Mike Tully

- 1977 College Athlete of the Year
- Indoor World Record (18-4)
The California Athlete of the Year selections are always an highlight of the year for us. In some divisions we had a pretty good idea of who would be awarded the top honor — such as Miki Gorman in the Masters Women Cross Country/Road Racing category. However other divisions weren’t quite so obvious. That’s where the fun comes in — the panel of experts didn’t always agree and the suspense mounted with each mail delivery.

Two of the toughest categories to judge had to be the Men’s 4 Year College Track and the Men’s Open (out of school) Track. Consider these five collegians and see if you can pick a clearcut California collegiate athlete of the year: Mike Tully (winner of the PAC-8, AAU World Cup, third best world mark in ’77); Clancy Edwards (winner of PAC-8 in 100 & 200, British 100 & 200 champ, World Cup winner, number four mark in ’77); James Owens (winner of PAC-8, NCAA, and AAU, number three mark in ’77); Tom Andrews (winner of PAC-8, NCAA, British, and World University Games, number four world mark in ’77); Ron Livers (winner of NCAA, and second in World University Games, number two mark in the world in ’77). And to further complicate the picture they all had fairly equal 1977 world rankings by Track & Field News magazine: Tully was number 2, Edwards & Livers 3, and Owens & Andrews 4.

In the final total Mike Tully just edged out Clancy Edwards. Had Clancy not been injured during the major U.S. championships it might have been a different story.

The Men’s Open (out of school) Track category was just about as tough. Try and separate Arnie Robinson (AAU and World Cup champ) and Fred Dixon (AAU and US/USSR/Canada champ). Both are rated number one in the world in 1977 in their event. We thought the voting would be closer but Arnie had a clear margin of victory. If the decathlon had more visibility in a non-olympic year similar shot at a four year selection in the Senior Women’s Cross Country running, but a late season injury ended her chances — she still finished second in the voting. Bill Fitzgerald had a similar chance in Masters Track but wasn’t rated.

There are other areas that consistently prove difficult for our panel of voters to separate. One of the hardest is the high school cross country athlete selections. Since there is not a state meet most of the top runners in each C.I.F. section don’t compete against the top runners in the other sections. When, oh when, are we going to have a state high school cross country meet.

The Open (out of school) Cross Country division is almost as tough. The National AAU Championships, however, was a prime factor here since it at least provided an opportunity for the top runners to negotiate head to head competition.

The closeness of several of the categories will, no doubt, cause some controversy. Other gray areas have to do with who counts as a Californian. For instance: Guy Arbogast was redshirting at Colorado while running for the Colorado Track Club. We always claim Californians running for an out of state college or those who move out of state but continue to compete for a California club. Once an athlete moves out of state and competes for a non-California club we don’t consider them for current California ratings.

Another touchy situation was Jim Gorman in the Masters Women Cross Country. He was a prime factor since he was on the U.S. Olympic Team in cross country. He had a good shot at the “All California” Honor Roll selections. However, since he is out of state and competed for the Colorado Track Club we didn’t consider him. We are sure some worthy athletes have been mistakenly overlooked. We are sure some worthy athletes have been mistakenly overlooked.
Peter Mundie has been very instrumental in the development of masters coverage in California Track News but even more than this he has been a leader in forging the way for the masters program for the whole nation.

Peter’s work with California Track News has been primarily with masters statistics; such things as yearly rankings, all time lists and records. It is a very time consuming work, but one which is much appreciated by all those in the masters program.

We asked Peter to share a little bit about himself for the California Track News readers. His involvement in track goes much beyond statistics. Meet Peter Mundie...

My track career started when the coach of our small Eugene, Oregon, high school made all of the boys in school run a mile course in order to find potential runners. After coming in last in my first try I was determined in my next try to make up for such an embarrassing performance. To my surprise in my next attempt I beat everyone easily. From then on I have bee a track runner. I lettered in track, basketball, baseball and golf in high school and participated in city league play in these sports in Eugene.

My dad had me learning how to play golf when I was four years old. This was my best sport until college. I competed in many golf tournaments winning a few now and then. I was selected for the all state golf team in my junior and senior years in high school (1946, 1946).

After college I went to England for a year and was coached by their steeplechase coach gaining much experience training and racing with the best in England.

I was one of the charter members of the Southern California Striders and ran for them until 1960 at which time I became a dedicated Mike Igloi runner. Under Coach Igloi’s supervative methods I improved all my distance racing times. I consider my best racing distance to be the one hour run and the marathon where I was ranked in the first five nationally for a few years and was a member of national championship teams in these events.

After turning 40, and still under Igloi I picked up American Masters records for all events from the mile to the one hour run. This was mainly due to the fact that I never stopped running and have trained every day since 1956.

Under Igloi my training was mostly hard interval work (which I love) and it became longer and harder as I got older and more ‘mature.’ I had some of my toughest workouts at age 39 (he really prepared me for the upcoming masters competition!). I still pursue the hard interval type training not as often at my present age of 49.

I have always loved running. I especially love long fairly hard workouts where total concentration is riveted on obtaining good rhythm and total body coordination and the beautiful aesthetic feeling of tranquility that results. This feeling of being in complete harmony with mother nature is a fabulous experience and I never cease to be amazed at how powerful it is.

I would advise users of the best way to solve their problems.

Being a collector of statistics all my life it was only natural that I began compiling masters records when the opportunity came as it did in 1972. I really love to follow the improvement of athletes and watch new ones come into the masters scene. And, of course, it is enjoyable to write about the exploits of others, too.

I was working at UCLA until I was laid off in June of 1977. I came to UCLA in 1971 as a statistical consultant where I helped Bowerman coach the track team and have a productive job without the chatter and the lively fun loving spirit that prevails at every meet. I would love to coach but one can’t train hard, coach and have a productive job without sacrificing one potential somewhere.

For current California ratings.

Another touchy situation was Jim Buell who ran for Kentucky all year and then joined Santa Monica Track Club in time for the National AAU Cross Country meet in which he placed an outstanding 17th. It would be hard to consider such an athlete as Athlete of the Year in California.

If picking the Athlete of the Year in each of the many categories was not an easy task; you better believe determining the “All California” Honor Roll selections was even rougher.

We are sure some worthy athletes have been mistakenly overlooked. We are sorry. Since the All California Honor Roll is such a gigantic task we are wondering about the credibility and worth of such an undertaking. If our readers enjoy it and want it we’ll keep compiling it. Otherwise, we’re considering either drastically modifying it or dropping it. It is a lot of work. Let us know what you think – please write today and tell us your preference on it.

Peter Mundie...
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Now that 1977 is in the record book and the 1978 season is fast upon us, it's time to honor the California Athlete of the Year selections by divisions. Ballots were mailed out to our panel of experts and their choices are tabulated here. The most outstanding California athlete for each division is listed with the vote-points received.

1977 ATHLETES OF THE YEAR

OPEN MEN'S TRACK (out of school)
ARNIE ROBINSON(44): Ranked number one in the world by Track & Field News. Won the two biggest meets of the year: the AAU Nationals and the World Cup. Others: Fred Dixon(34), Mac Wilkins(28), Milan Tiff(5); Dwight Stones(5), Dan Riplcy(2).

SENIOR WOMEN'S TRACK
KATE SCHMIDT(63): Kate's 227-5 world record was what it took to swing the California Athlete of the Year over many of the nation's most outstanding women athletes.
Others: Jane Frederick(28), Julie Brown(19), Rosalyn Bryant(19), Joel Anderson(18), Kreden, Ashford(12).

MEN'S 4 YEAR COLLEGE TRACK
MIKE TULLY(36): Although taking second in the NCAA he won the other major championship meets: PAC-8, AAU and World Cup. Third best mark in the world in 1977.
Others: Clancy Edwards(34), Bon...
Now that 1977 is in the record book and the 1978 season is fast upon us, it's time to honor the California Athlete of the Year selections by divisions. Ballots were mailed out to our panel of experts and their choices are tabulated here. The most outstanding California athlete for each division is listed with the vote-points received. The other athletes receiving votes and the number follow each selection. For further discussion of the selection process please refer to the editorial on page 2.

**OPEN MEN'S TRACK**
(out of school)

**ARNIE ROBINSON (44):** Ranked number one in the world by Track & Field News. Won the two biggest meets of the year: the AAU Nationals and the World Cup.

Others: Fred Dixon (34), Mac Wilkins (28), Milan Tiff (5); Dwight Stones (5), Dan Ripley (2).


**SENIOR WOMEN'S TRACK**

**KATE SCHMIDT (63):** Kate's 2:27.5 world record was what it took to swing the California Athlete of the Year over many of the nation's most outstanding women athletes.

Others: Jane Frederick (28), Julie Brown (19), Rosalyn Bryant (19), Jodi Anderson (18), Evelyn Ashford (17), Francie Larrieu (17), Andrea Lynch (3), Jodi Huntley (2), Pat VanWolveshere (1).


**MEN'S 4 YEAR COLLEGE TRACK**

**MIKE TULLY (36):** Although taking second in the NCAA he won the other major championship meets: PAC-8, AAU and World Cup. Third best mark in the world in 1977.

Others: Clancy Edwards (34), Ron Livers (17), James Owens (16), Tom Andrews (16), Steve Scott (5), Terry Albright (2), Thom Hunt (1).

Previous selections: Dwight Stones 1976.
JUNIOR COLLEGE MEN'S TRACK

HOUSTON MCTEAR(38): Not only won the California State Junior College Championship but set a string of records in JC track meets.

Others: Derald Harris(32), Charles Brown(24), Shannon Laird(11), Luc Lapierre(10), Tom Harris(10), Steve Chepkwony(4), Billy Mullins(3), Ed Ramirez(3), Dave Laut(2), Dan Aldridge(1).


JUNIOR COLLEGE WOMEN'S TRACK

GAIL DOUGLAS(21): Put it together at the newly formed California Junior College Women's State Championships by winning three gold medals.

Others: Denise Cornell(20), Arlene Mean(6), Joyce Dendo(5), Yvonne Boone(5), Jane Voss(4), Melissa Quicke(2), Sue Munday(1).

HIGH SCHOOL BOY'S TRACK

JAMES SANFORD(50): Tops in the state in the 220 and 440 yard dashes. His 1977 marks rank him number one in the US in the 220 and number 5 in the 440.

Others: Anthony Curran(18), Mark Stilman(16), Dokie Williams(4), Jim Walters(4), Dennis Smith(4), Kurt Durham(4), Frank Assuma(4), Andre Phillips(1), Phil Jackson(1).


MASTERS DIV. II (50-59) TRACK

TOM PATSALIS(50): Three gold medals at the World Masters Championships. A top long and triple jumper plus a good sprinter and hurdler.

Others: Jim O'Neill(42), Mauro Hernandez(13), Bob Watanabe(12), Bob Hunt(10), Bob Sieben(9), George Ker(5), Avery Bryant(4), Jim Olson(2), Sid Toabe(1).


MASTERS DIV. III (60-69) TRACK

PAYTON JORDAN(60): Unbeatable in age 60 and over sprints. World records in 100 and 200.


Previous selections: Jack Thatcher 1976.

MASTERS DIV. IV (70+) TRACK

JOSIAH PACKARD(70): World bests at 100, 200 and 400 meters with such fantastic times as 13.9, 29.2, & 64.6.

Others: Monte Montgomery(22), Paul Spangler(22), Red Doms(20), Sing Lum(17), Winfield McFadden(1), Emery Curtice(1).


OPEN MEN'S CROSS COUNTRY

(out of school)

DAVE BABIRACKI(38): Came through in the “Big One.” First California out of school athlete in the National AAU Cross Country Championships.

Others: Gary Romesser(23), Duncan Macdonald(29), Jim Buehl(6), Tony

SENIOR WOMEN'S CROSS COUNTRY


Others: Julie Brown(24), Susie Sanchez(20), Sue Kimsey(15), Ann Wothervan(10), Ann Turner(8), Emery Curtice(1)
JAMES SANFORD(50): Tops in the state in the 220 and 440 yard dashes. His 1977 marks rank him number one in the US in the 220 and number 3 in the 440.

Others: Anthony Curran(18), Mark Stilman(16), Dokie Williams(4), Jim Walker(4), Dennis Smith(4), Kurt Durham(4), Frank Assuma(4), Andre Phillips(1), Phil Jackson(1).


JUNIOR WOMEN TRACK
(including high school)

ANN REGAN(56): Her 2:04 was tops in the United States for juniors. She placed second in AAU Senior Nationals and the USSR dual.

Others: Linda Goen(36), Kim Robinson(22), Cathy Sulinski(14), Jeanette Bolden(11), Kerry Zwaren(11), Kris Costello(6), Gwen Lound(6), Christy Pyle(5), Valerie Risico(4), Roxanne Bier(4), Marion Franklin(2), Lisa Gourdine(2), Karen Elmore(2), Vicky Bray(1).


MASTERS DIV. I (40-49) TRACK

DAVE JACKSON(42): Winner of World Masters high hurdles. Near world record in the 40 and over triple jump with his 45-2\(\frac{1}{4}\). Also, top sprinter and long jumper.

Others: Ken Dennis(33), Milton Newton(20), Jerry Smart(20), Wilbur Williams(10), Bob Humphries(6), Peter Mundle(6), Pete Richardson(4), Hans Bruhnner(2), Tom Sturak(2), Phil Conley(1).


DAVE BABIRACKI(38): Came through in the “Big One.” First California out of school athlete in the National AAU Cross Country Championships.

Others: Gary Romesser(23), Duncan Macdonald(23), Jim Buell(6), Tony Ramirez(2).


OPEN MEN’S CROSS COUNTRY
(out of school)

JUDY GRAHAM
SENIOR WOMEN’S CROSS COUNTRY


Others: Julie Brown(24), Susie Sanchez(20), Sue Kinsey(15), Ann Wotherspoon(10), Ann Trupp(9), Chris Troftr(3), Kate Keyes(1).


MASTERS WOMEN (40+) TRACK

IRENE OBERA(20): Won the Far Western AAU 100 & 200 and then the World Games 100.

Others: Donna Gookin(8), Almeda Parish(1).

PAYTON JORDAN

MASTERS DIV. IV (70+) TRACK

JOSIAH PACKARD(30): World bests at 100, 200 and 400 meters with such fantastic times as 13.9, 29.2, & 64.6.

Others: Monte Montgomery(22), Paul Spangler(22), Red Doms(20), Sing Lum(17), Winfield McPadden(3), Emery Currie(1).


DAVE JACKSON

photo by Percy Knox
MEN'S 4 YEAR COLLEGE CROSS COUNTRY

THOM HUNT (50): 3rd. in the NCAA Dist 8, 8th. in NCAA Championships, and 4th. in the National AAU Cross Country Championships as first Californian.

Others: Benton Hart (24), Mark Spilsbury (16), Brian Hunsaker (7), Jim Schankel (2).


JUNIOR COLLEGE MEN'S CROSS COUNTRY

TIM HOLMES (50): Beat many very good runners in an outstanding performance in winning the California Junior College State Cross Country Championships.

Others: Joe Ebner (34), Joaquin Leano (22), Kevin Burkin (14), Sal Godinez (3), Barry Boettcher (2), Mark Hilton (1), Chris Hughes (1).


JUNIOR COLLEGE WOMEN'S CROSS COUNTRY

RUTH CALDWELL (30): Outstanding season topped off by winning the California Junior College State Championship.

Others: Sue Munday (18), Ann Wotherspoon (12), Tina Moran (3), April Powers (2), Darlene Love (1).
JUNIOR COLLEGE WOMEN’S CROSS COUNTRY

RUTH CALDWELL(30): Outstanding season topped off by winning the California Junior College State Championship.
Others: Sue Munday(18), Ann Wotherspoon(12), Tina Moran(3), April Powers(2), Darlene Love(1).

HIGH SCHOOL BOY’S CROSS COUNTRY

FRANK ASSUMMA(32): Even though he lost, while sick, early season meets he still put it all together in the end by winning the tough C.I.F. Southern Section Cross Country Finals.
Others: Chuck Assumma(23), Rick Rose(7), John Gerhardt(7), Dave Coulman(6), Rod Berry(6), Jon Stormo(6), Bob Love(2).

JUNIOR WOMEN CROSS COUNTRY (including high school)

SUSAN SANCHEZ(56): Dominated the C.I.F. Southern Section and placed 11th in the Senior Women’s National AAU Cross Country Championships as the second Californian.
Others: Linda Goen(22), Roxanne Bier(16), Marquita Biek(12), Irene Crowley(8), Carol Keller(7), Michelle Bush(6), Tami Darr(6), Cheri Williams(6), Laurie Crisp(2), Diane Barrett(1), Ann Regan(1).

Masters Div. I (40-49) Cross Country/Road Racing

KENT GUTHRIE(100): Won many races in his division. 1:51 for 20 miles and 3rd in the National Masters Cross Country Meet.
Others: Ralph Bowles(33), John Brennan(27), Truman Clark(21), Darryl Beardall(14), Ed Gookin(11), Darty Cronin(7), Jerry Smartt(6), Ray Menzel(4), Ross Smith(2), Roger Bryan(2), John Rudberg(2), Bill Crum(2), Len Efron(1).

Masters Div. II (50-59) Cross Country/Road Racing

JIM O’NEIL(100): Far out in front in both cross country and roads. 2:35 marathon in 1977.
Others: Ed Almeida(50), Dan Sheeran(22), Ray Gil(18), Fred Nagelschmidt(12), Sid Toabe(5), Bob Malain(4), Jim Oleson(4), Dick Davis(2).

NEW Subscribers!

Recently we made a major change in our operation by increasing the number of issues published from 6 to 10 issues per year. The current yearly subscription rate is $7.00. If you paid $3.50 for your subscription, you will receive the number of issues you paid for under the old system, that is 6 issues. The date on the right hand side of your address label indicates the date of the last issue you will receive prior to renewal.
Masters Div. III (60-69) Cross Country/Road Racing

Charles Seekins (66): Won many road races and recorded a 3:13 marathon. SPA 10 & 30 kilo champion, as well as the National AAU 15 Kilo Masters Cross Country meet. Others: John Montoya (28), Paul Reese (69), Clyde Alling (6), Wayne Zook (3), Al Clark (2), Chick Daulsten (2), Ed Lowell (1). Previous selections: John Montoya 1976.

Masters Div. IV (70+) Cross Country/Road Racing


Masters Women (40+) Cross Country/Road Racing


Female Long Distance & Road Racing


Male Long Distance & Road Racing

Gary Tuttle (52): Won the prestigious Gran Prix and the big money Beverly Hills 10 Kilo; plus the SPA 15 Kilo and the National AAU 20 Kilo Championship. Others: Jim Nuccio (44), Duncan Macdonald (32), Brian Maxwell (27½), Chuck Smead (13), Ron Wayne (12½), Paul Geis (6), Dave Babiracki (6), Gary Romesser (5), Kevin Heaton (4), Mike Cour (2), Joe Carlson (2), Frank Bozanich (1), Tom Lee (1), Ed Schlegle (1). Previous selections: Gary Tuttle 1974, Gary Tuttle 1975, Gary Tuttle 1976.
MONTY MONTGOMERY comes close. Also California Athlete of the Year in the Female Long Distance/Road Racing category for all women.
Others: Ruth Anderson(30), Niki Hobson(18), Donna Gookin(8), Dorothy Stock(5), Carol Honeywell(2), Carol Cartwright(1).

SUSIE SANCHEZ


GARY TUTTLE

photo by Bill Leung, Jr.

MIKE GORMAN

photo by Diane Johnson

MONTY MONTGOMERY
HONOR ROLL 1977

Each year CALIFORNIA TRACK NEWS attempts to select the most outstanding California athletes in the various divisions of our sport and award them "All California" standing. In determining "All California" status performance at the national and state level was taken into account and then quality of performance and consistency were also considered. The abbreviations used for the various divisions are:

- SWXC = Senior Women (18+) Cross Country
- OMXC = Open Men (out of school) Cross Country
- M4CT = Men 4 Year College Track
- MMT = Masters Men Track
- OMT = Open (out of school) Men Track
- MWT = Masters Women Track
- OMT = Open (out of school) Women Track
- MLD = Masters Men Long Distance/Road Racing
- MMLD = Masters Women Long Distance/Road Racing
- JCMXC = Junior College Men Cross Country
- JCMT = Junior College Men Track
- JCWT = Junior College Women Track
- JCMXR = Junior College Men Cross Country/Road Racing
- JCMXR = Junior College Women Cross Country/Road Racing
- HSBT = High School Boys Track
- HSBXC = High School Boys Cross Country
- SWT = Senior Women (18+) Track
- JWT = Junior Women (including high school) Track
- M4CXC = Men 4 Year College Cross Country

Doreen Assumma SWXC
Marie Albert SWXC
Frank Assumma HSBXC
Frank Alvaras HSBT
Willie Alexander HSBT
Ed Albelda MMLD
Clyde Alling MMLD
Guy Abrahams OMT
Ed Arrows OMT
Wayne Ambrose OMT
Mal Andrews MMT
Ed Austin MMT
Earl Archer MMT
Dan Aldrich MMT
Joel Andrews M4CT
Ed Arriola M4CT
Jon Armstrong M4CT
Ed Ahlmanay M4CT
Keith Adams M4CT
Terry Albright M4CT
Ruth Anderson M4CT
Tena Anz FL4
Guy Arbogast M4CXC
Dan Aldridge JCMXR

Mike Bisbee JCMT
Scott Blackburn JCMT
Mike Brown JCMT
John Brennanman JCMT
Glen Best JCMT
Robbie Bray JCMT
Bob Burch JCMT
Bob Bolier JCMT
Charles Brown JCMT
Black JCMT
Mark Booth JCMT
Barray Gates JCMT
Rosalyn Bryant SWT
Kathy Bryant SWT
Valerie Bersco SWT
James Benford SWT
Sue Brodock SWT
Joyce Brodick SWT
Linda Bottillik SWT
Vicki Betts SWT
Monnette Betsen SWT
Jeanette Bolden SWT
Vicki Belser SWT
Margaret Belski SWT

Vickey Cook SWT
Frieda Cobba JCMXR
Deandra Carney JCMXR
Kim Costello JCMXR
Chandler JCMXR
Dave Cougan HSBXC
Laurie Crip JW4CX
Irene Crowley JW4CX
Grey Dean JCMXR
Chris Dailey HSBT
Kurt Durham HSBT
Steve DeForest HSBT
Rick Davis MMLD
Chick Daulsten MMLD
Shirley Drydenich MMT
Larry Douby JMT, M4CT
Fred Dixon JMT
Ken Dennis MMT
Osie Dwarlow MMT
John Dilor JMT
Shirley Davieson JMT
John Danak MMT
W. Daviker MMT
Jerry Donley MMT
Redmond Doms MMT
Mark Dusney OM4CX, OMT

Greg Foster M4CT
Joe Faber JCMXR
Tim Faullin JCMXR
Mark Fricker HSBT
James Frazier HSBT
Ricky Fairman HSBT
Mike Farmer OMT
Dave Friday OMT
Al Fauserbach OMT
Peter Farmer OMT
George Furnum OMT
Peter Foster OMT
Bill Frederickson OMT
Bill Fitzgerald OMT
G. Frauenhofer OMT
Carl Frazier OMT
Larry Flinn OMT
Bob Fauserbach OMT
Ralph Fruguglietti OMT
Dave Fuller JCMT
Paul Fuller OMT
Marian Franklin SWT
Jane Frederick SWT
Marian Franklin JCMXR
Cheryl Plovers JMT, JW4CX

photo by Bill Leung, Jr.

CALIFORNIA TRACK NEWS

FEBRUARY - 1978

Wayne Guy JCMT
Cindy Gilbert SWT
Gwen Gardner JWT
Linda Goen JWT,JWXC
Lisa Godard JWT
Cheryl Glasier JWT
Karin Gooswiler JWT
Dorothy Guffrey JWT
Connie Gassen SWT
Jennifer Gong JWT

Teri Hay SWXC
Linda Heimiller SWXC
Dave Harper OMXC
Tim Holmes JCMX NSVT
Chris Hughes JCMX
Phil Hendrick JCMX
Don Hill HSBT
Rick Hohmann HSBT
Bill Hise SWT
Steve Kardison OMIT
Tommy Haynes OMIT
Sue Harvey OMIT

Bob Hunt OMIT
N. Hernandez OMIT
Nicki Hubson MMNL
Carol Honeywell MMNL
Debbie Heald SWT
Ted Helian OMIT
Harry Hawke OMIT

Stan Herrmann OMIT
Bob Humphries OMIT
Randolf Hubbell OMIT
Millard Hampton JAMC
Toni Hunt JSWXC

Benton Hart MACX,MACX
Chester Hart MACX

Dave Haber MACX
Bill MACX
John Haynes MACX

Joe Himpanaste MACX
Jacki Hansen PIL
Kevin Heaton MLB
Brian Hunnaker MACXC
Hoben JY

Hammer MACXC
Harnett MACXC

Sharon Heyman JCMX
Connie Hester JCMX
Derald Harris JCMX
Ronnie Haver JCMX

Chuck Hatterley JMT
Gary Hernandez JCMX

Chris Hughes JMT
Tony Hikos JMT
Jimmy Haynes JY
Ron Horn JY

Gerald Halcomb JY
Doug Hart JY

Sandra Howard SWT
Linda Heimiller SWT
Sheila Hamilton SWT

Michelle Hawthorne SWT
Joni Huntley SWT
Nancy Huyck JWT,JWXC
Sonya Harrigfield JWT
Kathy Haynes JWT
Craig Hochhaus HSXBC
Sharon Hulse JWT
Harrell JWT

Gordon Innes MACX
Judy Ikenberry FLD

Dan John JMT
Willie Jackson HSBT
Phil Johnson HSBT
Bert Johnson HSBT
Larry Jones HSBT

Dave Johnson JMC
John Jordan MACX
Lloyd Johnson MACX

Sue Kinsey SWXC,SWT,FLD
Kate Keyes SWXC,SWT
Erro Kersman JCMX
Kruthers HSBT

Dave Kingsland HSBT
Ulrick Keel MMNL

James King OMIT
Rory Kotink OMIT
Bruce Kennedy OMIT
Perky Knox OMIT

George Ker OMIT
Mike Kirtman MACX
Roger Kibbs MACX

Kathy Keyes JMT
Milt Klingsery MACXC, JMT

Barry Kleinmiller JCMX

Todd Kerberline JCMX

Diane Kummer SWT

Carol Keller JWT,JWXC

Kennedy JWT

Diane Kenny JWT

Marti Keller HSXBC

COMING - NEXT ISSUE: MARCH

left to right: DAVE JACKSON, DAVE SEGAL, PERCY KNOX, SHIRLEY DAVISSON

Larry Lawrence OMXC
Joquin Leano JCMX, JCMX
Lawrence HSBT
Loren Lebher JWT HSBT

Ed Lowell MMNL
Tom Lux OMIT

Sing Luwn OMIT

Joe Liveasy MMT
Spencer Lether MMT

James Lolton MACX
Rich Langford MACX

Ron Livers MACX

John LeGrande MACX

Judy Gumbo-Leydige FLD

Tom Lee MLM

Darlene Love JCMX

Ernest Lewis JMT

Al Lara JMT
Shannon Laid MACX

Mike LeBold JCMX

Dave Laut JMT

John Longen JWT

Kris Letlow JMT

Jan Laster SWT

Linda Langford SWT

Owen Loud JWT

Kim Law JWT
Bob Love HSXBC

Lu LaPerriere JMT
Andrea Lynch SWT

Franchie Larlee SWT

Ray Mahannah MMT
Dick Marlin MMT

Virgil McIntyre MMT

David Marlin MMT

Dave McKenzie OMIT

Duncan MacDonald OMXC

Bob McChesney OMXC

Ed Mendessa OMXC

Ken Margerum HSBT

Paul Meggs MMT

McSeveney HSBT

Matt Mendoza HSBT

photo by Diane Johnson

photo by Percy Knox
COMING - NEXT ISSUE: MARCH

**Indoor season coverage and round-up.
**California All Time Marathon listing 100 deep.
**Feature article on the Caldwell-Dennis and Ruth.
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UNITED STATES FEMALE BEST (BY AGE) LIST

A listing by event of the United States female age record for each age. 

One year old Rene Lyst has recorded a two year old mark of 38.7 in the 100 yard dash; and 43 year old Irene Obera has clocked a 12.6.

compiled by CALVIN BROWN

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ON THE COVER: MIKE TULLY won a close contest for 1977 California Collegiate Athlete of the Year. He has already started 1978 off with a bang by setting a new World Indoor Record of 18-4.

photo by Bill Leung, Jr.
## FEBRUARY

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<td>BERKELEY ALL COMERS.</td>
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<td>11</td>
<td>GLEN ELLEN RUNS. 3 &amp; 11.5 kilos. Glenn McCarthy, Empire Runners, 335 Algiers Ct., Santa Rosa 95405.</td>
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<td>SAN MATEO ALL COMERS.</td>
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<td>IVANHOE ROAD RACE. 6 mile David Bronzan, 1173 W. Eymann, Redley 92374.</td>
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<td>WEST VALLEY MARATHON. San Mateo, 9 am. Jack Leydig, P.O. Box 1551, San Mateo 94401 (408) 341-3119.</td>
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<td>HIDDEN VALLEY MARATHON Newbury Park, 8 am. Larry Bell, 180 Academy Dr., Newbury Park 91320.</td>
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<td>14</td>
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<td>15</td>
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<td>SPA–AAU WOMEN'S ALL COMERS. Cal State Northridge, 9 am. Frank Freyne, 201-A Blue Ridge Rd., China Lake 93555.</td>
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<td>16</td>
<td>RRC POSTAL 10 MILE RUN (roasaki, Armstrong Grove Park, Guerneville, 10 am. Glenn McCarthy, 335 Algiers Ct., Santa Rosa 95405.</td>
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PRE!

THE CAREER IN WORDS AND PICTURES OF AMERICA'S GREATEST DISTANCE RUNNER.
By Tom Jordan

Occasionally, in the history of a sport, an athlete appears who captures the imagination and affection of the fans, an affection which lasts through success and failure, controversy and congratulation. Steve Prefontaine was such an athlete, and PRE! is the story of his exceptional career.

From Pre's athletic start as a 9th-grader in the small town of Coos Bay, Oregon, to his last race in front of "his people" in Eugene, Track & Field News writer Tom Jordan chronicles the rise of this running prodigy who, before his death, came to hold every American record from 2000 to 10,000 meters.

Relaying greatly on those who knew Pre the athlete best—his friends, running rivals, and fans—PRE! captures as well something of the personal qualities of a runner who was idolized by some and dismissed as arrogant by others. Detailed, too, through reminiscence and 65 photos from throughout his career, it Prefontaine's unique relationship with the people of his adopted town of Eugene.

PRE! is a book for them, and for anyone who marvelled, during that special era, at the accomplishments of this magnificent athlete.

65 photos. Statistical appendix. 128 pages.

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The Running Shoe Hoax

There's no such thing as a number one shoe for everyone.

By Jacob Steinman

Since Runner's World magazine began rating running shoes three years ago, the entire complexion of the running industry has changed dramatically. Through its articles, columns and advertisements, the Mountain View-based publication has nurtured a band of sophisticated consumers whose buying patterns now set trends in the marketplace. The shoe rating survey, which annually appears in the magazine's October issue, has become the athletic shoe industry's answer to the Irish Sweepstakes.

In addition to the ratings, the issue contains a 60-page section which provides useful information on how shoes are made, how they should be maintained, and even how they can be repaired as well as other general information that, used wisely, should help the consumer make a more intelligent choice in selecting shoes. It is the ratings, however, that are causing a furor heretofore unknown in the athletic shoe industry.

Last year Runner's World rated the New Balance 320 the top overall training flat which, according to the shoe company, they'll have to keep introducing new and better shoes to get back on top. Other manufacturers accepted their rankings less gracefully, calling attention to the potential conflicts of interest that exist between Runner's World, their shoe survey, and Starting Line Sports, their retail mail-order outlet.

Enter Neil Rothenberg, who's burning mad. Mad because, as co-owner and proprietor of Voisen's Tennis and Sports, a running and tennis specialty store in Berkeley, he feels his business has been adversely affected by the Runner's World survey. Normal trade in the marketplace, he says, has changed dramatically. Through its articles, columns and advertisements, the Mountain View publication carries tremendous weight when it declares certain shoes to be superior to others. He contends:

Unfortunately for retailers handling running shoes, Runner's World owns a retail outlet to buy the Brooks Vantage by press time happened to be through Runner's World magazine. In a recent article in Footwear News, a trade journal for the shoe industry, a reporter spoke to various athletic shoe manufacturers — none of whom cared to have their names mentioned — about the results of the survey. Pony, a large Canadian-based shoe manufacturer, held a press conference in New York announcing that they intentionally submitted two shoes to be rated that were alike in every characteristic but color. The shoes were, of course, given different names.

Then they were tested by the biomechanics lab at Penn State University. Anderson denied that the results of the survey were already available to the public. And it would have also protected against shoe companies sending in "specially made" samples or prototypes for evaluation. A similar case involved Adidas. Two shoes were submitted that were similar except for color and lacing types — the SL 72 and SL 76. Even though the company stated that the same mechanical engineer and consultant at Pony, likened the lab's panel technique to "asking NASA to construct a spacecraft and asking witch doctors to launch it.

"You can't use cost accounting systems to rate shoes," he told Sporting Goods Business magazine. "If I went into Runner's World's lab and used their equipment, I would always get the same results. If I took 100 panels, I'd get 100 different results. It's unfair...." This survey's objectivity seemed impugned from the start — beginning with Runner's World asking the shoe companies to submit shoes for testing rather than locating samples directly from store shelves. This would have assured that all shoes would be rated that were alike in every characteristic but color. The shoes were, of course, given different names. They then were tested by the biomechanics lab at Penn State who rated one of the shoes number two, and didn't even rate the other in the top twenty-five. Anderson denied that the shoes were the same, saying that different materials were used.

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In a recent letter to the State's Attorney General's office — in which Neil inquired as to his options for redress — Rothenberg noted that Runner's World owns a rival outlet, Starting Line Sports, which specializes in running gear. Since the magazine is in a position to dictate the market, Starting Line Sports is able to procure shoes that will be highly rated well in advance of other retailers...Runner's World is thereby creating a demand for certain shoes that only their store, Starting Line Sports, can fulfill.

Early in April, manufacturers participating in the survey were sent a letter from Bob Anderson, Publisher of Runner's World, explaining the ground rules. They were told to submit three pairs of shoes, all size nine, which would be evaluated by a biomechanics testing lab at Penn State University and by a panel of ten experts chosen by Runner's World. Also, to ensure that no prototypes would be available for general distribution in the stores by August 15, 1977, or forfeit the right to be evaluated. On December 1, 1977, three months after the deadline set by Runner's World for the shoes to be in the stores City Sports contacted 19 sporting goods retailers in Northern California attempting to locate the number one shoe, the Brooks Vantage. None of the stores that had the shoes on order had received any delivery. The only sample direct from store shelves. This would have assured that all shoes would be tested were already available to the public. It would also prevent the practice of shoe companies sending in "specially made" samples or prototypes for evaluation. Also, the fact that Starting Line Sports, the retail mail-order wing of Runner's World, ran full-page ads in the October shoe issue offering the top-rated shoes, blatantly indicates that they were privy to advance shipment of some of the top models. Such actions raise not only Rothenberg's question of restraint of trade, but also places the survey's credibility in further jeopardy by creating yet another possibility for conflict of interest.

Even the "Panel of Experts," most of whom were well-known in the running shoe business, raised doubts about their own objectivity. It was noted that six of the ten panel members were either associated with Runner's World, Starting Line Sports, or operated as a consultant to one of the shoe manufacturers. This was fully disclosed in brief biographical sketches on each of the panel members, and although they were disqualified from rating those shoes with which they were associated, they can still affect the overall outcome of the ratings by ranking competing shoes lower. And, what seems to render this entire rigged system futile, the "panel of experts" and the biomechanics lab couldn't come close to agreeing on the final results.

The shoes that were rated number one by the "Panel of Experts," the Adidas Runner, was rated 14th by the lab. The Nike LD 1000V, which was rated first of this year's survey "laughable." She remarked, "There's no such thing as a number one shoe for everybody. What I don't understand is how they can rate shoes without running in them."

She decided that with her husband and the help of a running podiatrist friend of theirs, they would conduct their own "mini survey" in which they would test 20 pairs of shoes using their own money and resources. "This way," she said, "at least I will show my customers the truth." Mrs. Muzik also emphatically stated that all of the shoes they sample will be rated by runners who have actually run in the shoes. "After all," she declared, "as a merchant, I can't recall ever having sold a pair of shoes to a computer."
Weight Training for Track & Field

Why Weight Train?

Weight training is a method of developing strength. Strength is one of the most important aspects of athletic performance. If you are stronger, you will be a better athlete.

Increased strength will not just happen. You must spend many hours of hard work in the weight room developing strength in all areas of the body. There are no secrets or shortcuts to greater strength. The key to success is a well-planned program with a great deal of hard work.

Weight training will help you if you are a runner, jumper, or thrower. Increased strength will enable field event athletes to learn new techniques that they formerly were unable to master. Increased strength will help runners improve running form, knee lift, and stride length.

Examples of Track and Field Athletes Who Have Benefited from Weight Training

Bruce Jenner increased his decathlon score by over 700 points from 1972 to 1976. He did a tremendous amount of heavy training. Another reason is to be a better athlete.

Marieke Adam (East Germany), world record holder in the shot put, is a very tall young lady (6'3') but not of the bulky, overweight stereotype school of female shot-putters.

Faina Melnik (USSR), world record holder in the discus is very small for a world-class discus thrower (5'7-1/4'). Her power increased due to an amazing weight program. She throws over 230 feet and bench presses over 250 pounds!

The vast depth of East German female sprinters is due to their developing power not only by running but also by a weight training program.

There are many more examples, but these suffice to prove the point. If you hope to be successful in track and field, you must make weight training an important part of your training program.

Defining Strength

Strength is defined as the ability of the muscle to exert force against resistance. More important than a strict definition of strength is understanding the term “power.” Power = speed ÷ strength.

Training Principles

1) All heavy lifting programs should be preceded by a three- to four-week conditioning program. This conditioning period is necessary to strengthen the muscles, tendons, connective tissue, and ligaments needed to withstand the stress of heavy training. Another reason is to learn the correct technique for each specific exercise.

2) Basic strength training should emphasize the big muscles of the torso, legs, and arms. Track and field involves whole body movements; therefore, the program is based on certain basic exercises.

3) After an initial conditioning period, the weight should be increased, and the repetitions reduced. It is recommended that you perform 4-6 sets of 5-6 reps for maximum strength development.

4) Be consistent in your workouts.

5) Proper rest and diet are very important if you hope to make good progress.

6) Constantly try to lift as much weight as possible without straining. For 4 sets of 6 reps, 85% of maximum is the general rule. Fifth and sixth reps should be almost too difficult to do.

7) In weightlifting, the proper technique of breathing is to inhale on the up-stroke and exhale on the down-stroke of each repetition. The most important aspect of breathing to bear in mind is that no matter where the starting position for an exercise, inhaling takes place here. The breath should be held until near completion of the repetition.
Examples of Track and Field Athletes Who Have Benefited from Weight Training

Bruce Jenner increased his decathlon score by over 700 points from 1972 to 1976. He did it by developing an enormous amount of strength training. At 195 lbs., body weight, he could clean and jerk over 300 lbs.

Harvey Glance, a sprinter from Auburn who competed in the 1976 Olympics for the U.S., could bench press 305 lbs. He weighed 225 lbs.

Lynn Davies, 1964 Olympic champion in the long jump, attributed a great deal of his success to weight training. Through a program of heavy squats and step-ups he was able to increase his speed from 10.5 in 1972 to 9.5 in 1976.

Russ Hodge, former world record holder in the decathlon, spent a great amount of time weight training. He was able to put the shot over 60 feet and run the 100 in 9.4. He could bench press over 400 lbs. and squat over 600 lbs.

Klaus Wolfman, former javelin world record holder and 1972 Olympic champion, underwent a rigid weight training program the two years prior to the Olympic Games. He would lift a total of 27,700 pounds in various exercises during a week.

Mac Wilkins, current discus world record holder and Olympic champion, increased his body weight from 200 lbs. to 290 lbs. with a heavy lifting program. He increased his shot put 15 feet and his discus over 40 feet in a four-year period.

Bill Toomey, 1968 Olympic decathlon champion and former world record holder, increased his body weight from 165 pounds to 195 pounds with a rigorous weight program. He could run the 100 in 9.5 and long jump over 25 feet in a four-year period.

Al Oerter, former world record holder in the discus and the only man to win four consecutive gold medals in the Olympics, weight trained three days a week throughout his entire career.

Female athletes have not been forgotten. Although not as successful as their male counterparts, there have been some notable female track and field athletes who have benefited from weight training.

Examples of track and field athletes who have benefited from weight training include American Games, USSR versus USA. Other top class competition (Pan-Am) have used weights as a vital part of their training. But, on the other hand, European women have been using weights as a vital part of their training.

Definition of Strength

Strength is defined as the ability of the muscle to exert force against resistance. More important than a strict definition of strength is understanding the term "power." Power = speed + strength. Power is the application of the strength acquired in weight training and the speed of that movement itself. Another way of defining power is the ability to apply the maximum amount of force in the shortest amount of time. Strength is only concerned with force, not time or distance. Obviously in track and field we are most concerned with power development.

Physiological Principles Related to Strength

4) Be consistent in your workouts.
5) Warm up thoroughly before lifting. Include running and stretching in these warmups.
6) Proper rest and diet are very important if you hope to make good progress.
7) Constantly try to lift as much weight as possible without straining. For 4 sets of 6 reps, 85% of maximum is the general rule. For 18 lbs. to 500 lbs., 70% of maximum should be the most difficult to do.
8) Learn and practice proper form in the exercises. Incorrect form will lead to injury and will slow your progress. Lower back and knee areas are more prone to injury if proper technique is not used.
9) You get out of training what you put into it. You will get results only if you train hard and regularly.

Types of Muscle Contractions

ISOTONIC—Those muscular contractions involving movement. There are two types of isotonically contractions: 1) concentric or shortening contractions, and 2) eccentric or lengthening contractions.

ISOMETRIC—Those muscular contractions involving no movement. The muscle does not change length during contraction.

All muscle movement involves a mixture of concentric, eccentric and isometric muscular contraction.

Approaching Weight Training

As an athlete or a coach you should evaluate the specific needs and goals that you expect from weight training. Are you a runner who has form defects that can be corrected by strengthening certain muscles? Are you a weight person that needs to add bulk and strength? Are you a sprinter who needs the power and not the bulk? What is your body type? How much time do you have to train? What are your expectations of a weight program and are they realistic?

Every individual is different and the weight program should be set up with this in mind. It is important to remember the reason that you are weight training is to become a better athlete. Weight training is a means to an end and not an end in itself.

Proper breathing is essential during lifting in order to ensure a good oxygen supply to enable the muscles to do the work. According to O'Shea: (9, p. 39)

In weightlifting, the proper technique of breathing is to inhale on the up-stroke and exhale on the down-stroke of each repetition. The most important aspect of breathing to bear in mind is that no matter where the starting position for an exercise, inhalation takes place here. The breath should be held until near completion of the repetition.

It is important to remember not to hold the breath during the whole exercise. Doing this could result in blacking out.

Rest Between Sets

Generally, rest between one to one and a half minutes between sets. Take more rest if you are lifting heavy and less if lifting lighter.

Maximum Lifts

Attempt maximum lifts (how much you can lift for one rep) as a test to see how strong you are. Attempt one every seventh or eighth workout—supervised by a coach and good spotters.

Intensity—Percentage of maximum at which lifts are performed. Less than 80% work is indicated by 70-75%, medium intensity and 90-95%, high intensity. The intensity should vary with the state of conditioning and the time of the year.

Plateaus

Frequently, athletes get stuck at a certain weight and can't seem to make any gains. To break out of this, an effective technique seems to be to reduce the weight and increase the reps. Do this for three to six workouts; then return to heavy lifting.

Sticking Point

That point in an exercise where motion becomes the most difficult.

Some Notes of Caution

Weight training should generally not be started before an athlete reaches 13-14 years of age. Obviously, this will vary according to the physical development of the individual boy or girl. A beginning program for the young athlete should emphasize general strength training. Attention should be directed to develop-
ment of the muscles which stabilize the spine—abdominal and back muscles—and the rotators of the spine. Proper technique should be strenuously practiced. Building a proper base at this time will reduce the risk of injury.

Training for maximum strength can have a high injury potential under the following conditions: a) a disproportion of strength between the prime mover and antagonistic muscle. For example, a quadriceps stronger than a hamstring, triceps stronger than a bicep; b) insufficient warm-up; c) when the athlete is extremely fatigued, and d) improper lifting technique.

Proper Lifting Technique

When lifting a weight from the floor, the importance of proper lifting technique cannot be overemphasized. The correct starting position is to stand with the feet close to the bar and on the same line. The hips should be lowered, and the knees bent with the head up and the back straight. The arms should hang outside the knees and, when in contact with the bar, the position should be checked to make certain the back is flat. The lift is started with the legs and then is accelerated by the back and the arms. Bo

weight should be added.

2) Pyramid System—This consists of decreasing the number of repetitions with each set while increasing the weight. For example: 10 reps 8 reps 6 reps 4 reps, starting with 60% maximum and increasing 10% each set. This is probably the most common lifting routine.

3) Burn Out or Work Down—After a light warmup, start at 90% max and work down 10% of maximum each set. Add repetitions with each set.

4) Near Max-Half Max—Perform one rep at 90% maximum and follow it immediately with 10 reps of the same exercise but at 50% maximum. That would constitute one set. Do 4-5 sets for a complete workout on one particular exercise.

5) Pyramiding—This is an especially good workout for muscular endurance. Ideally, it should be done with a partner. Each person does one rep followed by a partner doing one, then two reps and on up to the desired number, and back down again with no rest. In order to determine the total number of reps, square the top number worked up to. Use 50%-60% of max.

6) Split Routine—This means alternating upper and lower body exercises every muscle group. It involves a brief amount of training time of very high intensity. Only one set of each exercise is performed for 12 repetitions. The training is done three times a week for one half hour each training session. It emphasizes a variable resistance through a full range of motion. The muscles are also worked during the eccentric or negative work phase.

12) PTA Program: Pain, Torture and Agony System—This is based on high reps with heavy weights and a small amount of rest. Use 60-70% of maximum. Choose approximately 6-8 exercises. The objective is to do one set of as many reps as possible with each exercise. The beginner is advised not to do this program. This system develops improved stamina and muscular endurance. Cardiovascular endurance can also be increased. The program can also serve as a confidence builder.

Next month — Specific exercises and workout routines.

BIBLIOGRAPHY


Proper Lifting Technique

When lifting a weight from the floor, the importance of proper lifting technique cannot be overemphasized. The correct starting position is to stand with the feet close to the bar and on the same line. The hips should be lowered, and the knees bent with the head up and the back straight. The arms should hang outside the knees and, when in contact with the bar, the position be checked to make certain the back is flat. The lift is started with the legs and then is accelerated by the back and the arms. Be sure to keep the weight close to the body as this position will give the lifter the greatest leverage. Remember that the weight is lifted with the legs which are much stronger muscles, not the back muscles which are much weaker.

In other weight training exercises the weight should be lifted without any swinging motions or using any other muscle groups other than those specific to the particular exercise. When lowering the weight, lower it under control, do not just drop it. Also, remember to carry the exercise through a full range of motion for maximum development.

Master training with a light weight before attempting them with a heavier one. Control all the movements done with weights. Make sure the hands are properly spaced on the bar or the load will be unbalanced. Lift in a smooth manner at a slow pace when doing pure strength exercises. When using speed or explosive movements, pause between each repetition to maintain control and body position for the next repetition.

Systems or Methods of Weight Training

The system or method of weight training is up to each individual depending on his or her event and the time of the training year. This will be discussed further in the next issue when I cover actual training programs for the specific events.

1) 3 x 10 System—This simply means three sets of ten repetitions. This is a good program for the beginner in weight training and for the first weeks of the training year. Progression is when the athlete can perform ten reps with a particular weight. When this happens, would constitute one set. Do 4-5 sets for a complete workout on one particular exercise.

2) Pyramiding—This is an especially good workout for muscular endurance. Ideally, it should be done with a partner. Each person does one rep followed by a partner doing one, then two reps and on up to the desired number, and back down again with no rest. In order to determine the total number of reps, square the top number worked up to. Use 50%-80% of max.

3) Split Routine—This means alternating upper and lower body exercises every other day. Lift five or six days a week, one day upper and the next day lower, and so on. This is a good routine to save time.

4) Super Sets—A super set is two different exercises combined to make one set. Select an exercise for a muscle group and then choose an exercise for its opposing muscle group. Do one immediately followed by the other. Rest 1½ minutes and do another set until you have done four sets. This is a very exhausting workout. Examples of opposing muscle groups are: biceps-triceps; quadriceps—hamstrings; chest-upper back, etc. Super sets are a good break in the routine.

5) Isometrics—This does not involve movement. Essentially it involves holding a maximum contraction for eight to ten seconds. It does not build strength throughout the whole range of motion but only at that angle at which the resistance is applied.

Isokinetics—This is based on the fact that as force is increased or decreased, so does the amount of resistance. Isokinetic exercises, done on a mini-gym, ensure this fact. They consist of only concentric contractions, thus creating a pause which allows the blood to carry lactic acid out of the muscle.

Pyramiding—This is the newest system of weight training available. A specific machine is used for each muscle or
West Valley Track Club is a most familiar name in California club circles. It has been a powerful force in California for the past half dozen years; first in distance running and now in all areas of track. Try these club records on for size:

- 100 meters: 10.5
- 200 meters: 21.6
- 400 meters: 47.4
- 800 meters: 1:48.7
- 1500 meters: 3:40.9
- 5000 meters: 13:43.4
- 10,000 meters: 29:04.2
- Marathon: 2:15:21
- 1 hour run: 1:52.7
- Steeplechase: 8:33.6
- 110 hurdles: 13.6
- 400 hurdles: 49.5
- High Jump: 7-0¾
- Pole Vault: 16-0½
- Long Jump: 25-9
- Triple Jump: 54-9¾
- Shot Put: 65-2½
- Discus: 203-11
- Javelin: 246-11
- Hammer: 214-3

The above is a pretty impressive list of marks that would make many college programs envious. Behind every outstanding track club there is an equally outstanding executive council. The West Valley Track Club is no exception. The members are the pride and joy of their hometowns and the nation.

CTN: When and how was the West Valley Track Club started?
Leydig: The club was initially started in about 1963 or so by Bill Mackey, Frank Cunningham, and a few other runners in the San Jose - Campbell - Los Gatos area.

CTN: How did it get it's name, West Valley Track Club?
Leydig: It kinda began near West Valley College, and also there is a high school league in the area called "West Valley." The "West" is for the western portion of the Santa Clara Valley. That's where the club got its start, but now we are spread out all over Northern Cal. We still hold onto the original name because of the fact that everyone knows the name now and to change it would create a temporary identity problem most likely.

It was started as a group of individuals in a local area, rather than drawing from individuals over a wider area.

CTN: What are some of the club's major achievements, so far?
Leydig: Second place in the National AAU Cross Country meet in San Diego in 1971, just 13 points behind the Florida Track Club; first in the men's AAU Marathon in Culver City in 1976; won the women's AAU Marathon in St. Paul in 1977; won four AAU Walk titles in 1977(15K, 20K, 35K, and One Hour); we have won the West Valley Track Club titles in the AAU for the past six years in distance running; performed well in the AAU Championships in 1977; and we have won the AAU Walk in 1977.

CTN: What about leadership? Who makes the decisions and who does the organization work?
Leydig: The club has an Executive Council that does the policy making, voting on funding, etc. It is composed of officers and various representatives from different factions of the club. The President does the majority of the work (mail processing, etc.), but there is an increasing amount of work done by various 'reps' and officers. The Nor Cal Running Review and club newsletter are also done by the President (typing, layout, etc.), while Penny & Harold DeMoss are in charge of actual negative layout and getting copy to printers, etc.

We have no 'coach' as such. Guys just get together in groups to train on their own.

CTN: How does the club support itself? Where does the money come from and how is it spent?
Leydig: Money for activities is generated mostly through club dues, NCRR sales and subscriptions, selling advertisements, and putting on races. We have no commercial sponsor. Major expenditures of the club are the NCRR, meets, and travel. The amount of money raised last year was roughly $15,000 and we spent about $12,000.

CTN: Are there any special events or projects that the club puts on? Does the club get together for club activities?
Leydig: The team gets together at meets and has special socials at the Lake Tahoe Relays, the Christmas Party, and other social events from time to time.
The above is a pretty impressive list of marks that would make many college programs envious. Behind every outstanding track club there is an equally outstanding individual in charge—someone must be there to do the organizing and the directing and the just plain old work. For the West Valley Track Club that person has been and is Jack Leydig. Jack Leydig wears many hats in Northern California running and track circles. Jack is a quality road racer, he is meet director of several major long distance races, he is editor of the Nor Cal Running Review, and he is president of the West Valley Track Club.

Jack is a human dynamo when it comes to getting things done. He's a "work-aholic" and can drive those around him insane with his constant push to get more done. His hard work has paid off. It's led to the development of a top quality track club, several national championships being hosted in Northern Cal, the creation of a full scale local running magazine, and a well organized and efficient long distance running program in the Bay Area. Jack has had a hand, either directly or indirectly, in the establishment of all of these things. He is not only "Mr. West Valley Track Club" but "Mr. Running" in Northern California.

Jack has recently married (sneaky way to get some help with all of his projects) one of the top female distance runners in Northern California, Judy Gumbs. Together they make quite a quality tandem.

California Track News has asked Jack to tell our readers a little bit about the West Valley Track Club. We think that you will agree that he has a good thing going.

CTN: When are the club's major achievements, so far?

Leydig: Second place in the National AAU Cross Country meet in San Diego in 1971, just 13 points behind the Florida Track Club; first in the men's AAU Marathon in Culver City in 1976; won the women's AAU Marathon in St. Paul in 1977; won four AAU Walk titles in 1977 (15K, 20K, 35K, and One Hour); we have won the team title at the Boston Marathon in 1972 and have taken second several times; Anthony Terry won the AAU Triple Jump in 1975 with 54-9%; Phil Conley has won numerous AAU Masters titles in a variety of events; and we have had numerous qualifiers on international teams.

CTN: How many members are in the West Valley Track Club? And, can you give us a break down as to age, sex, and events?

Leydig: Currently there are 350 members of which probably 250 are active. There is approximately 85% men and 15% women; 2% junior high level, 10% high school level, 10% college, 70% would be open division (to age 39) and about 8% masters competitors. The breakdown by events would go something like: 50% distance runners, 5% walkers, 15% middle distance runners, 10% sprinters, 10% jumpers, and 10% weights. These figures are very rough.

CTN: Can anyone join and how does one go about joining?

Leydig: The club is open to anyone interested prospects can send for an information sheet and application by writing the West Valley Track Club, P.O. Box 1551, San Mateo, CA 94401.

CTN: Who are some current outstanding members?

Leydig: Duncan McDonald, Jim Nuccio, Judy Graham, Neal Pyke, Tom Dooley, Judy Leydig, Joan Ulliot, Benton Hart, Dave McKenzie, Ken Swenson, Richard Marks, Rich Nichols, etc.
The club puts on numerous meets during the year: the West Valley Marathon, the Christmas Relays, and numerous Pacific Association Championships.

We also, as a club, put out the Northern Cal Running Review which is published every two months. The club newsletter is also published at least every two months.

CTN: What would you say is the overall purpose of the club?

Leydig: Provide a basis whereby out-of-school athletes can have a competitive schedule in both cross country and track. Other purposes as outlined in the club constitution are: to promote the interests of track and long distance running in the PA-AAU, improve the physical fitness of the members, encourage competition, aid deserving athletes in attending meaningful competitions, and promote proper race administration.

CTN: Do you have any immediate or long range goals for the club?

Leydig: Nothing specific. We just drift along and slowly improve and our main goal is to become self sufficient enough to probably hire a full-time secretary so I won't have to spend so much time processing the mail, etc. We have lots of helpers, but someone has to be in charge of getting all the stuff headed in the right direction(s) for processing, etc.

DUNCAN MACDONALD

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Below is the new puzzle for this issue. How many outdoor world record holders in the pole vault can you find hidden in the letter scramble? The record holders cover a period of 1912 to the present.

by MIKE LENNEMANN

NOR-CAL RUNNING REVIEW

Bi-Monthly - Only $6/Year

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Below is the new puzzle for this issue. How many outdoor world record holders in the pole vault can you find hidden in the letter scramble? The record holders cover a period of 1912 to the present. The reader submitting the most correctly circled names will receive a one year free subscription or renewal plus another track related gift. In case of a tie a drawing will decide the winner.

B G N C V A U L T K R H N A I
G A T O P P O L E L A M A G E
R R H W T E J P E N N E L Z N
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B P M O N K C A R T T E G I F

Above are the circled answers to last issue’s puzzle. The 26 one-mile run world record holders were successfully located by 15 California Track News readers. Several others came close with 25 correct names. Those finding them all were: Mike Westley of Cerritos, Israel Orais of San Jose, Joe Garcia of San Jose, Brian Stansauk of Reseda, Louis Griego of Fresno, Michael C. Smith of El Cerrito, Paul Cross of Oldale, Carol Smed of Santa Paula, Marty Dobbins of Baton Rouge, Rick Vasquez of Pico Rivera, Bruce Boettner of Fullerton, Thomas F. Stam of San Diego, Van Allen of Readley, Donn Kirk of Eureka, and Peter Eby of Manhattan Beach. Congratulations to each of you.

A couple of you qualify as real “track nuts” as you have gotten them all every time. Based on a drawing of these names the winner of the free one year subscription/renewal and the track related gift is BRIAN STANSAUK.

The puzzle this last time was especially tricky since one of the names was misspelled. Connett should have been spelled Connett – it was incorrectly spelled in the Readers Digest Almanac.
## California Masters Records

**Compiled by Peter Mundle**

### Age Group Categories

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**800 Meter/880 Yards Runners**

- George Scott (Long Beach) 35 5/12/72
- David Pratt (Davis) 4/11 7/6/73
- Bill Fitzgerald (Palos Verdes) 48 7/6/73
- Robert McDonald (El Cajon) 55 6/23/74
- Monty Montgomery (Sherman Oaks) 56 8/8/72
- Monty Montgomery (Sherman Oaks) 71 9/4/72

### 1600 Meter Run

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**1600 Meter Run Runners**

- Larry Wray (LA) 36 6/17/72
- Wilbur Williams (LA) 40 6/22/73
- Bill Fitzgerald (Palos Verdes) 47 9/14/72
- Bill Fitzgerald (Palos Verdes) 50 9/26/73
- Paul Spangler (San Luis Obispo) 77 7/4/72

### One Mile Run

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**One Mile Run Runners**

- George Scott (Long Beach) 35 6/28/72
- Bill Fitzgerald (Palos Verdes) 46 4/23/72
- Bill Fitzgerald (Palos Verdes) 50 7/3/73
- Alen Waterman (San Francisco) 55 10/17/74
- Albert Clark (Orange) 61 5/4/75

### 3000 Meter Run

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**3000 Meter Run Runners**

- Peter Mundle (Santa Monica) 72 4/20/78
- Jerry Smartt (Westminster) 42 8/17/74
- Peter Mundle (Venice) 46 10/16/74
- Mauro Hernandez (Santa Monica) 43 8/13/75
- Ed Halpin (Riverside) 61 12/29/73
- Walter Frederick (Frio Riverha) 67 8/13/75
- Paul Spangler (San Luis Obispo) 77 6/13/76

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**100 Yard Dash**

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**100 Yard Dash Runners**

- Percy Knox (Edwards) 37 8/12/71
- Percy Knox (Edwards) 38 7/6/72
- Percy Knox (Edwards) 38 6/28/72
- Dean Smith (Woodland Hills) 39 7/21/71
- Dean Smith (Woodland Hills) 39 7/30/71
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- Dean Smith (Woodland Hills) 39 7/30/71
- Dean Smith (Woodland Hills) 39 7/21/71
- Dean Smith (Woodland Hills) 39 7/30/71
- Robert Mathew (Santa Monica) 48 6/29/71
- Robert Mathew (Santa Monica) 48 6/29/71

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**Photo by Percy Knox**

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### Three Mile Run

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### Two Mile Run

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### Three Mile Run

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<tr>
<td>IV</td>
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</table>

### Photo by Percy Knox
FEBRUARY
ONE HOUR RUN

III-B
III-A
II-B
II-A
I-B
I-A

IV '7M962Y
II-B 9M1272Y
II-A 10M273Y
I-B 10M1520Y

SIX MILE RUN

III-B
III-A
II-B
II-A
I-B
I-A

IV

10,000 METER RUN

III-B
III-A
II-B
II-A
I-B
I-A

ONE HOUR RUN

I

MARATHON

I

SHOT PUT

DISCUS THROW

photo by Percy Knox

110/120 HURDLES
35.39 = 42" 40.49 = 39" 50-59 = 36"
60+ = 30"

O-B 15:2
O-A 15:0
I-B 15:9
II-A 17:7
II-B 17:9
III-A 19:6
III-B 19:6
IV 42:7

Hugh Adams (Reddier)(31) 6/22/77
Dave Jackson (Carson)(30) 7/22/72
Ted Radomaker (Fresno)(47) 7/2/72
Tom Pat saliva (LA)(3) 6/25/76
Burl Gilt (San Marcos)(5) 6/7/75
Dutch Warmerdam (Fresno)(60) 6/7/75
Ted Hatlen (BCSC)(65) 7/4/76
Ralph Higgins (St. MacArthur)(71) 6/23/73

HIGH JUMP

6-7 1/2
6-0
5-10
5-6
5-0
4-3
4-2

John Dobroth (Ventura)(31) 7/76
J. Razzetto (San Diego)(44) 7/4/70
Ed Austin (Redondo Beach)(44) 6/6/75
Orval Gillett (Porterville)(53) 6/23/73
Burl Gilt (San Marcos)(5) 6/7/75
Dutch Warmerdam (Fresno)(60) 6/7/75
Winfield McFadden (San Diego)(60) 3/10/72
Homer Vangelder (Santa Rosa)(72) 6/23/77

POLE VAULT

5-6
5-5

35.49
35.49 = 2kg 50-59 = 1.6kg 60+ = 1 kg

35-49 = 16 lb. 50-59 = 12 lb. 60+ = 8 lb.

49-11
48-11
45-24
40-9
36-11
32-9
29-5

Dave Jackson (Carson)(36) 3/30/68
Dave Jackson (Carson)(40) 9/11/71
Shirley Devinsen (Victorville)(45) 10/4/75
Tom Pat saliva (LA)(3) 5/4/73
Tom Pat saliva (LA)(3) 3/12/77
Nike Andora (La Jolla)(61) 4/22/77
Richard Tweel (San Pedro) 16/12/65/75
Winfield McFadden (San Diego)(70) 4/5/75

TRIPLE JUMP

Dave Jackson (Carson)(36) 5/16/68
Dave Jackson (Carson)(41) 7/10/71
Dave Jackson (Carson)(45) 5/11/77
Tom Pat saliva (LA)(53) 6/29/75
Tom Pat saliva (LA)(3) 1/28/75
Gordon Farrell (Van Nuys)(30) 12/9/79
Winfield McFadden (San Diego)(67) 6/18/72
Winfield McFadden (San Diego)(67) 6/29/75

35.49 = 2kg 50-59 = 1.6kg 60+ = 1 kg
JOHN DOBROTH

AL GUIDET

3000 METER STEEPLECHASE

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<td>James Shettler (Pleasant Hill) (42)</td>
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<td>Lewis Roberts (San Bernardino) (47)</td>
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<td>John Noble (So. Pasadena) (50)</td>
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<td>Alan Waterman (San Francisco) (59)</td>
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<td>Wilfred Bigelow (Berkeley) (65)</td>
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400/440 HURDLES

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<td>Ed Dowell (Woodland) (44)</td>
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<td>Ted Badenasser (Fresno) (48)</td>
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<td>Bob Roemer (El Dorado Hills) (51)</td>
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<td>Bob Roemer (El Dorado Hills) (51)</td>
<td>6/27/76</td>
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<td>Robert Hunt (Amaha) (56)</td>
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<td>Vincent Godfrey (La Mesa) (60)</td>
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SHOT PUT

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<td>II-A</td>
<td>60-1</td>
<td>George Ker (Granada Hills) (69)</td>
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<tr>
<td>II-B</td>
<td>60-1</td>
<td>George Ker (Granada Hills) (69)</td>
<td>6/10/76</td>
</tr>
<tr>
<td>III-A</td>
<td>59-10</td>
<td>Jack Thatcher (Manhattan Beach) (55)</td>
<td>7/3/71</td>
</tr>
<tr>
<td>III-B</td>
<td>59-10</td>
<td>Jack Thatcher (Manhattan Beach) (55)</td>
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<td>IV</td>
<td>59-10</td>
<td>Vernon Chaddie (Calif) (65)</td>
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DISCUS THROW

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<tr>
<td>O-B</td>
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<td>Harold Connolly (Santa Monica) (37)</td>
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<td>Harold Connolly (Santa Monica) (40)</td>
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<td>Daniel Allrich (Newport Beach) (55)</td>
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<td>Tom Montgomery (Ontario) (61)</td>
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<td>IV</td>
<td>219-9</td>
<td>Randolph Rubboli (Alhambra) (67)</td>
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JAVELIN THROW

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<td>135-10</td>
<td>Bob MacConnaghy (Redondo Beach) (69)</td>
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DECATHLON

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<td>Stanley Herrmann (Santa Barbara) (70)</td>
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PENTATHLON

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<td>IV</td>
<td>1833</td>
<td>William McFadden (San Diego) (70)</td>
<td>4/4/75</td>
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</table>
# High School Cross Country Wrap-Up 1978

By Keith Conning

If we had had a state cross country meet this fall, and if sections qualified as they do in track, then these teams and individuals would have competed. There are ten sections, but the Los Angeles Section did not compete in cross country. Girls do not have a championship meet in Oakland.

I have also included results from other meets where available. This is not to be construed as a ranking of the best performers in the state, as that task is extremely difficult without a state meet.

California should have a state meet in cross country like the neighboring states of Nevada, Oregon, and Washington do. Talk to your high school principals and athletic directors and let's make it happen.

## Northern Section

### Boys Individual

<table>
<thead>
<tr>
<th>Location</th>
<th>Meet</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>Marysville Invit.</td>
<td>9/24</td>
<td>14:13</td>
</tr>
<tr>
<td>Nevada Union Inv.</td>
<td>10/8</td>
<td>13:05</td>
</tr>
<tr>
<td>San Ramon Invit.</td>
<td>10/26</td>
<td>14:28</td>
</tr>
<tr>
<td>Bayside Invitational</td>
<td>11/12</td>
<td>13:05</td>
</tr>
<tr>
<td>Central Area 11:42</td>
<td>11/15</td>
<td>13:05</td>
</tr>
<tr>
<td>Bella Vista Invit.</td>
<td>10/1</td>
<td>14:13</td>
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<tr>
<td>Colfax Invit.</td>
<td>10/8</td>
<td>15:09</td>
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<td>Bella Vista Invit.</td>
<td>10/25</td>
<td>14:13</td>
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<tr>
<td>Matador Relays Indiv.</td>
<td>10/22</td>
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### Girls Individual

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<tr>
<td>Mission SJ</td>
<td>9/28</td>
<td>15:09</td>
</tr>
<tr>
<td>Livermore Invit.</td>
<td>10/3</td>
<td>12:28</td>
</tr>
<tr>
<td>Bayside Invitational</td>
<td>10/22</td>
<td>14:28</td>
</tr>
<tr>
<td>Central Area 11:42</td>
<td>11/15</td>
<td>13:05</td>
</tr>
<tr>
<td>Marin Co. Ath. Lg.</td>
<td>11/12</td>
<td>14:13</td>
</tr>
<tr>
<td>N. Coast Section</td>
<td>11/19</td>
<td>13:05</td>
</tr>
<tr>
<td>Pleasant Hill Invit.</td>
<td>10/26</td>
<td>14:28</td>
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<tr>
<td>Diablo Vly. Ath.</td>
<td>11/12</td>
<td>14:13</td>
</tr>
<tr>
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<td>11/15</td>
<td>13:05</td>
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### Boys Team

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## Girls Individuals

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<tr>
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<td>11/12</td>
<td>13:28</td>
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<tr>
<td>Southern Area</td>
<td>11/12</td>
<td>13:28</td>
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<tr>
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<td>11/19</td>
<td>13:05</td>
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## SAC-Joaquin Section

### Girls Individuals

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<td>11:00</td>
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<td>10/8</td>
<td>11:00</td>
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<td>10/22</td>
<td>11:00</td>
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<td>Pleasant Hill Invit.</td>
<td>11/12</td>
<td>11:00</td>
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<td>11/19</td>
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## Miscellaneous

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<tbody>
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<td>Mission SJ</td>
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<tr>
<td>Livermore Invit.</td>
<td>10/3</td>
<td>15:09</td>
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<tr>
<td>Bayside Invitational</td>
<td>10/22</td>
<td>16:28</td>
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<td>Central Area 11:42</td>
<td>11/15</td>
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</tr>
<tr>
<td>N. Coast Section</td>
<td>11/19</td>
<td>13:05</td>
</tr>
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Keith Conning

California Track News

February - 1978
Boys Individuals
1. SUZANNE RICHTER (Chico)
2. DAVE COULMAN (San Marin)
3. LISA VAN BUSKIRK (Pleasant Hill)

Girls Individuals
1. PLEASANT VALLEY
2. STACEY DENNISON (El Camino)
3. SHELLY NIETO (Merced)

Boys Teams
1. MISSION SAN JOSE
   9/24 1) Chico Invit. 11:07
   10/13 1) Boquist Inv. 13:20
   10/22 1) Pleasant Hill Invit. 9:13.6
   11/4 1) Marin Co. Ath. 15:30
   11/12 1) Redwood Empire Area 12:33
   11/19 1) No. Coast Section 13:12

2. RED BERRY (Redwood)
   11/4 1) Marin Co. Ath. Lg. 15:39
   11/12 2) No. Coast Section 15:13

3. CRAIG KOUCHHAUS (Clayton Valley)
   9/28 2) Walnut Fest. 13:18.0
   10/8 2) San Ramon Invit. 8:14
   10/13 2) Boquist Inv. 13:20
   10/22 2) Pleasant Hill Invit. 9:13.6
   11/4 1) Marin Co. Ath. Lg. 15:30
   11/12 1) Redwood Empire Area 12:33
   11/19 1) No. Coast Section 13:12

NORTH COAST SECTION
Boys Individuals
1. DAVE COULMAN (San Marin)
   10/8 1) San Ramon Invit. 8:14
   10/13 1) Boquist Inv. 13:20
   10/22 1) Pleasant Hill Invit. 9:13.6
   11/4 1) Marin Co. Ath. Lg. 15:30
   11/12 1) Redwood Empire Area 12:33
   11/19 1) No. Coast Section 13:12

2. ROD BERRY (Redwood)
   11/4 1) Marin Co. Ath. Lg. 15:39
   11/12 2) No. Coast Section 15:13

3. CRAIG KOUCHHAUS (Clayton Valley)
   9/28 2) Walnut Fest. 13:18.0
   10/8 2) San Ramon Invit. 8:14
   10/13 2) Boquist Inv. 13:20
   10/22 2) Pleasant Hill Invit. 9:13.6
   11/4 1) Marin Co. Ath. Lg. 15:30
   11/12 1) Redwood Empire Area 12:33
   11/19 1) No. Coast Section 13:12

Girls Teams
1. MISSION SAN JOSE
   9/24 2) Alum Rock Invit. 79
   10/3 1) Livermore Invit. 65
   10/8 1) San Ramon Invit. 63
   10/13 1) Hayward Invit. 48
   10/22 4) Pleasant Hill Invit. 70
   10/29 1) 2-mile Postal 47:30.0
   11/3 1) Miss. Vly. Ath. 21
   11/12 1) Southern Area 24
   11/19 1) No. Coast Section 36
   11/28 1) 3-mile Postal 76:34.0

MISSION SAN JOSE HIGH SCHOOL—North Coast Section Champions. Top (left to right): Steve Strangio(junior), Kevin Coon(senior), John Marden(junior), bottom: Rich Read(sophomore), Mike Chastaine(senior), Scott Ruffing(senior). Coach is Jack Marden. Not pictured is Jay Marden(freshman).
Boys Teams

1. MIRA LOMA
   9/24 1) Alum Rock Invit. 82
   10/1 1) Nevada Union Invit. 37
   10/15 1) Sequoia Invit. 43
   11/4 1) District 3, 23
   11/12 1) Sac-Joaquin Section 36

2. CORDOVA
   9/23 1) Cordova Invit. 58
   10/1 1) Nevada Union Invit. 123
   10/8 1) Bella Vista Invit. 108
   10/12 1) District 3, 24
   11/12 1) Sac-Joaquin Section 101

3. JESUIT
   10/1 2) Nevada Union Invit. 67
   10/8 1) Bella Vista Invit. 91
   10/8 2) Pleasant Hill Invit. 100
   10/29 3) Delta League 37
   11/12 3) Sac-Joaquin Section 127

Girls Teams

1. RIO AMERICANO
   9/24 1) Frogtown Invit. 21
   10/8 1) Bella Vista Invit. 31
   10/15 1) Rio Linda Invit. 41
   11/4 1) District 3, 24
   11/12 2) Sac-Joaquin Section 53

2. SOUTH TAHOE
   9/23 1) Cordova Invit. 56
   9/26 1) So. Lake Tahoe Invit. 29
   10/8 1) Bella Vista Invit. 75
   10/22 2) Matador Relays 53:26
   10/27 1) Golden Empire Lg. 15
   11/12 2) Sac-Joaquin Section 71

3. EL CAMINO
   9/23 2) Cordova Invitational 91
   9/26 2) M. Torrance Invitational 55:32
   10/4 2) District 3, 58
   11/12 3) Sac-Joaquin Section 113

OAKLAND SECTION

Boys Individuals

1. TOM DOWNS (Skyline)
   9/20 1) vs. San Rafael/Encin. 13:00
   9/24 2) Alum Rock Invit. 11:19
   10/1 1) Oakland Ath. Lg. 11:33
   10/8 1) San Ramon Invit. 8:10
   10/22 2) Pleasant Hill Inv. 9:16
   11/22 1) Oakland Athl. Lg. 9:59.0

Girls Individuals

1. KIM TEMPLETON (West)
   10/15 2) Santa Maria Invit. 12:14
   11/10 3) Central Section 12:00
   11/18 3) Central Section 11:45

CALIFORNIA TRACK NEWS

BOYS TEAM:

1. SOUTH TAHOE
   11/8 3) Cordova Invitational 91
   10/22 4) Matador Relays 55:32
   11/8 3) Central Section 11:45

2. CORDOVA
   9/23 1) Cordova Invit. 58
   10/1 1) Nevada Union Invit. 123
   10/8 1) Bella Vista Invit. 108
   11/4 1) District 3, 24
   11/12 2) Sac-Joaquin Section 101

CENTRAL SECTION

Boys Individuals

1. GREG POPE (Bullard)
   10/1 1) vs. San Rafael/Encin. 13:00
   10/6 2) Pleasant Hill Inv. 9:16
   11/22 1) Oakland Athl. Lg. 9:59.0

Girls -- No competition

SOUTHERN SECTION

Boys Individuals

1. FRANK ASSUMMA (Bakersfield)
   10/3 1) Mt. SAC Invit. 15:07.6
   10/3 2) Mt. SAC -Invit. 14:57.3
   11/19 3) Sub-Section 4A 15:24

2. CHUCK ASSUMMA (Bakersfield)
   10/3 1) Mt. SAC Invit. 15:07.6
   10/3 2) Mt. SAC -Invit. 14:57.3
   11/19 3) Sub-Section 4A 15:24

3. BUNHEI (Pine Valley)
   11/18 1) San Ramon Invit. 8:01.4
   11/18 2) Central Section 106

4. J. SPILMAN (Simi Sophomore)
   10/29 1) Mt. SAC Invit. 15:07.6
   10/29 2) Mt. SAC -Invit. 14:57.3
   11/19 3) Sub-Section 4A 15:24

5. APPLED (Fountain Valley)
   11/18 1) San Ramon Invit. 8:01.4
   11/18 2) Central Section 106

Girls Individuals

1. WEST HIGH
   10/15 1) Santa Maria Invit. 112
   11/10 2) Southern Section 21
   11/18 3) Central Section 21

2. CLOVIS
   10/15 1) Mt. SAC Invit. 15:43
   10/15 2) Mt. SAC Invit. 15:41
   11/18 1) Central Section 21

3. BAKERSFIELD
   10/15 1) Santa Maria Invit. 112
   11/10 1) Southern Section 21
   11/18 2) Central Section 21

LOS ANGELES SECTION

No results in Los Angeles Times. Can only assume that they did not compete in cross country.

"Converting, Building and Marking a High School Track"
“Converting, Building and Marking a *High School Track for Metric Events”

THE BOOK on Track is Now Helping Administrators, Coaches, Architects, Engineering, and Contractors in 30 States!

The text and drawings include:

* engineering construction and cost for converting a 440 yard track to 400 meters.
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Professional Engineer
413 Research Drive, Manhattan, Kansas 66502
GREG POPE (left) & STEVE McDANNALE

Girls Individuals (2A Division)
1. CAROL KELLER (Helix)
   11/23 1) San Diego Section 13:08

Girls Teams (2A Division)
1. HELIX
   11/23 1) San Diego 2A Div. 92

Boys Teams (3A Division)
1. HELIX
   10/29 1) Mt. SAC 100, 78:00.0

2. CARLMONT
   10/29 1) Stanford Invit. 96

3. FELIX SOTO (Mt. Pleasant)
   11/22 1) Central Coast Sec. 102

Girls Individuals
1. IRENE CROWLEY (Overfelt)
   10/25 1) Leigh-Lynbrook Inv. 17:39
   11/22 1) San Diego 2A Div. 27

Girls Teams (2A Division)
1. HELIX
   11/23 1) San Diego 2A Div. 27

2. MONTE VISTA
   11/23 2) San Diego Sec. 2A, Div. 88

3. BONITA VISTA
   11/23 3) San Diego 2A, Div. 92

Boys Teams
1. PALS VERDES
   11/26 2) Southern Section 12:32

2. FOOTBALL
   11/26 2) Kenny Staub Invit. 72
### Boys Teams

1. **MARISELLI**
   - Mammoth Invit. 72
   - 2) Mt. SAC Sweep. 126, 78:54
   - 11/26 6) Southern Sect. 12:28

2. **MISSION SAN JOSE HIGH SCHOOL**

### Girls Teams

1. **MISSION SAN JOSE HIGH SCHOOL**

### Central Coast Section

**Boys Individual**

1. **BOB LOVE** (Carlmont)
   - 10/1 1) Artichoke Inv. 13:35.6
   - 10/8 2) Crystal Springs Inv. 15:11
   - 10/13 1) Center Meet 15:13
   - 10/29 5) 2-mile Postal 9:22.0

2. **DAVE AVILA** (Cupertino)
   - 9/24 2) Sunnyvale Inv. 12:10
   - 9/29 2) Stanford Invit. 14:29
   - 10/14 2) Artichoke Inv. 11:45
   - 10/15 5) Sequoia Inv. 13:35
   - 10/29 3) 2-mile Postal 9:20
   - 11/7 1) DeAnza League 10:20
   - 11/18 2) Region IV 15:28
   - 11/22 2) Central Coast 14:56.2

**Boys Teams**

1. **CARLMONT**
   - 9/29 1) Stanford Invit. 140
   - 10/8 1) Apts Invit. 12:40
   - 10/15 1) Sequoia Inv. 11:28
   - 10/29 1) Pacific Grove 12:04
   - 11/17 2) Region IV 15:28
   - 11/22 2) Central Coast 18:07.7

2. **ANN TRASON** (Pacific Grove)
   - 10/1 1) Artichoke Inv. 11:55.8
   - 10/8 1) Apts Invit. 12:40
   - 10/15 1) Sequoia Inv. 11:28
   - 10/29 1) Pacific Grove 12:04
   - 11/17 2) Region IV 15:28
   - 11/22 2) Central Coast 18:07.7

3. **NANCY HUYCK** (Aptos)
   - 10/1 1) Artichoke Inv. 11:55.8
   - 10/8 1) Apts Invit. 12:40
   - 10/15 1) Sequoia Inv. 11:28
   - 10/29 1) Pacific Grove 12:04
   - 11/17 2) Region IV 15:28
   - 11/22 2) Central Coast 18:07.7

**Girls Teams**

1. **HALF MOON BAY**
   - 9/29 1) DeAnza League 10:20
   - 10/8 1) Apts Invit. 12:40
   - 10/15 1) Sequoia Inv. 11:28
   - 10/29 1) Pacific Grove 12:04
   - 11/17 2) Region IV 15:28
   - 11/22 2) Central Coast 18:07.7

2. **CARLMONT**
   - 9/29 1) Stanford Invit. 140
   - 10/8 1) Apts Invit. 12:40
   - 10/15 1) Sequoia Inv. 11:28
   - 10/29 1) Pacific Grove 12:04
   - 11/17 2) Region IV 15:28
   - 11/22 2) Central Coast 18:07.7

3. **SAN CARLOS**
   - 9/29 1) DeAnza League 10:20
   - 10/8 1) Apts Invit. 12:40
   - 10/15 1) Sequoia Inv. 11:28
   - 10/29 1) Pacific Grove 12:04
   - 11/17 2) Region IV 15:28
   - 11/22 2) Central Coast 18:07.7

**Boys Individuals (3A Division)**

1. **RICK ROSE** (Helix)
   - 10/29 1) Mt. SAC Invit. 15:01.7
   - 11/23 1) San Diego Sec. 15:33

**Girls Individuals (3A Division)**

1. **SHARON HULIS** (Edison)
   - 10/29 1) Mt. SAC Invit. 12:12
   - 10/15 1) Sequoia Invit. 11:28
   - 10/29 1) Pacific Grove 12:04
   - 11/17 2) Region IV 15:28
   - 11/22 2) Central Coast 18:07.7

**Girls Teams**

1. **RICK ROSE** (Helix)
   - 10/29 1) Mt. SAC Invit. 15:01.7
   - 10/15 1) Sequoia Invit. 11:28
   - 10/29 1) Pacific Grove 12:04
   - 11/17 2) Region IV 15:28
   - 11/22 2) Central Coast 18:07.7

**Boys Teams**

1. **LEIGH**
   - 9/24 2) Sunnyvale Invit. 12:10
   - 9/29 2) Stanford Invit. 14:29
   - 10/14 2) Artichoke Inv. 11:45
   - 10/15 5) Sequoia Inv. 13:35
   - 10/29 3) 2-mile Postal 9:20
   - 11/7 1) DeAnza League 10:20
   - 11/18 2) Region IV 15:28
   - 11/22 1) Central Coast 14:56.2
November 5, 15th Phelan Handicap
1) Larry Pontinen (SBA) 99.32
2) Charles McCloud (un) 102.03
3) Robert Dickey (un) 104.55
4) Al McVay (un) 106.16
5) Tony Braddock (SBA) 108.19
6) Larry Neit (un) 109.31
7) Dennis Schrieshamer (un) 111.55
8) Rob Green (un) 112.00
9) Tim Gillies (un) 121.00
10) Dan Brown (un) 122.47
11) Warren Shelley (un) 124.48
12) Al Clarke (SBA) 127.18
13) Rod Hoover (un) 131.06
14) Bill Dickey (un) 138.00
15) Dan Brown (un) 146.23
16) Gen Gravat (un) 155.28
17) Brent Smith (un) 155.55
(Cornie Rodewald/

November 20, Cupertino, Cupertino
Yearlings Track Club 3rd Annual
Santa Clara Valley Autumn Mile Run
Mile: 1) Larry Pontinen (SBA) 99.32
2) Charles McCloud (un) 102.03
3) Robert Dickey (un) 104.55
4) Al McVay (un) 106.16
5) Tony Braddock (SBA) 108.19
6) Larry Neit (un) 109.31
7) Dennis Schrieshamer (un) 111.55
8) Rob Green (un) 112.00
9) Tim Gillies (un) 121.00
10) Dan Brown (un) 122.47
11) Warren Shelley (un) 124.48
12) Al Clarke (SBA) 127.18
13) Rod Hoover (un) 131.06
14) Bill Dickey (un) 138.00
15) Dan Brown (un) 146.23
16) Gen Gravat (un) 155.28
17) Brent Smith (un) 155.55
(Cornie Rodewald/
Turkey Trot

12 Mile:
1) Mike Graf (Orinda) 2:23:37
2) Mike Barch (Berkeley) 2:23:37
3) Sue Queenenberry (Concord) 2:23:37
4) Debbie Quintanus (San Leandro) 2:23:37
5) Susan Rice (Antioch) 2:23:37

Boys 14-15 2.5 Miles:
1) Brent Baffert (Alamo) 12:21
2) Mike Graf (Orinda) 12:21
3) Mike Warr (Vacaville) 12:21
4) Matt Jordan (Pleasant Hill) 12:21
5) Anthony Gump (Antioch) 12:21

Girls 14-15 2.5 Miles:
1) Shane Felix (Antioch) 12:21
2) Kathy Bergstrom (Suisun) 12:21
3) Sue Queenenberry (Concord) 12:21
4) Debbie Quintanus (San Leandro) 12:21
5) Susan Rice (Antioch) 12:21

Boys 16-17 3.0 Miles:
1) Mike Gill (San Francisco) 12:19
2) Greg Barch (Berkeley) 12:19
3) Steve Allen (Modesto) 12:19
4) Dave Whalen (Vacaville) 12:19
5) Dave Pike (Saratoga) 12:19

Women:
1) Jeannie Matthews 9:57
2) Dorothy Bell 10:48
3) Richick Nikols 11:23
4) Bob Trocha 12:04

First Orange Grove Half Marathon

Date = 11/6/77

PLC

1) JEFF FERRY 1:11:33
2) J. L. TAYLOR 1:17:15
3) RENE RUIZ 1:19:57
4) J. R. JURGENSEN 1:18:13
5) ROBERT SUMMERS 1:19:47

November 19, Pico Rivera, 9th Annual

High School 5 Mile:
1) Brian Holcomb (Willits) 26:22
2) Steve Bivens (Sacramento) 26:22
3) Richard Romero (El Monte) 26:22
4) Troy Alcaraz (CSU) 27:00
5) Al Burton 107:03

Women:
1) Jill Brezicki 2:45:25
2) Karen Kwong (Sunshine) 2:45:25
3) Yvonne Campbell (PMC) 2:45:25
4) Janie Tobi (Lafayette) 2:45:25
5) Valerie Krupka (Lafayette) 2:45:25

Girls 14-15 2.0 Mile:
1) Karen Kwong (Sunshine) 11:55
2) Yvonne Campbell (PMC) 11:55
3) Janie Tobi (Lafayette) 11:55
4) Valerie Krupka (Lafayette) 11:55
5) Jennifer Long (Lafayette) 11:55

October 22, Atascadero, 4th Annual

Atascadero Colony Days 4 Mile Run

1) Ivan Huff (SLO) 20:55
2) David Bronson (HSD) 20:55
3) Richard Wild (SLO) 20:55
4) John Beaton (SLO) 20:55
5) Gary Cipoll (Contra Costa) 20:55
6) Randy Newton (SLO) 20:55
7) Walter Thompson (SLO) 20:55
8) Jim Capper (SLO) 20:55
9) Steve More (SLO) 20:55
10) John Root (SLO) 20:55
11) Dave Goffey (SLO) 20:55
12) Dave Farmer (SLO) 20:55
13) Ray Fara (Contra Costa) 20:55
14) Barry Manning (Atascadero) 20:55
15) Beverly Margolis (SLO) 20:55
16) Carol Sinheimer (SLO) 20:55

First K)m Leg of 10km, 4 Mile Run

Distance = 6.000 Miles

PLC

1) JOHN DUBIG 1:16:33
2) STEVE LINDSLEY 1:16:33
3) ROBERT SUMMERS 1:16:33
4) J. R. JURGENSEN 1:16:33
5) ROBERT SUMMERS 1:16:33

Women:
1) Jeannie Matthews 1:16:33
2) Dorothy Bell 1:16:33
3) Richick Nikols 1:16:33
4) Bob Trocha 1:16:33

Women's Open 10 Mile:
1) Nancy Eick (RR) 2:45:25
2) Becky Villalvazo (RR) 2:45:25
3) Evelyn Givin /Armle Broneen/ 2:45:25

Date = 11/6/77

PLC

1) JEFF FERRY 1:11:33
2) J. L. TAYLOR 1:17:15
3) RENE RUIZ 1:19:57
4) J. R. JURGENSEN 1:18:13
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Girls 14-15 2.0 Mile:
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8) Jim Capper (SLO) 20:55
9) Steve More (SLO) 20:55
10) John Root (SLO) 20:55
11) Dave Goffey (SLO) 20:55
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14) Barry Manning (Atascadero) 20:55
15) Beverly Margolis (SLO) 20:55
16) Carol Sinheimer (SLO) 20:55

First K)m Leg of 10km, 4 Mile Run

Distance = 6.000 Miles

PLC

1) JOHN DUBIG 1:16:33
2) STEVE LINDSLEY 1:16:33
3) ROBERT SUMMERS 1:16:33
4) J. R. JURGENSEN 1:16:33
5) ROBERT SUMMERS 1:16:33

Women:
1) Jeannie Matthews 1:16:33
2) Dorothy Bell 1:16:33
3) Richick Nikols 1:16:33
4) Bob Trocha 1:16:33

Women's Open 10 Mile:
1) Nancy Eick (RR) 2:45:25
2) Becky Villalvazo (RR) 2:45:25
3) Evelyn Givin /Armle Broneen/ 2:45:25

Date = 11/6/77
### November 27, 1977: Community Bank River Run

**Men's 10-Kilometer Run**

1. Ralph Serra (UCI) - 31:49.32
2. Tom Lee (CCAC) - 31:50.20
3. Jeni Ellis - 31:50.23
4. Joe Carson (CCAC) - 31:54.70
5. Camillo Ross (SU) - 31:54.70
6. Kevin Burkin (LAVly) - 31:56.10
7. Cleveland Whalen (SMTC) - 31:59.30
8. Paul Cook (ALJ) - 31:59.30
9. Bill Cofer (OSU) - 31:59.30
10. Greg Parks - 31:59.30

1. Jim Peres (Aztec) - 32:01.26
2. Jeni Carson - 32:01.26
3. Jeff Davis - 32:04.90
4. Brian Appell (CCAC) - 32:04.90
5. Thomas Becker (FullJC) - 32:06.14
6. bev Hein (CCAC) - 32:06.14
7. Austin Frazzini (SU) - 32:06.14
8. Greg Parks - 32:06.14

**Women's 10-Kilo Run**

1. Judy Leydig (WVTC) - 37:49.83
2. Sharon Rahner - 37:91.00
3. Marilyn Taylor - 37:91.00
4. Kathryn Rankin - 39:38
5. Shelli Nakashio (M) - 39:59
6. Ruth Anderson (AS) - 40:21
7. Becky Sieml - 41:21
8. Cameron Berry (sub-M) - 41:21
9. Gail Campbell - 41:29
10. Nancy Pannell - 41:35

**Masters Division**

1. Mike Lennemann - 31:42
2. Jeff Cianci - 31:42
3. Don Trump - 31:42
4. Michael Eck - 31:42
5. Tim Becker (FullJC) - 31:42
6. Chad Kester - 31:42
7. Frank Duarte (CDMTC) - 31:42
8. James McMillan - 31:42
9. Barbara Estes (M) - 31:42

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### December 3, 1977: Gladstone, USPF Winter Deathlon at Gladstone College

1. Bob Coffman (Houston/CO) - 7993
2. Todd Harvey (WVTC) - 7993
3. Tom O'Neill (SU) - 7993
4. Chris Hamer (WVTC) - 7993
5. Paul Burke (SU) - 7993
6. Rich O'Connell (WVTC) - 7993
7. Bob Lovato (SU) - 7993
8. Doug Avila (WVTC) - 7993
9. Kari Hagan (SU) - 7993
10. Glenn Dean (SU) - 7993
11. Jose Green (WVTC) - 7993
12. John Huerta (SU) - 7993
13. Gil Dean (SU) - 7993
14. Dan Martinez (WRS) - 7993
15. Brian Meador (MRC) - 7993
16. Jim Allen (SU) - 7993
17. Esther Killianus (SU) - 7993

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### December 3, 1977: Fresno Road Race 6.0 miles

1. Tony Raelies - 25:50 Open
2. George Aguirre - 25:50 Open
3. Jim Hartig - 25:50 Open
4. Joe Mestlen - 25:50 Open
5. Bryan Foley - 25:50 Open
6. Dr. Cox - 25:50 Open
7. Curt Allen - 25:50 Open
8. Art Meyer - 25:50 Open
9. Richard Langford - 25:50 Open
10. Franklin Hill - 25:50 Open
12. Baldwin Bernstein - 25:50 Open
15. Wayne Van Deren - 25:50 Jr. Sr.
16. Stephen Kohler - 25:50 Open
17. Pete Encoba - 25:50 Jr. Sr.
19. Larry Martin - 25:50 Open
30. Frank Delgado - 25:50 Jr. Sr.
31. Tim Teach - 25:50 Jr. Sr.
32. Bruce Orsini - 25:50 Jr. Sr.
34. Ken Wust - 25:50 Jr. Sr.
## Finish Division

<table>
<thead>
<tr>
<th>Finish Place</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Brian Maxwell</td>
<td>1:45:09</td>
</tr>
<tr>
<td>2</td>
<td>Jim Naccio</td>
<td>1:48:30</td>
</tr>
<tr>
<td>3</td>
<td>Jan Sarsen</td>
<td>1:48:40</td>
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<tr>
<td>4</td>
<td>Fritz Watson</td>
<td>1:46:47</td>
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<tr>
<td>5</td>
<td>Pete Flores</td>
<td>1:47:52</td>
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<tr>
<td>6</td>
<td>Dennis Rinde</td>
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December 10. San Jose: All-Comers Meet at San Jose City College
Open 60:
1) Ernest Lewis (SJCC) 6.2
2) Dwane Green (SJCC) 4.99
3) Webster PCC 11.58
Open 60 M:
1) Jim Berry (Sac) 7.5
Open Triple Jump:
1) Chuck Steffes (WVTG) 46.59
Women's 60:
1) Landrath (Sac) 10.12
Women's 80:
1) Patricia Sunnyvale 16.82
Women's Shot:
1) Ron Mokes (Cand) 54.05

December 10. Berkeley: Berkeley All-Comers
1200M:
1) James Robinson 4:10.1
2) Peter Sweeney (ARC) 4:10.3
Javelin:
1) Bob Burns 167.9
Shot-Put-High School:
1) Mike Mayer (Tamal) 50-10
Shot-Put-Adult:
1) Van Fendley 39.7
High Jumps-All School:
1) Martin Ware (Sac) 7.8
High Jumps-Open:
1) Ray Smith (Cal) 7.8
High Jumps-Adult:
1) Peter Foster (Pleasant Hill) 14:52.2
Pole Vault:
1) Ken Pace (Hay) 13.0
1) laney College 42.4
400 M Relay:
1) Laney College 46.9
Lagom:
1) High School 50.8
1) Richard Peter (Camp) 16:02
Discus:
1) Morr Lewis (Cal) 128.6
800 M:
1) Valleluca (Gal) 1:59.1
High Jump:
1) Billy Hicks 6-9
High Jump-Open School:
1) Carrol Smith (Tamal) 6-6
800 M:
1) Bob Rose (Pleasant Hill) 2:02.4
800 M:
1) Ann Lee (Cal) 2:49.4
Triple Jump-All School:
1) Allan Kuhn (Cloverdale) 45.4
1) Long Jump-All School:
1) Dr. Clark (Petaluma) 19.8
1) Long Jump-Open School:
1) Vernall Wilkins (Martin) 21.0
1) Jennifer Howard (HSD) 14.3

December 17. Nascar Mid-Winter Road Run
Girls (born 1964) — 30 miles:
1) Monique Dubicky (Sac) 1:40.53
2) Denise Duncan (Roseville) 1:40.7
3) Doreen Dominguez (Haven) 1:41.0
Women (15-40) — 10 miles:
1) Helen Lopez (Delano) 1:14.3
2) Mikel O prosecutions (San Luis Obispo) 1:14.8
3) Curt Ellis (Fresno) 1:31.0
3) Randy White (Bakersfield) 1:31.1
2) Rod Rodman (Sac) 1:31.9
1) Don Winters (Sac) 1:31.2
2) Donnie Rodriguez (Sac) 1:33.0
2) Ted Oliver 1:34.3
2) Gary Campbell 1:35.0
Boys (born 1965) — 1 mile:
1) Mike Gordon (Sac) 4:57.3
2) John Dye (Curran) 5:02
3) Raymond Garcia (Corcor) 5:03
Boys (16-18) — 2 miles:
1) Shannon Smallwood (Cor.) 10:07.4
2) Arturo Ramos (Arvin) 10:10
3) Mike Rambo (Cor.) 10:15
3) Sergio Perez (Cor.) 10:16
Boys (18-19) — 3 miles:
1) Freddy Castillo (Tulare) 15:40
2) Kenny Cooper (North Hil) 15:44
1) Edward Burns (Shasta) 15:46
1) Fred Rambo (Cor.) 15:47

December 17. Lakewood: AAU Two Runner Relay:
3500 — 59 Division:
1) Rangel /Herrera (32) 47:25
2) B. Shirley /T. Babidachi (41) 48:32
3) Sangeolbo /White (41) 48:39
4) K. Atkinson /G. Moxley (40) 48:33
5) B. Bockel /L. Green (36) 49:18
6) G. Buckner /L. Green (36) 49:18
7) M. Hering /M. Reiner (37) 49:23
8) W. Dierks /B. Green (38) 49:23
9) P. Gonzales /G. Miller 50:00
60-79 Divisions:
1) J. Haggard /R. Richards (70) 51:33
2) L. Acosta /B. Rozier (70) 51:20
3) J. Kelly /B. Rose (70) 51:42
4) E. Davis /R. Bick (70) 49:28
5) G. Miller /L. Brown (62) 54:00
6) B. Bryant /B. Fitzgerald (65) 55:59

December 23. San Mateo: All-Comers Meet
Track Meet:
Open Division:
3000M Walk:
1) Neal Pyke (WVTG) 12:49.8
2) Dennis Tray (WVTG) 12:52.3
3) Dennis Tray (WVTG) 12:52.3
1) Denise Pidgeon (Sky) 61:34.8
1) Paul Bates (GSB) 20:10.3
200M Women:
1) Denise Valdez (Sky) 2:12.2

December 31. Santa Maria: 9th Anuall Holiday Deactiation:
1) Jan Bem (Glendale) 6:57
2) Jan Kell (Glendale) 7:04
3) Doug Cobb (Chi) 6:52
4) Steve Frenke (Chi) 6:54
5) Dave Kell (Glendale) 6:56
December 23: San Mateo All-Comers Track Meet

Open Division

3000m Walk: 1. Hilary Pyra (WVTC) 18:47.8

5000m: 1. Dennis Tracy (WVTC) 14:02.3

10,000m: 1. Denise Fidgell (Sky) 35:08.3


3000m Steeple: 1. Karen Vailkina (SKY) 14:00.0

5000m: 1. Operation (CBN) 14:00.0

5000m: 1. Maria Wavila (Sky) 14:00.0

400m Women: 1. Ashley Whithfield (USA) 54:00

100m Women: 1. Bryant/Fitzgerald (105) 55:59

December 31: Santa Maria, 9th Annual Holiday Relays

Track & Field Meet - Masters Results

Men's 1500m:
1. Bob Emmerling (SGS) 4:15.8
2. John Brennan (SMCA) 4:15.9
3. Tom Surjak (SCS) 4:22.2
4. Brian Parcej (SBC) 4:22.6
5. Dan John (Utah) 4:23.5

Women's 1500m:
1. Mike Gorman (SFC) 4:49.4
2. Tim Long (SFC) 4:50.9
3. Dorothy Stock (SCS) 4:51.8
4. Judy Johnson (RRF) 4:51.9
5. Donna Goodin (SGS) 4:52.0

Men's 5000m:
1. Al Gidtman (GHS) 14:02.6
2. Van Parle (GHS) 14:02.6
3. Percy Knox (GHS) 14:02.6
4. Rick McElwee (GHS) 14:02.6
5. George Waterman (GHS) 14:02.6

Men's 60+ High Jump: 1. Ken Davis (SAC) 54.0
2. Bill RibeA (Caribou) 54.0
3. Bill Morgan (GB) 54.0
4. Bob Peterson (Seaview) 54.0

December 17: Madera, 8th Annual Madera Marathon

400 Yard Relay: 1. College of San Mateo 44.5

1 Mile: 1. John Roberts (San St) 4:23.0

5000m: 1. Paul Richardson (WVTC) 14:42.2

60 High Jumps: 1. John Roberts (San St) 7.9

300m: 1. Bob Gummerson (SAC St) 46.0

Shotput: 1. Bob Gummerson (SAC St) 18-6

Discount: 1. Bob Gummerson (SAC St) 18-6

Discount: 1. Dennis DeWitt (FPC) 18-6
January 7, 1978 Miles of Smiles (4.36 mile)
1. Gary Tuttle 21:08
2. Steve Blum 21:50
3. Chuck Sead 21:58
4. Ramon Morales (1st 18u) 22:17
5. Scott Blackburn 22:19
7. Rick Torres 22:37
8. Steve Durand 23:39
9. Ron Zamora 23:41
10. Ron Rodal 23:43
11. Vincent Santisteban 23:53
12. Ron Hise 24:05
13. Stu Sutherland 24:09
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January 11, San Diego, Mission Bay Marathon
OPEN DIVISION:
1. Dave Frickel (La Verne) 2:19:14
2. Matthew Sehura (New Mexico) 2:20:46

JUNIOR (17 & under) DIVISION:
1. Mike Podien ski (El Cajon) 2:36:08
2. Tom Millinger (Westwood)
3. Gordon Duff (Orange County TC) 2:41:27

MASTERS (40-49) DIVISION:
1. Truman Clark (LA Striders) 2:35:08
2. John Brennand (Santa Barbara)
3. William Blair (Vista)

MASTERS (50-59) DIVISION:
1. Ed Almeida (San Diego TC) 2:41:27
2. Brian Freeman (San Diego TC)
3. Fred Nagelschmidt (Unatt)

WOMEN DIVISION:
1. Martha Cooksey (Orange) 2:53:58
2. Sue Petersen (San Fernando VTC) 2:57:42

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DAVE FRICKEL Mission Bay Marathon winner.

More complete results, hopefully, by next issue.
January 8, UCLA. Women’s All Comers

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** Houston McTear breaks world indoor mark in 60 yard dash.

** DeAndra Carney breaks world indoor record in 60 yard dash.

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