

CSUN grad Jaqueline Hansen is women's marathon champ



Jacqueline Hansen

Still the best

by Gail Gross

"I'm surprised that after a year and a half, I still hold the women's world record in marathon." 28-year-old runner and CSUN alumnus Jacqueline Hansen says.

She would like to pass her time of 2:38.19, set in October, 1975, in Eugene, Ore. "But maybe it'll take someone else to beat my time for me to get the determination to take the record back."

Hansen lives in an old hunter's cabin atop a hill in Topanga Canyon. To reach her home, the 5-2 Hansen must park her car at the bottom of the hill and climb a narrow, winding dirt trail.

The entrance of the small house is filled with unpacked boxes. She and her husband, Tom, are "still moving in," she explains.

The living room and bedroom are one; a single mattress lies on the living room floor.

Hansen is settling in to married life. She had a fairytale wedding in Hawaii on Valentine's Day—"a spur of the moment thing" after she competed in a

140-mile relay around Oahu.

After waiting until a half hour before the wedding was scheduled for the results of her premarital blood test, she wed a runner wearing track shoes in a Honolulu park.

"My every day evolves around my running schedule," she says. Hansen is "comfortable" with running 80 to 100 miles a week. She doesn't exceed 20 miles in any one day.

"I used to run much more, but I learned that I really don't need that kind of mileage. If I do over 100, I require more rest, and my body tends to break down and I catch colds."

Now unemployed, Hansen is selling a glucose supplement called Gookinaid to athletes, and "I do all those domestic things." Her last job was ideal, she says.

She had worked as an in-

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urance underwriter and was allowed time off to train and compete. But if a job interferes with her running schedule, she just finds another.

After six years of distance running, "I've learned the magic is not in the miles but the quality and consistency." A few nights a week Hansen trains at Valley College with the San Fernando Valley Track Club under the guidance of Laszlo Tabori, coach of the club in which Hansen is a charter member.

Tabori, a sub-four minute miler, defected from Hungary following the 1956 Olympics.

"He's been my one and only coach," Hansen says. Before she was introduced to Tabori six years ago, the slim Hansen was a

"one-mile-a-day jogger at CSUN."

She had run a little at Pierce College where she took a track class. When she began at CSUN, Hansen was the only girl who signed up for track. But in the spring, a few more girls joined her to form a track team.

Hansen was an English major who just enjoyed learning and reading.

When she began training with Tabori, "I had no idea what I was getting into."

His workouts consist of two-and-a-half-mile warmups, 15-100-yard wind sprints and individual and group programs, she continues. The two-and-a-half-hour workouts are varied; "no two are the same."

A five-and-a-half-mile stretch down the grassy median of San Vicente Blvd. that ends at Santa Monica is Hansen's favorite track.

She takes this 11-mile loop on alternate days with the other workouts. Often she runs near her home, and sometimes she goes to the Sepulveda Dam area.

Before becoming a distance runner, Hansen would watch other runners "go for hours. Something inside told me it was something I could do."

"I wanted to find out how far I could go." So one day she ran with them. "I was sure I was not going to make it, but I did."

After that, she was determined to "try a marathon some day." That day came in 1973 when Hansen entered the Culver City Marathon.

"I was hooked," she admits. "I just jumped into distance running cold turkey." Hansen found herself the winner of the 26-mile, 385-yard race.

"I don't know what got into my mind. I actually won my first experience." And although the

first attempt was "very painful" because she had not trained, "positive reinforcement got me through the next and the next races."

Every one is a unique experience, says Hansen. But no matter how well prepared a runner is, "anything could go wrong."

Hansen has no special diet; she just tries to eat well-balanced meals and healthy foods, eating little meat and plenty of fruit and vegetables.

"Running gives me joy," Hansen says of the sport that offers her no financial reward. "The basic reason has to be a desire that comes from within."

"Of course, there are days when I can run forever. But when I don't feel like it, I don't force myself, because I know it will get better; the periods of depression pass."

Since her start in Culver City, Hansen has run in seven marathons and won five. In addition to the record that still stands, Hansen set another world record in 1974.

Run in 2:43.55, it was set in

'Of course, there are days I can run forever.'

Culver City.

"I haven't picked my next marathon yet." Last year was disappointing because she entered races she wasn't prepared for, Hansen says.

"This season I'd like to pursue the 6,000-meter run and enter a marathon early next fall."

She plans to be more selective in choosing which races to compete in. "I want to step up my distance and run a 50-or 100-mile race. Now the 26 miles seems

like nothing."

Hansen strongly protests the lack of women's distance events in the Olympic games where 1,500-meters is the limit.

"I've written to all the people I could write to, but the Olympic committee is an international body we can't touch." Women are just not making enough progress within the sports world, she says.

Distance running is an ideal sport, Hansen says, because "you run your own race. If you fail, you have only yourself to blame." The runners aren't competing against each other, but instead, themselves and the clock.

"There are runners and racers," she explains. "And I'm a runner."

Women tracksters in SCAA championship

by Boni Johnson

Both Matador track teams will be in action this weekend when the women will be competing in the SCAA championship meet in Cal Poly San Luis Obispo today and the men in the UC Davis Relays on Saturday.

The women won the SCAA dual meet crown over the spring break when they crushed UC Santa Barbara but coach Barbara Swerkes expects the championship meet to be a highly competitive affair.

Although six teams will be competing, the meet is expected to come down to a battle between Cal State Los Angeles and CSUN.

The meet could be a classic fight as the Diablos have tremendous sprint power, led by world class runners Rosalyn Bryant and Yolanda Rich, and the Mats have a formidable distance corps with good field strength.

The Mats are led in the distances by Julie Brown, Sue Kinsey and Cathy Costello, while in the field events shot-putter discus thrower Karen Marshall scores well along with 175' javelin thrower Connie Gassen.

Earlier this year CSUN beat Cal State LA in a dual meet, but the league meet will give both teams a chance to measure themselves under championship conditions and scoring.

Swerkes said that the Mats may be experimenting and trying people in different events in an effort to find the right combinations.

An event that should prove quite interesting is the mile relay where the Mats will be testing themselves against LA State's crack team.

Distance runners Julie Brown and Cathy Costello will be stepping down to join sprinter Debbie McElroy and pentathlete Guila Monteforte on the squad.

Meanwhile the men's team will spend the day traveling because they are competing for their fifth straight championship at the UC Davis Relays.

This time around coach Cliff Abel expects stiff competition as the Mats may not be as strong as in the past years and other teams are looking to challenge.

"Cal State Fresno and Cal State Hayward have their strongest teams since I've been here and this meet should be very competitive," said Abel.

The meet will also give the

CSUN a chance to look at a number of the NCAA Division II schools from Northern California and assess their strengths.

Abel added that if key team members came through they would win the meet but it certainly won't be easy.

One of the athletes expected to come through for the Mats is

javelin thrower Roger Kibbee, this week's athlete of the week.

Over the vacation Kibbee threw the javelin 237'9", the second best mark in school history.

Kibbee is also the farthest thrower on the NCAA Division II list, said Abel although admittedly the list is incomplete

and contains largely California athletes.

"Roger has definitely got an excellent chance at All-American, in fact I expect him to finish in the top two or three," said Abel.

"He's working even harder now than ever, in fact I see him running hills and doing extra work," said Abel.

Mat volleyball team tied for first place

The CSUN men's volleyball team, currently 7-1 in California Collegiate Volleyball Conference (CCVC) league play and tied for first place with Cal Poly San Luis Obispo, will close out their league season with two games next week.

The Matadors will host Cal Poly Pomona Tuesday and UC Riverside on April 22. Both games begin at 7:30 p.m.

The Matadors lost a chance to win the championship outright when they were beaten 15-7, 15-9 and 15-13 by the Mustangs in San Luis Obispo on April 2. Coach Walt Ker said the Matadors played a good game against the Mustangs, but lacked the intensity they had when they disposed of the Mustangs in Northridge on March 22.

"They made a few tactical changes and we didn't adjust quickly enough and they played about as well as they possibly could have," Ker said, summing up the defeat.

The Matadors still have a chance to win the title outright, but Ker doesn't think that it's likely.

"San Luis plays Dominguez Hills and Riverside, and we play Riverside and Pomona. I really can't see either of us losing," he said.

Sigma Chi unbeaten in softball

The Hole in the Wall Gang, Senators and Sigma Chi are the current leaders in their respective divisions going into next week's play in men's intramural softball.

The Hole in the Wall Gang (3-0) has a one-game lead over Bish's (2-1) in the Independent one division.

Senators (3-0) has a half game lead over I-Phelta-THI in the Independent two division.

Sigma Chi (5-0) has a game and a half lead over Sigma Alpha Epsilon (3-1) in the fraternity division.

The season, which began March 23, ends April 22.