to their initial enthusiasm for fitness and running. Last Saturday the club had a time trial for a two mile relay team. We could enter as many teams

(APATHY, continued)

as we wished in the San Diego race, but only three runners showed up. This sort of limited our representation. For those of you who don't know, four men make up a team.

In the Feb. issue of the Newsletter, there was a very controversial editorial. It was not meant as such but looked like a direct criticism of several of the AAU officials who also happen to be members of our club. Two replies were received. Maybe no one in the club has anything constructive to say.

I would surmise that many of us would not have started to run if the Seniors had not existed and I'll also bet many would drift out of the picture if the club ceased to exist.

O.K. - now how do we change from the Apathetic Track Club to the STC? Well, a couple of our members are working towards this. They are doing research and helping add to the world of track. They will be heard from and their contributions will be known but what about the Club as such?

The Club is for the members. The executive is there to serve the members. What will the membership support? What do you want? If you don't tell us we can only guess. Strength is in its age, experience and desire. Let's use it for the club's advantage. Let's hear from you. Otherwise let's just become the Apathetic Track Club!

NOVICE RUNS

For those of you who don't know, Lane Blank has taken over the chairmanship of the STC Novice Run Committee and has gotten off to a rip - roaring start. Lane would like to define a 'novice' as:

1. One who is not in condition for regular AAU distance competition.
2. Has entered no more than three novice runs in the past 12 months.
3. Has not won a novice race in the past 12 months.
4. Has not finished withing 5% of the time of a novice race winner in the past 12 months.

Lane also states that individual decisions on novice eligibility will be decided by the STC Novice Runs Committee.

Future novice runs will include:

Leg Lake 3.5 mile. April 25. 10:00 a.m. Check in at 9:00. No entry fee. For STC novices only.

Fountain Valley. 1.4 Miles. April 26.

U.C. Irvine. 3 Miles. May 30.

Garden Grove. 5 Miles. June 14.

Lane has gone to a lot of work to set up these meets, so those of you who wish to get your feet wet, now is the time. Please contact Lane if you have any questions concerning these novice runs.

Just Wait Till I'm 80

(Fred Grace)

Salt

(Grace)

Of the 70's I'm Master
Not because I can run faster
But the rest can't leave
Their beds.

A Biblical scholar assures me that there is no truth to the rumor that Saul's wife turned into a pillar of salt because she was a runner coached by Orville Atkins.

STC WINS SPAAU 30 KM CHAMPIONSHIPS

A Senior Track Club team composed of Phil Carlon, Nick Duarte and John Pagliano upset a highly regarded Striders team to win the SPAAU 30 KM. championships at Westlake Village on March 13th. Besides winning the local title, the three STCers' also earned themselves a trip to the National 30 Km. championships in Rockland, Md. on March 22.

The race was won by Phil Camp of the Striders with 2nd place going to Augustine Calle of Columbia. Bill Anderson of the SBAC took 3rd place honors

The race was run under a bright sun, little cloud cover and temperatures in the high 70's. Camp's time of 1:43 reflected the heat problems. Bill Scruggs of the SMAA held the lead for a while, but dropped to 5th and finally collapsed from heat exhaustion at 12 miles.

Ernie Wake of San Diego took the 40+ honors with an excellent 1:58.08. He was closely followed by Don Jones of the STC who ran a 1:59.17, considerably better than his 2:09.15 that he posted last year on this course. Third veteran was Norm Lumian with a 2:04.57, .01 slower than his last years time. Ageless Monty Montgomery won the masters award with an excellent 2:07. The veteran team title went to a team from the STC consisting of Jones, Lumian and Bob Tetrick..

Dave Vahey of the STC won the handicap trophy with a very good 1:53.07. Dave is a new member of the club and has been improving steadily over the past few months. Frank Sax also did better than last year by posting a nine minute decrease with a 2:08.19. Master runner, Walt Frederick, ran a 2:24.59 a minute better than last year.

The STC won with a team score of 12 points followed by the Striders with 17 and Santa Barbara with 19.

Results:

- 1. Phil Camp (SCS) 1:43.05
- 2. Aug. Calle (Col) 1:43.10
- 3. Bill Anderson (SBAC) 1:45.06
- 4. Phil Carlon (STC) 1:47.38
- 5. Nick Duarte (STC) 1:48.08
- 6. John Pagliano (STC) 1:50.51
- 7. John Kennedy (SCS) 1:51.07

Veteran Winners:

- 1. Ernie Wake (SDTC) 1:58.08
- 2. Don Jones (STC) 1:59.07
- 3. Norm Lumian (STC) 2:04.51

Master Winner:

- 1. Monty Montgomery 2:07.00

Blind Handicap by Fred Grace

Pathologic, physiologic
 Are the Man's in White wise terms
 But why should he give you shots
 To handicap the friendly germs!

And On The 8th Day The Runner Rested

Tuesday should again be Monday
 Then you could run all day Sunday
 Without dragging your behind

Team Scores:

- (open)
- 1. STC 'A' 12 points
 - Phil Carlon
 - Nick Duarte
 - John Pagliano
- 2. Striders 17 points
 - Phil Camp
 - John Kennedy
 - Bob Brunner
- 3. Santa Barbara 19 points
 - Bill Anderson
 - John Brennend
 - Jim Van Manen

(Seniors)

- 1. STC
 - Bob Tetrick
 - Norm Lumian
 - Don Jones

STC FREEZE IN FINALS

The Rockville Jaycee's National Sr. 30 Kilo Championship was described by local runners as the worst day in recent times for a month. A steady drizzle turned into a deluge engulfing most of the runners by the first lap of the three lap course. Temperatures in the 30's tended to bring out the boys in the long underwear and wollen muffs. Undanted, your local representative, thinking they were in California, showed up in their nylon racing suits, ready to run. After stepping out on the street, we immediately ran back inside crying "unfiar". We had expected 70+ weather. The race was shortened by a mile due to lack of guides at the first turn, but luckily we were herded back in the right direction. The course was an approximated 17 miles due to the detour. Eamon O'Reilly ran a smooth and very impressive 87:34.0 to take first place. Results are as follows:

1.	Eamon O'Reilly	87:34.0
2.	Pat McMahon	88:15
3.	Ron Daws	90:27
4.	Amby Burfoot	91:03
5.	Jim Howell	92:06
6.	Gar Williams	92:39
7.	Marshall Adams	93:05
8.	Mike Butynes	93:29
9.	Moses Mayfield	93:47
10.	Frank Pflaging	95:05
16.	John Pagliano	96:58
17.	Phil Carlon	97:07
19.	Nick Duarte	98:52

North Carolina Track Club ran away with team honors with 10 points, followed by WSC with 24, South Jersey TC with 26, STC with 33, Millrose with 37 and the Del. T and F with 41.

As you can see, the competition was tough and very close.

We enjoyed the hospitality of Lou Castignola and his wife for the time we were there. We enjoyed talking to the athletes after the meet and discussing the various problems that befall distance runners. It looks like Pat, Eamon, Amby and Ron Daws are planning to run a real fast Boston Marathon.

STC 3.7 Mile Novice Run, Newport Beach - March 22

Officials: John Holt, timer. Bill O'Donnel, patrol. Lane Blank, starter.
Comments: Excellent course, one long, one short hill. 70+. Smoggy.

1. John Stayton. 23:28. 38 year old ex miler. Loses novice rating.
2. John Blakesley. 25:17. Averages under 7:00 per mile.
3. Sam Moreno. 26:59. Former college boxer doubles after 10 mile.
4. Randolph Hubbell. 32:08. Steady runner. Finishes under 9:00 pace.
5. Don Weston. 38:19. Fountain Valley runner, just over 10:00 pace.

Reported by Lane Blank, STC Novice Run Chairman.

Heads You Win - Tails You Lose

Everyone tries to master, master
Running faster, faster than the wind
But HIS wind gives out ever faster
Faster, faster than the Wind's.

by Fred Grace

Minutes - Board of Directors - April 14, 1970 at the Los Angeles Athletic Club

Attendance - Atkins, Caldera, Carlon, Duke, Kleinsasser, Southard
Stafford, Thompson. Guests - Paul Fisher, Lane Blank and Don Badinelli

The meeting was called to order at 7:46 P.M.

It was moved, seconded and passed we accept the minutes of the March 10 board meeting.

The treasurers report is as follows:

Income - Membership Dues	\$100.00	
Uniform Sales	14.45	\$114.45
Expense - Postage-phone-stationery		
Newsletter printing, folders and envelopes	\$179.98	
STC contribution for sending team to Nat. Championships	\$300.00	
Replacement of pants, shirts for stock	\$260.16	<u>\$740.14</u>
Net Loss for March		\$625.69
Carry-over from February 1970		<u>\$1785.80</u>
		BALANCE....\$1160.11

OLD BUSINESS - Novice Program - Lane Blank gave a complete rundown on the novice program for the future. There will be a novice run at Fountain Valley April 26; May 30 at UC Irvine; June 14 at Garden Grove. While the novice run at Costa Mesa was not well attended, Lane plans to continue the program. More runs will be held in other areas soon. A Novice Runner is one not in shape for a regular run, one who has not won a novice race. To be in a novice race the runner can not have run in more than three other novice runs during the year. These runs are not AAU sponsored and strictly for Seniors Track Club members.

Distance Running Clinic - Paul Fisher presented more ideas for the clinic. He advised it would be impossible to have the clinic on a June date because the auditorium in Culver City is not available. Also most of the speakers are occupied until fall. It was moved, seconded and passed to have the clinic at the Culver City Auditorium September 19. Paul presented a further outline of his program - and it was a good one.

Professional Track - President Southard introduced his friend Don Badinelli of World Sports Promotions Inc. to the board. Don told what the professional track program was all about, what it planned to do, how it would be promoted, etc. It was a very enlightening introduction to pro track. The first pro meet will be held in the Coliseum May 23.

Constitution & By-Law Changes - Stan Stafford presented many proposals

Board Minutes - April 14, 1970

for revisions of constitution and by-laws. All points were gone over by the board with suggested changes. The constitution and by-laws were first made up in September 1966, revised August 27, 1967, and then incorrectly typed in 1969. The new revisions will be presented once again at the May board meeting, then presented to the membership at the June meeting.

Vote at Directors Meetings In keeping with the constitution and by-laws only officers have a vote at the meetings. They are the president, first and second vice presidents, secretary, treasurer, AAU reps. under and over 40 members at large. Team captains and the newsletter editor have no vote.

Trophies - Almost no response from members who have club trophies. Another attack at the problem will have to be made.

Names on Running Shirts - An Alhambra Sports Dealer can provide press on letters at 5 cents each. However they are available only in one and two inch letters. It was moved, seconded and passed we change already approved one and one-half inch letters to one inch.

Roster - The secretary advised the roster is being set in type now thanks to Ken Watts, a member who owns his own printing plant. In this way we can keep standing type for future quick revisions.

NEW BUSINESS - June Member Meeting - Willis Kleinsasser questions why we always have it at Peck Park. It was suggested it be kept there this year.

District Veteran Track & Field Championships - This meet sponsored by STC will be held May 31 at Costa Mesa. It is jointly sponsored with the Costa Mesa Department of Recreation.

Roberts Rules of Order - It was moved, seconded and passed we purchase a 1970 edition of Roberts Rules of Order. A gavel will be provided by a thoughtful member - not mentioned who.

The meeting was adjourned at 10:25 PM.

D. Duke - Secretary

Letters From Our ReadersCharlie Southard

Those members interested in stopwatches might wish to check with Dave Nelson, 220 W. 5th St., Los Angeles, 628-3509. Dave is a fine jeweler and the head timer for the SPAAU. His stopwatches are Lemania imported from Switzerland and certified by Dave who is also the watch certification man for the district. Advise him that you are from the STC and that I suggested you contact him. He provides a very generous price break on his watches.

Lane Blank

I agree with you on the handicap comments. Quarterly handicap runs would probably suffice. The Brennand-Sax-computer team does motivate one to participate in and finish more races. I for one, haven't run many recently. Discouraged at the Newport 10 by starting after Stafford, after Fitzgerald, and just ahead of Heikes, Gorman, and Vasquez; I was quite determined to finish - despite existing blisters - and did.

Among the STC members I feel the value of a phone conversation or, preferably, a workout once in a while. Recently talking with and running with Stan Stafford really improved my mental and physical condition (sort of 'A.A. among runners!').

Four days a week my training now consists of indoor stair running and treadmill intervals - good for the thighs and calves but not really as effective as outdoor running.

Addition for the Wilson (December) meet. As I suspected, Al Cooper did complete all events, including the 880. That is two years in a row for Al and gives him a total 'score' about like most of us - Alling, Fisher, Robst, Wallace and me.

Incidentally my '36.3' 220 at the LAAC was 30.3, and the 2 mile finish order (times reported were correct) for # 3, 4, and 5 was: Oerth, Dosti, and Schneider. The latter improved more than one minute in 11 months and ran a personal best by 35 seconds, then doubled with a respectable mile!

Willis Kleinsasser

Our hardworking editor seems to be asking for controversy or at least comment so here's mine.

Regarding apathy - it is true we have over 200 members and only a fraction ever participate in a race. At the same time we are all inundated with criticism these days. Soon babies in the maternity nursery will be recorded as protesting.

Therefore, I feel we can progress faster by straining our imaginations to push every positive area of running. If we need more sponsors maybe we can find ways to enlist interested members to take over a one shot type responsibility. The last race I ever intend to go near is Mt. Baldy. Obviously I don't belong on "Let's Resurrect Mt. Baldy Run Committee". However, Bill Fitzgerald has asked me to make a contact at Mt. SAC for a possible senior mile. That's a legitimate request.

Maybe every time there is a novice run the winner should be required to help put on the next novice race. Perhaps the winner of every race should be asked to help on a future event. In other words, we need to push each other into action, not just talk.

Perhaps every race, one or two men should volunteer to help Al and

(Letters, continued)

Wilma Cooper with the uniform sales. This would encourage them and it would help more people realize through experience how tedious this job can get.

Maybe everyone of us who run should donate one race per year during which we help in one of the mundane jobs like policing the route of a race; handing out water; helping with the entries etc. What could do more to educate us how much is done freely by the few?

Personally, I don't need more races because I flatly can't afford it. Therefore, those who want more and better races are the ones to get off the duff. Our editor has brought some things to our attention. We either act or have no excuse if things deteriorat.

Jim Bole

I am enclosing a parody on "The Impossible Dream" from the Man from LaMancha that a daughter-in-law presented me with recently, to recognize my athletic endeavor. Perhaps it might amuse some of the other club members.

The Quest

To dream the impossible dream,
To run the unrunable mile,
To pant in uncomfortable breathing,
To show an incredible style...

To run the unrunable time,
To stride swift and fleet all the way,
To try when your legs are too weary,
To reach that unreachable day...

This is your QUEST, to follow the track,
No matter how painful and hard on your back,
To run for a prize, without stopping to sneeze,
To be willing to puff and to pant and to wheeze!

And I know if you'll only be true to this glorious QUEST,
That your feet will be tired & sore
And you'll lie down and rest.

And your health will be better for this;
That each day, sore of foot all the while,
You strove, with your last ounce of courage,
To reach the 7 minute mile !

John Tansley (Track Coach - Glendale College)

I have coached boys who were on anabolic steroids and as you probably realize, it is the most serious problem we in track and field face. Most of the athletes feel its a good deal or feel forced into it in order to stay up with the competition.

I have observed a fantastic gain in strength and weight with the use of steroids (dianobal). Gains of 40 pounds a months and tremendous gains in weight lifting have been observed. Steroids are relatively easy to obtain from doctors.

The use of anabolic steroids for distance runners is interesting. I am sure that they would produce better performances because they do increase strength and stamina.

Personally, I do not believe this practice is good or fair. There are dangers in using steroids that are amplified even more by athlete misuse.

(Letters, continued)

Each coach and athlete has the same problem; is your competition using them? If they are, do you join them or abstain and lose? A tough dilemma for coaches and athletes who want to win badly isn't it? Winning isn't everything but losing is nothing.

Perhaps people would be better off spending their money staying healthy than spending their health making money!

Did you notice the Glendale college mile relay team won both the Sunkist and the Times Indoor Meets. All four were cross country competitors this fall.

Bob Carman is helping with the distance runners at Santa Barbara who we meet this week. We have four running under 4:20 and four more under 9:30. Watch out Bob!

John Hales

During this past Easter week I had my first experience at high altitude running in Arizona. The several weeks prior to our trip I had been running fairly well at the 8 mile level, and at shorter workouts about 4 times a week. The first day at Kingman, Arizona, at 3,500 feet, I tackled a 4 miler on the local high school track in 85 degree heat. Ran fairly well but glad to end it. Several days later at Flagstaff, 6,900 feet, I tackled the N. Arizona University track for a 4-6 miler. At the end of two miles (14 minutes) I'd had it. Ugh. A return home to sea level, again several days later, I ran my fastest 6 mile ever (7:02 pace) and in fair comfort.

On race handicaps, that well beaten subject, I ran in the recent San Fernando 6 miles, starting 20 minutes late compared to 12 minutes the year previous. Reason given, lack of participation, hence a time penalty. Handicaps should be based on capabilities, not circumstances of individuals.

Your report of Board of Directors Meeting, March 10, 1970. I don't feel, as one member (age 53) that the STC should be accepting high school members. Our club is for the older runner and his interests. Still believe 35 years should be the minimum age for members, with a grandfather clause to retain our current younger members.

Editors note: I must take violent disagreement with the statement made by John Hales. Our purpose is to encourage track and run for fun for people of all ages. This type of statement can be classified with those who want to limit Boston Marathon entries and those who wish to exclude 40+ runners from AAU events. Under no circumstances should we bar an individual because of age. It hints of discrimination if we do. To add a grandfather clause for those under 35 is basically insulting. Look around the club. Who attends most of the meets and who does most of the work? Guys under 35. I for one would quit the STC if I were to be included under a grandfather clause. I feel I have equal rights to belong to the club as do those over 40.

Lane Blank

I've analyzed the Wilson Hi 4-event results and found that the 880 correlates highest with overall performance. This was also true in the Masters Six, and the Palomar Pentathlon.

Also, on the Wilson Four I've discovered that Al Cooper did complete all 4 events again. Would also like to see criticisms by you and Bob Carman distributed widely, T and F News etc.

(Letters, continued)

Alfred Guth

I had my first walking race on March 22, Alondra Park, 4 miles. It was a handicap and as I did much better than in practice I placed 2nd, 42:45.

For anybody who is interested. I wrote for entry blanks for the 100 Kilometer Run in Biel, Switzerland, June 12/13 and received all the details. It may be best to contact me and I shall forward Xerox copies at once. Entries close on June 13, 22:00.

Charlie Seekins

I wish to disagree with you on the issue of handicap awards. I got three of them in the first quarter, so maybe I'm out of line, but I think the real difficulty has been overcome. There was a long stretch during which the handicaps were not changed, so one person could win without reducing his handicap. Now I have been told that new handicaps will be issued every two weeks. In order to win consistently a person will have to continue to improve.

In my opinion participation and improvement are main goals for most of us. If awards were given for only fast times, or for age group fast times, many runners would never have a chance for any trophy. I do agree that the handicap awards should not exceed those for fast times, but with some for each category every runner has something to go for. Considerable thought has gone into planning to get continuous participation. If your suggestion of a limit of two handicap awards per year were followed, a person who won two fifth places would be ineligible to receive a first place that he won later.

Let's examine the distribution of prizes after the spring quarter, together with the time improvement of any who win more than one award. If the times are kept up to date in fixing handicaps, there should be a better distribution.

Paul Oerth

Talk about freak accidents: a dog ran into me, and now I am crippled. The dog happened to be my own version of man's best friend (?), a 90 lb. German Sheppard. He took off after a cat, his favorite sport, unfortunately I was between them and the dog only moves in a straight line. He drove his boney shoulder into my left calf muscle so hard I thought I had been shot. Then I thought about shooting the dog, but I didn't.

Now, John, I wish to comment on your last two editorials, and before I go further let me make it emphatically clear: I think it is wonderful that we have an intelligent and opinionated editor who can and will editorialize. Also, most editorial will step on some toes - that's the nature of the beast; but it then behooves the injured party to write a rebuttal. A perfect example of this can be seen in Fred Grace. He rebutes everything and agree with it or not we all enjoy it.

I certainly agree with you that someone should make an effort to retain and maintain the sponsors we have and quite likely seek new sponsors; but whose job is it? Is there a committee or individual in the local AAU whose responsibility it is? If there is one such person or group I think in all fairness we should give him high praise for the superb job he has done thus far. But I don't know the mechanics of it all, so I cannot be specific other than to note, it would be a crying shame to lose the Mt. Baldy runs.

Now, in the matter of handicapping, Mr. Editor, my position is diametrically opposite of yours. The theory of a handicap race is to give everyone an equal chance, regardless of natural ability. Could anything be more fair? There are always awards for the fast times, and of course, they

(Letters, continued)

go to a select few. That is as it has always been, and I don't take issue with it, but to have only fast time awards????? Let us consider for a moment a specialized track meet. The Masters Meet limited to men 40 and over. Of approximately 300 men participating how many won awards? Not many, but those who did kept winning them over and over. I could easily pick out 20 men who will win medals this year again, and I could list 50 who won't win anything, and a host of others who probably won't win anything. Naturally it would be unthinkable to handicap the Masters Meet. But certainly it is indicative of the innate fairness of handicapping where applicable.

You stated that when a person wins a handicap award he should be put on the bottom of the list. That would be unfair. It would penalize a man for doing well. Obviously a good effort should be taken into account, and I am sure it is, but it should not be taken into 'over' account.

I do not think a person should be limited to a specific number of handicap awards as you suggested. Should there be a limitation on the numbers of fast time awards a runner may receive each year? Of course not!

You further suggested a greater emphasis on age group awards, but the handicap principal applies to any age group. I do make one exception in the over 70 category let there be fast time only and 'hooray' for Fred.

Fred Grace

Running - like living - should be fun. If it isn't, forget it. You are not going to stay with it. Stick to beer and pretzels. I've been exercising deliberately for 58 years and enjoying 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 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 running you won't stop - except now and then to fight off a dog.

Barring cyclamates was a diversionary move. The FDA gave us a little. It let the food industry keep a lot. Like hundreds of additives which don't ever appear on the label. Why? Because healthy health nuts would start spreading the word why they have been added. And it's not to benefit you and me but the guy who does the adding.

So start a little subtraction. Subtract from your menu all foods that have been artificially colored, flavored or aromated. You'll add to your health. And health adds to your life.

Whatever you're doing, whatever you do have a little more fun with Van de Chumps cakes. Oh yea!

Al Burton's the toughest Senior of all. He fought at 118 pounds but took them up to 140. That's like putting on an Oregon boot and challenging Ritcherson to a one hour track run. You don't believe me? Ask Garcia. He took the message to all 160 amateurs in his fighting days. But he didn't take on Joe Louis. Al fought Mike Belloise when Mike was 126 world champ. He had Mike down twice and Mike dropped Al five times. Al said he was psyched out. I say it is a tough way to get psyched.

How modern can you get? I dropped in on a Japan born Japanese computer distributor. He was using an abacus. I just pass this along in case there's a message there for Bob Carman.

A bloody Lament:

A A bleeding heart is sad
A bleeding crotch is bad.

New Members and Reinstatements

George B. Bono
5402 Ironwood St.
Palos Verdes Penn., Ca. 90274
378-2948

N.H. McNeiece
6022 Pearce
Lakewood, Ca. 90712
867-7006

Adrian H. Slighting Jr.
2500 Carnegie Lane
Redondo Beach, Ca. 90278
374-9951

Merle E. Hamilton (change of address)
5 Ginger Tree Lane
Coronado, Ca. 92118

James C. Carter Jr.
513 Magnolia St.
S. Pasadena, Ca. 91030
799-0131

S.P. Moreno
9447 E. Friendship
Pico Rivera, Ca. 90660
OX 59731

Ray Gibson
3343 Chatwin Ave
Long Beach, Ca. 90808
421-5576

Dr. Robert S. Watanabe
2901 Wilshire Blvd. Suite 221
Santa Monica, Ca. 90403

Bill Wells
319 Noren Street
La Canada, Ca. 91011

Kenneth Bernard
1. G. Box 10512
San Diego, Ca. 92110

PHIL CARLON STRIKES AGAIN

Phil Carlon our under 40 team captain seems to be making news in the papers as well as on the track. STC members will be interested to learn what the law is covering a runner stopping at stop signs, red traffic lights, etc. Is a runner to watch for speed limit signs, keep it down to 70 m.p.h. in certain areas, stop 35 feet behind a school bus when red lights are flashing, yield to cars at certain intersections? It will be interesting to learn the outcome of this traffic citation, and the fine etc.

Is a runner a pedestrian or motor vehicle...read on

CI The REGISTER Wednesday (e) April 8, 1970

Red Light Traffic Blues

AAU Athlete Goes Down In De-Feet Jogging Through NB

By PAUL CHAPPLE
Register Staff Writer

HUNTINGTON BEACH — April 14 is election day to everyone, but it is something else to Phil Carlon.

That day he is scheduled to appear in court for running a red traffic light, not in a car—but on foot.

Carlon, 16362 Eagle Lane, is an Amateur Athletic Union (AAU) runner and member of the Senior Track Club (STC) of Orange and Los Angeles counties.

To keep in shape, he and his companions run—not walk—an average of 18 miles per day, rain or shine.

The other day Carlon and two of his companions were running somewhere within the city limits of Newport Beach when police officers saw them jog right through a red traffic light without so much as breaking stride.

Carlon admits to the infraction, but he justifies it with the

contention that if he stopped at every traffic light he encountered during his 18-mile jaunt something like an hour would be lopped off his running time.

Carlon also says his muscles have a tendency to tighten up when he halts, even for a moment. He must keep going, to stay loose, he maintains.

But the Newport Beach police go by the books. If someone runs a red light on foot, horseback, bike, or in a car, they are bound to get a ticket.

The problem facing Carlon and his companions—there are 40 to 50 STC runners in Orange County—is that while on weekends they can run to their hearts' content in sparsely-populated out-of-town areas, there's just no time for it on weekdays. They have to run near their homes after work, in residential areas where they encounter stop signs and traffic lights in every direction.

Carlon and some of his com-

panions will participate in the AAU Boston Marathon April 20. Recently they ran in a similar meet in Maryland.

What do they get out of it? Nothing but satisfaction, Carlon says. There are no cash awards and no financial remuneration of any kind. Carlon, for example, must shell out more than \$300 for a round-trip ticket to Boston.

What concerned Newport Beach police as much as anything—when they cited Carlon for running a red light—was that he had no identification on him when they stopped him. He was wearing only running shorts, a T-shirt, and track shoes.

Carlon is an electrician by day, and teaches industrial electricity at Santa Ana Valley High School at night. He and his wife Peggy have seven children. He puts in a full day—squeezing in his jogging between 4 p.m. and 6 p.m. daily, and still has

time for Little League, Boy Scouts and similar activities.

Carlon, 32, began "running" three years ago when he decided he was getting paunchy, and currently checks out in exceptionally good health with a pulse rate of 48 (the average for his age is about 80). There's no smoking nor drinking in his pattern of living.

Carlon was asked about the attitude of the general public toward long-distance runners.

"Not good," he said. "When we are running, people yell uncomplimentary things at us, and some even swerve their cars toward us to scare us. Some people throw things at us from fast-moving cars, and then laugh. On top of that we have the police watching us—we who are engaged in pursuing a perfectly clean, wholesome sport."

"We have our problems," Carlon concludes, "but we're going to keep right on running."



MR. BERT NELSON
TRACK & FIELD NEWS
P. O. BOX 296
LOS ALTOS, CA. 94022

John Pagliano — Editor
834 Vallombrosa Drive, Pasadena, California 91107

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