

# CALIFORNIA TRACK & RUNNING NEWS

**NOVEMBER**  
**1980**

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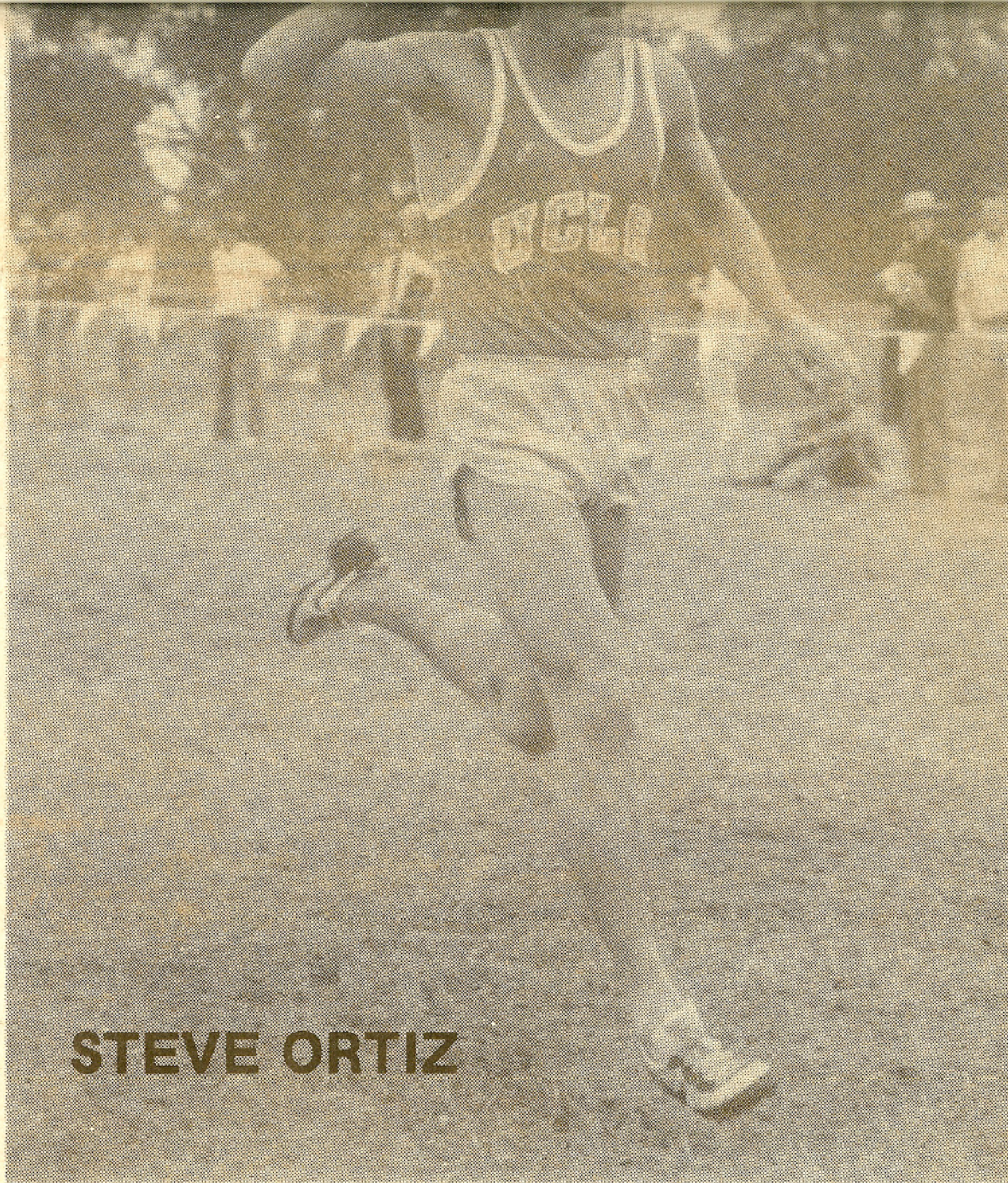
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# NOV 1980

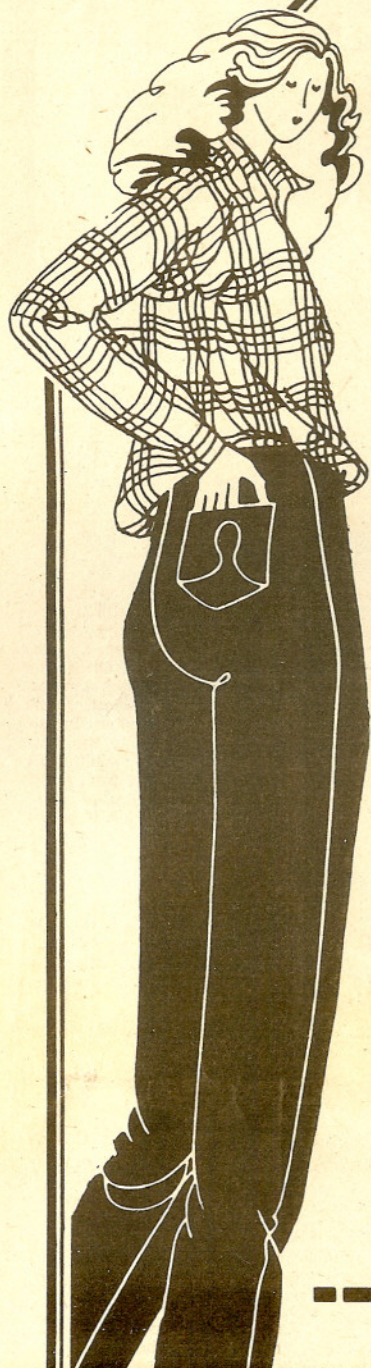
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*California Track & Running News*  
P.O. Box 6103  
Fresno, CA 93703

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**STEVE ORTIZ**



# JORDACHE<sup>®</sup> ROSE BOWL PRO-AM MARATHON

## \$50,000 PURSE

**DATE:** Sunday, November 23, 1980

**START TIME:** Pro-Am Marathon, 7:30 A.M.; Half Marathon and 10K, 7:40 A.M.

**COURSE:** Fast course through the foothills of San Gabriel Mountains. Start in front of the Rose Bowl and finish inside the Rose Bowl.

**PRIZE MONEY:** JORDACHE<sup>®</sup> is providing \$50,000 in prize money for those runners in the Marathon who register as professionals on race day. Cash prizes to the top ten men and the top ten women professionals. \$12,500 to first place man and first place woman. PROFESSIONAL AND AMATEUR MARATHONS ARE SEPARATE RACES.

**CERTIFIED AND SANCTIONED:** The course has been re-measured and re-certified in conformity with national AAU rules. The race is conducted by the PASADENA YMCA and sanctioned by the Southern Pacific Association of the AAU.

**REGISTRATION AND ENTRY FEE:** Runners may register by sending forms to The Running Center, P. O. Box 828, Rialto, CA 92376. Make checks payable to the PASADENA YMCA. Entry postmarked prior to midnight, Nov. 14, Marathon & Half Marathon (\$6.00) 10K (\$5.00).

Registration at Pasadena YMCA from 10 A.M. to 9 P.M., Mon-Fri, Nov. 17-21; Marathon & Half Marathon (\$8.00), 10K (\$7.00).

Race day registration at Rose Bowl, 6 A.M. to 7 A.M.; Marathon and Half Marathon, (\$10.00), 10K (\$9.00).

*Note: Late fees are set to encourage early registration, to promote better organization and a prompt start. Pick up packets on race day.*

**AID STATIONS:** Water and NATURITE - EVERYDAY ATHLETE<sup>™</sup> provided at seven aid stations along the course. Medical assistance and pickup provided as needed. Portatoilets located on the course.

**FACILITIES:** Showers available at PASADENA YMCA. Bring your own lock. Rose Bowl facilities will also be available. Bring your own towel.

**HOUSING:** Send self-addressed stamped envelope to Race Director at address below to receive list of hotels with guaranteed rates for race entrants, families and friends.

**RACE DIRECTOR:** Gary Duvall, Rose Bowl Marathon, PASADENA YMCA, 235 East Holly, Pasadena, CA 91101, (213) 793-3131.

**SPECIAL FEATURES:** Four separate awards presentations; numerous awards, medals, merchandise and gift certificates; live entertainment; prizes drawn at random; sports and entertainment celebrities; Rose Bowl Queen and Court; free refreshments; T-shirts to all registrants; certificates for all finishers; split times and mile markers; computerized results; exhibits; Gordon's Highball exhibits; Dr. Leroy Perry and F.A.R.E.; ample parking adjacent to Rose Bowl; and extensive media coverage.

**FINISH LINE AND RESULTS:** Provided by Race Central, a division of The Running Center, and R.A.C.E. immediately after each race.



## California Track & Running News

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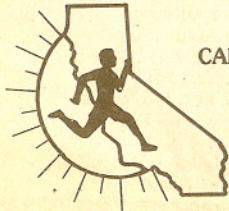
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**CORRESPONDENTS:** Ron Blackwood Central California High School; Calvin Brown Girls & Women Track & Field; Keith Conning North Coast Section High School; Ken Dose Northern California Community College; Rich Ede Women's Pentathlon and High School Track; Marty Higginbotham Central California Long Distance; Percy Knox Masters Men; Mike Lennemann Track Teaser Puzzle; Bill Mensing Sac-Joaquin Section High School; Bill Mlinarik Southern California Area; Jeff Rigdon San Diego Section High School; Rich Romine Ventura Area; Chuck Skow Open Track & Field; Dick Slotkin Southern California Long Distance; Doug Speck Southern Section High School; Howard Willman Central Coast High School; Bob Womack High School Girls All Time List.

**PHOTOGRAPHERS:** Keith Conning, Jim Engle, Don Gosney, Marty Higginbotham, Bill Leung, Jr., Richard Slotkin, Larry Sprague, Dave Stock.

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Fresno, CA 93703  
(209) 264-5847

# GUEST EDITORIAL

by  
Peanut Harms

I have a few comments that I would like to share with CT&RN readers concerning club organization, formation, purpose and direction in the U.S.

It seems to me that ideally a club should serve several purposes:

- 1) To encourage development of local talent through series of competitions which cater to all levels of abilities.
- 2) Preparing exceptional athletes (local) to compete with other "local" stars at national, regional, sectional competitions.
- 3) Provide a vehicle where runners can exchange training ideas, philosophies, etc.
- 4) Perpetuation of a running farm system, whereas the young runners mix and learn from the older runners. Gaining "early" maturity which is difficult to coach.
- 5) To fill the apparent coaching void left by slashed school budgets that are serving only to undermine the USA's Olympic development system (via the schools).

The main reason for me writing this article is because I feel that our club system in the U.S. is headed in completely the wrong direction. I was extremely disturbed when I attended the latest Nike "U.S.A. Club" Road Racing Champs last May in San Diego. The definition of a club for that race meant get any five or seven great athletes from anywhere around the nation and put the same jersey on them — instant clubs. Local clubs, such as Camino West, Aggies, Excelsior who draw locally cannot compete on the same level as these "super clubs."

However...let's look at what this does to the development of athletes in the U.S. At the local levels young runners have very little opportunity to climb into this national elite group. And then we have the Olympic Development Clinics where again the cream is skimmed off the top and sent to a camp for four days...at a cost which would boggle the imagination. Olympic Coaches Development Camps are great, but there was only one. Combine this attitude of elite clubs, and the Olympic Development Camps with the de-emphasizing the importance of good coaches at the high school level (creeping into junior & four year colleges) and what do you have - the total destruction of what used to be the most feared track and field power on earth. The continuity of our farm system is in serious trouble, and the clubs aren't filling the void.

I would like to offer a few suggestions:

- a) It is obvious that we're talking money - this whole Olympic Development program should be restructured to cater to developing talent at the local levels; it doesn't take much to develop a kid who's already running an 8:55 2 mile - put these programs in the community.
- b) Clubs must seek talent in their own areas and integrate them into the structure of the club and exchange training and competitive ideas. Further serving the purposes stated previously.
- c) These big companies (shoe & clothing) should direct some of their \$ towards developing talent rather than using ath-

letes as billboards. Converse's program with our club is doing a hell of a lot more for running in America than anyone else's.

The heavy dollars we're talking about would be better used at the community levels. Paying coaches to go in and give clinics/demonstrations rather than supplying the top athletes with a hundred pairs of training shoes each, 28 pairs of spikes each, 12 sweat suits each - would certainly be more beneficial for our athletes development.

Whether we want to face it or not the continuity and consistency in the development of our young/post grad athletes is in serious trouble. Unless our programs are restructured to provide a step by step channeling of our national talent our athletes resources will be lost forever. Programs such as Athletics West, Frank Shorter Racing Teams, Greater Boston, Olympic development programs, the TAC, TFA-USA are but temporary, insufficient, misguided solutions - take it back to the people - they (we) are our strength.

Any comments/criticism will be gladly accepted.

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Dwayne "Peanut" Harms is the Head Cross Country Coach at Foothill College, and the head "honcho" of the Aggie Running Club. He also is a very competitive distance runner.

On the cover: Steve Ortiz winning the Stanford Invitational photo by Don Gosney

# PROFILE ON:

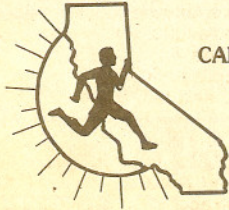
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In Eugene at the Olympic Trials Ortiz finished seventh in both the 5K and 10K with super marks of 14:14 (13:53 in his heat) and 28:27.3.

Ortiz has not neglected the road either. He holds the National 10K nineteen and

Steve admires many great track individuals but the one that stands out most in his mind is Steve Ovett. "I admire the way that he runs his races at the right time. He only runs a race when he is ready. A lot has been said on the negative side about this guy, but words are cheap. Steve Ovett lets his feet do the talking." Already this cross country season Steve

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On the cover: Steve Ortiz winning the Stanford Invitational photo by Don Gosney

# PROFILE ON: STEVE ORTIZ

Cross Country Championships and in track ran the 5K at the NCAA Nationals and earned All-American status.

In Eugene at the Olympic Trials Ortiz finished seventh in both the 5K and 10K with super marks of 14:14 (13:53 in his heat) and 28:27.3.

Ortiz has not neglected the road either. He holds the National 10K nineteen and under record at 29:37 and the National 10K twenty year old mark at 29:38. He has won several major road races in the state, which shows his strength and versatility.

Ortiz likes to run in good meets with good competition but also enjoys running in low key races. He says his favorite event is the 5000m where he has a best clocking of 13:40.9. His strategy in a race depends on, "the conditions of the place, I'm racing and who I'm racing against, and what kind of shape I'm in." In an event where he won't be contested Ortiz uses his splits as incentive to push him. However, in races where there is a top field he'll go with the leaders at a fast pace and try to make a strong surge in the middle of the race to break away.

Also he tries to maintain a regular running pattern everyday all year round. He will try to get to sleep at a decent hour and try to stay at a level weight.

His goal this year is to improve at a steady rate. He says, "I want to show some people what I can do, and that I can run up there with the very best." He wants to finish up at UCLA where he now holds the school record in the 2 mile (8:30.6) and 10,000m (28:27.3). After getting his degree he would like to coach a high school cross country team. "I enjoy working with people and I hope to be a counselor of some sort," he says.

Steve like competing in track because he says, "I enjoy the excitement of tough competition, the crowds at track meets, the friends that I make during the competitions I attend, and the fact that I'm able to see improvement from race to race." He enjoys running so much that he hopes to run the rest of his life.

Ortiz feels that qualifying for the 1984 Olympics and winning a medal would be a great accomplishment. He says, "I'm gearing my training and my mental attitude in that direction, because by that time I'll be twenty-five year old and on top of my game as far as running goes."

Steve admires many great track individuals but the one that stands out most in his mind is Steve Ovett. "I admire the way that he runs his races at the right time. He only runs a race when he is ready. A lot has been said on the negative side about this guy, but words are cheap, Steve Ovett lets his feet do the talking."

Already this cross country season Steve has showed his strength by winning several major events. He has proven he is one of the best collegiate runners in the country, and definitely one of California's best.

Cal Track and Running wishes you the best of luck in attaining your goals and congratulates you on your already superb performances.

by Marty Higginbotham

**Steve Ortiz.** UCLA. 21 years old; 5 feet 7 inches tall; 132 pounds. Club Jamul Toads. Birthday May 28, 1954. Coached by Bob Larsen.

**Best Marks:** 800 1:53.3; 1500 3:45.73; mile 4:04.5; 3000 8:09.5; steeple 8:57.3; 2 mile 8:57.3; 5K 13:40.9; 10K 28:27.3.

By now all of California and most of the United States has heard of Steve Ortiz. Ortiz in his senior year at UCLA has enjoyed a superb college track career. The UCLA star broke into national recognition while at Grossmont Junior College under coach Bob Larsen. Ortiz came to Grossmont with high school best marks of 1:57.3 880, 4:18.6 mile, 8:55.4 two mile and 29:15.3 six mile. Under Larsen these already quick times improved even more. As a sophomore at Grossmont J.C. Ortiz was runner-up in the State Cross Country Championships. In track he was Southern Cal 1500m and 5000m with times of 3:45.73 and 14:20.0. He ended up state champion in the 1500m (3:45.76) and runner-up in the 5000m 14:28. Also at the AAU Championships he ran to ninth place with a very impressive 29:09.5.

After an excellent J.C. career at Grossmont, Ortiz followed coach Bob Larsen to UCLA, where Larsen has put together one of the strongest distance teams in the country. In his junior year at UCLA he finished thirteenth in the AAU

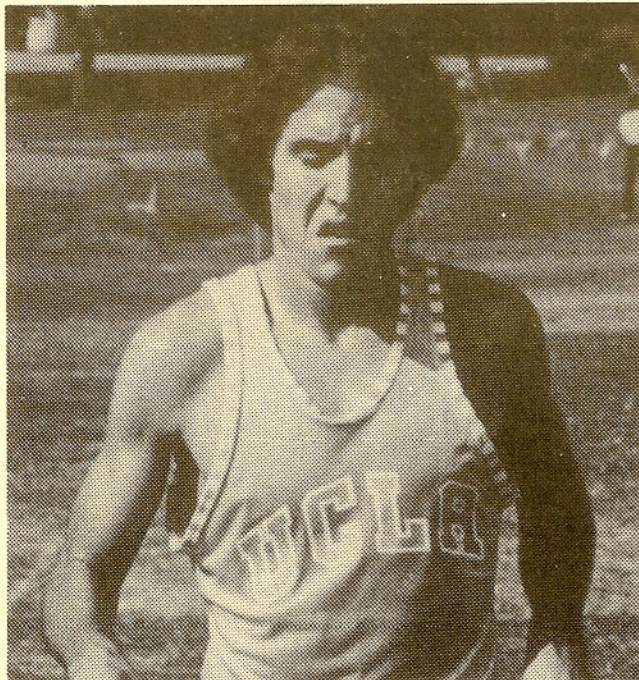


photo by Bill Leung, Jr.

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## NOVEMBER

**NOV 22: Arroyo Grande Recreation Dept. Turkey Trot.** 10:00 am. Various races, all low key. Rec. Dept., P.O. Box 550, Arroyo Grande 93420.

**NOV 22: State Center 5 Person 15 Mile Relay.** Roeding Park, Fresno, 10 am. Fresno Track Club, P.O. Box 6103, Fresno 93703. (209) 264-5847.

**NOV 22: Pico Rivera Turkey Trot.** 2½, 5 & 10 miles. Smith Park, 9 am. Ralph Aranda, 6615 Passons Blvd., Pico Rivera 90660. (213) 692-2247.

**NOV 22: Gilroy 2 Mile Turkey Trot.** Gilroy Parks and Recreation, 7371 Hanna, Gilroy.

**NOV 22: Santa Maria Scholarship Run.** 5 & 10 Kilo 9 am. John Rodriguez, Santa Maria Scholarship Run Committee, 901 S. Broadway, Santa Maria 93454.

**NOV 23: Rose Bowl Marathon.** Also half & quarter marathons. Pasadena, 7 am. Tony Nixon, Pasadena YMCA, 235 East Holly St., Pasadena 91101. (213) 793-3131. See entry blank in this issue.

**NOV 23: Run For Freedom.** 5 & 10 Kilo. Rancho Park in West L.A., 8 am. RACE, Box BC, Westminster 92683.

**NOV 23: Santa Clara Valley Autumn Ridge Run.** 6.07 miles. San Jose. Ron Landrum, 1201 Huntingdon Dr., San Jose 95129. (408) 252-0100.

**NOV 23: Palo Alto YMCA Turkey Trot.** 5 miles. 9 am. Steve Totten, 3412 Ross Road, Palo Alto 94303. (415) 494-1883.

**NOV 23: Pepsi 20 Mile Run.** Delta High School, Clarksburg (Sacramento area), 11 am. George Parrot, 1524 Little Court, Carmichael 95608. (916) 454-6884.

**NOV 23: C.A.H.P.E.R.D. 5K & 10K Turkey Trots.** Cal Poly SLO, 9 am. CAHPERD, c/o Physical Education Dept., Cal Poly State Univ., San Luis Obispo 93407.

**NOV 24: NCAA Div. I X-C National Championships.** Wichita State.

**NOV 29: Kinney Western Cross Country Qualifier.** Woodward Park, Fresno. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847. Entry deadline November 15. See advertisement in last issue.

**NOV 29: TAC Masters 5 Kilo X-C Championships.** Balboa Park, San Diego, 9 am. Bill Stock, San Diego Masters, 7160 Baldrich, La Mesa 92041. (714) 466-8700.

**NOV 29: Saucony 10 Kilo.** Balboa Park,

# SCHEDULE

Please send scheduling information directly to California Track & Running News at P.O. Box 6103, Fresno, California 93703

Schedule is subject to change; please verify date with meet directors before traveling to an event. Keep in mind that some events require advance entries. It is a good idea to include a stamped, self-addressed envelope when requesting meet information and/or entry blanks.

## DECEMBER

**DEC 4-7: Las Vegas Marathon Weekend.** Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277. (209) 7328030. See advertisement in this issue.

**DEC 6: Datsun's Dash for Breath.** 15 Kilo, Mission Bay Park in San Diego, 8 am. Polly Christianson, NAC, P.O. Box 26544, San Diego 92126. (714) 566-6447.

**DEC 6: Balboa Boogie.** 5,000 meters cross country. Women only. Nicki Hobson, 12991 Caminito Bodega, Del Mar 92014. (714) 755-7562.

**DEC 6: Fresno Road Race.** 6 miles, Chandler Field, 11 am. Fresno Track Club, P.O. Box 6103, Fresno 93703. Frank Delgado (209) 233-3631 or Fernie Montanez (209) 233-5027. See entry blank in this issue.

**DEC 6: Southern California Open X-C Championships.** Univ./Coll.: J.C.; H.S. Boys-Girls: Masters, Club Divisions. Don Ruh, Mt. SAC, Walnut 91789.

**DEC 6: Oxy Women's 5K.** Los Angeles, 9 am. Woody Studenmund, 1956 Escarpa Dr., Los Angeles 90041. (213) 254-0440.

**DEC 6: Olympians 5 & 10 Kilo Runs.** Newport Beach, 9 am. Newport Beach Runners Association, 1162 Dorset, Costa Mesa 92626. (714) 546-3663.

**DEC 6-7: TFA Winter Decathlon.** Glendale. John Tansley, Athletic Dept., Glendale College, 1500 N. Verdugo Rd., Glendale 91208.

**DEC 7: Honolulu Marathon.**

**DEC 13: Kinney Cross Country National Championships.** Balboa Park, San Diego. Must qualify in Regional on November 29. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847. See advertisement in last issue.

**DEC 14: TFA West Coast Weight Pentathlon.** Glendale. John Tansley, Athletic Dept., Glendale College, 1500 Verdugo Rd., Glendale 91208.

**DEC 14: Santa Maria Half-Marathon.** Jim Batterson, 412 West Orchard St., Santa Maria 93454. (805) 922-0856.

**DEC 14: Fun Run and Potluck.** Point Magu. North American Network of Women Runners, Sylvia Gentile (213) 396-7146.

**DEC 14: 5 Miles Before Christmas.** San Francisco Bay Area. Mike Porter, 2013 Broadway, Redwood City 94063.

**DEC 20: Mission Bay 25KM Run.** San Diego Track Club, P.O. Box 1124, San Diego 92112.

**DEC 20: Striders 50, 50 miles.** Santa Monica, 3 pm. Tom Sturak, Box-1602, Santa Monica 90406.

**DEC 20: Rose Bowl 10 Mile.** 8 am. Bill Pickrell, 666 Longfellow, Hermosa Beach 90254. (213) 374-7314.

**DEC 21: Los Angeles Bicentennial Founders' Trek Half-Marathon.** San Gabriel Mission, 8 am. Eric Rawlings, Community Hospital of L.A., 218 S. Santa Anita, San Gabriel 91776. (213) 284-3282. See entry blank in this issue.

**DEC 21: Christmas Relays.** San Francisco Bay Area. Marc Lund, 902 Rockefeller.

## JANUARY

**JAN 2: Runner's World Indoor Classic Indoor Meet.** San Francisco Cow Palace. See advertisement in this issue.

**JAN 3: Athlete's World 7 Mile Road Run.** Fresno Pacific College. Fresno Track Club, P.O. Box 6103, Fresno 93703.

**JAN 10: High Sierra 5 Mile Run.** Hwy 41 & Rd. 204 just north of Fresno. 10 am. Joe Herzog, 822 S. Claremont, Fresno 93727. (209) 252-3897. Please see advertisement in October issue.

**JAN 11: Mission Bay Marathon.** San Diego, 7 am. Mission Bay Marathon, P.O. Box 1124, San Diego 92112.

**JAN 11: Locker Room Four Mile.** Mooney Grove Park, Visalia, 8 am. 4 miles. Locker Room, 3901 South Mooney, Visalia 93277. (209) 625-3484.

**JAN 17: Fresno All Comers Track Meet.** Fresno State University, 11:30 am. Carlo Prandini, Clovis High School, 1055 Fowler Ave., Clovis 93612. (209) 299-7211.

**JAN 17: Mt. SAC All Comers Track Meet.** Walnut, 10 am. Don Ruh, Athletic Dept. Mt. San Antonio College, Walnut 91789.

**JAN 23-24: National Track Coaches Clinic.** Palo Alto and Anaheim. Robert Gaughran, Dept. of Athletics, Santa Ana College, 17th at Bristol, Santa Ana 92706.

**JAN 24: Fresno All Comers Track Meet.** Fresno State University, 11:30 am. Carlo Prandini, Clovis High School, 1055 Fowler Ave., Clovis 93612. (209) 299-7211.

**JAN 25: Big Dipper Handicap 6 mile.** Woodward Park, Fresno, 2 pm. Fresno Track Club, P.O. Box 6103, Fresno 93703.

**JAN 25: Redondo Beach Super Bowl Sunday 10K Run III.** Redondo Beach, 8 am. Redondo Beach Run, P.O. Box 3185, Redondo Beach 90277. (213) 376-6912.

**JAN 30: Sunkist Invitational Indoor.** Sports Arena, Los Angeles. Al Franken, 8530 Wilshire Blvd., #203, Beverly Hills 90211. (213) 655-9326.

**JAN 31: Fresno State Weight Pentathlon.** Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno, CA 93740. (209) 487-2167.

**JAN 31: Modesto All Comers Track Meet.** Jack Albiani (209) 526-2000.

**JAN 31: All Comers Decathlon.** Azusa Pacific College, 10 am. Terry Franson (714) 596-4128.

**JAN 31: Mt. SAC All Comers Track Meet.** Walnut, 10 am. Don Ruh, Mt. San Antonio College, Athletic Dept., Walnut 91789.

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NOV 29: **Saucony 10 Kilo.** Balboa Park, Diego. Neil Finn, Phidippides TC, 4630 Bonita Rd., Bonita 92002.

NOV 29: **Fall Field Event Meet.** Cal State Northridge, 12 noon. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3205. See advertisement in this issue.

NOV 29: **TAC Boys National / RRCA Girls Western X-C Championships.** Spring Lake Park, Santa Rosa. Fred Kenyon, 1570 North Street #22, Santa Rosa 95404. Entry deadline November 21. See advertisement in last issue.

NOV 30: **Mad Jack Mission Bay 10K.** Scott McCarthy (714) 291-6480.

NOV 30 **Brooks-TFA National Masters 25K Run.** San Francisco. Len Wallach, 1060 Continentals #104, Belmont 94022.

NOV 30: **Oakland Marathon.** Also Half Marathon. C. Swenson, P.O. Box 2501, Oakland Airport Station, Oakland 94621. See advertisement in August/September issue.

NOV 30: **Merced Turkey Trot.** 10 Kilo. Applegate Park, 10 am. Jack McCabe, P.O. Box 2538, Merced 95340. (209) 723-9417.

NOV 30: **Firestone Scouts 5 & 10 Kilo.** Brea, 8 am. Greg A. Risser, 2333 Scout Way, Los Angeles 90026.

NOV 30: **Lawyers Track Club 54-Mile Mulholland Relay Run.** Hollywood Bowl, 6:00 am. Lawyers Track Club, 11750 Sunset Blvd., #410, Los Angeles 90049. (213) 472-6173.

DEC 6: **Balboa Boogie.** 5,000 meters cross country. Women only. Nicki Hobson, 12991 Caminito Bodega, Del Mar 92014. (714) 755-7562.

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DEC 6-7: **TFA Winter Decathlon.** Glendale. John Tansley, Athletic Dept., Glendale College, 1500 N. Verdugo Rd., Glendale 91208.

DEC 7: **Honolulu Marathon.**

DEC 7: **Beverly Hills-Perrier 10KM Run.** 8 am. Recreation Dept., 450 N. Crescent, Beverly Hills 90210. (213) 550-4816.

DEC 7: **Anaheim River Run/Sub 4 Invitational.** Anaheim Stadium, 8:15 am. RACE, Box BC, Westminster 92683. (714) 754-0491.

DEC 7: **Hanukah Torch Run.** 8 Kilo, Beverly Hills, 10 am. Dr. Paul Berns, 2080 Century Park East, Suite 401, Los Angeles 90067. (213) 553-4833.

DEC 7: **Santa's Stampede.** 2 & 5 miles, Napa College, 10:30 am. Reg Harris, 1267 Walnut C66, Napa 94558. (707) 255-8705.

DEC 7: **Mt. Madonna Challenge.** 12.1 miles. Mt. Madonna Park, Spring Lake entrance on Hwy. 152, 11 am. Bill Flodberg, 12925 Foothill Ave., San Martin 95046.

DEC 8: **San Jose State 2 Mile & 10 Kilo.** Hellyer Park, San Jose, 8 am. Spartan Spikesters, c/o Men's Track Program, 175 So. Seventy St., San Jose 95192. (408) 277-3281.

DEC 11: **Pierce College 5 and 10K Bull Run III.** Woodland Hills, 8 am. Ed Bravo, 22245 Chatsworth St., Chatsworth 91311.

DEC 13: **Fall All Comers Track Meet.** Cal State Northridge, 12 noon. No throws. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3205. See advertisement in this issue.

DEC 13: **Clovis Stampede.** 8 kilo, 11 am. Sandy McPherson, 1108 Villa #145, Clovis 93612. (209) 298-4955.

DEC 13: **SPA-TAC District 10 Kilo Championships.** Griffith Park, 8 am.

DEC 14: **Fun Run and Potluck.** Point Magu. North American Network of Women Runners, Sylvia Gentile (213) 396-7146.

DEC 14: **5 Miles Before Christmas.** San Francisco Bay Area. Mike Porter, 2013 Broadway, Redwood City 94063.

DEC 20: **Mission Bay 25KM Run.** San Diego Track Club, P.O. Box 1124, San Diego 92112.

DEC 20: **Striders 50.** 50 miles, Santa Monica, 3 pm. Tom Sturak, Box-1602, Santa Monica 90406.

DEC 20: **Rose Bowl 10 Mile.** 8 am. Bill Pickrell, 666 Longfellow, Hermosa Beach 90254. (213) 374-7314.

DEC 21: **Los Angeles Bicentennial Founders' Trek Half-Marathon.** San Gabriel Mission, 8 am. Eric Rawlings, Community Hospital of L.A., 218 S. Santa Anita, San Gabriel 91776. (213) 284-3282. See entry blank in this issue.

DEC 21: **Christmas Relays.** San Francisco Bay Area. Marc Lund, 902 Rockefeller, #11-B, Sunnyvale 94087. (408) 739-6560. See advertisement in this issue.

DEC 20: **Preventive Sports Medicine Seminar.** San Francisco, 7 am to 6 pm. West Valley Track Club. See advertisement in this issue. See advertisement in this issue.

DEC 27: **New Year's All Comers Track & Field Meet.** Mt. SAC, 10 am. Don Ruh, Athletic Dept., Mt. SAC, Walnut 91789.

DEC 27: **Mt. Lowe Trail Run to Inspiration Point.** 13 Kilo, 8:30 am. Pasadena Area. Joseph Wilson, Pasadena Chumbek, 181 S. Los Robles, Pasadena 91101.

DEC 27: **Holiday Half Marathon.** San Luis Rey Downs, 9 am. Carl Maier, Oceanside Recreation Dept., 350 N. Ditmar St., Oceanside 92054. (714) 439-7161.

DEC 28: **Westlake 20 Mile Run.** Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705.

DEC 31: **Napa Midnight Run.** 5.7 miles, Napa College, 12 midnight. Kaye Hall, 4516 Dry Creek Rd., Napa 94558. (707) 255-0883.

DEC 31: **Midnight Masquerade Run.** 1/2 & 3 miles, Cal State Sacramento. Cruz Acevado, 2408 J St., Sacramento 95816. (916) 442-7723.

DEC 31: **New Years Eve Fun Run.** North American Network of Women Runners, Sylvia Gentile (213) 396-7146.

JAN 10: **High Sierra 5 Mile Run.** Hwy 41 & Rd. 204 just north of Fresno. 10 am. Joe Herzog, 822 S. Claremont, Fresno 93727. (209) 252-3897. Please see advertisement in October issue.

JAN 31: **All Comers Decathlon.** Azusa Pacific College, 10 am. Terry Franson (714) 596-4128.

JAN 31: **Mt. SAC All Comers Track Meet.** Walnut, 10 am. Don Ruh, Mt. San Antonio College, Athletic Dept., Walnut 91789.

# CALIFORNIA TRACK & RUNNING NEWS

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# So. California X-C Diary

by BILL MINARIK

## October 13

The UCLA Bruins again took this past weekend's x-c spotlight as they completely outclassed a good field at the Stanford Invitational. Again, Bruins Steve Ortiz, Ron Cornell, and Dave Daniels went 1-2-3 with reliable Don Moses and Rick Rose backing them up to the tune of 48-93-131-154-175 over Sub-4, UCB, CPSLO, and Stanford.

On the distaff side, the Bruin gals grabbed a first at the CS Northridge Invitational with CSN second and UC Irvine third by a 21-34-74 count, as Linda Goen was again the individual winner.

In community college action, the big event of the week would have to be the San Mateo Invitational, which showcased most of Norcal's best. In large school competition, it was American River winning both the men and women's divisions, however the girls from West Valley apparently didn't run in this one. In the small school races, Moorpark again made it a clean sweep as the Raider men took the measure of Norcal favorite Monterey Peninsula 35-51 despite a 1-2 finish by Monterey and then the Moorpark women gave perhaps their best effort of the year, whild running away from runner-up Sequoia 46-96.

On the high school scene, perennial channel league power, Dos Pueblos, won their own invitational in a close meet over San Marino. Its possible that San Marino was a bit down after winning an exciting dual meet, 27-28, against CIF power La Canada only a few days earlier.

## October 16

The UCLA Bruins indicated to the rest of the country, last Saturday at the Aztec Invitational in San Diego, that they just might be ready to take on UTEP and Oregon at the NCAA Meet. The UCLAns placed 3 in the top 5, as Steve Ortiz broke the course record with Dave Daniels and Ron Cornell not far behind. On the distaff side, the Bruins ran second to Arizona as it appears that Linda Goen will be the only national class harrier competing out of Westwood this season.

In Community College action, in a couple of featured dual meets, Long Beach CC demolished last years state runner-up Pasadena in a bit of a surprise. Some people at that meet said that LBCC Coach Ron Allice, the guru of community college recruiting, has brought in a number of African distance runners in an effort to make his x-c program as strong

meet, which was televised locally, marked the third of many confrontations between these two schools this year, with the winner of the final one very possibly being state small school champ. All other dual meet activity went pretty much according to form.

In the high school ranks, all eyes were pointed toward the Kenny Staub Invitational where two of the favorites for this year's Kinney Meets, Barasa Thomas of Santa Barbara and Vickie Cook of Alemany took the spotlight. Neither one disappointed their fans as they both destroyed good individual fields. In the team competition, always tough 1000 Oaks and Newbury Park captured the boys and girls divisions respectively.

Down at the Costa Mesa Invitational, another candidate for individual honors, Jon Butler of Edison, obliterated a strong individual field with a blistering time of 14:30 over a rugged 3 mile course.

## October 20

It was an eventful week just completed, as much so for what didn't happen as what did. I'll start with some bad news, which I'm sure most institutional x-c fans are aware of, that is, the death of Sacramento State Head Coach Noel Hitchcock. Noel, who had been despondent over the break-up of his marriage, took his own life with a single shot to the head. I know this must really hit people at the school hard since Noel had upgraded the distance program to the point where the team was NCAA Division II runner-up last season behind a virtually unbeatable CPSLO squad. Noel's death is a very great loss to the world of running.

On the brighter side of things, a proposed strike by the LA City High School coaches to protest the elimination of cross country and other minor sports from the sections curriculum was averted when two local organizations responded to an S.O.S. (save our sports) from the athletes. Channel 9 indicated that it could raise about \$500,000.00 from a telethon it would hold November 22 and radio station KROQ indicated it would hold a rock concert the same day to raise money. In anticipation of the new revenues, I understand that cross country season will start immediately, assuming there are still athletes interested in competing.

This x-country season, I was looking forward to October 17, which according to the schedule I was viewing, was the date for the community college portion of the Mt. SAC Invitational. However, a number

There was one invitational held the 17th and that was at Santa Barbara, where Ventura College's Ron Ysais (pronounced e-cyus) made his long-awaited community college debut a successful one, as he ran away from a good field while leading his teammates to a convincing team victory.

This will set up what will probably be one of the most dynamic individual confrontations in many years this Friday when Ron will lead his Ventura team against Jeff Nelson and his Glendale gang in an important dual meet at Oxnard. This match-up will pit the most devastating road racer ever to come out of high school against the most devastating cross country runner who ever made his way along prep harrier paths. Since this race will probably be on a relatively flat course, it could produce one of the fastest times ever for four miles cross country. While Jeff has an edge on the basis of comparative times on the Santa Barbara course, Ron has the fastest 10k time of the two, and since neither of them have been pushed--anything can happen.

In women's action at Santa Barbara, the gals from Glendale have definitely established themselves as the team to beat for the state small school championship with a convincing win over runner up Mira Costa.

In prep action, it looks more and more like Edison's Jon Butler and Alemany's Vickie Cook are the runners to beat for Kinney honors. In the Orange County Invitational, Butler ran away from the field again to the tune of 15:09 vs. 15:44 while Miss Cook posted one of the fastest 2 mile x-c times ever, 10:54, which was a full minute faster than the rest of the field which included the very talented Therese Ebner of Bishop Amat.

In the NCAA Meet, Arizona scored an easy win over UCLA, who is competing without Kathy Mintie and Michelle Bush. I look for the Wildcats to be in the top 5 in the AIAW Meet.

## October 28

As far as this week's cross country action in SoCal goes, you could probably sum it up by saying Mt. SAC, as most of the top high schools and community colleges in the state were on hand for this classic invitational.

In the community college section, there were additional races added for both men and women which further added to the action enjoyed by harrier fans. Fortunately the scheduling snafu which saw some schools with dual meets this day was

picked off 7 of the top 10 spots with Steve McCormack leading the way with a meet best of 19:50.

In the small school race, Porterville made it a big day for the Norcal schools as they edged College of the Desert and Citrus 68-70-86.

In the women's division, Orange Coast as expected cruised to a 41-73-73 win over American River and Grossmont in the large school race, while San Diego CC put on an awesome performance in the small school race, grabbing four out of the top 6 spots which put it about 100 points ahead of its nearest rival.

The victory by Fresno CC over Pima Arizona was very significant in that Pima was rated number one in the nation outside California, thus Fresno's victory, not to mention Grossmont's overall best time of the day, goes a long way to substantiate what I've said about California community colleges being superior to the rest of the country combined.

In an important dual meet the same day as Mt. SAC, Ventura ended Glendale CC's 46 meet winning streak 25-30 at Oxnard, and in doing so, jumped back into the favorite spot for state honors, not to mention restoring some credibility to my pre-season rankings. In this one, Glen-

## NORTHERN CALIFORNIA COMMUNITY COLLEGE CROSS COUNTRY NOTES

The Fresno Rams are the only unbeaten team going into the Nor-Cal meet at Sierra November 14th. Fresno proved its strength in winning the Sierra Invitational, Golden Gate, Mt. SAC, and Valley Conference meets. Fresno won the large schools at Mt. SAC beating out a Pima Arizona team.

The Rams' top two men are Scott Thornton and Ramon Garcia. The two sophomores have finished up front in all of the big meets. Thornton was 3rd at Golden Gate and 2nd at Sierra and Mt. SAC with Garcia winning the Golden Gate, third at Sierra and Mt. SAC. Julian Vinton, John Hendry, Jesse Cordova and Steve Moreno give Fresno plenty of depth that has helped the team win easily in all these meets thus far. Fresno and Grossmont are the only undefeated large school teams in California.

American River, Porterville and San Joaquin Delta finished a few points apart at San Mateo Invitational. American River

dale's Jeff Nelson passed Ventura's Ron Ysais at the 3000 meter mark on his way to a winning clocking of 19:08 on the four mile course, however, the Pirates won convincingly at the next four positions for a win which must have been oh so sweet for Ventura Coach Tuck Mason.

At this point of the season, the State Meet looks like this. Grossmont all the way in the large school men's division; Orange Coast and West Valley in the large school women; San Diego CC and Glendale in the small school women; and Monterey, Porterville, Ventura, Glendale, Moorpark, Citrus and Desert all in contention for small school men honors.

In the prep division, it might sound like a broken record, but Edison's Jon Butler and Alemany's Vickie Cook both easily took the measure of the best the rest of the state could come up with, as they continued their drive toward the National Prep Championship which the Kinney Meet has become a synonym for.

In the team action, Costa Mesa had to go to a tie-breaker to beat Valhalla of El Cajon (98-98) in the boys overall, while University High of Irvine destroyed the girls field with a 48 point total and a combined time of 61:50 compared to 65:07 for the closest competitor.

and could be a surprise. West Valley will be among the top 5 in the large schools.

Among the small schools conference, Monterey, Butte and Canada make it a 3 way battle.

Individuals who have a chance for the 1st spot are Thornton and Garcia from Fresno, German Aranda from Porterville (via Columbia), Dave Lehrman of Reedley, Felix Sotos of San Jose, Marlon Smith of American River.

Among the small schools, leaders are Jeff Magallanes of Monterey, Dan Martinez of Canada.

In the women's division, West Valley is the favorite, although they have not participated in the J.C. meets thus far. They run in club meets and among four year schools. American River has been unbeaten among the Nor-Cal schools and have won easily. Their top five are Francis Negri, M. McKillop, Jenny Simpson, Diane Norton and Jenny Brown. They won easily on the Nor Cal course at Sierra ahead of Santa Rosa.

The women's individual winner will most likely be Laurie Crisp of Modesto

channel league power. Dos Pueblos, won their own invitational in a close meet over San Marino. Its possible that San Marino was a bit down after winning an exciting dual meet, 27-28, against CIF power La Canada only a few days earlier.

#### October 18

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The other big meet saw Jeff Nelson make his community college debut a spectacular one as he broke the Santa Barbara CC course record by 28 seconds while leading his Glendale CC teammates to a 22-33 victory over Moorpark. This

Sacramento State Head Coach Noel Hitchcock. Noel, who had been despondent over the break-up of his marriage, took his own life with a single shot to the head. I know this must really hit people at the school hard since Noel had upgraded the distance program to the point where the team was NCAA Division II runner-up last season behind a virtually unbeatable CPSLO squad. Noel's death is a very great loss to the world of running.

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This x-country season, I was looking forward to October 17, which according to the schedule I was viewing, was the date for the community college portion of the Mt. SAC Invitational. However, a number of CC's, including the one I was at reading the schedule, had it wrong as the 24th was the correct date. Now the meet director had expanded the number of sections this time to accommodate the huge number of teams from Socal, Norcal and Arizona, which traditionally compete. So it will be interesting to see if there are enough teams participating to have the additional sections this time.

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In the community college section, there were additional races added for both men and women which further added to the action enjoyed by harrier fans. Fortunately the scheduling snafu which saw some schools with dual meets this day was limited to the Western States Conference, thus all races were well-stocked with teams.

The big news from a pure results standpoint was that Grossmont DID NOT win the mens large school race. That honor went to Fresno City College which took a 47-49 verdict over Pima Arizona. Grossmont, however, was included in the new medium school division and, as usual,

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American River, Porterville and San Joaquin Delta finished a few points apart at San Mateo Invitational. American River has the edge, but Delta has been improving and has come up at the end of the year in past years. Santa Rosa, 1979 Nor-Cal champs have had some injuries

and could be a surprise. West Valley will be among the top 5 in the large schools.

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The women's individual winner will most likely be Laurie Crisp of Modesto among the large schools, unless West Valley can come up with a club runner. Linda Jungsten of Canada and Diane David of Butte will battle in the small schools.

# Cross Country RESULTS

## UCLA Invitational

by Lee J. Berg

September 20, 1980.

A good field and fast times were recorded over a tough four mile course at the UCLA Invitational. The host school took the opportunity to show its increased depth after last year's strong showing in cross country. (3rd in Pac-10, 16th in Nationals) and won with 18 points over UC Riverside (94) and Cal State Northridge (96). Running without top man Steve Ortiz, UCLA still picked up 6 of the top 8 placed, but Ortiz would have had his hands full with new teammate Dave Daniels.

A UC Irvine transfer and steeplechaser, Daniels ran away with the race to win by 34 seconds over 3:57.7 miler and teammate Ron Cornell. The two non-Bruins in the top 8 were Bill McCullough (3rd) and Lance Packer (CSUN-4th).

UCLA's Coach Larsen was pleased with the results as times were excellent for so early in the season and his runners showed improvements over last year. He also reports that Steve Ortiz is in good shape and will be running the Aztec Invitational along with the rest of the team on October 4th.

As with the men's race, the times were fast for an early season meet. Sheila Ralston of UCLA was the early leader, but was eventually passed by teammate Linda Goen (17:44) and Terese Kozlowski (17:46), Loyola-Marymount. UCLA Coach Scott Chisham was pleased with the

results over the difficult 5000 meter course as his team won the meet with 36 points. San Diego State was second (59 points) with Cal State Northridge third (72 points) and Long Beach State fourth (83 points).

Kathy Mintie and Michelle Bush of UCLA will not be running cross country this season but Mintie is reportedly running well. As for Mintie, Coach Chisham laughs, "she has 12 traffic citations for running on the roads this summer...that's a new school record...so she must be in good condition."

#### MEN

1. Dave Daniels(UCLA) 19:03.1
2. Ron Cornell(UCLA) 19:37.9
3. Bill McCullough(UNAT) 19:45.6
4. Lance Packer(CSUN) 19:48.5
5. Steve Webb(UCLA) 19:48.9
6. Rick Rose(UCLA) 19:49.4

7. Don Moses(UCLA) 19:49.6
8. Dan Brady(UCLA) 19:49.9
9. Chris Schallert(UNAT) 19:52.4
10. Steve Alvarez(UCR) 19:57.3
11. Hector Perez(SMC) 20:02.4
12. Phil Gonzalez(UCLA) 20:05.3
13. Tim Varley(USIU) 20:09.1
14. Reke Rodriguez(Azusa Pac.) 20:12.5
15. C. Whalen(SMTC) 20:14.6
16. Joe Avila(UCLA) 20:16.3
17. Brian Parks(UCR) 20:16.8
18. Ray Cook(UCR) 20:17.7
19. Ken Ernst(UCLA) 20:20.5
20. Forrest Metcalf(USIU) 20:22.3

#### TEAM SCORES

1. UCLA 18
2. UC-Riverside 94
3. CSUN 96
4. USIU 105
5. Santa Monica College 121
6. CSULA 136
7. Azusa Pacific 156
8. CSU-Dominguez Hills 213
9. U. of San Diego 239

#### WOMEN

1. Linda Goen(UCLA) 17:44.2
2. Terese Kozlowski(Loy. Mary.) 17:46.6
3. Sheila Ralston(UCAL) 17:49.0
4. Beth Milewski(CSUN) 17:55.9
5. Evelyn Tribble(CSULB) 18:06.0
6. Liz Baker(San Diego State) 18:09.0
7. Sherrie Roach(CSULB) 18:20.2
8. Ann Regan(UCLA) 18:25.1
9. Heidi Perham(UCLA) 18:25.1
10. Stacy Kneeshaw(San Diego) 18:28.8
11. Debra Chaddock(San Diego) 18:32.4
12. Dee Dee Deegan(CSUN) 18:40.7

13. Marie Albert(UCR) 18:42.1
14. Lisa Scaduto(UCAL) 18:46.1
15. Lynda Pentice(San Diego) 18:48.3
16. Yvonne Yanke(UNAT) 18:52.3
17. Carol Keller(CSUN) 18:55.5
18. Tracy Trisco(San Diego) 19:01.5
19. Janey Hummel(San Diego) 19:02.9
20. Teresa Haro(Santa Monica) 19:03.5

#### TEAM SCORES

1. UCLA 35
2. San Diego State U. 59
3. Northridge State U. 72
4. Long Beach State U. 83
5. UC Riverside 141
6. Loyola Marymount 169
7. Fullerton State U. 208
8. Cal Poly Pomona U. 230
9. Los Angeles State U. 241

## 38 Aztec Invit.

by Lee Berg

Balboa Park, San Diego. Men's 10,000 meter and Women's 5,000 meter cross-country.

UCLA had its second rout in as many meets, dominating the Aztec Invitational in San Diego. Runner-up Arizona was expected to be a lot closer (UCLA33-Arizona 82) but top runner Harrison Koroso placed far back in 39th. The meet lost most of its appeal when #1 ranked University of Texas, El Paso pulled out of the meet the previous week.

Coach Larsen and his UCLA squad were looking forward to the match up against UTEP and Larsen, comparing the 1979 results over the same course (which UTEP won) notes, "We would have won by about 40 points."

Steve Ortiz, "running easily," according to Larsen, broke James Rotich's course record by 2.5 seconds with a fine 29:48.3, reaffirming his position as UCLA's top man. Teammate Dave Daniels was second in 30:15.7.

In the women's race, Joan Hansen led her Arizona team to victory in the winning time by 23.5 seconds (16:57.3) over Sabrina Peters of ASU. The second place team was UCLA led by Linda Goen (5th-17:35.8) and Sheila Ralston (7th-17:48).

**MENS RESULTS**

1. Steve Ortiz(UCLA)	29:48.3
2. Dave Daniels(UCLA)	30:15.7
3. Doug Padilla(Brigham Young)	30:23.8
4. Dirk Lakeman(Arizona)	30:26.2
5. Ron Cornell(UCLA)	30:31.2
6. Manny Bautista(Cal Poly SLO)	30:31.7
7. Saustein Bitok(Utopia)	30:34.8
8. Terry Gibson(Cal Poly SLO)	30:38.2
9. Don Janicki(Arizona)	30:38.4
10. George Mason(Ath. in Action)	30:40.4
11. Rick Rose(UCLA)	30:46.4
12. Matt Blaty(Cal Poly Pomona)	30:50.0
13. Fred Millenback(N. Arizona)	30:50.5
14. Jeff Hess(Arizona)	30:51.1
15. Lance Parker(Cal St. North.)	30:55.0
16. Eric Hulst(Ath. in Action)	30:56.5
17. Larry Chumley(Glendale C.C.)	30:57.1
18. Don Moses(UCLA)	30:59.9
19. Mal Thompson(Un.)	31:01.5
20. Mark Lomeland(N. Arizona)	31:05.6
21. Bill Foley(Ath. in Action)	31:06.9
22. Garry Martinez(Un.)	31:07.7
23. Carmelo Rios(Cal Poly SLO)	31:10.1
24. Paul Medvin(Cal Poly SLO)	31:10.9
25. Joe Fabris(Cal Poly SLO)	31:11.8

**TEAM SCORES**

1. UCLA	33
2. Univ. of Arizona	82
3. Cal Poly-San Luis Obispo	106

**WOMENS RESULTS**

1. Joan Hansen(Arizona)	16:57.3
2. Sabrina Peters (ASU)	17:20.8
3. Stacy Crystal(Arizona)	17:27.2
4. Marjorie Kaput(Arizona)	17:28.7
5. Linda Goen(UCLA)	17:35.8
6. Anthea James(Arizona)	17:36.5
7. Sheila Ralston(UCLA)	17:48.5
8. Beth Milewski(CSN)	17:49.5
9. Liz Baker (S.D. St.)	17:54.6
10. Krista Holmes(Arizona)	17:57.9
11. Evelyn Tribole(CSLB)	18:05.6
12. Su Mei Lee(SCRR)	18:07.0
13. Sherri Roach(CSLB)	18:10.9
14. Sue Kinsey(Un.)	18:14.2
15. Ann Fegan(UCLA)	18:16.5
16. Ann Zampardo(Phid. TC)	18:17.9
17. Debra Chaddock(S.D. St.)	18:25.3
18. Lisa Scaduto(UCLA)	18:28.0
19. Sandy Beach(ASU)	18:31.7
20. Heidi Perham(UCLA)	18:33.3
21. Wende Walker(OXX)	18:34.3

**TEAM SCORES**

1. Arizona	24
2. UCLA	57
3. San Diego St.	90
4. ASU	128
5. CSLB	145
6. CSN	151

5. Cal State Northridge	129
6. Cal State Long Beach	130
7. San Diego State	179
8. Cal State Los Angeles	214
9. UC Irvine "B"	215
10. Cal Poly Pomona "B"	319
11. UC San Diego	322
12. Cal State Fullerton	343

1. Dennis Hamblin(UCI "A")	31:07.3
2. Frank Assumma(UCR)	31:21.0
3. Steve Alvarez(UCR)	31:25.2
4. Richard Perez(LBS)	31:27.1
5. Lance Packer(CSN)	31:41.1
6. Tim Varley(USIU)	31:46.7
7. Gary Barbon(CPP)	31:48.8
8. Matt Blaty(CPP)	32:02.2
9. Joe Young(UCI "A")	32:08.7
10. Charlie Christensen(UCI "A")	32:18.3
11. Chuck Assumma(UCR)	32:19.1
12. Mike Trilevsky(CPP)	32:32.3
13. Gilbert Cortez(CSLA)	32:35.2
14. Dan Walling(UCI "A")	32:37.1
15. Forrest Metcalf(USIU)	32:39.0
16. Ray Cook(UCR)	32:39.4
17. Tony Reyes(CPP)	32:40.9
18. Barry Boettcher(SDSU)	32:43.7
19. Reuben Barron(UCI "A")	32:46.7
20. John Whitesides(UCI "A")	32:51.3
21. Steve Kirchhoff(UCI "A")	32:53.4
22. Jim Dunlap(CSN)	32:54.9
23. Brian Parks(UCR)	33:00.4
24. Dave Cangelosi(LBS)	33:02.5
25. Allen Just(LBS)	33:12.9

**Women's 5000 Meters**

<b>Team Scores:</b>	
1. San Diego State	24
2. Cal State Northridge	65
3. Cal State Long Beach	75
4. UC Riverside	100
5. Cal State Los Angeles	158
6. UC San Diego	169

1. Elizabeth Milewski(CSN)	17:42.6
2. Sue Kinsey(UN)	17:43.6
3. Yvonne Yanke(UN)	18:05.3
4. Liz Baker(SDSU)	18:12.9
5. Debra Chaddock(SDSU)	18:17.0
6. Diana Deegan(CSN)	18:28.1
7. Stacy Kneeshaw(SDSU)	18:33.5
8. Linda Prentice(SDSU)	18:35.5
9. Doreen Assumma(CSULB)	18:51.1
10. Janey Hummell(SDSU)	18:54.6
11. Marie Albert(UCR)	18:56.3
12. Sherrie Roach(CSULB)	19:01.1
13. Carol Keller(CSN)	19:05.9
14. Renne Lopat(USC)	19:18.0
15. Jane Spencer(SDSU)	19:24.5
16. Debbie Simmons(SDSU)	19:25.7
17. Michelle Hopper(UN)	19:31.4
18. Dolores Cannizzano(SDSU)	19:38.9
19. Beth Weber(CSN)	19:47.9
20. Missy Collins(SDSU)	19:50.7

**Fresno Invitational X-C**

1. 27, 1980.

<b>MENS 10K</b>	
1. Jairo Correa(UN-Reno)	30:41
2. Melvin Thompson(UN-LV)	30:45
3. Joaquin Leano(UN-Reno)	30:47
4. Rod Berry(Stanford)	30:49
5. Manny Bautista(Un.)	30:54
6. Peter Filleton(UN-Reno)	30:56

7. Dan Harvey(San Jose)	31:00
8. Jim Smith(Stanford)	31:01
9. Mike VanHorn(YFC)	31:04
10. Rucy Munoz(UN-Reno)	31:06
11. Dered May(UN-R TC)	31:08
12. Tony Ramirez(Camino West)	31:10
13. Lee Edmonds(YFC)	31:11
14. Tom O'Neil(Stanford)	31:14
15. Terry Gibson(Cal Poly)	31:18
16. Dan Navarro(UN-Reno B)	31:21
17. Mike Melendez(Stanford)	31:26
18. Eiremo Jorgen(UN-Reno)	31:30
19. Bill Graham(Stanford)	31:31
20. David Lynch(UN-Las Vegas)	31:34
21. Paul Medvin(Cal Poly)	31:36
22. Bob Tapia(FSU)	31:39
23. Carmelo Rios(Cal Poly)	31:42
24. Chris Hamer(FSU)	31:43
25. Doug Aurit(Cal Poly)	31:43
26. Bret BAffert(San Jose)	31:49
27. Andy DiConti(Cal Poly)	31:53
28. Terry Baver(Cal Poly)	31:55
29. Brian Foley(FTC)	31:57
30. Ray Knerr(FSU)	32:01

**Team Scores**

1. U. of Nevada-Reno	30
2. Stanford	50
3. Cal Poly-SLO	96
4. San Jose St. Univ.	133
5. Fresno State Univ.	137
6. Youth for Christ	155
7. U. Of Nevada-Reno B	188
8. Camino West R.C.	207
9. U. of Nevada-Las Vegas	238
10. Fresno State Univ. B	250
11. CSU Dominguez Hills	337
12. St. Mary's College	358
13. U. of San Francisco	378

**WOMENS 5K**

1. Kim Schnurpfell(Stanford)	16:48
2. Joan Hansen(UA)	16:51
3. Maggie Keyes(Cal Poly)	16:51
4. Sabrina Peters(ASU)	16:59
5. Jan Oehm(UC Berkeley)	17:09
6. Ellen Lyons(Stanford)	17:15
7. Stacy Crystal(UA)	17:16
8. Marjorie Kaput(UA)	17:22
9. Anthea James(UA)	17:24
10. Suzanne Richter(UC Berkeley)	17:27
11. Alice Trumbly(UC Berkeley)	17:35
12. Cindy Schmandt(UC Berkeley)	17:36
13. Eileen Kraemer(Cal Poly)	17:45
14. Krista Holmes(UA)	17:52
15. Stefani Stoutt(Hayward)	17:52
16. Patti Sue Plumer(Stanford)	17:58
17. Mary Anne Scannel(Sacra.)	17:59
18. Franie Castro(Hayward)	18:01
19. Amy Harper(Cal Poly)	18:02
20. Cheryl Flowers(UC Berkeley)	18:03
21. Liz Strangio(Cal Poly)	18:05
22. Janice Kelley(Cal Poly)	18:07
23. Lynne Hjelte(UC Berkeley)	18:11
24. Ann Trason(uc Berkeley)	18:12
25. Carol Hannigan(Sacra.)	18:16

**Team Scores**

1. U. of Arizona	40
2. UC Berkeley	58
3. Cal Poly-SLO	78
4. Stanford	128
5. CSU Hayward	134
6. Sacramento State	146
7. Arizona State	176
8. San Jose Cinder Gals	181
9. UN-Las Vegas	263
10. UN-Reno	310
11. West Valley	347

**Cal Invitational**

by Don Gosney

Oct. 4, 1980. Tilden Park, Berkeley.

Despite the free admission charge, Cal's women's cross country coach Vern Gambetta insists that the spectators be given their money's worth whenever he whips up one of his invitationals. Competing for top honors at this year's little fun run over the 5000 meter course at Berkeley's Tilden park were the University of Wisconsin coming off their fourth place finish at last year's Nationals, Cal with their seventh place finish at the same Nationals, Cal State Hayward with most of their Division III defending national championship team and a very strong team from the University of Washington.



MAGGIE KEYES

Schnurpfell. Announcing to the world that she was also a master gymnast, Miss Lyons performed a quick double somersault twenty yards from the finish but still ran a very impressive fourth place against some very quick runners.

Despite the loss of Cal's top draft pick Kerry Martinson and without the services of injured Cindy Schmandt Cal still had the talented depth to win the team championship with 51 points to Cal Poly's 61.

1. Maggie Keyes(SLO)	17:44.4
2. Oehm(Cal.)	17:46.5
3. Schnurpfell(Stanford)	17:52
4. Lyons(Stanford)	17:56
5. Joyce(Wash.)	18:09
6. Richter(Cal.)	18:17
7. Thomson(Wisc.)	18:20
8. Trumbly(Cal.)	18:26
9. Houston(Wisc.)	18:28
10. Eileen Kraemer(SLO)	18:28

**Team Scores**

1. Cal.	51
2. SLO	61
3. Wisconsin	75
4. Washington	91
5. Stanford	116
6. Hayward	
7. BYU	
8. Utah State	
9. Cal. "B"	
10. Hayward "B"	

photo by Don Gosney

**All Cal. X-C Meet**

Oct. 4, 1980. UC Davis, Calif. 10K.

1. Tom Down(Berkeley)	30:52
2. Felix Elleff(Berkeley)	30:52
3. Steve Alvarez(Riverside)	31:11
4. Jim Triplett(UCSB)	31:12
5. Frank Assumma(Riverside)	31:13
6. Rich McCall(Berkeley)	31:14
7. Mark LaBonce'(Berkeley)	31:34
8. Jan Clark(Berkeley)	31:40
9. Mike Dyer(Berkeley)	31:46
10. Chuck Assumma(Riverside)	31:56
11. Mike O'Reilly(Berkeley)	32:02
12. Brian Parks(Riverside)	32:11
13. Lance Reith(UCSB)	32:19
14. Steve Binns(UCSB)	32:27
15. Bob Annex(UCD)	32:27
16. Scott Ingram(UCSB)	32:34
17. Gordon Duff(UCSB)	32:36
18. Pete Dolan(UCSB)	32:92
19. Ray Cook(Riverside)	32:57
20. Mike Stimmeman(UCSB)	33:05

**Team Scores**

1. U.C. Berkeley	24
2. U.C. Riverside	49
3. U.C. Santa Barbara	68
4. U.C. Davis	168
5. U.C. San Diego	167
6. U.C. Santa Cruz	168

**Univ. Of Nevada Women's Meet**

WOMENS RESULTS	
1. Joan Hansen(Arizona)	16:57.3
2. Sabrina Peters (ASU)	17:20.8
3. Stacy Crystal(Arizona)	17:27.2
4. Marjorie Kaput(Arizona)	17:28.7
5. Linda Goen(UCLA)	17:35.8
6. Anthea James(Arizona)	17:36.5
7. Sheila Ralston(UCLA)	17:48.5
8. Beth Milewski(CSN)	17:49.5
9. Liz Baker (S.D. St.)	17:54.6
10. Krista Holmes(Arizona)	17:57.9
11. Evelyn Tribole(CSLB)	18:05.6
12. Su Mei Lee(SCRR)	18:07.0
13. Sherri Roach(CSLB)	18:10.9
14. Sue Kinsey(Un.)	18:14.2
15. Ann Regan(UCLA)	18:16.5
16. Ann Zampardo(Phid. TC)	18:17.9
17. Debra Chaddock(S.D. St.)	18:25.3
18. Lisa Scaduto(UCLA)	18:28.0
19. Sandy Beach(ASU)	18:31.7
20. Heidi Perham(UCLA)	18:33.3
21. Wende Walker(OXX)	18:34.3

TEAM SCORES	
1. Arizona	24
2. UCLA	57
3. San Diego St.	90
4. ASU	128
5. CSLB	145
6. CSN	151

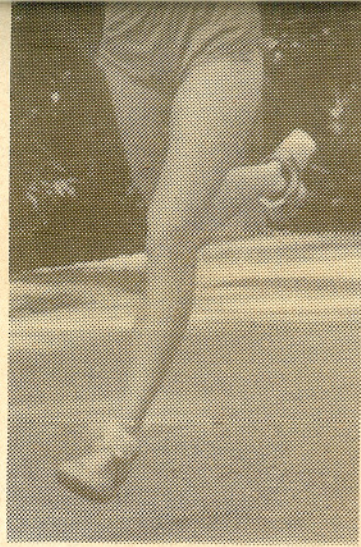
10. Suzanne Richter(UC Berkeley)	17:27
11. Alice Trumbly(UC Berkeley)	17:35
12. Cindy Schmandt(UC Berkeley)	17:36
13. Eileen Kraemer(Cal Poly)	17:45
14. Krista Holmes(UA)	17:52
15. Stefani Stoutt(Hayward)	17:52
16. Patti Sue Plumer(Stanford)	17:58
17. Mary Anne Scannel(Sacra.)	17:59
18. Franie Castro(Hayward)	18:01
19. Amy Harper(Cal Poly)	18:02
20. Cheryl Flowers(UC Berkeley)	18:03
21. Liz Strangio(Cal Poly)	18:05
22. Janice Kelley(Cal Poly)	18:07
23. Lynne Hjelte(UC Berkeley)	18:11
24. Ann Trason(uc Berkeley)	18:12
25. Carol Hannigan(Sacra.)	18:16

## Fresno Invitational X-C

1. 27, 1980.

MENS 10K	
1. Jairo Correa(UN-Reno)	30:41
2. Melvin Thompson(UN-LV)	30:45
3. Joaquin Leano(UN Reno)	30:47
4. Rod Berry(Stanford)	30:49
5. Manny Bautista(Un.)	30:54
6. Peter Elleton(UN-Reno)	30:56

Team Scores	
1. U. of Arizona	40
2. UC Berkeley	58
3. Cal Poly-SLO	78
4. Stanford	128
5. CSU Hayward	134
6. Sacramento State	146
7. Arizona State	176
8. San Jose Cinder Gals	181
9. UN-Las Vegas	263
10. UN-Reno	310
11. West Valley	347



MAGGIE KEYES

## Moorpark Invit.

1. Steve McGormack(G)	19:34.5
2. Sean Evans(G)	19:50.5
3. Matt Ebince(MSA)	20:11.4
4. Rule Lobson(LBCC)	20:16.7
5. Manny Sandoval(G)	20:20.3
6. Willie Ayyad(G)	20:20.8
7. Dick Ongaga(LBCC)	20:32.6
8. Scott Rivera(G)	20:24.6
9. Sam Pinvelas(G)	20:25.6
10. Danny Martinez(PCC)	20:30.1
21. Robert Scott(G)	20:31.1
12. Mike Pope(G)	20:32.5
13. Rodney Rivera(G)	20:34.5
14. Don Rotle(SA)	20:25.3
15. Rich Benavidez(MSAC)	20:47.6

Team Scores	
1. Grossmont "A"	22
2. Long Beach	91
3. Grossmont "B"	92
4. Mt. Sac	95
5. Pasadena	97
6. Santa Ana	159
7. East L.A.	192
8. L.A. Valley	234
9. Mt. Sac "B"	296

## Riverside Invitational Cross Country Meet

September 27, 1980. Second Annual. Men's 10,000 Meters

Team Scores:	
1. UC Irvine "A"	53
2. UC Riverside	55
3. Cal Poly Pomona	81
4. USIU	118



photo by Don Gosney

AMY HARPER (Cal Poly) & DIANE GONG (Stanford)

4. Jim Tripiett(UCSB)	31:12
5. Frank Assumma(Riverside)	31:13
6. Rich McCall(Berkeley)	31:14
7. Mark LaBonce'(Berkeley)	31:34
8. Jan Clark(Berkeley)	31:40
9. Mike Dyer(Berkeley)	31:46
10. Chuck Assumma(Riverside)	31:56
11. Mike O'Reilly(Berkeley)	32:02
12. Brian Parks(Riverside)	32:11
13. Lance Reith(UCSB)	32:19
14. Steve Binns(UCSB)	32:27
15. Bob Annex(UCD)	32:27
16. Scott Ingraman(UCSB)	32:34
17. Gordon Duff(UCSB)	32:36
18. Pete Dolan(UCSB)	32:92
19. Ray Cook(Riverside)	32:57
20. Mike Stimmeman(UCSB)	33:05

Team Scores	
1. U.C. Berkeley	24
2. U.C. Riverside	49
3. U.C. Santa Barbara	68
4. U.C. Davis	168
5. U.C. San Diego	167
6. U.C. Santa Cruz	168

## Univ. Of Nevada Women's Meet

Oct. 9, 1980. Reno, Nevada: 5,000 Meters.

1. Mary Ann Scannel(Sac.)	20:39
2. Mary Guyer(Un.)	21:06
3. Krista Roberts (Sac.)	21:09
4. Carol Hannigan(Sac.)	21:22
5. Robin Tracy(Sac.)	21:24
6. Terry Schmidt(UNR)	21:35
7. Diana Pappas(Sac.)	21:35
8. Kathy Kaiser(Un.)	22:14
10. LeAnn Knedler(Chico)	22:24
11. Karen Klopsch(Sac.)	22:52
12. Michelle Dioguardi(UNR)	22:53
13. Lili Huges(Sac.)	23:00
14. Brenda Shanks(Chico)	23:03
15. Patty Kuphaldt(Sac.)	23:04

Team Scores	
1. Sac. State	16
2. University of Nevada Reno	54
3. Chico State University	68
4. Sonoma State	118

## Womens Inter-Collegiate Cross Country

October 4, 1980. 5000 Meters. California State University Sacramento, Calif.

1. Mary Anne Scannel(SAC)	18:32
2. Kathy Way(UN)	18:48
3. Diana Pappas(SAC)	18:51
4. Carol Hannigan(SAC)	18:53
5. Robin Tracey(SAC)	19:13
6. Kathy Kaiser(UN)	19:22
7. Claudia Bergsohn(HUM)	19:34
8. Leann Knedler(CHI)	19:36
9. Dolores Adame(HUM)	19:53
10. Patty Kuphaldt(SAC)	20:17
11. Karen Klopsch(SAC)	20:32
12. Dru Russell(CHI)	20:36
13. Sheila Mascovich(HUM)	20:38
14. Julia Orri(CHI)	20:59
15. Jeannette Williams(SF)	21:02

Aside from Cal's bottomless pit of talent led by Jan Oehm, Suzanne Richter, and Alice Trumbly, pre meet favorite Wisconsin returned nine letter winners from last year's Big 10 and MAIAW champion team with Kenya native Rose Thomson showing her All-American form. Washington coach Alan Bonney borrowed a number from UTEP by reaching across the seas for the talent he hopes will send his team away from the Nationals with at top ten finish. Bonney depended upon the 1980 British 3000 meter and 1979 cross country champ Regina Joyce to pair up with New Zealand cross country national champion Karen Petley and his 1980 top prep pick Deanny Coleman.

Not to be denied their laurels, however, were the ever present dominance of Cal Poly's Maggie Keyes and the Stanford team of Kim Schnurpfeil and Ellen Lyons. Schnurpfeil missed last year's All-American squad by six tenths of a second while Ellen Lyons handily destroyed all of the competition in San Diego last year when she won the Kinney National Cross Country championship.

Announcing to the world that she was, indeed, national caliber runner, Ellen Lyons took off like the proverbial bat out of Hell to lead by thirty yards at the half mile marker. Miss Lyons was full of announcements that day, however, and she quickly announced that she was also lacking in the experience needed to compete against the seasoned veterans like Keyes, Oehm and Schnurpfeil. Coming out of the woods at the 4000 meter mark Maggie Keyes had persevered to gain the lead by a commanding margin while Miss Lyons fell victim to the hilly terrain and the 87 degree weather.

Although more than eleven seconds slower than her own course record, Miss Keyes won the battle with Jan Oehm and crossed the tape with a victorious 17:44.4. Six seconds behind Oehm and eight seconds behind Keyes was Stanford's

# Stanford Invitational

by Don Gosney

Oct. 11, 1980.

When you're an athletic director at a major university you sometimes have to wonder about your sanity when you authorize a trip for one of your teams when the coach only plans to send one person. Such was the case when Arizona State's Roger Kerr brought Sabrina Peters as his school's lone entrant to the Stanford Invitational. Even when the athlete is as good as Miss Peters it can be very difficult to justify the expenditure. Coach Kerr was able to return to Arizona with his head high, however, as his lone entrant not only won the race but set a new course record of 17:18.5 as well.

Stanford's Kim Schnurpfell, despite her sixteenth place finish at last year's Nationals and her impressively consistent running, must now fight with all her might to retain her position as number one Stanford runner. Last year's Kinney National Cross Country Champion Ellen Lyons is improving on a daily basis and defeated her rival and teammate by almost ten seconds to set a new school record for their home course. What was most impressive about Lyons second place finish was the drastic improvement in her race strategy in comparison to her inexperience just one week earlier at the Cal Invitational. The potential was evident as early as last year when Miss Lyons was still running through the suburbs of Boise, Idaho as a prep. To see the potential realized at such an early date, however, is exciting to say the least.

Looking very strong and impressive in the pack of 99 runners were Cal State Hayward's Frannie Castro and Michelle Aubuchon with their fifth and sixth place finishes, Palo Alto prep Kerry Brogan's nineteenth place finish and her kid sister Kelly's forty-eighth place finish.

Hayward showed why they are the defending Division III National Champions by taking the team championship from second place Stanford with 38 points to Stanford's 48.

This appears to be the year of UCLA. Not only is their football team making dogmeat out of everybody but their men's cross country team is almost scary to watch as well. Even though Sub-4 brought up a strong team with the likes of former Cal Poly star Jim Schankel, Tom Wysocki and Dan Aldridge, UCLA still produced a 48 to 93 victory. Defending champion Steve Ortiz led teammates Ron Cornell and Dave Daniels to a 1-2-3 finish with a very quick 30:04.6.

7. Tom Wysocki(Sub-4)	46.0	84. Steve Rallandino(Cam. West)	33:00
8. Benton Hart(WVTC)	47.6	85. Pete Dolan(UCSB)	02.2
9. John Moreno(Cam. West)	48.7	86. Keith Dowland(UNR)	03.9
10. Danny Grimes(Humboldt)	31:02.8	87. Bill Geating(YFC)	06.0
11. Dan Harvey(SJS)	:07.0	88. Tom Lobsinger(Stan.)	07.5
12. Mark Conover(Humboldt)	08.5	89. Tony Ramirez(Cam. West)	08.2
13. Terry Gibson(SLO)	09.5	90. Jon Jackson(SB Ath.)	10.3
14. Jim Triplett(UCSB)	11.1	91. Bertoluna(Pt. Loma)	11.3
15. Tom O'Neill(Stan.)	14.5	92. Bob Love(Cam. West)	13.7
16. Tim Holmes(FSU)	20.5	93. Jim Howard(YFC)	14.2
17. Bill Graham(Stan.)	20.8	94. Tim Cornell(FSU)	15.2
18. Don Moses(UCLA)	21.6	95. Gil Torres(FSU)	16.9
19. Dan Aldridge(Sub-4)	23.2	96. Joe Salazar(SJS)	17.5
20. Tom Downs(Cal)	24.1	97. John Wendler(SLO)	18.0
21. Armando Sequerios(Cypress)	34.4	98. Rueben Barron(UCI)	18.7
22. Mike O'Reilly(Cal)	24.8	99. John Whitesides(UCI)	23.0
23. Manny Bautista(Sub-4)	25.7	100. Bob Brennand(Stan.)	23.7

### Team Scores

1. UCLA "A"	48
2. Sub-4	93
3. Cal Berkeley	131
4. Cal Poly	154
5. Stanford	175
6. Humboldt	242
7. Camino West	252
8. UC Santa Barbara	248
9. Fresno "A"	265
10. UC Irvine	268
11. Cal Poly "B"	278
12. San Jose	306
13. WVTC	339
14. UCLA "B"	364
15. Youth for Christ	369
16. Point Loma College	410
17. Cal "B"	539
18. Fresno "B"	590
19. GSFTC	679
20. UC Santa Cruz	734
21. Sonoma State	749
22. USF	798

### WOMENS 5,000 METERS

1. Sabrina Peters(ASU)	17:13.7
2. Ellen Lyons(Stan.)	19.8
3. Kim Schnurpfell(Stan.)	29.6
4. Eileen Kraemer(SLO)	42.1
5. Frannie Castro(Hayward)	49.4
6. Michelle Aubuchon(Hayward)	56.0
7. Liz Strangio(SLO)	57.3
8. Stefani Stoutt(Hayward)	18:05.3
9. Connie Hester(Hayward)	12.2
10. Patty Plumer(Stan.)	13.8
11. Janice Kelley(SLO)	18.2
12. Amy Harper(SLO)	19.8
13. Diane Gong(Stan.)	19.9
14. Carol Hannigan(Sac. St.)	27.3
15. Jessica Spies(SJ Cindergals)	30.9
16. Karey Robinson(Hayward)	31.5
17. Kathy Kinane(UCSB)	38.8
18. Diana Karg(UCSB)	39.6
19. Kerry Brogan(Un.)	41.8
20. Tery Schmidt(UNR)	43.7
21. Ann Wotherspoon(Cindergals)	49.3
22. Irene Crowley(SLO)	50.7
23. Melissa Martel(UCSB)	55.7
24. Julie Thrupp(UCSB)	57.2
25. Krista Roberts(Sac. St.)	57.9
26. Lisa Sandel(USF)	19:01.3
27. Dana Hooper(SFTC)	02.1
28. Vivian Metzger(Stan.)	06.0
29. Linda Robinson(Hayward)	06.2
30. Vickie Bray(WVTC)	09.8
31. Katy Wanamaker(SLO)	11.6
32. Sara Sweeney(UCSB)	12.1
33. Robin Tracy(Sac. St.)	14.9
34. Pam Cox(S&Stripes)	17.2
35. Carol Adams(SLO)	18.3
36. Sue Oran(SLO)	21.2
37. Denise Bigelow(Hayward)	24.0
38. Carol Gleason(Cindergals)	36.5
39. Linda Larson(Un.)	37.8

# Crystal Springs Invitational

Oct. 11, 1989. College of San Mateo, Calif.

### SMALL SCHOOL MEN [4.197 miles]

1. Jeff Megallanes(MPC)	20:47.8
2. Sammy Barraza(MPC)	21:06
3. Paul Smith(MOOR)	21:13
4. Tom McKeown(CC)	21:18
5. Dave Grimes(CAB)	21:26
6. Francisco Robles(MOOR)	21:33
7. Pat Cooper(MOOR)	21:33
8. Martin Navarro(VEN)	21:38
9. Craig Harmon(MOOR)	21:43
10. Terry Miller(YIBA)	21:44
11. Mark Breish(CC)	21:50
12. Jim Harmon(MPC)	21:55
13. Mike Fassl(MOOR)	21:59
14. Robert Ellsworth(BC)	22:01
15. Seth Roberts(BC)	22:02

### Team Scores

1. Moorpark	38
2. Monterey	51
3. Butte	106
4. Ventura	152
5. Cuesta	176
6. Yuba	178
7. Cabrillo	187
8. Hartnell	202
9. Sierra	203
10. Skyline	250
11. Shasta	228
12. Lassen	335
13. Siskiyou	353
14. Ohlone	374

3. Delta	96
4. San Jose	110
5. West Valley	18
6. Canada	129
7. Cosumnes River	182
8. Santa Rosa	206
9. Diablo Valley	216
10. San Francisco	250
11. Chabot	318
12. Modesto	349
13. San Mateo	362
14. Sequoias	376
15. Marin	392
16. Napa	403
17. Merritt	437

### LARGE SCHOOL WOMEN [3.0 miles]

1. Laurie Crisp(MOD)	17:30
2. Fancie Negri(ARC)	18:17
3. Linda Jungsten(CAN)	18:38
4. Beckie Simmie(SR)	18:38
5. Jenny Brown(ARC)	18:44
6. Michelle Tani(SR)	18:45
7. Becky Schmidt-Hill(CAN)	18:47
8. Jeanette Allred(ARC)	18:49
9. Laura Craig(MERR)	19:04
10. Diane Norton(ARC)	19:08
11. Jenny Simonsen(ARC)	19:11
12. Sue Rich(DVC)	19:17
13. Jenny Blackman(SR)	19:23
14. Sharon Jordan(DELTA)	19:26
15. Anita Olson(CHA)	19:28

### Team Scores

1. American River	3
2. Santa Rosa	53
3. Diablo Valley	99
4. Canada	110
5. San Mateo	150
6. Sequoias	154
7. Delta	158
8. Modesto	164

# Hayward Invit.

Oct. 18, 1980. 3rd Annual Hayward Invitation Womens Collegiate 5000 Meter Run.

1. Terry Schmidt(UN "A")	19:04.6
2. Claudia Bergsohn(Hum.)	18:11
3. Nino Gottschalk(UC "B")	19:15
4. Lisa Sandel(USF)	19:18
5. Linda Jungsten(Can.)	19:24
6. Sheila Markevch(Hum.)	19:26
7. Karin Seifert(UC "B")	19:31
8. Colleen Moran(Ha "B")	19:40
9. Renee Hicks(Un.)	19:41
10. Eugenia Zorish(UC "B")	19:47
11. Terry Forsell(SCI)	19:51
12. Jill Smith(UN "A")	19:52
13. Dolores Adams(Hum.)	19:53
14. Andi Pernel(St. M.)	19:53
15. Leann Knedler(Ch "A")	19:56
16. Kathy Kaiser(Ch "A")	20:01
17. Becky Sch-Hill(Can.)	20:05
18. Denis Ellestad(UC "B")	20:08
19. Brenda Shanks(Ch "A")	20:09
20. Teres Jackson(Ha "B")	20:11

### Team Scores

1. U. Cal Berkeley "B"	48
2. Humboldt State	68
3. Hayward St. "B"	80
4. U. Nevada Reno "A"	86
5. Chico State "A"	97
6. Santa Clara	170
7. U. San Francisco	198
8. Hayward St. "C"	215
9. Sonoma State	235
10. Un. Nevada "B"	237
11. Chico St. "B"	272

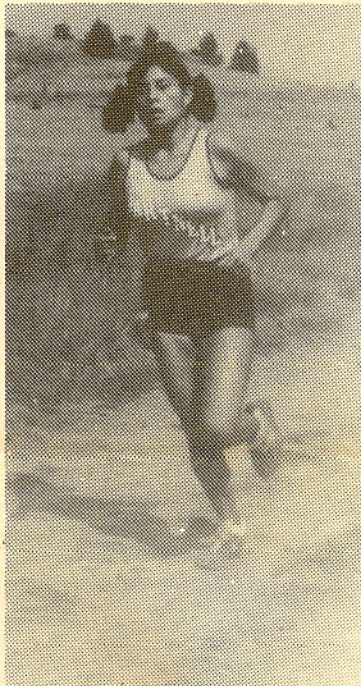


photo by Keith Conning

MARIA TRUJILLO

Hayward's Frannie Castro and Michelle Aubuchon with their fifth and sixth place finishes, Palo Alto prep Kerry Brogan's nineteenth place finish and her kid sister Kelly's forty-eighth place finish.

Hayward showed why they are the defending Division III National Champs by taking the team championship from second place Stanford with 38 points to Stanford's 48.

This appears to be the year of UCLA. Not only is their football team making dogmeat out of everybody but their men's cross country team is almost scary to watch as well. Even though Sub-4 brought up a strong team with the likes of former Cal Poly star Jim Schankel, Tom Wysocki and Dan Aldridge, UCLA still produced a 48 to 93 victory. Defending champion Steve Ortiz led teammates Ron Cornell and Dave Daniels to a 1-2-3 finish with a very quick 30:04.6.

54. Rick Gentry(Cam. West)	58.9
55. Ricky Perez(Loma)	32:00.0
56. Bob Tapia(FSU)	00.6
57. Paul Medvin(SLO)	04.1
58. Steve Pradere(UNR)	06.2
59. Terry Bauer(SLO)	07.9
60. Mike Melendez(Stan.)	09.7
61. Frank Ebner(Humboldt)	12.7
62. Roy Kissin(Sub-4)	13.6
63. Carmelo Rios(SLO)	14.3
64. Jorgen Eiremo(UNR)	16.0
65. Dave Frank(Stan.)	16.4
66. Mike McGlade(Loma)	17.4
67. Gordon Duff(UCSB)	19.7
68. Mike Porter(WVTC)	20.9
69. Rich McCann(Cal)	21.3
70. Scott Ingraham(UCSB)	23.0
71. Eric Sappenfield(Stan.)	23.6
72. Roger Innes(Humboldt)	26.7
73. Ken Ernst(UCLA)	32.3
74. A. Gonzales(UCLA)	34.3
75. Steve Kirchhoff(UCL)	35.3
76. Phil Gonzales(UCLA)	36.2

7. Liz Strangio(SLO)	57.3
8. Stefani Stoutt(Hayward)	18:05.3
9. Connie Hester(Hayward)	12.2
10. Patty Plumer(Stan.)	13.8
11. Janice Kelley(SLO)	18.2
12. Amy Harper(SLO)	19.8
13. Diane Gong(Stan.)	19.9
14. Carol Hannigan(Sac. St.)	27.3
15. Jessica Spies(SJ Cindergals)	30.9
16. Karey Robinson(Hayward)	31.5
17. Kathy Kinane(UCSB)	38.8
18. Diana Karg(UCSB)	39.6
19. Kerry Brogan(Un.)	41.8
20. Terry Schmidt(UNR)	43.7
21. Ann Wotherspoon(Cindergals)	49.3
22. Irene Crowley(SLO)	50.7
23. Melissa Martel(UCSB)	55.7
24. Julie Thrupp(UCSB)	57.2
25. Krista Roberts(Sac. St.)	57.9
26. Lisa Sandel(USF)	19:01.3
27. Dana Hooper(SFTC)	02.1
28. Vivian Metzger(Stan.)	06.0
29. Linda Robinson(Hayward)	06.2
30. Vickie Bray(WVTC)	09.8
31. Katy Wanamaker(SLO)	11.6
32. Sara Sweeney(UCSB)	12.1
33. Robin Tracy(Sac. St.)	14.9
34. Pam Cox(S&Stripes)	17.2
35. Carol Adams(SLO)	18.3
36. Sue Oran(SLO)	21.2
37. Denise Bigelow(Hayward)	24.0
38. Carol Gleason(Cindergals)	36.5
39. Linda Larson(Un.)	37.8
40. Jill Smith(UNR)	38.7
41. Emily Whitney(SLO)	39.0
42. Andre Heimbecker(Cindergals)	44.5
43. Teri Stout(Fresno TC)	46.0
44. Jand Sowersby(WVTC)	46.5
45. Renee Hicks(SFTC)	49.9
46. Marylin Bradt(Aggies)	51.6
47. Nancy Knop(Aggies)	53.5
48. Kelly Brogan(Un.)	55.8
49. Teresa Jackson(Hayward)	58.3
50. Marilyn Taylor(WVTC)	58.5

**Team Scores**

1. Hayward "A"	38
2. Stanford "A"	48
3. Cal Poly SLO	49
4. UC Santa Barbara	100
5. San Jose Cindergals	150
6. U. Reno-Nevada	24
7. Greater SF TC	255
8. West Valley TC	263
9. Hayward "B"	277
10. Aggies	294
11. Santa Clara	309
12. CSU-Chico	317
13. West Valley College	342
14. UC Santa Cruz	399
15. Stanford "B"	400
16. USF	438
12. Sonoma State	472

**Mt. Sac. Invit.**

Oct. 25, 1980. 4 mile.

1. Steve Chase(Complete Run.)	20:25
2. Ian Cumming(Un.)	21:04
3. Jim Ursulo(Complete Run.)	21:27
4. Bob Blanks(C.S. Fullerton)	21:36
5. Irv Ray(Sub 4 T.C.)	21:39
6. David DeLong(Un.)	22:37
7. Skip Shaffer(1-40-49, Un.)	22:39
8. Kent Parnell(Un.)	22:49
9. Leslie Caldera(C.C. A.C.)	22:58
10. Tom Fitzpatrick(C.S. Fullerton)	23:02



Left to Right: ELLEN LYONS, KIM SCHNURPFEL, SABRINA PETERS.

photo by Don Gosney

**MENS 10,000 METERS**

1. Steve Ortiz(UCLA)	30:04.6	77. Joey Gomez(SLO)	43.0
2. Ron Cornell(UCLA)	16.1	78. Ray Knerr(FSU)	47.1
3. Dave Daniels(UCLA)	18.0	79. Steve Strangio(SLO)	47.7
4. Duncan MacDonald(WVTC)	23.8	80. Henry Mendez(UCSB)	78.1
5. Jim Schankel(Sub-4)	26.9	81. Gret BAffert(SJS)	53.8
6. Art Boileau(OTC)	43.7	82. John Sup(Cal)	55.4
		83. Coty Pinchney	56.6



MARIA TRUJILLO

**SMALL SCHOOL WOMEN [3.0 miles]**

1. Maria Trujillo(HART)	17:54
2. Diana Divid(BC)	18:01
3. Sue Broccoli(MOOR)	18:12
4. Kim Keeton(YUBA)	18:17
5. Pam Burkes(HART)	18:20
6. Nancy Donat(MPC)	18:34
7. Robin Crowley(SIERRA)	18:52
8. Mary Jo Dietrich(MOOR)	19:06
9. Rosy Tibaduiza(LASS)	19:14
10. Colleen Trout(MOOR)	19:18
11. Amy Whisler(LASS)	19:19
12. Margaret Ford(MOOR)	19:21
13. Patty Marschik(MOOR)	19:32
14. Nancy Lee(MPC)	19:42
15. Betty Minton(SIERRA)	19:47

**Team Scores**

1. Moorpark	46
2. Sierra	96
3. Monterey	112
4. Ventura	122
5. Yuba	126
6. Lassen	135
7. Hartnell	142
8. Butte	172
9. Shasta	179
10. Cuesta	250

**LARGE SCHOOL MEN [4.197 miles]**

1. Herman Aranda(PORT)	20:52.8
2. Marlon Smith(AMR)	20:59
3. Greg Williams(WVC)	21:04
4. John Routh(CAN)	21:06
5. Ted Franse(DELTA)	21:15
6. Dan martinez(CAN)	21:24
7. Gregg Fogg(SR)	21:31
8. Robert Miller(DELTA)	21:34
9. Jeff Grubbs(CRC)	21:34
10. Hernando Cardenas(PORT)	21:36
11. Eddie Fuel(WVC)	21:37
12. Fernando Balderas(SJ)	21:38
13. Ken harvey(AMR)	21:38
14. Mike Green(SJ)	21:40
15. Felix Soto(SJ)	21:41

**Team Scores**

1. American River	82
2. Porterville	93

John Cumming

1. Terry Schmidt(UN "A")	19:04.6
2. Claudia Bergsohn(Hum.)	18:11
3. Nino Gottschalk(UC "B")	19:15
4. Lisa Sandel(USF)	19:18
5. Linda Jungsten(Can.)	19:24
6. Sheila Markevch(Hum.)	19:26
7. Karin Seifert(UC "B")	19:31
8. Collen Moran(Ha "B")	19:40
9. Renee Hicks(Un.)	19:41
10. Eugneia Zorish(UC "B")	19:47
11. Terry Forsell(SCI)	19:51
12. Jill Smith(UN "A")	19:52
13. Dolores Adams(Hum.)	19:53
14. Andi Pernel(St. M.)	19:53
15. Leann Knedler(Ch "A")	19:56
16. Kathy Kaiser(Ch "A")	20:01
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18. Denis Ellestad(UC "B")	20:08
19. Brenda Shanks(Ch "A")	20:09
20. Teres Jackson(Ha "B")	20:11

**Team Scores**

1. U. Cal Berkeley "B"	48
2. Humboldt State	68
3. Hayward St. "B"	80
4. U. Nevada Reno "A"	86
5. Chico State "A"	97
6. Santa Clara	170
7. U. San Francisco	198
8. Hayward St. "C"	215
9. Sonoma State	235
10. Un. Nevada "B"	237
11. Chico St. "B"	272

**Biola Invitational**

October 18. La Mirada, 5 miles.

**Men's Race:**

1. Dennis Hamblin (UCL)	25:10
2. Charlie Christensen (UCI)	25:19
3. Mike McGlade (Pt. Loma)	25:25
4. Joe Young (UCI)	25:33
5. Ricardo Perez (Pt. Loma)	25:35
6. Brian Blue (SDS)	25:45
7. Reuben Barron (UCI)	25:48
8. Greg Lovercamp (Azusa)	25:59
9. Tim Varley (USIU)	26:01
10. David Lynch (UNLV)	26:03

**Division I Team Scores:** UC Irvine 23, San Diego State 47, US International 73, Cal State Long Beach 76. **Team Scores**  
**Division 11:** Point Loma 47, Cal Lutheran 55, Azusa Pacific 69, Westmont 84, Biola 128, Cal State Dominguez 147, UC San Diego.

**Women's Division:**

1. Terese Kozlowski (Loyola)	17:26
2. Cathy Fulkerson (Cal Lutheran)	18:00
3. Dottie Meyers (UNLV)	19:19
4. Lisa Baumgarth (Pt. Loma)	19:35
5. Marilyn Martin (Pt. Loma)	19:51
6. Reyna Soledad (UCSD)	19:57
7. Jenny Kraft (UNLV)	20:10
8. Gwen Brauer (UNLV)	20:25
9. Gail Oriscoll (UNLV)	20:32
10. Liz Garman (Azusa)	20:51

**Women's Team Scores:** University of Nevada Las Vegas 43, Point Loma College 53, Loyola Marymount 84, UC San Diego 94, Pepperdine 104, Biola 128, Azusa 142.

# PREP NOTES

by Keith Conning

Send all high school material directly to Keith Conning, California Track & Running News High School Editor, 2235 Browning St., Berkeley, CA 94702.

## North Coast Section Cross

### Country Invitational Rankings

by Keith Conning

#### MEN

1. Jay Marden (Mission San Jose, Fremont), the defending section champion, was undefeated in three invitationals—Alum Rock, Artichoke, and Hayward. He defeated Dave Carroll (Mira Loma, Sacramento, Sac-Joaquin Section) by 27 seconds at Alum Rock. He defeated Aubrey Wilson (Berkeley) by 12 seconds and Dave Shea (Castro Valley) by 25 seconds at Artichoke. He defeated Paul Grabowsky (San Ramon, Danville) by 35 seconds, Dave Shea by 39 seconds, and junior Tim Berry (Ygnacio Valley, Walnut Creek) by 45 seconds at Hayward.

2. **Aubrey Wilson** (Berkeley) won at Oakland and placed second at Artichoke and Soquel. He defeated Paul Grabowsky by one second, Dave Shea by 21 seconds, and Tim Berry by 25 seconds at Oakland. He defeated Dave Shea by 13 seconds at Artichoke. Besides Jay Marden, only outstanding junior Harold Kuphardt (Bella Vista, Fair Oaks, Sac-Joaquin Section) has beaten Wilson.

3. **Paul Grabowsky** (San Ramon, Danville) won at San Ramon and Herschel Miles in Antioch and placed second at Oakland and Hayward. He defeated Dave Shea by 20 seconds and Tim Berry by 24 seconds at Oakland. He defeated his teammate Frank Matull by 2 seconds at San Ramon. He defeated Tim Berry by 9 seconds at Herschel Miles. He defeated Dave Shea by 4 seconds, and Tim Berry by 10 seconds at Hayward.

4. **Dave Shea** (Castro Valley) won at Stanford, took third at Hayward, fifth at Oakland, and sixth at Artichoke. He defeated Tim Berry by 4 seconds at Oakland, and by 6 seconds at Hayward. He defeated Angel Vasquez (Watsonville, Central Coast Section) by 4 seconds at Stanford. He defeated Kent Iglehart

#### WOMEN

1. **\*Robyn MacSwain** (Terra Linda, San Rafael), a junior, was undefeated in three invitationals—Oakland, Artichoke, and Crystal Springs. She defeated Marta McLeod (Skyline, Oakland Section) by 40 seconds at Oakland. She defeated Linda Van Housen (Sacred Heart, Central Coast Section) by 35 seconds and Kerry Brogan (Los Altos, Central Coast Section), last year's Northern California champion, by 40 seconds at Artichoke. She defeated Laurie Hollingworth (Piner, Santa Rosa) by 44 seconds at Crystal Springs.

2. **Lori Shanoff** (Petaluma) was undefeated in four invitationals—Block P (Petaluma), Chico, San Ramon, and Stanford. She defeated Laurie Hollingworth by 8 seconds at Block P. She defeated Liz McDowell (Del Oro, Loomis, Sac Joaquin Section) by 34 seconds at Chico. She defeated her teammate Ann Bertucci by 20 seconds at San Ramon. She defeated Kerry Brogan by 29 seconds at Stanford.

3. **\*\*\*Mary Ann Morse** (Carondelet, Concord), a sophomore, won at San Ramon and Hayward, and was second at Herschel Miles. She defeated Marcia White (Miramonte, Orinda) by 2 seconds at San Ramon. She defeated Mary Gaffield (El Cerrito) by 6 seconds at Herschel Miles. She defeated her teammate Valerie Knafelic by 7 seconds at Hayward.

4. **Marcia White** (Miramonte Orinda) won at Herschel Miles and was second at San Ramon. She defeated Missy Dixon (Acalanes, Lafayette) by 9 seconds at San Ramon. She defeated Mary Ann-Morse by 2 seconds at Herschel Miles.

5. **\*Laurie Hollingsworth** (Piner, Santa Rosa), a junior, was first at Hayward, and second at Block P and Crystal Springs. She defeated Dana Flint (Ukiah) by 30

#### ARTICHOKE INVITATIONAL Half Moon Bay High School, Oct. 4, 2.3 miles.

Large Boys: Castro Valley 107, Amador Valley (Leasanton) 120, Mission San Jose 131, Bellarmine 142, Berkeley 151, Monta Vista 188, Mira Loma (Sacramento) 192, Carimont 202, Willow Glen 249, Redwood (Larkspur) 280. Jay Marden (MSJ) 11:08.7 (course record 11:16.5 Marden 1979), Aubrey Wilson (Berkeley) 11:20, Dean Vanderbush (Lassen, Susanville) 11:28, Bryan Carroll (Douglas, Carson City, Nevada) ex-Los Altos 11:32, Joe Naughten (Fremont) 11:32, Dave Shea (Castro Valley) 11:33, Kent Iglehart (Gunn) 11:33, Dave Carroll (ML) 11:36, Rodney Sellard (Bell.) 11:36, Dave Barber (WV) 11:39. Small Boys: Lick 59, Riverbank 94, St. Francis 108, Terra Linda (San Rafael) 149, Newark 203, Moreau (Hayward) 234, Terra Nova 245, Half Moon Bay 265, Mills 266, Sunnyvale 328. Munoz (L) 11:44, Scott Marlonga (Menlo) 11:45, Rich Brown (San Luis Obispo) 11:49, Scott Gale (SF) 11:54, Bill Anderson (R) 12:02, Ruben Garcia (R) 12:04, Ben Trujillo (L) 12:05, Will Wild (Sal.) 12:06, Richard Diaz (L) 12:09, William Windham (East, Manteca) 12:12. Girls: St. Francis 120, Castro Valley 134, Mira Loma 134, Terra Linda 160, Redwood 177, Arroyo Grande 180, Berkeley 235, Granada 275, El Cerrito 297, Amador Valley 301. Robyn MacSwain (TL) 12:54.5 (course record 13:06 Ann Trason, Pacific Grove, 1977), Linda Van Housen (Sacred Heart) 13:29, Kerry Brogan (Los Altos) 13:34, Mary Gaffield (EC) 13:41, Jeanette Slingerland (ML) 13:49, Susan Bordie (SF) 13:52, Kelly Buzza (AG) 13:53, Ann Macklin (ML) 14:03, Laura Starrett (Red.) 14:07, Kelly Brogan (LA) 14:15.

15:38, Jerry Vargas (W) 15:47, Wayne Bryan (V) 15:49, Doran McGee (Berk.) 15:58, Robert Andersen (ST) 16:00, Mike Lee (BV) 16:01. Girls: Skyline 77, Merced 121, Terra Linda 128, Piner 131, Granada 138, Antioch 160, Encinal 232, Hayward 249, Seigh 260, Mills 279. Robyn MacSwain (TL) 17:14, Laurie Hollingworth (P) 17:58, Marta McLeod (S) 18:33, Alda Stearns (Silver Creek) 18:49, Cathy Dubay (Piner) 19:00, Jill Ellingson (H) 19:04, Wndy Turner (S) 19:17, Shelly Nieto (Mer.) 19:21 fell at start, Kathy Daley (G, frosh) 19:31, Libby Hopkins (E) 19:37. Soph Boys: Orlando Biggs (Silver Creek) 16:11. F/S Girls: Heather Watkins (Berk.) 19:39.

15:38, Jerry Vargas (W) 15:47, Wayne Bryan (V) 15:49, Doran McGee (Berk.) 15:58, Robert Andersen (ST) 16:00, Mike Lee (BV) 16:01. Girls: Skyline 77, Merced 121, Terra Linda 128, Piner 131, Granada 138, Antioch 160, Encinal 232, Hayward 249, Seigh 260, Mills 279. Robyn MacSwain (TL) 17:14, Laurie Hollingworth (P) 17:58, Marta McLeod (S) 18:33, Alda Stearns (Silver Creek) 18:49, Cathy Dubay (Piner) 19:00, Jill Ellingson (H) 19:04, Wndy Turner (S) 19:17, Shelly Nieto (Mer.) 19:21 fell at start, Kathy Daley (G, frosh) 19:31, Libby Hopkins (E) 19:37. Soph Boys: Orlando Biggs (Silver Creek) 16:11. F/S Girls: Heather Watkins (Berk.) 19:39.

#### COLFAX INVITATIONAL Sierra College, Oct. 4, 3 miles boys, 2.2 miles girls.

Boys: Colfax 37, Brett Harte 56, Fort Bragg 61, North Tahoe 100, Justin 113, St. Vincent's (Petaluma) 156, Cardinal Newman (Santa Rosa) 164, Tinney (FB) 16:33, Moretti (NT) 16:44, Kolter (BH) 16:54, Ramirez (C) 16:57, Snelson (Rio Linda) 17:00. Girls: Portola 74, Amador 88, Colfax 95, Brett Harte 99, Ursuline (Santa Rosa) 129, St. Vincent's 145, Fort Bragg 157, Calaveras 160, Justin 172,

15:38, Jerry Vargas (W) 15:47, Wayne Bryan (V) 15:49, Doran McGee (Berk.) 15:58, Robert Andersen (ST) 16:00, Mike Lee (BV) 16:01. Girls: Skyline 77, Merced 121, Terra Linda 128, Piner 131, Granada 138, Antioch 160, Encinal 232, Hayward 249, Seigh 260, Mills 279. Robyn MacSwain (TL) 17:14, Laurie Hollingworth (P) 17:58, Marta McLeod (S) 18:33, Alda Stearns (Silver Creek) 18:49, Cathy Dubay (Piner) 19:00, Jill Ellingson (H) 19:04, Wndy Turner (S) 19:17, Shelly Nieto (Mer.) 19:21 fell at start, Kathy Daley (G, frosh) 19:31, Libby Hopkins (E) 19:37. Soph Boys: Orlando Biggs (Silver Creek) 16:11. F/S Girls: Heather Watkins (Berk.) 19:39.

#### HERSCHEL MILES INVITATIONAL Chichibu Park, Antioch, Oct. 11, 1.95 miles.

Large Boys: Amador Valley 34, San Ramon 42, Northgate 90, El Cerrito 95, Ygnacio Valley 98, Clayton Valley 151. Paul Grabowsky (SR) 9:33, Tim Berry (YV) 9:41, Frank Matull (SR) 9:43, David Hill (AV) 9:47, Steve Vargas (AV) 9:49, David Robinson (AV) 9:50, Leo Scott (SR) 9:52, Tracy Walker (AV) 10:00, Jim Bloomer (EC) 10:06, Dave Peissner (YV) 10:07. Girls: Carondelet 36, Acalanes 108, El Cerrito 110, Amador Valley 126, San Ramon 135, Las Lomas 147, Northgate 179. Marcia White (Miramonte) 11:11, Mary Anne Morse (C) 11:13, Mary Gaffield (EC) 11:19, Val Knafelic (C) 11:34, Marilyn Davis (M) 11:41, Wendy Sihner (M) 11:42, Missy Dixon (Acal.) 11:43, Julie Hansen (SR) 11:50, Chris Manning (C) 11:58, Amy Perkins (C) 12:04.

#### OAKLAND ATHLETIC LEAGUE INVIT. Joaquin Miller Park, Sept. 27.

Large Boys: Castro Valley 44, San Ramon 64, Berkeley 72, Skyline 90, Northgate 117, Ygnacio Valley 135, Concord 147. Aubrey Wilson (B) 11:29 (course record, Paul Grabowsky (SR) 11:30, Dave Pluth (SKY) 11:38, Frank Matull (SR) 11:44, Dave Shea (CV) 11:50, Tim Berry (YV) 11:54, Dave Anderson (CV) 11:55, Kyle Kessler (CV) 12:04, Jeff Charleston (B) 12:07, Steve Mayberry (CV) 12:09. Small Boys: Terra Linda 44, Alameda 72, Bishop O'Dowd 87, Moreau 88, Piedmont 120, Hayward 127, Salesian 160, McClymonds

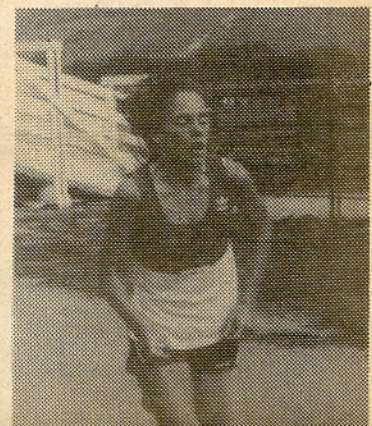
#### BLOCK P RELAYS

##### Petaluma High School, Sept. 20, 2 miles.

Large Boys: Piner 74:09, Montgomery 74:53, Ukiah 75:12, Skyline 76:06, Petaluma 76:26, Sonoma 79:02, San Marin 79:03, Casa Grande 80:12, Rancho Cotate 88:53. David Pluth (Sky.) 9:49, Tim Brewer (CG) 10:01, John Von Seberg (PI) 10:03, Tim Wallen (Ukiah) 10:07, Steve Schneider (SKY) 10:15, Tony Burke (M) 10:17, Dave Rodriguez (M) 10:18, Scott Bricksecker (PE) 10:18, Mike Peters (Analy) 10:18, Mike Sutton (Jk.) 10:21. Small Boys: Fort Bragg "A" 54:11, Clear Lake 55:56, Justin-Siena 56:04, Willits 58:47, Cardinal Newman 59:46, Lower Lake 60:27, St. Vincent 61:32, Fort Bragg "B" 61:32, Tinney (FB) 10:16, Bates (FB) 10:19, John Helms (CL) 10:27, Jamie Arroyo (CL) 10:35, Scott Aarberg (LL) 10:44, D'Acquisto (FB) 10:47, Mark Kahren (JS) 11:04, Steve Rusing (WV) 11:06, Peter Ozorio (CN) 11:13, Josh Chandler (JS) 11:19. Large Girls: Petaluma 61:12, Skyline 61:56, Piner 62:58, Ukiah 63:20, San Marin 69:22, Sonoma 69:52, Analy 73:51, Healdsburg 75:57. Lori Shanoff (P) 10:49 course record, Laurie Hollingworth (PI) 10:57, Dana Flint (U) 11:27, Wendy Turner (Sky.) 11:48, Ann Bertucci (Pe) 11:53, Martha McLeod (Sky.) 11:57, Kathy Dubay (PI) 12:17, Jenny Bocca (A) 12:20, Jennifer Grey (SM) 12:23, Delores Fernandez (SON) 12:29. Small Girls: Ursuline 68:18, St. Vincent 70:24, Willits 72:56, Clear Lake 74:27, Fort Bragg J.H. 81:44, Upper Lake 89:55. Mary Grace Maloney (SV) 11:50, Becky Nieto (Ursuline) 12:15, Sarah MacCready (UL) 12:56, Grace Colby (WV) 13:29, Ann Crandall (U) 13:41, Jennifer Hathaway (W) 13:41, Debbie Casey (W) 13:46, Cindy Broadbent (SV) 13:59, Carol Lawrence (U) 14:00, Rebecca Coddington (CL) 14:06.

#### APTOS INVITATIONAL

Oct. 4.  
Large Boys: Los Gatos 33, Homestead 64, Sant Teresa 132, Palo Alto 132, Soquel 148, Seaside 187. Stefanisko (ST) 12:38, McCullum (PA) 12:46, Cox (LG) 12:47, Zamczyk (H) 13:01, Bergstrom (LG) 13:08. Small Boys: Hollister 48, Aptos 61, North



seconds, Dave Shea by 19 seconds, and junior Tim Berry (Ygnacio Valley, Walnut Creek) by 45 seconds at Hayward.

2. **Aubrey Wilson** (Berkeley) won at Oakland and placed second at Artichoke and Soquel. He defeated Paul Grabowsky by one second, Dave Shea by 21 seconds, and Tim Berry by 25 seconds at Oakland. He defeated Dave Shea by 13 seconds at Artichoke. Besides Jay Marden, only outstanding junior Harold Kuphaldt (Bella Vista, Fair Oaks, Sac-Joaquin Section) has beaten Wilson.

3. **Paul Grabowsky** (San Ramon, Danville) won at San Ramon and Herschel Miles in Antioch and placed second at Oakland and Hayward. He defeated Dave Shea by 20 seconds and Tim Berry by 24 seconds at Oakland. He defeated his teammate Frank Matull by 2 seconds at San Ramon. He defeated Tim Berry by 9 seconds at Herschel Miles. He defeated Dave Shea by 4 seconds, and Tim Berry by 10 seconds at Hayward.

4. **Dave Shea** (Castro Valley) won at Stanford, took third at Hayward, fifth at Oakland, and sixth at Artichoke. He defeated Tim Berry by 4 seconds at Oakland, and by 6 seconds at Hayward. He defeated Angel Vasquez (Watsonville, Central Coast Section) by 4 seconds at Stanford. He defeated Kent Iglehart (Gunn, Palo Alto, Central Coast Section) at Artichoke.

5. **Tim Berry** (Ygnacio Valley, Walnut Creek), a junior, was second at Herschel Miles, fourth at Hayward, and sixth at Oakland. He defeated Dave Anderson (Castro Valley) by 1 second at Oakland. He defeated Frank Matull by 2 seconds at Herschel Miles. He defeated Dan Phillips (Concord) by 3 seconds at Hayward.

seconds at Crystal Springs.

Laurie Hollingsworth (Piner, Santa Rosa) by 44 seconds at Crystal Springs.

2. **Lori Shanoff** (Petaluma) was undefeated in four invitationals—Block P (Petaluma), Chico, San Ramon, and Stanford. She defeated Laurie Hollingsworth by 8 seconds at Block P. She defeated Liz McDowell (Del Oro, Loomis, Sac Joaquin Section) by 34 seconds at Chico. She defeated her teammate Ann Bertucci by 20 seconds at San Ramon. She defeated Kerry Brogan by 29 seconds at Stanford.

3. **Mary Ann Morse** (Carondelet, Concord), a sophomore, won at San Ramon and Hayward, and was second at Herschel Miles. She defeated Marcia White (Miramonte, Orinda) by 2 seconds at San Ramon. She defeated Mary Gaffield (El Cerrito) by 6 seconds at Herschel Miles. She defeated her teammate Valerie Knafelic by 7 seconds at Hayward.

4. **Marcia White** (Miramonte Orinda) won at Herschel Miles and was second at San Ramon. She defeated Missy Dixon (Acalanes, Lafayette) by 9 seconds at San Ramon. She defeated Mary Ann Morse by 2 seconds at Herschel Miles.

5. **Laurie Hollingsworth** (Piner, Santa Rosa), a junior, was first at Hayward, and second at Block P and Crystal Springs. She defeated Dana Filint (Ukiah) by 30 seconds at Block P. She defeated Marta McLeod by 35 seconds at Crystal Springs. She defeated Julie Hanson (San Ramon, Danville) by 1 second at Hayward.

\* = junior  
\*\* = sophomore

## CIF Northern California Cross Country

by Keith Conning

### ALUM Rock Invitational

**Alum Rock Park, Sept. 27, 2.25 miles.** Championship Boys: Amador Valley 54, Mission San Jose 66, Lick 87, Bellarmine 91, Mira Loma 93, Santa Teresa 98, Independence 172, Jay Marden (MSJ) 11:07, Carrol (ML) 11:34, Steve Wogaland (MSJ) 11:37, Dan Stefanisko (ST) 11:40, Robert Anderson (ST) 11:42, Munoz (L) 11:43, Hill (AV) 11:52, Chris Paredes (B) 11:52, Rodney Sellard (B) 11:55, Vargas (AV) 11:55. Varsity Boys: Monta Vista 31, Leigh 71, Newark 126, Saratoga 133, Soquel 170. Jeff Salazar (SA) 11:40, Steve Johnson (L) 11:50, Ernest (MV) 12:04, Dulin (L) 12:05, Foster (MV) 12:11. Girls: Mira Loma 34, Soquel 79, Amador Valley 119, Saratoga 149, Mission San Jose 151, Slingerland (ML) 14:01, Mackland (ML) 14:11, Helen Muth (SO) 14:38, Santa Cruz (ML) 14:54, Catheter (AV) 14:59.

### SUNNYVALE INVITATIONAL

**Sunnyvale High School, Sept. 27, 2.4 miles.** Boys: Los Gatos 41, Willow Glen 80, Homestead 88, Westmont 124, Prospect 138, Lynbrook 149, Sunnyvale 167, Peterson 203, Westmoor 209, Fremont 226.

Nelson Bernal (Westmont 11:33, Paul cos (LG) 11:39, Joe Rubio (WG) 11:44, Dave Barber (VWG) 11:59, Joe Naughten (F) 12:00, Jim Mellema (LG) 12:02, Bad Zamszyck (H) 12:07, Jeff Purrington (WG) 12:08, Jon Clark (LG) 12:09, Jerry Vargas (Westmont) 12:11. Girls: St. Francis 36, Los Gatos 75, Homestead 82, Prospect 131, Willow Glen 137, Peterson 156, Cupertino 161, Westmoor 199. Karen Kwong (H) 14:32, Susan Brodie (SF) 14:40, Meg Wright (H) 14:49, Debbie Morris (LG) 14:53, Kathy Donofrio (SF) 15:05, Linda Spaargaren (Westmoor) 15:08, Gina Baciccio (SF) 15:11, Marcy Estrada (Pros) 15:12, Gail Parker (LG) 15:15, Lynne Grassi (SF) 15:21.

### VALLEY VIKING RUN

**Cosumnes River College, Sept. 27, 3 miles boys, 2 miles girls.** Boys: Tedford (Las Palmas, Oroville) 16:02, Labrada (Elk Grove) 16:03, Brandt (Valley) 16:59. Girls: Finkbeiner (Rio Americano) 13:52, Anthony (RA) 14:48, Hagen (RA) 15:52. JV Boys: Biondi (RA) 16:47. F/S Girls: Jessica Van Leeuwen (EG) ex-Clearmont 13:24.

Paul Grabowsky (SR) 11:30, Dave Pluth (SKY) 11:38, Frank Matull (SR) 11:44, Dave Shea (CV) 11:50, Tim Berry (YV) 11:54, Dave Anderson (CV) 11:55, Kyle Kessler (CV) 12:04, Jeff Charleston (B) 12:07, Steve Mayberry (CV) 12:09. Small Boys: Terra Linda 44, Alameda 72, Bishop O'Dowd 87, Moreau 88, Piedmont 120, Hayward 127, Salesian 160, McClymonds

### COLFAX INVITATIONAL

**Sierra College, Oct. 4, 3 miles boys, 2.2 miles girls.**

Boys: Colfax 37, Brett Harte 56, Fort Bragg 61, North Tahoe 100, Justin 113, St. Vincent's (Petaluma) 156, Cardinal Newman (Santa Rosa) 164. Tinney (FB) 16:33, Moretti (NT) 16:44, Kolter (BH) 16:54, Ramirez (C) 16:57, Snelson (Rio Linda) 17:00. Girls: Portola 74, Amador 88, Colfax 95, Brett Harte 99, Ursuline (Santa Rosa) 129, St. Vincent's 145, Fort Bragg 157, Calaveras 160, Justin 172, Delta 202. Rite (P) 13:45, Valadez (P) 13:57, Nieto (U) 14:02, Maloney (SV) 14:04, Knoodle (BH) 14:33.

### NEVADA UNION INVITATIONAL

**Grass Valley, Oct. 4, 3 miles boys, 2 miles girls.**

Boys: Bella Vista 57, Jesuit 86, Cordova 104, Woodland 115, Rood (Nev.) 134, Carson City 142, San Juan 165, Nevada Union 173, Reno 183, Valley 257. Harold Kuphaldt (BV) 15:40.4, Rusty Knowles (VAC.) 16:09.7, Jeff Scott (EC) 16:15.8, Gary Whaler (Placer 16:19.2, Mike Peavy (NV) 16:28.7. Girls: Reno 19, Cordova 78, Del Oro 88, Placer 98, Chico 146, El Camino 156, Davis 173, Lindhurst 222. Inga Thompson (R) 12:34.5, Reanea Martin (CR) 13:08.8, Lia Corndage (R) 13:13.3, Jill Moss (BV) 13:22.4, Joselyn Whitehead (R) 13:27.7.

### MERCED INVITATIONAL

**Oct. 4.** Boys: Tito Torres (Johnson, Sacramento) 15:20.

### FROGTOWN CLASSIC

**Angels Camp, Sept. 27.** Boys: El Dorado, Stagg, Carson City. Girls: El Dorado, Carson City, Merced.

### CRYSTAL SPRINGS INVITATIONAL

**Oct. 11, 2.9 miles.** Varsity Boys: Independence 69, Skyline 75, Granada 126, Newark 164, Aragon 172, Lincoln 194, Yerba Buena 245, San Mateo 272, Antioch 284, Overfelt 294. Jesse Torres (I) 15:21, David Pluth (SK) 15:34, Rick Alexander (I) 15:38, Andy Vazzuez (I) 15:54, Terry Carter (Menlo-Atherton) 16:06, Hector Mencha (Merced) 16:10, Ervin Hulse (Tennyson) 16:12, Theo Cedar (SK) 16:13, Todd Bartlett (Neward) 16:14, Kerry Terry (O) 16:15. Championship Boys: Bella Vista 55, Leigh 79, Berkeley 81, Vacaville 94, Piner 126, Westmont 132, Terra Linda 152. Harold Kuphaldt (BV) 15:01, Nelson Bernal (WV) 15:10, Brian Cullin (L) 15:27. Rusty Knowles (V) 15:30, Steve Johnson (L)

Paul Grabowsky (SR) 11:30, Dave Pluth (SKY) 11:38, Frank Matull (SR) 11:44, Dave Shea (CV) 11:50, Tim Berry (YV) 11:54, Dave Anderson (CV) 11:55, Kyle Kessler (CV) 12:04, Jeff Charleston (B) 12:07, Steve Mayberry (CV) 12:09. Small Boys: Terra Linda 44, Alameda 72, Bishop O'Dowd 87, Moreau 88, Piedmont 120, Hayward 127, Salesian 160, McClymonds



**NELSON BERNAL**  
Westmont High School



**LINDA VAN HOUSEN**  
Sacred Heart High School

photos by Keith Conning

223, Fremont 223, St. Joseph 223. Paul Hill (Encinal) 12:14, Matt Malley (BOD) 12:19, Dean Schorno (BOD) 12:20, Ed Gallagher (TL) 12:31, Greg Ryan (P) 12:33, Lain Ross (TL) 12:48, Greg Reiff (TL) 12:53, Steve Soto (MO) 12:55, Dave Long (MO) 12:55, Troy Finger (A) 12:58. Large Girls: Terra Linda 41, Skyline 53, Berkeley 79, Concord 110, San Ramon 123, Castro Valley 146, Northgate 147, Lowell 210, McAteer 230. Robyn MacSwain (TL) 9:48 course record, Marta McLeod (SKY) 10:28, Lisa Van Buskirk (CV) 10:55, Wendy Turner (SKY) 10:56, Heather Watkins (B) 10:58, Marcy Holzgang (TL) 10:59, Allison Rader (B) 11:08, Julie Hansen (SR) 11:10, Ann Hoerber (CON) 11:11, Lella Hamilton (TL) 11:17. Small Girls: Piedmont 34, Encin al 63, Notre Dame 76, Moreau 95, Alameda 98, Hayward 121. Heather Ryan (P) 10:30, Jill Ellingson (H) 10:44, Libby Hopkins (E) 10:57, Karen Benson (P) 11:32, Barbara Noe (P) 11:35, Julie Deady (A) 11:42, Rose Hayes (ND) 11:53, Jennifer Thatcher (E) 12:02, Beth Metcalf (P) 12:04, Ann Rozawski (ND) 12:12.

Monterey 121, Gonzales 183. Guaracha (H) 12:59, Scattini (Palma) 12:59, Vasquez (H) 13:27, Goettelmann (A) 13:32, Weaver (A) 13:46. Girls: Los Gatos 53, Soquel 57, Homestead 110, Aptos 179, Silver Creek 201, Palo Alto 218. Stearns (SC) 15:38, Kwong (H) 15:53, Muth (Soq.) 16:01, Parker (LG) 16:23, Morris (LG) 16:34, Wilkinson (King City) 16:36, Jacobson (Soq.) 16:54, Russell (Seaside) 16:55.

### SOUTH TAHOE INVITATIONAL

**Oct. 4.** Boys: El Dorado 55, Reed (Nev.) 68, Watsonville 69, Reno 86, Carson City 114, South Tahoe 116. Angle Vasquez (WV) 15:15, Saul Ortez (W) 15:51, John Dunn (CC) 15:55, Gary Govette (ED) 16:02, Frand Chammaro (R) 16:07. Girls: Reno 20, El Dorado 81, Carson City 91, South Tahoe 108, Ponderosa 129, Reed 175, Watsonville 210. Inga Thompson (Reno) 12:38, Heidi Baker (ED) 13:11, Jacelyn Whitehead (R) 13:17, Kim Cummings (R) 13:38, Kristi Condron (R) 13:50.



**SIERRA INVITATIONAL**

**Sept. 27.**  
 Women: Linda Van Housen (Woodside Striders/Sacred Heart H.S.) 18:02, Francie Negri (American River JC) 18:35, Linda Jungsten (Canada JC/ex-Carlmont H.S.) 18:43.

**STANFORD INVITATIONAL**

**Stanford Golf Course, Oct. 13.**  
 Boys: Castro Valley 98, Berkeley 111, De La Salle 131, Watsonville 142, Saratoga 174, Carlmont, 2000, Gunn 210, San Juan 277, Drake 289, Stagg 329. Dave Shea (CV) 16:09, Angle Vasquez (W) 16:13, Jeff Salazar (Sar) 16:21, Dave Anderson (CV) 16:22, Kent Iglehart (GU) 16:24, Nicolas Gutierrez (W) 16:30, Dave Hamer (SJ) 16:32, Dan Phillips (Concord) 16:33, Sal Ortiz (W) 16:36, John Hancock (ST) 16:37. Girls: St. Francis 94, Drake 113, Petaluma 116, Castro Valley 132, Los Altos 172, Ukiah 188, Gunn 204, Saratoga 221, Concord 233, El Camino 246. Lori Shanoff (Pet) 18:22, Kerry Brogan (LA) 18:51, Dana Flint (Ukiah) 19:08, Mary Gaffield (El Cerrito) 19:16, Susan Brodie (SF) 19:25, Katie Dykstra (D) 19:32, Mary Grace Malone (St. Vincent) 19:35, Ann Bertucci (Pet) 19:41, Shelby Thorner (D) 19:56, Esther Berndt (GU) 20:00.

**OAK GROVE INVITATIONAL**

**Oct. 11, boys 3 miles, girls 2 miles.**  
 Boys: Jesuit 47, Riverbank 63, St. Marys 117, Lincoln (Stockton) 117, Grace Davis 122, Carvalho (SM) 15:03, Ternes (J) 15:13, Honeychurch (SM) 15:25, Orr (J) 15:28, Garcia (R) 15:33. Girls: Lincoln 37, Lodi 44, Turlock 55, Tracy 113, St. Marys 136. Jensen (Oakmont) 11:48, Anderson (Beyer) 11:50, Smith (Tracy) 11:53, Perry (Lincoln) 11:56, Smith (Lodi) 12:01.

**MARIA DUNCAN RUN**

**Browns Ravine, Oct. 11, boys 3 miles, girls 2 miles.**  
 Boys 12th Grade: El Dorado 17, Bret Harte 44, River City 70. Goyette (ED) 17:05, Helm (ED) 17:05, Redmond (ED) 17:05, Hansen (ED) 17:06, Faucher (Colfax) 17:33. Boys 11th Grade: Colfax 20, El Camino 44, Vanden 61. Youngstedt (Roseville) 17:07, Llewellyn (C) 17:30, Blondi (Rio Americano) 17:32, Lancaster (EC) 17:34, Thornley (Golden Sierra) 17:40. Girls Varsity: El Dorado 28, El Camino

(LL) 16:30, Dan McComb (DLS) 16:41, Rico Bacatti (DLS) 16:57, Dave Hansell (Acal) 17:03, Paul Hill (Enc) 17:05, Bartlett (New) 17:09, Howard Machik (LL) 17:11, Jim Fischer (DLS) 17:12, Dan Lucas (Acal) 17:13. Girls Large: Castro Valley 74, Cordova 90, Piner 97, San Ramon 98, Skyline 109, Carlmont 132, Mission San Jose 152, Independence 154, Concord 212, Livermore 246. Laurie Hollingworth (Pin) 13:05, Julie Hansen (SR) 13:06, Marta McLeod (Sky) 13:17, Karin Lambden (CV) 13:23, Cathy DuBay (Pin) 13:27, Darlene Davis (Cor) 13:29, Paula Foianini (Carl) 13:36, Ann Hoerber (Con) 13:46, Sheryl Boïdt (Ind) 13:51, Nellie Petusky (Cor) 13:52. Boys Large: Mission San Jose 71, Castro Valley 84, Bellarmine 90, San Ramon 148, Cordova 156, Skyline 160, Carimont 183, Jesuit 207, Northgoate 211, Ygnacio Valley 212. Jay Marden (MSJ) 15:34, Paul Grabowsky (SR) 16:09, Dave Shea (CV) 16:13, Tim Berry (YV) 16:19, Dan Phillips (Con) 16:22, Bruce Mulcahy (MSJ) 16:27, Dave Anderson (CV) 16:34, Frank Matull (SR) 16:39, David Pluth (Sky) 16:39, Kyle Kessler (CV) 16:44.

**SOQUEL INVITATIONAL**

**Soquel High School, Oct. 18, 2.5 miles.**  
 Large Boys: Berkeley 57, Bella Vista 75, Monte Vista 76, Madera 120, Mira Loma 120, Redwood 165, Santa Teresa 167, Leland 292. Harold Kuphaldt (Bella Vista) 12:41, Aubrey Wilson (Berk) 12:54, Dan Stefanisko (ST) 12:59, Sam Skinner (Red) 13:03, Dave Carroll (ML) 13:05, Steve Ernst (MV) 13:08, Pete Stefanisko (ST) 13:10, Grant Foster (MV) 13:12, Doran McGee (Berk) 13:14, Mike Lee (BV) 13:15. Small Boys: Lick 42, Terra Linda 66, Soquel 112, Frank Munoz (Lick) 13:18, Jim Scattini (Palma) 13:23, Chris Santos (Harbor) 13:28, B. Trujillo (Lick) 13:33, Carl Franko (Lincoln) 13:34. Large Girls: Redwood 30, Soquel 63, El Cerrito 70, Seaside 133, Cupertino 142, Aptos 162, Leland 166, North Monterey 198, Terra Nova 252. Mary Gaffield (EC) 15:07, Laura Starret (Red) 15:32, Janet Wislon (Red) 16:18, Judy Gustafser (Live Oak) 16:24, Helen Lahman (EC) 16:29, Cathy Adams (Madera) 16:31, Kristin Feix (Mills) 16:38, Teri Martin (Red) 16:49, Suzanne Phle (Red) 16:50, Kristi Jacobson

(DA) 7:56, Barlow (LL) 7:58, McComb (DLS) 8:02, Fischer (DLS) 8:06, Ellison (Dra) 8:07, Hill (Enc) 8:09, Morse (LL) 8:14, Caldwell (Dra) 8:16, Balatti (DLS) 8:17. Boys Small Frosh/Soph: Acosta (Lib) 8:01. Girls Small: Carondelet 44, Miramonte 77, Marin Catholic 104, Acalanes 113, Campolindo 129, Cal 129, Piedmont 174, Las Lomas 187, Alameda 200, Hayward 201. Morse (Car) 7:18, White (Mira) 7:20, Dickson (Aca) 7:29, Knafelc (Car) 7:31, Ames (Cal) 7:37, Brennan (MC) 7:42, Sihner (Mira) 7:44, Hopkins (Enc) 7:46, Ryan (Pied) 7:49, Perkins (Car) 7:52. Girls Large: Skyline 52, Petaluma 70, San Ramon 74, Concord 74, Antioch 102, Livermore 158, Northate 174. Shanoff (Pet) 7:20, Bertucci (Pet) 7:40, Richardson (Con) 7:48, McLeod (Sky) 7:49, Hoerber (Con) 7:54, Hanson (SR) 7:55, Schalk (SR) 7:58, Bishop (Liv) 8:06, Turner (Sky) 7:49, Hoerber (Con) 7:54, Hanson (SR) 7:55, Schalk (SR) 7:58,

Bishop (liv) 8:06, Turner (Sky) 8:11, Sholes (SR) 8:14. Girls Small Frosh/Soph: Knafelc (Car) 8:09, Fickinley (Car) 8:13. Girls Small JV: Davis (Mira) 8:14.

**CHICO INVITATIONAL**

**Sept. 27, boys 3 miles, girls 1.87 miles.**  
 Boys: Woodland 93, Lassen 112, Vacaville 124, Enterprise 136, Paradise 148, Anderson 166, Aracata 171, Chico 173, Red Bluff 179, Shasta 188, Petaluma 239, Del Oro 265, Pleasant Valley 291. Boys: Dean Vanderbush (Lass) 15:39, Rusy Knowles (Vaca) 15:46, Wayne Bratten (Vaca) 15:56, Don Williams (Chico) 15:57, Herb Bladorn (Chico) 16:19, Jim Rice (Wood) 16:20, Grant Rider (Arc) 16:23, Mike Healey (Enter) 16:29, John Prigmore (Shasta) 16:31, Steve Medina (Wood) 16:33. Girls: Shasta 93, Petaluma 102, Del Oro 104, Nova 110, Enterprise 126, Chico 130, Pleasant Valley 131, Lassen 160, Woodland 184, Red Bluff 190. Girls: Lori

**CIF Southern Section Cross Country**

by Doug Speck

The CIF Southern Section Cross-Country season is off to its usual torrid start through mid-October with some surprises and the annually tough programs powering through duals and invitationals. Pre-season form has held fairly true to our preview story. Boys's programs rocketing to near the top of their divisional rankings are the 4A Orange Panthers of Coach Frank Slick, and the 2A Arroyo (El Monte) Knights of Tim O'Rourke. In the Girls it appears that a couple of the highly touted pre-season 4A squads may not be quite as tough as it was felt they could be. Following is a brief summary of Major Invitationals where results were given to

Steele). San Marino (39:05) in second featured the day's next fastest individual in Shelly McClelland (12:40). Canyon (Saugus) frosh Valerie McVicar was next quickest at 12:50.

**PACIFICA [GARDEN GROVE] INVIT.**

**Sept. 20.**  
 In this meet the Boys race by their grade level. Scott LaCrosse (Costa Mesa) defeated Chris Bowlus (Rolling Hills) in their individual showdown 15:20 to 15:24, as he led his Mustang squad to the Senior large school win. The day's fastest time was a solo 15:14 by Mira Costa (Manhattan Beach) star Jeff Atkinson--also accomplished in leading his squad to a Medium school senior class win. Arroyo's (El Monte) Ron Johnson turned 15:38 in leading his team champion Small Schools group. Ustin's Mike Parker was a 15:22 Medium schools junior winner.

Michelle Mason (Buena, Ventura) was the Large Schools Women's race winner at 11:36. Costa Mesa (51) topped Foothill (Santa Ana) (66), and Buena (82) for the team win. Tustin and Pacifica won the other Women's Divisions.

Shanoff (Peta) 10:17 (new course record), Liz McDowell (Del Oro) 10:51, Kathy Dola (Sha) 10:54, Laurie Bushling (YC) 11:02, Ann Bertucci (Peta) 11:04, Judy Smith (Lass) 11:06, Jennifer Korte (PV) 11:08, Kim Carter (Nova) 11:13, Becky Fretwell (Chi) 11:16, Jeanine Miller (Lass) 11:20.



Coaches, please send me results of invitationals, sub-sections, and sections. I would like to thank the following people for sending me results: Bill Taylor (Drake, San Anselmo), Duncan MacSwain (Terra Linda, San Rafael), Greg De Nike (Arroyo Grande), Dave Peterson (Skyline, Oakland), Bob Vincent (San Ramon, Danville), Howard Willman (San Jose Mercury), Chuck Sheley (Chico).

as Denise Ball was an individual winner for the Panthers at 11:44.1. Vickie Cook (Alemany) took Race Two with a solo 11:04.7. Pray for a University-Alemany individual match-up at Mt. SAC.

**DANA HILLS INVITATIONAL**

**Sept. 27.**  
 The line of Morales relatives continues at Camarillo High. This time it was cousin Arnulfo joining Octavio and soph Eric Reynolds in a surprising 1-2-3 individual sweep of the Large Schools race. The Scorpion's team time of 80:24 put them easily ahead of Thousand Oak's 81:44. Vickie Cook again was a big individual winner at 10:43 with Newbury Park's 60:40 the top time over Buena (Ventura) 62:03 and Palos Verdes 62:40.

**PERRIS INVITATIONAL**

**Sept. 27.**  
 Matthew Davidson (Twenty-Nine Palms) at 17:03 with an individual win led his squad to a second place behind Perris. Nivia Anaya (Coachella Valley) won the Girls race at 13:02, with her squad placing third behind Rubidoux and Yucaipa.

**CHAFFEY [ONTARIO] INVITATIONAL**

**Sept. 27.**  
 3A power Walnut (53) nipped Upland (56) and Alta Loma (60) as defending Sectional 3A champion Don Orr (Upland) was the individual winner at 15:18. Donna Marino (Montclair) at 12:31 was the Women's individual winner, while an improving Walnut Girls squad was a big team victor.

**AZUSA INVITATIONAL**

**Sept. 27.**  
 Arroyo (El Monte) dominated this San Gabriel Valley area Invitational. Mike Carlton (Northview, Covina) edged under 15:00 at 14:57 to take Arroyo's Ron Johnson (15:05). Bernadette Torres (Basset) at 11:53 was the Women's individual winner, while Arcadia was the team champion.



Harte 44, River City 70. Goyette (ED) 17:05, Helm (ED) 17:05, Redmond (ED) 17:05, Hansen (ED) 17:06, Faucher (Colfax) 17:33. Boys 11th Grade: Colfax 20, El Camino 44, Vanden 61. Youngstedt (Roseville) 17:07, Llewellyn (C) 17:30, Biondi (Rio Americano) 17:32, Lancaster (EC) 17:34, Thornley (Golden Sierra) 17:40. Girls Varsity: El Dorado 28, El Camino

Seaside 133, Cupertino 142, Aptos 162, Leland 166, North Monterey 198, Terra Nova 252. Mary Gaffield (EC) 15:07, Laura Starret (Red) 15:32, Janet Wislon (Red) 16:18, Judy Gustafser (Live Oak) 16:24, Helen Lahman (EC) 16:29, Cathy Adams (Madera) 16:31, Kristin Feix (Mills) 16:38, Teri Martin (Red) 16:49, Suzanne Phle (Red) 16:50, Kristi Jacobson

divisional runners are the 4A Orange Panthers of Coach Frank Slick, and the 2A Arroyo (El Monte) Knights of Tim O'Rourke. In the Girls it appears that a couple of the highly touted pre-season 4A squads may not be quite as tough as it was felt they could be.

Following is a brief summary of Major Invitationals where results were given to

group. Ustin's Mike Parker was a 15:22 Medium schools junior winner. Michelle Mason (Buena, Ventura) was the Large Schools Women's race winner at 11:36. Costa Mesa (51) topped Foothill (Santa Ana) (66), and Buena (82) for the team win. Tustin and Pacifica won the other Women's Divisions.

**PERRIS INVITATIONAL**  
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Bernadette Torres (Basset) at 11:53 was the Women's Individual winner, while Arcadia was the team champion.

**CORONA DEL MAR INVITATIONAL**  
Sept. 27.  
Jon Butler (Edison, Huntington Beach) was a big individual winner, a 15:12 effort put him far ahead of El Modena's Steve Valen (15:58) in his Division II victory. Agoura (70) was the team winner in that race over Newport Harbor (80), El Modean (88) and Edison (90).  
Division I featured 4A power Corona Del Mar (52) winning over 3A toughies Buena Park (78) and El Dorado (79), with Salesian (85) in fourth. Lalo Terriguez (Buena Park) 15:58 won over CDM's Jim Hartford (15:59) and Shawn Gahlagher (16:09).  
Corona Del Mar was also a big winner in the Girls' Division I with 34 points over Huntington Beach's 83. Angie Bonilla was the individual winner in 11:10. Edison, Huntington Beach won Division II with 52.

**COSTA MESA INVITATIONAL**  
Oct. 4.  
Costa Mesa reversed the result of a Sea View League dual meet of earlier in the week on the same course as they nipped University (Irvine) 67-79 in the high-quality Division III Men's race. University had nipped CM 25-31 on Wednesday. Jon Butler (Edison, Huntington Beach) was a big individual winner (14:30) over Mira Costa's Jeff Atkinson (15:01). Brad Meyer (15:13) and Scott Emery (15:15) in third and fourth led Uni, but Scott LaCrosse (15:19-5th) led three of his Costa Mesa teammates in before Uni's third man to ice the win. Tuba City (Arizona) added an inter-state flavor as the Indian reservation power was third at 92. Division II Men's race was individually won by Eric Satterwhite of Irvine at 15:23—his squad was second with 78 behind Canyon (Anaheim) at 79. Northview's Mike Carlton blazed the day's third fastest time at 15:11 in his Division I win, as Pioneer (Whittier) took the team title.



**ANGEL VASQUEZ**  
Watsonville High School



**SUSAN BRODIE**  
St. Francis High School



**JON BUTLER**  
Edison HS, Huntington Beach



**VICKIE COOK**  
Alemany HS, Mission Hills

photos by Keith Conning

49. Amador 59. Baker (ED) 15:06, Ortega (EC) 16:00, Goyette (ED) 16:16, White (ED) 16:20, Finkbeiner (RA) 16:28. Girls JV: Colfax 42, Jetson 55, Folsom 72. Mooney (J) 15:24, Suter (C) 16:22, Rawinson (Vanden) 17:07, Johnson (Calaveras) 17:09, Ojima (Lee) 17:09.

**HAYWARD INVITATIONAL**  
Canyon Junior High, Castro Valley,

Oct. 18, boys 5,000 meters, girls 2 miles. Small Girls: Carondelet 31, Miramonte 62, Campolindo 88, Piedmont 116, Acalanes 124, Encinal 129, Las Lomas 152, Westmoor 182, Marina 218. Mary Ann Morse (Car) 12:51, Valerie Knafelic (Car) 12:58, Wendy Sinner (Mir) 13:05, Heather Ryan (ied) 13:09, Jill Ellingson (Hay) 13:14, Riki Mueser (Camp) 13:31, Libby Hopkins (Enc) 13:34, Renee Ganio (LL) 13:36, Vicki Knafelic (Car) 13:37, Amy Perkins (Car) 13:39. Small Boys: Las Lomas 45, De La Salle 51, Acalanes 82, Newark 104, Moreau 141, O'Dowd 177, Westmoor 187, Hayward 220, Campolindo 241, Tennyson 254. Sam Hooker (LL) 16:29, Tom Barlow

(Soq) 16:52. Girls Frosh/Soph: Helen Muth (Soquel) 16:08, Heather Watkins (Berk) 16:38, Doniece Johnson (Berk) 16:49.

**SAN RAMON INVITATIONAL**  
San Ramon High School, Danville, Oct. 4.

Boys Large: San Ramon 36, Skyline 54, Vintage 75, Livermore 92, Pinole 104, Antioch 145, Clayton Valley 155. Grabowsky (SR) 7:45, Matull (SR) 7:47, Odelli (Vin) 8:07, Schuwder (Sky) 8:08, Victor (PV) 8:09, Scott (SR) 8:13, Pluth (Sky) 8:15, Cedar (Sky) 8:19, Buhl (SR) 8:20, Wasley (Liv) 8:21. Boys Medium: Acalanes 46, Northgate 61, Petaluma 65, Concord 91, Campolindo 106, Novato 120, Phillips (Con) 8:06, Hansell (Aca) 8:07, Ricksecker (Pet) 8:15, Beach (NG) 8:18, Stankus (Camp) 8:21, Briggs (Nov) 8:23, Mihm (Aca) 8:24, Lewis (Pet) 8:24, Lucas (Aca) 8:24, Moore (NC) 8:24. Boys Small: Las Lomas 43, De La Salle 53, Drake 77, De Anza 146, Alameda 148, Hayward 179, Piedmont 182, San Lorenzo 216, Pittsburg 230, Cal 243. Hooker (LL) 7:54, Abshia

the media. Thanks to Mike Kennedy of the LA times and Dave Osterman of the Orange County Register for their fine coverage of things:

**SAN LUIS OBISPO INVITATIONAL**  
Sept. 13.

Santa Teresa (San Jose) of the Central Coast Section came south and showed Southern Section schools a super trio in this three runner relay competition (one runner on course at a time tagging teammate at the finish like track relay) over 2.5 miles. Robert Anderson (12:40) and brothers Pete (f12:47) and Dan Stefanisko (12:23) with their 37:50 time blasted the old course record of 39:27. Left in their wake were a good Canyons (Saugus) trio at 38:27 (led by Dave Walsh 12:45), and two other groups under the course record—Simi (38:47) and San Marino (39:25). Hank Crawford (St. Bonaventure, Ventura) recorded a fine solo 12:39 in an individual open race.

Shelly Hazlett (Saugus) brought her team from far back with a 12:16 effort to ice a 38:28 course record (along with teammates Terianne Topp and Paula

**EL DORADO [PLACENTIA] INVIT.**

Sept. 20.  
Many of Southern California's better teams showed up for Coach Don Chadez's inaugural event.

Four Men's Varsity races divided up the day's better squads. Three groups during the day slipped under 80:00 as a team, with University (Irvine) 78:37 (led by race winner Brad Meyer 15:29.4) and El Dorado (49:24) quickies from Race One. Corona Del Mar (78:46) was led by the day's quickest duo, Jim Hartford (15:17.5) and Shawn Gallagher (15:17.8) in a big Race Two win. Barstow (80:00) took Race Four, and La Canada (80:05) and Walnut (80:26) chased CDM to their Race Two Victory.

In the Women's Division, University (Irvine) put on a show. Backing up State 1600 Meter Champion Polly Plummer like a shadow is frosh Teresa Barrios for that team—here Plummer's 11:13.6 nipped Teresa's 11:14 in Race One. University's 59:03 team time was the day's best by two and one-half minutes! A fine Newbury Park squad took Race Three (61:49)

## JESUIT'S BIG BROTHER

Walt Lange Blends Experience With Temperance

BY Randall Sturgeon

Every weekday afternoon of the school year, at about 3:00 p.m., a gathering occurs at Jesuit High School in Carmichael, California. Just outside the gym or on the football field, runners dressed in anything from \$120 Adidas sweats to traditional tattered greys and wearing t-shirts advertising races and various brands of liquid refreshment, group up for an afternoon's workout. A young looking, tanned man, states that a steady run is in order. Nominations for the length and direction are voiced, a consensus is found and the run is on. Out on the road runners split into different groups at various paces. The conversations vary from class problems, to girls, politics and even running.

What sounds like an afternoon fun run is in reality a typical training session of Nor-Cal distance power Jesuit High under the young looking, tanned gentleman, Walt Lange. Despite fostering school records that would be the envy of many colleges, ranging from a 4:06.1 mile to a 2:24 marathon, Walt is known as much for a program that creates an enjoyable running and learning environment, as he is for producing winners. His stated aims as a coach are one, to teach the athlete all the basic concepts of training and racing, and secondly to use that imparted knowledge to develop an independent, self motivated runner. Racing success is considered a by-product of putting the right things together. Yet success in distance running is synonymous with the name Jesuit.

So how does he do it? Some coaches do it with charisma and inspiration. Others do it with special training techniques or a whip and a chair. However, Walt does it with an honest, sincere, low-key approach that makes him both a friend and a respected mentor. While he definitely believes in his methods, he does not push them to other coaches or athletes as "the way." In fact he will not talk about them unless asked and will preface his statements with, "Well, this is how we do it, but it's not the only way." Yet when he talks of his methods and his teams there is a definite sound of pride in his voice.

Since Walt took over the program in the spring of '71, the Marauders have consistently been at or near the top of the San Joaquin Section in distance running. With the talent Lange inherited in '71, Jesuit was able to build and improve to the point where they won their first harrier section title in '74. In '75 and '76 Walt's team finished second to powerful Mira Loma, losing by just one and two points. This past cross country season his squad was again number one in the section and number two in the Nor-Cal finals (1979). Jesuit runners hold all-time section bests in the mile, six mile, twenty

national three-mile record for sophomores using his ex-coaches methods and frequently called him for advice.

After leaving St. Bernards in '69 Lange and his family moved to Carmichael where he became a stockbroker. However the stock market was on a downward swing, and he ended up teaching at Jesuit. Right away he had success. In his first full year, '71-'72, he had one runner, Mike Tulley, clock 9:15 for two miles along with a 2:32 marathon, and a sophomore who was destined to become one of the greatest prep runners of all time, by the name of Rich Kimball, run 4:28 for the mile. The program has been building ever since. It has grown to the point where it has become self-perpetuating, and this past spring Jesuit had more distance runners than many school have football players.

The success of Lange's runners has not been confined to just track and cross country. He was one of the first coaches to not only let, but encourage, his kids to run road races. The list of Marauder road marks is just as impressive as its track list. Seven Jesuit runners have bettered 32 minutes for six miles, six have beaten 55 for 10, seven have gotten under 1:54 for twenty and four have bettered 2:40 in the marathon. In fact, Tom O'Neil, who now runs for Stanford, heads the list at 2:24, the fourth best prep mark in history. It's not unusual for a Jesuit runner to run in a road race even during the track or cross country season for the simple reason the kid may have a chance to do well in one. A further demonstration of Walt's loose structure and development of independence.

However, if you listen to the coach he says he has little to do with Jesuit's success. To quote Walt, "It's the kids who make the program." He adds, "Great athletes make a great coach." There is some truth to that. Walt has had some very talented, intelligent young men to work with. But he has also had his miracle cases. A few years ago he had a freshman who literally could not break 13

University (Irvine) was again frightening in the Girls' Division III race as the Plummer (10:59) and Barrios (11:05) 1-2 punch led the squad to its 31 points. A ways back in third was 1979 Sectional 4A Individual winner Anna Villanueva (Fountain Valley) at 11:30 as her teammate Bonnie McGilnchey did not run. Costa Mesa was second as a team with 66 and Fountain Valley third at 95. A three-way team tie in the Division II race between Irvine, Laguna Beach, and West Torrance at 64 points was sorted out in that order by sixth place finishers. Laura Hagan (Dana Hills) was the race winner at 11:53 as Renee Durrand (Laguna Beach) dropped out. Angie Bonilla (Los Amigos, Fountain Valley) was a big Division I winner at 11:35 as La Jolla Country Day School from the San Diego area was the team victor.

### KENNY STAUB INVITATIONAL [CRESCENTA VALLEY HIGH SCHOOL]

Oct. 4.

A batch of strong Cross-Country teams gathered at Crescenta Valley Park for the annual Kenny Staub Invitational. In a meet broken down into three divisions on team quality instead of size there was some good competition.

Barasa Thomas (Santa Barbara) was the day's fastest individual with his 15:57 Division I win. Burroughs (Burbank) star Todd McDonnell was second in 16:06 and Dave Maxwell's third in 16:20 led his Thousand Oaks group to a team victory with 43 points (32:49 team time). Palos Verdes looked solid with 62 (83:35) and Burroughs had 85 (38:07). 2A power Arroyo (El Monte) was fourth with 11; (85:02). In the Division II race Hawthorne's Jeff Olson won in 16:10 over Simi's Dave Nelson (16:15). Agoura featured a well-balanced group to win this division with 72 (84:37) over Newbury Park's 82 (85:07). South Torrance won Division III.

Newbury Park was very dominant as a team in the Division I Girls race—having their top five in before anyone else's third to score 34 points (63:16). Vickie Cook (Alemany) ran away after a quarter mile to tie her own course record in an 11:27 victory. Santa Barbara was second at 73 (65:48).

### YUCAIPA INVITATIONAL

Oct. 4.

El Modena's (Orange) Steve Valen broke the course record in his Large School individual win at 15:35 in leading his team to victory. Vernon Morris (16:06) and Steve Schweikart (16:06) led their Barstow squad to a next smaller division win. South Hills soph Tim Cammack had the day's other top time at 15:58 as Bishop Amat (La Puente) and Sherman Indian scored the other Divisional Men's team victories.

In the Women's races, Therese Ebner (Bishop Amat) ran to the day's fastest time in her Division II win at 13:00 over Montclair's Donna Marino (13:07). The Amat girls were team winners along with

### HANCOCK [SANTA MARIA] INVIT.

Oct. 11.

Barasa Thomas (Santa Barbara) rolled to a 14:31 individual victory over Arroyo Grande's Boyd Dunn (14:46) as the squads finished in that order also (SB 38, AG 54). East Bakersfield (46) nipped San Luis Obispo (68) in the Medium Schools as SLO's Rich Brown won at 15:07. Carpenteria scored a miniscul 26 in winning the small schools title with Carp's Tim Seider the winner at 15:58.

### VILLA PARK CLASSIC

Oct. 11.

This is a meet in which there are seven Varsity races—each of a team's individuals run against the corresponding member of an opponent's group. Costa Mesa continued to roll in the big meets, narrowly winning with 26 to Orange's 27, Villa Park's 28, Mater Dei's 34, and Corona Del Mar's 36. Shawn Gallagher (CDM) had the day's best over the 2.04 mile course at 10:21, with Scott LaCrosse (Costa Mesa) and Robert Planta (Mater Dei) next best at 10:25.

### ALEMANY INVIT. [MISSION HILLS]

Oct. 18.

Agoura's Jim Kelley is all over a foot problem as he blasted to the day's fastest clocking at 15:48 over Simi's Dave Nelson (16:06). Hawthorne, Salesian, and LaSalle (Pasadena) were team winners.

Vickie Cook rolled to another invitational in, again by a minute, in 10:54, as Beverly Hills and La Jolla Country Day were team champs.

### ATASCADERO INVITATIONAL

Oct. 18.

Juniors Chris Emmons (Righetti, Santa Maria) 15:10 and Rich Brown (San Luis Obispo) 15:15 battled individually while Westlake won the Division I team race. Matt Arbruster (Atascadero) led the hosts to a Division II win with his 15:23 victory.

Carol Karamitsos made it an individual sweep for Righetti with her 13:54 Girls victory over Kelly Buzza (Arroyo Grande) 14:10. Westlake and Paso Robles were Women's team winners.

### PALOS VERDES INVITATIONAL

Oct. 18.

Los Gatos dropped in to battle some Southern Section powers and were a close second (84:38) to Mira Costa (Manhattan Beach) 84:35 in this meet where number one runs against number one, number two against number two, and so on. Upland's Don Orr popped an 11:34 individual best of the day over Paul Cox (Los Gatos) 11:30, Jeff Atkinson (Mira Costa) 11:34. Other team times were Palos Verdes 84:45 and Thousand Oaks 85:08.

Monte Vista (San Diego), led by Rochell's 13:25 best of the day had the top team time (73:51). Margaret Spotts (Redondo Beach) 13:55 and Teri Grimsby (Wilson, Long Beach) 13:58 also ducked under 14:00. Palos Verdes was second overall.

### ORANGE COUNTY CHAMPIONSHIPS

Oct. 18.

Jon Butler (15:09) of Edison, Huntington Beach romped over some good people—

course goes up and down the challenging "switchbacks" and on into the finish. It was here that Vickie steadily pulled away to her decisive ten second margin of victory at 11:29.3. Vickie's time was a new course record, breaking Susie Sanchez's (Eisenhower, Rialto) 11:31 (set in 1977 when she placed high in the Senior Women's AAU race). Back in third place was aggressive Uni frosh Teresa Barrios, whole excellent 11:58 helped lead her squad to an awesome 61:50.7 time for five and 43 points to easily win the team sweepstakes affair. Unversity's team time topped the 62:13.2 Meet Record of the Nation's Number one ranked squad of 1978, Edison of Huntington Beach. The team that could top University this year would have to be very special—the Trojans may be the country's best in 80.

**Top Individual Times (combined races):**  
Cook (Alemany) 11:29.3, Plummer (University, Irvine) 11:39, Barrios (University, Irvine) 11:58, Hazlett (Saugus) 12:03, Ehlen (Santa Barbara) 12:16, White (Sonora, La Habra) 12:18, Lachel (Monte Vista, San Diego) 12:19, Kutner (Pasadena Poly) 12:20, McClelland (San Marino) 12:21, Karamitsos (Righetti, Santa Maria) 12:27, Lopez (Sacred Heart, LA) 12:29, Mason (Buena, Ventura) 12:30, Ferro (Irvine) 12:33.9, Wolf (Costa Mesa) 12:36, Armentrout (University, Irvine) 12:38, Sauerwein (University, Irvine) 12:39, Durrand (Laguna Beach) 12:41, Truscott (Santa Fe Christian) 12:43, Booth (Laguna Beach) & McLeod (Skyline, Oakland) 12:45.

**Top Team Times (combined races):**  
University, Irvine 61:50.7, Costa Mesa 65:04.2, San Marino 65:31.5, Santa Barbara 65:31.8, Saugus 65:42.0, Newbury Park 66:00.4, Tustin 67:07.2, Buena, Ventura 67:18.8, Edison, Huntington Beach 67:28, Irvine 67:47, Walnut 67:51.6, Mt. Carmel, San Diego 67:58.8.

On Saturday, October 25th, the guys took over the Mt. SAC facility with another individual dual the day's highlight. Last year in the Sectional Finals Barasa Thomas (Santa Barbara) handed Jon Butler (Edison, Huntington Beach) his first defeat of the year—they are both back and unbeaten in 1980. They met in the Individual Sweepstakes race. After a relatively flat first mile in the 4:45 range the duo had broken away from the pack and battled up and down the challenging "Switchbacks." Butler's strategy included bursting up "Poop-Out" hill, a relatively short, but initially very steep grade at 1 1/4 miles. Thomas could not respond to this "upping of the ante" and Butler was home free—powering up and over the final "Reservoir" hill and into the finish an easy winner at 14:55.1. Gary Gonzales (Clovis) was well back in 4th at the mile and a half, and he charged the second half of the course to move up to a second place in 15:10.8. Thomas dropped back to fourth as El Modena's Steve Valen raced a steady effort for 3rd at 15:16.9.

The other interesting race was in the Team Sweepstakes affair, with this year featured the best from the San Diego, Southern, and Central Sections. At the finish all three areas acquitted themselves well as Costa Mesa and Valhalla (San Diego) tied point-wise for the team title at

So how does he do it? Some coaches do it with charisma and inspiration. Others do it with special training techniques or a whip and a chair. However, Walt does it with an honest, sincere, low-key approach that makes him both a friend and a respected mentor. While he definitely believes in his methods, he does not push them to other coaches or athletes as "the way." In fact he will not talk about them unless asked and will preface his statements with, "Well, this is how we do it, but it's not the only way." Yet when he talks of his methods and his teams there is a definite sound of pride in his voice.

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However, the thing that makes Walt Lange special is that he is not a coach who is a runner, but a runner who coaches. Everything that he does with his runners has been tested on his own body. He does not ask his runners to do anything he has not or will not do himself. He runs daily with his charges and still competes in local road races.

Walt began running in 1958 as a sophomore at St. Pius High in Southern California. He was then a half-miler and broke two minutes for that event by his senior year. From there it was to Loyola University in L.A. where he studied business and ran on his own because the school did not have a track program. After a brief stint with Mihaly Igloi's Los Angeles Track Club in the winner of '62, an experience Walt still talks about with mixed emotions, he continued to run on his own and eventually broke 4:30 for the mile before graduating from Loyola.

His coaching career began during his senior year in college when he volunteered to help with the track team at St. Bernard High in Playa Del Rey. After graduation he took a teaching job there and began to develop the methods he uses today. At first he was mainly into Igloi type training with the emphasis on interval running. However, he began to read about Lydiard and his methods. He was also influenced by local coaches Jack Hedges of Westminster High and Dick Scully of South Torrance. Both of these coaches, like Lydiard, emphasized mileage and an endurance base. Lange's program today is an outgrowth of what he learned from these three men. He developed a solid foundation at St. Bernards and one year after he left, the team, still using his methods and under his influence, captured the section cross country title. One young runner, Chris Hoffman, set a

more distance runners than any school have football players. The success of Lange's runners has not been confined to just track and cross country. He was one of the first coaches to not only let, but encourage, his kids to run road races. The list of Marauder road marks is just as impressive as its track list. Seven Jesuit runners have bettered 32 minutes for six miles, six have beaten 55 for 10, seven have gotten under 1:54 for twenty and four have bettered 2:40 in the marathon. In fact, Tom O'Neil, who now runs for Stanford, heads the list at 2:24, the fourth best prep mark in history. It's not unusual for a Jesuit runner to run in a road race even during the track or cross country season for the simple reason the kid may have a chance to do well in one. A further demonstration of Walt's loose structure and development of independence.

However, if you listen to the coach he says he has little to do with Jesuit's success. To quote Walt, "It's the kids who make the program." He adds, "Great athletes make a great coach." There is some truth to that. Walt has had some very talented, intelligent young men to work with. But he has also had his miracle cases. A few years ago he had a freshman who literally could not break 13 minutes for two miles at the end of the year. However, he stuck with it and Walt stuck with him and by his senior year Pete McCarry, now a top runner for American River College, ran that two-mile event in 9:19.

The most talented runner Lange has coached was Pedro Reyes. This past track season, Pedro was the fastest miler in the state of California and third in the nation at 4:06.1. Lange readily admits that maybe he did not get the most out of Pedro. Walt, if he has a coaching fault, has often been accused for being underly optimistic and doesn't shoot high enough. Yet, Pedro, like any Jesuit runner you might talk to, gives all the credit to the coach for his success and speaks of Lange with reverence.

The bottom line is that the Jesuit mentor believes in self-motivation. He leads by example. At age 37, he is still running and training daily with his team. He feels this gives credibility to his program. He also says, "It gives the runners something to shoot for, beating the 'old man.'" Walt states, "The athletes that I get have always been told they need a coach to perform. They need a coach to play basketball, they can't swim without a coach, they can't play football without a coach. I want my runners to feel that they do not need a coach hanging over them in order for them to run well." Says Walt, "I work with little boys who are young men, and they need room to grow."

Coach Lange insists that his success is the result of good athletes implementing a physiologically sound program that accounts for Jesuit's winning ways. Walt is right. It is the program and how the athletes use it. However, even if Walt Lange won't admit it, the program is his and the runners reflect the philosophies and ideals that he instills in them. The personality of the Jesuit distance program is definitely Walt Lange's, a runner's coach.

Simi's Dave Nelson (16:15). Agoura featured a well-balanced group to win this division with 72 (84:37) over Newbury Park's 82 (85:07). South Torrance won Division III.

Newbury Park was very dominant as a team in the Division I Girls race—having their top five in before anyone else's third to score 34 points (63:16). Vickie Cook (Alemany ran away after a quarter mile to tie her own course record in an 11:27 victory. Santa Barbara was second at 73 (65:48).

#### YUCAIPA INVITATIONAL

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In the Women's races, Therese Eblner (Bishop Amat) ran to the day's fastest time in her Division II win at 13:00 over Montclair's Donna Marino (13:07). The Amat girls were team winners along with Tustin, Norco, and Sherman Indian.

#### BUENA PARK INVITATIONAL

**Oct. 11.** El Modena's Steve Valen edged Buena Park's Lalo Terriquez in a course record 14:43 for both, while Dan Hirsch's squad reversed the team situation over El Mo 58-61 in Division II. Mike Parker of Tustin was the Division I winner in a fine 14:54 as Irvine edged Upland 74-81.

Denise Ball (Newbury Park) and Elaine Ferro (Irvine) were race winners in identical 11:12 times. Tustin won Division I and Newbury Park II.

#### DOS PUEBLOS [GOLETA] INVIT.

**Oct. 11.** San Marino's solid duo of Mike Harrigan (15:42) and Mark Soot (15:44) had the day's top times in this meet the features athletes running against those in their own grade. The host school's Jed Stupek was the junior winner at 15:50, as his Dos Pueblos squad was the over-all (all grades added together) winner. Alemany was the small schools winner.

Vickie Cook raced away to a 12:15 victory by a minute as Corona Del Mar (41) took a depleted San Marino squad (58) for the team victory.

#### MONTEBELLO INVITATIONAL

**Oct. 11.** The host's Ernie Cadena (15:08) had the day's top Boys' time, while Lesley White (now of Sorora de La Habra, as Lowell has closed down) raced to an 11:33 to pace the girls.

#### PACIFIC [SAN BERNARDINO] INVIT.

**Oct. 11.** Barstow, paced by its Morris (14:47) and Schweikart (14:47) up-front strength was a Large Schools team winner. Matthew Davidson (15:27) won to lead his squad to the smaller level win.

Sonia Cooper (Fontana) won the Girls race at 10:59 as Apple Valley won over Redlands (92).

Carol Karamis made it an individual sweep for Rightetti with her 13:54 Girls victory over Kelly Buzza (Arroyo Grande) 14:10. Vjestaké and Paso Robles were Women's team winners.

#### PALOS VERDES INVITATIONAL

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Monte (San Diego), led by Rochell's 13:25 best of the day had the top team time (73:51). Margaret Spotts (Redondo Beach) 13:55 and Teri Grimsby (Wilson, Long Beach) 13:58 also ducked under 14:00. Palos Verdes was second overall.

#### ORANGE COUNTY CHAMPIONSHIPS

**Oct. 18.** Jon Butler (15:09) of Edison, Huntington Beach romped over some good people—Jim Hartford (Corona Del Mar) 15:44 and Steve Valen (El Modena) 15:59 in his Race III victory. Other top individual marks were University's Brad Meyer (16:00 in winning Race II) and Robert Planta (Mater Dei) outleaning Tustin's Mike Parker in winning Race IV in 16:00. Race winners were Costa Mesa (82:20), University (83:16), Corona Del Mar (82:49), and Mater Dei (82:35) with the day's four fastest team times.

Polly Plummer continued undefeated with an 11:52 win over teammate Teresa Barrios (12:10) as their University team was again awesome—a 63:27 time was far ahead of a good Foothill squad (65:35) and Costa Mesa group (65:56). Angie Bonilla (Los Amigos, Fountain Valley) was the day's third fastest at 12:31 with Anna Villanueva (Fountain Valley) 12:38.

#### MT. SAC INVITATIONAL

**Oct. 24, 25.** On Friday, October 24th, and Saturday, October 25th, the west's largest High School Cross-Country meet, the Mt. SAC Invitational took place. 269 Schools competed in Junior High, Frosh, Soph, Junior Varsity, and Varsity races. The contests are set up with attention paid to school size and relative team strength, with special team and individual sweepstakes races for squads and athletes.

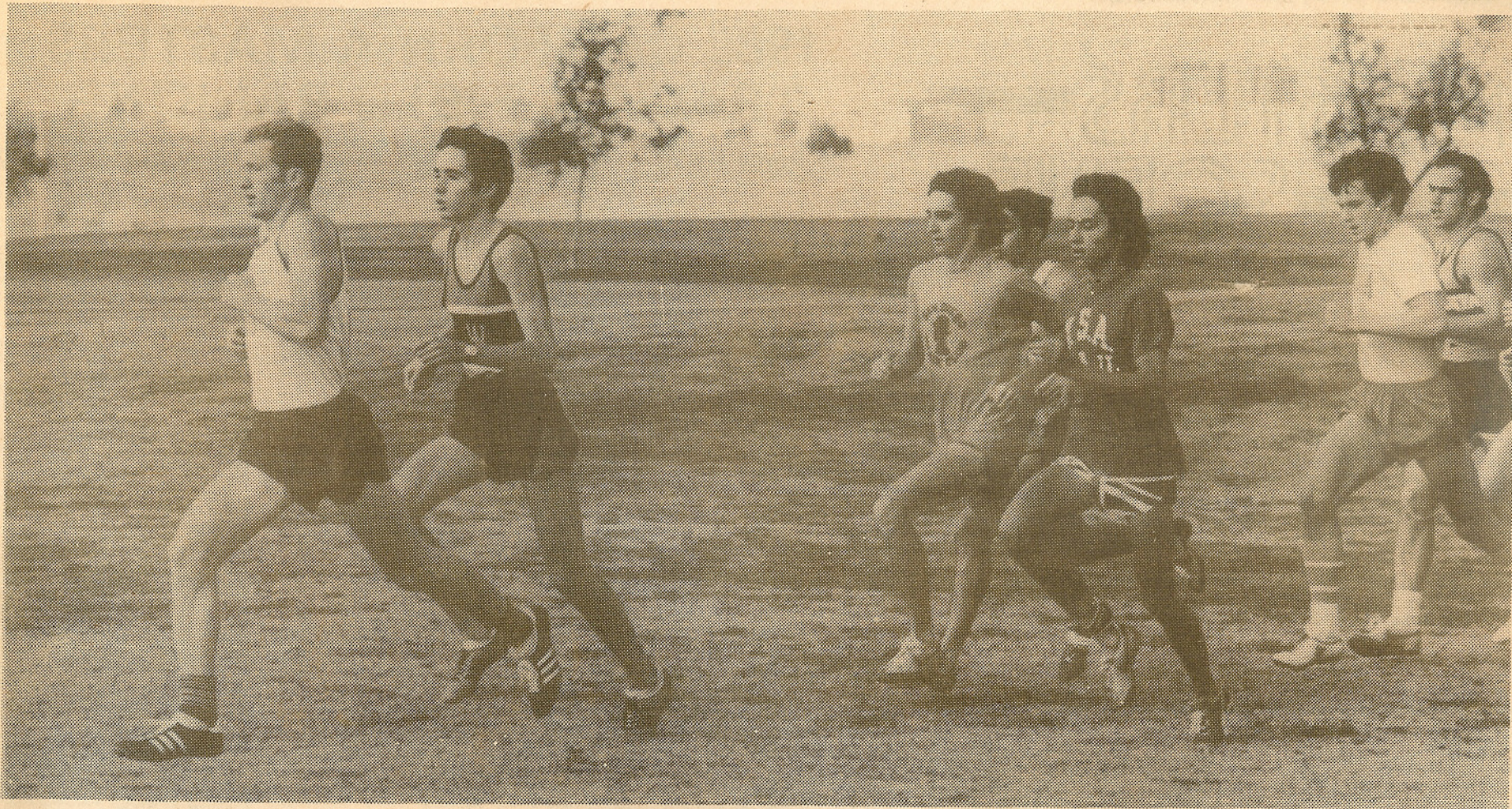
On Friday an individual match-up overshadowed everything else involving the young ladies. Undefeated stars Vickie Cook (Alemany) and Polly Plummer (University, Irvine) were State Champs in Track last year in the 3200 and 1600 meters respectively, and each had started like a house afire this Cross-Country season. Their dual highlighted the Team Sweepstakes race. The duo broke away from the pack after a hundred yards, and traded challenges over the first half-mile, ending at the top of "Reservoir" hill. On the long downhill coming off that grade Vickie edged ahead, and increased her lead to fifteen yards on the relatively flat "horseshoe" loop that led them through the mile. The final 1320 of the 2 mile

took over the Mt. SAC facility with another individual match the day's highlight. Last year in the Sectional Finals Barasa Thomas (Santa Barbara) handed Jon Butler (Edison, Huntington Beach) his first defeat of the year—they are both back and unbeaten in 1980. They met in the Individual Sweepstakes race. After a relatively flat first mile in the 4:45 range the duo had broken away from the pack and battled up and down the challenging "Switchbacks." Butler's strategy included bursting up "Poop-Out" hill, a relatively short, but initially very steep grade at 1 3/4 miles. Thomas could not respond to this "upping of the ante" and Butler was home free—powering up and over the final "Reservoir" hill and into the finish an easy winner at 14:55.1. Gary Gonzales (Clovis) was well back in 4th at the mile and a half, and he charged the second half of the course to move up to a second place in 15:10.8. Thomas dropped back to fourth as El Modena's Steve Valen raced a steady edge for 3rd at 15:16.9.

The other interesting race was in the Team Sweepstakes affair, with this year featured the best from the San Diego, Southern, and Central Sections. At the finish all three areas acquitted themselves well as Costa Mesa and Valhalla (San Diego) tied point-wise for the team title at 98, and Corcoran was third with 117. Costa Mesa was a bit stronger up front, and thier 80:33-80:48 team time settled who took home the trophy for first. Corcoran's 81:02 was the fourth fastest of the day, as Fountain Valley put together a fine effort in its race to record an 81:00.

**Top Individuals (combined races):** Butler (Edison, Huntington Beach) 14:55.1, Gonzales (Clovis) 15:10.8, Valen (El Modena, Orange) 15:16.9, Thomas (Santa Barbara) 15:23.5, Carlton (Northview, Covina) 15:24.2, D. Orr (Upland) 15:24.8, LaCrosse (Costa Mesa) 15:25.1, Seaman (Helix, San Diego) 15:26.3, Parker (Tustin) 15:27.4, Smallwood (Corcoran) 15:31.4, Hartford (Corona Del Mar) 15:32.0, Arkinson (Mira Costa, Manhattan Beach) 15:32.9, Meyer (University, Irvine) 15:35.0, Cadena (Montebello) 15:35.2, Schweikart (Barstow) 15:35.4, Erickson (Fountain Valley) 15:38.8, Cammack (South Hills, Covina) 15:40.1, Vaughn (Brea) 15:40.5, McDonnell (Burrroughs, Burbank) 15:43.3, Satterwhille (Irvine) 15:43.6, Walter (La Serna, Whittier) 15:43.7, Bowlus (Rolling Hills) 15:44.8, Oblouk (Irvine) 15:45.2, Souza (Wilson, Hacienda Heights) 15:47.0, Planta (Mater Dei, Santa Ana) 15:48.4, Olson (Hawthorne) 15:48.9, Gallagher (Corona Del Mar) 15:49.3.

**Top Team Times (combined races):** Costa Mesa 80:33.8, Valhalla, San Diego 80:48.3, Fountain Valley 81:00.3, Corcoran 81:02.3, Corona Del Mar 81:38.7, Mira Costa, Manhattan Beach 81:40.8, Helix, San Diego 81:44.2, University, Irvine 81:51.5, Thousand Oaks 81:56.1, Mater Dei, Santa Ana 82:03.8, Clovis 82:20.8, Irvine 82:33.6, Rolling Hills 82:34.4, Simi 82:34.6, Bonita Vista, Chula Vista 82:35.2, Mira Mesa, San Diego 82:35.2, Hawthorne 82:40.2, Burrroughs, Burbank 82:45.2, Tustin 82:51.3, Amador Valley, Pleasanton 83:02.3, Barstow 83:03.1, Canyon, Anaheim 83:17.0, Newbury Park 83:25.2, Grossmont 83:30.9, El Dorado, Placentia 83:32.4, Sherman Indian, Riverside 83:32.7, Upland 83:34.7, Monte Vista, San Diego 83:39.0, Santa Barbara 83:39.8.



This photo goes back four years - to the 1976 Junior National Cross Country Trials at U.C. Irvine. Left to right: Eric Hulst, Alberto Salazar, Thom Hunt, George Aguirre, Ralph Serna, unidentified, Don Moses.

# CALIFORNIA HIGH SCHOOL BOYS ALL TIME TRACK & FIELD LIST

Compiled by Keith Conning

Please send all corrections and additions to Keith Conning, 2235 Browning Street, Berkeley, Ca. 94702 or phone [415] 849-4406. Be certain to specify if timing is hand or automatic and include wind information.

## 100 METERS

10.2	Bill Gaines(San Jose)	66
10.2	Michael Sanford(Pasadena)	79
10.50	Phillip Johnson(Gardena)	78
10.3	Joel Andrews(West, Bakersfield)	75
10.3	Ron Brown(Baldwin Park)	79
11.55	Leon Reed(Banning, Wilmington)	79
10.55	Howard Hawkins(Warren, Downey)	80

## 1600 METERS

[mile to 1600m -1.4 or -1.43]

3:58.0y	Tim Danielson(Chula Vista)	66
4:01.0y	Richard Kimball(De La Salle, Concord)	74
4:02.8y	*Curtis Beck(Santa Monica)	72
4:03.9y	Paul Medvin(University, Los Angeles)	79
4:04.0y	Mark Schilling(Garden Grove)	72
4:04.1y	Terry Cotton(Valley, El Cajon)	72

## 4 x 100

[4 x 110y to 4 x 100m -.23 or -.2]

40.8y	Wilson, San Francisco	73
40.9y	El Cerrito	71
40.9y	Ells, Richmond	75
40.9y	Hamilton, Los Angeles	76
41.0y	Castlemont, Oakland	70
41.0y	Hamilton, Los Angeles	71

25-10¾	*Heulon Hewitt(Merced)	68
25-9½	*Gerald Hardeman(Edison, Fresno)	72
25-7	James McAllister(Blair, Pasadena)	70
25-6¼	Ted Hammond(Compton)	73
25-5¼	Doyle Steel(San Diego)	66
25-5	Carl McCullough(Sacramento)	72
25-4¾	*Johnny Johnson(Pacific Grove)	65

This photo goes back four years - to the 1976 Junior National Cross Country Trials at U.C. Irvine. Left to right: Eric Hulst, Alberto Salazar, Thom Hunt, George Aguirre, Ralph Serna, unidentified, Don Moses.

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10.3	Ron Brown(Baldwin Park)	79
11.55	Leon Reed(Banning, Wilmington)	79
10.55	Howard Hawkins(Warren, Downey)	80
10.56	Ray Threatt(Pittsburg)	79
10.57	Mike Turner(Centennial, Compton)	80
10.59	Bill Green(Cubberley, Palo Alto)	79
10.59	*Ken Robinson(Berkeley)	80

## 200 METERS

[220 yards to 200 meters—.12 auto or -.1 hand]

20.68y	James Sanford(Pasadena)	77
20.6y	Phil Underwood(Dorsey, Los Angeles)	66
20.6y	Mel Gray(Montgomery, Santa Rosa)	67
20.88y	Michael Sanford(Pasadena)	79
20.91	Bill Green(Cubberley, Palo Alto)	79
20.7y	Carl McCullough(Sacramento)	72
20.7y	Mike Farmer(Wilson, San Francisco)	74
20.7y	Dupree Branch(Barstow)	76
20.8y	Jim Hines(McClymonds, Oakland)	64
20.8y	Dave Masters(El Cerrito)	67
20.8y	Millard Hampton(Silver Creek, San Jose)	74

## 400 METERS

[440y to 400m—.26 or -.3]

45.51	Bill Green(Cubberley, Palo Alto)	79
45.8y	Ulis Williams(Compton)	61
46.34y	James Sanford(Pasadena)	77
46.3y	Larance Jones(Lemoore)	69
46.4y	Jerry White(Corcoran)	56
46.4y	Edesel Garrison(Centennial, Compton)	68
46.4y	Tony Krzyzosiak(Garden Grove)	71
46.5y	*Ray Johnson(Blair, Pasadena)	71
46.67y	Rod Bethany(Fontana)	78
46.6y	Lee Evans(Overfelt, San Jose)	65
46.6y	Mike Newton(Whittier)	67
46.6y	Wayne Collett(Gardena)	67
46.6y	Derald Harris(Pittsburg)	76

## 800 METERS

[880y to 800m—-.7]

1:47.8y	Dale Scott(El Cerrito)	72
1:47.1y	Richard Joyce(Sierra, Whittier)	65
1:48.2	Jeff West(Crenshaw, Los Angeles)	79
1:48.3y	Clark Mitchell(Bakersfield)	65
1:48.5y	Dennis Carr(Lowell, Whittier)	63
1:48.5y	Bob Hose(Madison, San Diego)	64
1:48.7y	Jim Walters(Estancia, Costa Mesa)	77
1:49.0y	Dan Aldridge(Petaluma)	75
1:49.3y	Dave Kingsland(EI Modena, Orange)	77
1:49.4y	Brent Tubb(Cleveland, Reseda)	71

## 1600 METERS

[mile to 1600m -1.4 or -1.43]

3:58.0y	Tim Danielson(Chula Vista)	66
4:01.0y	Richard Kimball(De La Salle, Concord)	74
4:02.8y	*Curtis Beck(Santa Monica)	72
4:03.9y	Paul Medvin(University, Los Angeles)	79
4:04.0y	Mark Schilling(Garden Grove)	72
4:04.1y	Terry Cotton(Valley, El Cajon)	72
4:04.58y	Pedro Reyes(Jesuit, Carmichael)	80
4:05.03y	Steve Whitcomb(Helix, La Mesa)	79
4:05.2y	Thom Hunt(Henry, San Diego)	76
4:05.3y	*Barrie Williams(North, Torrance)	72
4:05.3y	Andy Clifford(Sunny Hills, Fullerton)	74

## 3200 METERS

[2 mile to 3200m -3.0 or 3.1]

8:33.3y	Jeff Nelson(Burbank)	79
8:41.5y	Eric Hulst(Laguna Beach)	76
8:42.1y	Thom Hunt(Henry, San Diego)	76
8:42.8y	Ralph Serna(Loara, Anaheim)	75
8:43.4y	Richard Kimball(De La Salle, Concord)	74
8:45.7y	*Curtis Beck(Santa Monica)	72
8:49.3y	Chuck Assumma(Eisenhower, Rialto)	79
8:49.5y	Don Moses(Crescenta Val., La Crescenta)	76
8:49.8y**	Fank Assumma(Eisenhower, Rialto)	77
8:50.2y	Marc Genet(Santa Ana)	72
8:50.3y	*Rod Berry(Redwood, Larkspur)	77

## 110 METER HURDLES

[120yH to 110mH plus .03 auto only]

13.2	Dedy Cooper(Ells, Richmond)	75
13.3	Robert Gaines(Kennedy, Richmond)	75
13.3	John Peterson(Saddleback, Santa Ana)	75
13.3	Phillip Johnson(Gardena)	78
13.73	Don Ward(St. Mary's, Berkeley)	80
13.76	*David Ashford(West Covina)	80
13.79	Henry Andrade(Johnson, Sacramento)	80
13.81c	Ken Margerum(Fountain Valley)	77
13.6	Charles Jackson(Lompoc)	71
13.6	Dan Jones(palo Verde, Blythe)	72
13.6	Tom Andrews(West, Bakersfield)	73
13.6	Carl Florant(Palo Alto)	73
13.6	Mike Harris(Indio)	74
13.6	Wilbur Gregory(Mission Viejo)	75

## 300 METER LOW HURDLES

[330y to 300m -1.9 or -2]

35.8y	Dedy Cooper(Ells, Richmond)	75
35.8y	Charles White(San Fernando)	76
36.03y	Gary Lee(Poly, Long Beach)	79
36.15	Willie Curran(Crespi, Encino)	78
36.24y	Andre Phillips(Silver Creek, San Jose)	77
36.26	Don Ward(St. Mary's, Berkeley)	80
36.29y	Ramon Grubbs(Blair, Pasadena)	77
36.1y	*Henry Andrade(Johnson, Sacramento)	79
36.1y	Vince Newsome(Vacaville)	79
36.43	*David Ashford(West Covina)	80

## 4 x 100

[4 x 110y to 4 x 100m -.23 or -.2]

40.8y	Wilson, San Francisco	73
40.9y	El Cerrito	71
40.9y	Ells, Richmond	75
40.9y	Hamilton, Los Angeles	76
41.0y	Castlemont, Oakland	70
41.0y	Hamilton, Los Angeles	71
41.0y	El Cerrito	70
41.0y	Crenshaw, Los Angeles	72
41.0y	Wilson, San Francisco	74
41.0y	Kennedy, Barstow	76
41.0y	Pasadena	77

## 4 x 400

[4 x 440 to 4 x 400 -1.1]

3:10.37	Centennial, Compton	80
3:10.42	Berkeley	80
3:10.47y	Banning, Los Angeles	78
3:11.32	Compton	80
3:12.1y	Castlemont, Oakland	71
3:12.3y	Westchester, Los Angeles	78
3:12.5y	Fremont, Los Angeles	78
3:12.6y	Pasadena	77
3:12.6y	Fontana	78
3:12.7y	Muir, Pasadena	74

## HIGH JUMP

7-3¼	Lee Balkin(Glendale)	79
7-3	Reynaldo Brown(Compton)	68
7-3	Tim Polti(Alemany)	79
7-2	Dennis Smith(Santa Monica)	77
7-2	Bill Hice(Oakland)	77
7-2	Kerry Myers(Berkeley)	78
7-2	Frank Schiefer(Madison, San Diego)	79
7-1¾	Mark Wilson(Monte Vista, Danville)	74
7-1½	Dwight Stones(Glendale)	71
7-1¼	Otis Hailey(Wasco)	68

## POLE VAULT

17-4¼	Anthony Curran(Crespi, Encino)	78
16-8¾	Steve Smith(South, Torrance)	69
16-8¾	Mike Tully(Millikan, Long Beach)	74
16-7	Bob Pullard(Los Angeles)	69
16-6¾	Paul Wilson(Warren, Downey)	65
16-6	Brian Worden(Notre Dame, Sherm. Oaks)	75
16-6	Greg Ernst(EI Dorado, Placentia)	78
16-5	Jon Jaughn(Corona)	66
16-4¾	Paul Heglar(Muir, Pasadena)	66
16-4½	Tom Hintnaus(Aviation, Redondo Beach)	76

## LONG JUMP

26-2¼	Ken Duncan(McClatchy, Sacramento)	72
36-¾	Jerry Proctor(Muir, Pasadena)	67
25-11½	Larry Doubly(Manual Arts, Los Angeles)	76

25-10¾	*Heulon Hewitt(Merced)	68
25-9½	*Gerald Hardeman(Edison, Fresno)	72
25-7	James McAllister(Blair, Pasadena)	70
25-6¼	Ted Hammond(Compton)	73
25-5¼	Doyle Steel(San Diego)	66
25-5	Carl McCullough(Sacramento)	72
25-4¾	*Johnny Johnson(Pacific Grove)	65

## TRIPLE JUMP

52-10½	Charles Mayfield(Muir, Pasadena)	80
52-6¼	*Dave Tucker(San Joaq. Mem., Fresno)	70
52-6	Henry Ellard(Hoover, Fresno)	79
52-3½	Randy Williams(Edison, Fresno)	71
51-8	Mike Woods(Manual Arts, Los Angeles)	63
51-6½	Greg Caldwell(Fremont, Los Angeles)	76
51-5¾	Freeman Miller(Fremont, Los Angeles)	80
51-3	Willie Banks(Oceanside)	74
51-3	Ricky Holliday(Muir, Pasadena)	80
51-2½	*Dokle Williams(El Camino, Oceanside)	77

## SHOT PUT

69-3¾	Jim Neidhart(Newport Harb., New. Bch.)	73
68-5½	Steve Montgomery(Lassen, Susanville)	76
68-5	Dave Kurrasch(Newport Harb., New. Bch.)	75
67-9¾	John Hubbell(Poly, Long Beach)	66
67-9	Terry Albritton(Newport Harb., New. Bch)	72
67-9	John McKenzie(Hart, Newhall)	76
67-8¼	Dave Doupe(Inglewood)	73
67-6½	Randy Cross(Crespi, Encino)	72
67-2¼	Mark Stevens(Newport Harb., New. Bch.)	71
67-2	Dave Murphy(Sunny Hills, Fullerton)	66

## DISCUS

209-6	Dave Porath(Atwater)	78
201-6	Ray Burton(Vacaville)	74
201-3	Chris Adams(Los Altos)	70
200-7	Paul Bender(Shafter)	80
200-4	Scott Endler(Hoover, Fresno)	76
200-1	Scott Overton(Los Altos)	72
198-6	Dave Voorhees(Tulelake)	73
195-8	Billy Joe Winchester(Mt. Mig., Spring Val.)	70
195-5	Lonnie Shelton(Foothill, Bakersfield)	73
195-4	Bob Stoecker(Los Altos)	62
195-4	Tom Birtwhistle(Gunn, Palo Alto)	69

Key: \* = junior, \*\* = sophomore, y = converted from yards. The automatic times (listed in 100ths) which make the lists have been placed in positions of relative "value" by assigning a conversion factor of either 1.24 (100, 200, 110HH, 300H) or 0.14 (400).

I would like to thank Ron Blackwood, Jack Shepard, and Bob Womack for their assistance.

# MASTERS SCENE

# 1980 CALIFORNIA MASTERS TRACK & FIELD RANKING

by Percy Knox

as of August 31, 1980

by Marty Higginbotham

With track season at an end the switch has been made to cross country and road racing and even some preparation for indoor track events.

Master distance runners are very fortunate this month as two championship events will be contested here in California. They are the National Masters 5000 Meter Cross Country Championships on November 29 in San Diego and the next day November 30 in San Francisco the Brooks/TFA National Masters 25K Championships will be held. If interested in the 5K cross country contact Ken Bernard (714) 488-3737. Contact Len Wallach if you are interested in the 25K: 1060 Continentals #104, Belmont, CA 94002. (415) 574-6730.

We here at California Track & Running News welcome any bits of information and advice that add to our Masters Scene. Send to Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277.

## Profile On: Bob Higginbotham

Age 54, height 5-9, weight 145. Member of the Bartlett Mineral Water Racing Team. Bob Higginbotham began his track career in late spring last year, he only competed on three separate occasions, one of which was the AAU National Masters Championships where he placed second in the 110 meter hurdles. Pleased and excited about his 1979 performances Higginbotham trained through the winter in preparation for a full 1980 track season. Higginbotham's favorite event is the 110 hurdles. He likes to compete about every two weeks. His only training rules are to follow a good diet and take vitamins.

The 54 year old junior high teacher in Visalia for 23 years got started in track through the encouragement of his son Marty and neighbor John Freisen a race walker. His wife has also given him a great deal of encouragement. Higginbotham never competed in high school or college but says he knew he had hurdle ability.



### 50 YARD DASH:

[40-49]

### 50 YARD DASH:

[40-49]

Percy Knox (46) CDM 5.5

### 60 METER DASH:

[30-39]

Hillard Sumner (34) SCS 7.1

[40-49]

Ken Dennis (42) CDM 7.08a  
Doug Smith (40) CDM 7.14a  
Lewis Smith (41) SCS 7.28a  
Percy Knox (46) CDM 7.44a  
Charles Fuller (41) NCS 7.45a  
Nick Newton (46) SCS 7.46a  
Ed Oleata (43) SD 7.51a  
Bruce Springbett (47) NCS 7.53a

[50-59]

Tom Patsalis (58) CDM 7.82a  
Ted Vick (50) CDM 7.7  
Bob Hunt (59) SCS 8.07a  
Wayne Ambrose (55) CDM 7.9  
Wilbur Buchanan (56) SCS 8.2  
Delaine Wagner (53) 8.4  
Burl Gist (59) CDM 8.6

[60-69]

Payton Jordan (63) CDM 7.79a  
Clarence Killion (62) CDM 8.06a

### 100 METER DASH:

[30-39]

Mike Johnson (31) SCS 10.6  
Greg Marshall (32) WV 10.8  
Herman Franklin (32) SCS 10.8  
Warren Spikes (30) CDM 10.8  
Walt Butler (39) SCS 10.9  
Hillard Sumner (34) SCS 10.9  
Glenn Johnson (32) CDM 10.9  
Reggie Davis (30) CDM 11.1  
Dan Fitzsimmons (36) WV 11.1  
Sam Robinson (36) 11.1  
Bill Johnson (34) 11.1  
Steve Caminette (3 ) 11.2  
Tom Coleman (3 ) 11.3  
Bobby Simpson (38) WV 11.4  
Willie Roberson (36) CDM) 11.6  
George Wong (31) CDM 11.6  
Marion McCoy (30) 10.6

[40-49]

Doug Smith (40) CDM 10.8  
Ken Dennis (43) CDM 11.1  
Nick Newton (46) SCS 110.53a  
Lewis Smith (41) SCS 11.5  
Ben Anixter (42) NCS 11.5  
Bill Knocke (4 ) 11.5  
Dave Segal (43) CDM 11.6  
Percy Knox (46) CDM 11.7  
Marion Sanchez (47) NCS 11.7  
Bruce Springbett (47) NCS 11.7  
Ed Oleata (43) SD 11.7

Al Guidet (62) CDM 13.5  
Byron Walls (61) CDM 13.79a  
Bill Fairbanks (63) 13.8  
[70 + ]  
Anthony Castro (70) STC 13.9  
Ken Carnine (71) NCS 14.96  
Lamar Jackson (74) 15.0  
Sing Lum (76) CDM 15.77a  
Joe Caruso (70) STC 14.3

### 200 METER DASH:

[30-39]

Marion McCoy (30) 21.8  
Matt Pruitt (35) WV 22.07a  
Greg Marshall (32) WV 21.9  
Mike Jackson (32) SCS 22.0  
Lee Evans (33) 22.28a  
Hillard Sumner (34) SCS 22.1  
Glenn Johnson (32) CDM 22.2  
David Romain (38) WV 22.2  
Reggie Davis (30) CDM 22.68a  
Warren Spikes (30) CDM 22.5  
B. Johnson (34) 22.5  
Dan Fitzsimmons (36) WV 22.6  
Bobby Simpson (38) WV 22.9  
Sam Robinson (36) 23.1  
Dave Kurrle (35) SCS 23.37a

[40-49]

Doug Smith (40) CDM 22.4  
Ken Dennis (43) CDM 22.94a  
Nick Newton (46) SCS 22.8  
Dave Segal (43) CDM 22.9  
Bruce Springbett (47) NCS 23.6  
Gary Miller (42) CDM 23.91a  
Ben Anixter (42) NCS 23.9  
Bill Knocke (40) 23.9  
Marion Sanchez (47) NCS 24.1  
Percy Knox (46) CDM 24.3  
Lewis Smith (41) SCS 24.58a  
Phil Maresca (41) NCS 24.4

[50-59]

Don Cheek (50) CDM 24.6  
Ted Vick (51) CDM 25.3  
Ozzie Dawkins (52) STC 25.49a  
Bob Watanabe (54) STC 25.4  
Bob Roemer (55) NCS 25.4  
Gene Harte (54) CDM 25.60a  
Huel Washington (50) 25.6  
Stan Dowell (50) NCS 25.7  
Dick Marlin (50) NCS 25.97a

[60-69]

Payton Jordan (63) CDM 25.9  
Clarence Killion (62) CDM 26.8  
Harry Koppel (67) STC 27.5  
Bob Hung (60) SCS 27.96a  
Byron Walls (61) CDM 28.0  
John Satti (67) STC 28.00a  
Henry Fairbanks (6 ) 28.24a  
Fred White (6 ) 28.7

[70 + ]

Anthony Castro (70) STC 29.17a  
Sing Lum (76) CDM 32.82a

Ron Whitney (36) 50.8  
B. Wilke (33) 51.5  
Woody Studenmund (35) CDM 51.5  
San Pinterpe (35) 51.8  
Greg Marshall (32) WV 51.9  
David Kurrle (35) SCS 51.9  
Andre Dunkell (3 ) NCS 52.3  
Bobby Simpson (38) WV 52.6  
J.H. Johnson (37) CDF 52.9  
Dan Fitzsimmons (36) WV 53.8

[40-49]

Nick Newton (46) SCS 50.9  
Gary Miller (42) CDM 52.13a  
Bill Knocke (40) 52.3  
George Cohen (40) SCS 52.6  
Phil Maresch (41) NCS 53.3  
Jack Knebel (4 ) 54.1  
Bill Green (43) 54.1  
Ed Oleata (43) SD 54.2  
M. Destafano (4 ) 55.12  
Larry Chavez (41) SCS 56.0  
Bruce Springbett (47) NCS 56.5  
Percy Knox (46) CDM 56.7  
Tony Nasaralla (48) STC 56.7

[50-59]

Don Cheek (50) CDM 55.1  
Gene Harte (54) CDM 56.62a  
Ozzie Dawkins (52) STC 57.13a  
Don Jackson (52) NCS 57.0  
Bob Steben (54) SD 57.2  
Stan Dowell (51) NCS 57.6  
Wilbur Buchanan (56) SCS 60.1  
Huel Washington (51) 60.2  
Tom Clayton (55) CDM 60.3  
Louis Beadle (52) CDM 60.6  
Ray Spencer (57) SD 60.9

[60-69]

Bob Hunt (60) SCS 61.43a  
Henry Fairbanks (63) 52.3  
Harry Koppel (67) STC 64.5  
John Satti (67) STC 65.0  
Clarence Killion (62) CDM 65.5  
Alfonso Perez (6 ) 66.9  
Fred White (6 ) 67.1  
George Polypynis (62) CDM 67.4

[70 + ]

Sing Lum (76) CDM 78.6

### 800 METER RUN:

[30-39]

Andre Dumkell (3 ) 1:56.6  
John Perry (35) SCS 1:56.9  
Ralph Lee (38) scs 1:57.2  
David Romain (38) WV 1:58.3  
George Mason (36) WV 1:58.7  
Reynaldo Corona (3 ) 1:59.0  
Greg Owings (3 ) 2:00.2  
Charles Ryavec (3 ) 2:00.3  
Steve Waggener (36) CDM 2:00.6  
Ken Kohon (3 ) 2:02.4  
Rod Petkovic (3 ) 2:02.6  
Steve Regas (3 ) 2:03.4  
D. Himmelberger (3 ) 2:06.7

# Bob Higginbotham

Age 54, height 5-9, weight 145. Member of the Bartlett Mineral Water Racing Team. Bob Higginbotham began his track career in late spring last year, he only competed on three separate occasions, one of which was the AAU National Masters Championships where he placed second in the 110 meter hurdles. Pleased and excited about his 1979 performances Higginbotham trained through the winner in preparation for a full 1980 track season. Higginbotham's favorite event is the 110 hurdles. He likes to compete about every two weeks. His only training rules are to follow a good diet and take vitamins.

The 54 year old junior high teacher in Visalia for 23 years got started in track through the encouragement of his son Marty and neighbor John Freisen a race walker. His wife has also given him a great deal of encouragement. Higginbotham never competed in high school or college but says he knew he had hurdle ability.

This season he turned in best times of 17.6 in the 110 hurdles and 69.4 in the 400 intermediates, he also has a leap of 16 feet in the long jump and 13.1 for 100 meters.

He likes the challenge track offers and likes to see what he can do and how much he can improve. His long range goal is to keep trying to improve.

Higginbotham thinks highly of masters sports as is evident in his statement, "Masters sports is a blessing as it has kept alive competition for those in track and field and opened up an entire new activity for others. Another plus is the association with many new friends and fellow tracksters."

From Cal Track and Running News, congratulations on a fantastic season and good luck in your future meets.

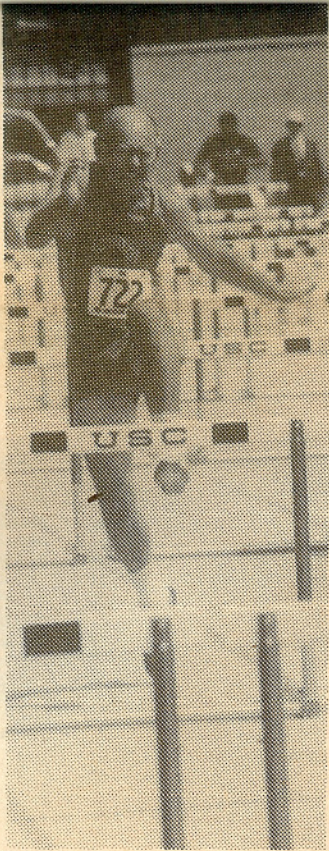


photo by Richard Slotkin

[30-39]	10.6	Gary Miller (42) CDM	23.91a	Tom Clayton (87) CDM	60.3
Mike Johnson (31) SCS	10.8	Ben Anixter (42) NCS	23.9	Louis Beadle (52) CDM	60.6
Greg Marshall (32) WV	10.8	Bill Knocke (40)	23.9	Ray Spencer (57) SD	60.9
Herman Franklin (32) SCS	10.8	Marion Sanchez (47) NCS	24.1	[60-69]	
Warren Spikes (30) CDM	10.8	Percy Knox (46) CDM	24.3	Bob Hunt (60) SCS	61.43a
Walt Butler (39) SCS	10.9	Lewis Smith (41) SCS	24.58a	Henry Fairbanks (63)	52.3
Hillard Sumner (34) SCS	10.9	Phil Maresca (41) NCS	24.4	Harry Koppel (67) STC	64.5
Glenn Johnson (32) CDM	10.9	[50-59]		John Satti (67) STC	65.0
Reggie Davis (30) CDM	11.1	Don Cheek (50) CDM	24.6	Clarence Killion (62) CDM	65.5
Dan Fitzsimmons (36) WV	11.1	Ted Vick (51) CDM	25.3	Alfonso Perez (6 )	66.9
Sam Robinson (36)	11.1	Ozzie Dawkins (52) STC	25.49a	Fred White (6 )	67.1
Bill Johnson (34)	11.1	Bob Watanabe (54) STC	25.4	George Polpynis (62) CDM	67.4
Steve Caminette (3 )	11.2	Bob Roemer (55) NCS	25.4	[70 + ]	
Tom Coleman (3 )	11.3	Gene Harte (54) CDM	25.60a	Sing Lum (76) CDM	78.6
Bobby Simpson (38) WV	11.4	Huel Washington (50)	25.6		
Willie Roberson (36) CDM	11.6	Stan Dowell (50) NCS	25.7		
George Wong (31) CDM	11.6	Dick Marlin (50) NCS	25.97a		
Marion McCoy (30)	10.6				
[40-49]		[60-69]		[30-39]	
Doug Smith (40) CDM	10.8	Payton Jordan (63) CDM	25.9	Andre Dumkell (3 )	1:56.6
Ken Dennis (43) CDM	11.1	Ted Vick (51) CDM	26.8	John Perry (35) SCS	1:58.9
Nick Newton (46) SCS	110.53a	Clarence Killion (62) CDM	26.8	Ralph Lee (38) scs	1:57.2
Lewis Smith (41) SCS	11.5	Harry Koppel (67) STC	27.5	David Romain (38) WV	1:58.3
Ben Anixter (42) NCS	11.5	Bob Hung (60) SCS	27.96a	George Mason (36) WV	1:58.7
Bill Knocke (4 )	11.5	Byron Walls (61) CDM	28.0	Reynaldo Corona (3 )	1:59.0
Dave Segal (43) CDM	11.6	John Satti (67) STC	28.00a	Greg Owings (3 )	2:00.2
Percy Knox (46) CDM	11.7	Henry Fairbanks (6 )	28.24a	Charles Ryavec (3 )	2:00.3
Marion Sanchez (47) NCS	11.7	Fred White (6 )	28.7	Steve Waggener (36) CDM	2:00.6
Bruce Springbett (47) NCS	11.7	[70 + ]		Ken Kohon (3 )	2:02.4
Ed Oleata (43) SD	11.7	Anthony Castro (70) STC	29.17a	Rod Petkovic (3 )	2:02.6
Gary Miller (43) CDM	11.7	Sing Lum (76) CDM	32.82a	Steve Regas (3 )	2:03.4
Gil LaTorre (42) NCS	11.7	<b>300 METER DASH:</b>		D. Himmelberger (3 )	2:06.7
Bill Mitchell (40)	11.9	[30-39]		Nolan Smith (3 )	2:07.5y
[50-59]		Hillard Sumner (34) SCS	37.2	Bob Browne (34)	2:08.4y
Ted Vick (51) CDM	12.1	[40-49]		Jim Partridge (3 )	2:08.3
Dick Marlin (50) NCS	12.1	George Cogen (40) SCS	1:54.9		
Huel Washington (51)	12.2	Bob Packard (4 )	2:00.3		
Don Cheek (51) CDM	12.3	Mel Elliott (41) SM	2:00.4		
Bob Roemer (54) NCS	12.3	Dave Donaldson (40)	2:01.3		
Tom Patsalis (58) CDM	12.3	Pete Richardson (45)	2:03.1		
Bob Watanabe (54) STC	12.4	Jack Knebel (41)	2:04.7		
V. Regler (52)	12.4	John Pitman (4 )	2:06.3		
Gene Harte (54) CDM	12.4	Lou Mayer (4 )	2:09.3		
Ozzie Dawkins (52) STC	12.4	[50-59]			
Al Juilland (57)	12.6	Bill Fitzgerald (55) STC	2:08.9		
Pete Fetter (58) CDM	12.7	David Stevenson (51)	2:15.1		
[60-69]		P. Arnot (55)	2:16.3		
Payton Jordan (63) CDM	12.0	Louis Beadle (52) CDM	2:16.7		
Clarence Killion (62) CDM	12.9	Don Jackson (54) MCS	2:16.9		
Harry Koppel (67) STC	13.12a	Leonard Walts (5 )	2:17.1		
Bob Hunt (60) SCS	13.41a	W. Atchineson (5 )	2:18.1		
John Satti (67) STC	13.4	Avery Bryant (56) STC	2:19.8		
		P. Wood (50)	2:20.3		



photo by Marty Higginbotham



## 2nd Annual Las Vegas SUN Marathon Championships

by Marty Higginbotham

Next month will be the Second Annual Las Vegas Sun Marathon Championships. This world class event is one of the most prestigious races in the United States. Each race, the 10K, 13.1 and 26.2 will feature a stellar field on a flat, fast paved course on the Las Vegas Strip.

In 1979 Californians Dave Babiracki and Gary Tuttle took first and third in the marathon. Babiracki timed 2:16:55 while Tuttle clocked 2:18:32. In the 13.1 mile event former Gorssmont Junior

College star Kirk Pfeffer outran such notables as Frank Shorter and Bill Rodgers as he ran to a record 1:02:32 on the out and back course. Tom Wysocki of Las Vegas was second in 1:02:58 while Mr. Marathon Bill Rodgers finished third in 1:03:22.

This year's marathon course has been changed to help produce some very fast times.

This Las Vegas event will feature some of the best distance runners in the world over fast courses. A terrific package deal is being offered to runners for \$99.00. This is a chance for a person to compete with the best in what could be one of the spectacular road races of the year.

For details/information write to Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277.

**Dave Babiracki** (right) of Granada Hills, California won the Sun Marathon last year over an unexpectedly tough course in 2:16:55.

**Gary Tuttle** (left) of Ventura, California finished third in last year's Sun Marathon clocking a 2:18:32.



**[60-69]**  
 Henry Fairbank (63) 2:24.2  
 Ed Stotsenberg (65) 2:32.0  
 George Poloyinis (62) CDM 2:34.4  
 Ray Mahannah (56) 2:37.0  
 Bill Fairbank (6 ) 2:38.0  
 Bob Boal (65) 2:51.0  
 Vince Godfrey (67) SD 2:54.5

**[70 +]**  
 Sid Madden (72) 2:52.9  
 Paul Spangler (81) 3:34.3

**1500 METER RUN:**

**[30-39]**  
 Jim Masher (3 ) 4:00.5  
 D. Tracy (33) WV 4:08.1  
 Earl Downing (31) 4:08.1  
 Reynlido Corona (3 ) 4:09.6  
 Ken Kohon (3 ) 4:10.3  
 Richard Schupbach (3 ) 4:10.4  
 Jerome McFadden (3 ) 4:10.9  
 Manny Mafon (3 ) WV 4:12.9  
 Steve Regas (3 ) 4:13.7  
 Richard Horzog (3 ) 4:16.4  
 Jim Howell (37) WV 4:17.8  
 David Romain (38) WV 4:17.8  
 Mike Eck (34) 4:38.4y  
 Fred Doubell (3 ) 4:22.8  
 D. Himmelberger (3 ) 4:23.0  
 Robin Clark (3 ) WV 4:25.6  
 Bruce Kostin (3 ) 4:26.2

**[40-49]**  
 Tom Cathcart (4 ) WV 4:08.0  
 Jack Knebel (41) 4:11.11  
 George Cohen (40) SCS 4:11.3  
 Mel Elliott (41) SM 4:11.3  
 Bob Packard (4 ) 4:12.8  
 D. Donaldson (40) 4:19.2  
 W. Shafer (40) 4:20.7  
 John Brennard (4 ) SM 4:22.01  
 Paul Richardson (45) WV 4:27.1  
 Bob Wellick (4 ) WV 4:28.4  
 Lou Mayer (4 ) 4:33.5  
 Skip Witt (4 ) 4:39.7

**[50-59]**  
 Bill Fitzgerald (55) STC 4:28.7  
 David Stevenson (51) 4:29.9  
 Pete Mundle (52) SM 4:37.7  
 Bill Phillips (5 ) 4:37.8  
 Walt Atchison (5 ) 4:39.4  
 Leonard Walts (51) 4:43.9  
 Avery Bryant (56) STC 4:51.3

**[60-69]**  
 Ed Stotsenberg (65) 5:17.0  
 Joe Carey (6 ) 5:17.8  
 George Poloyinis (62) CDM 5:24.7  
 Ray Mahannah (65) 5:30.2  
 Frank Rems (6 ) 5:31.8  
 Ed Preston (=3) NCS 5:32.0

**[70 +]**  
 Sid Madden (72) 6:00.2  
 J. McGee (71) 6:41.5  
 Willard Benton (7 ) 6:42.5  
 Paul Spangler (81) 6:55.8  
 Willard Benton (7 ) 6:56.6  
 Walt Frederick (7 ) 7:01.5

**STEEPLECHASE:**

**[30-39]**  
 Douglas Clard (3 ) 11:07.9  
 Ira Yawnick (3 ) 11:37.7  
 John Patterson (3 ) 11:48.3

**[40]**  
**[40-49]**  
 Alfred Burgess (4 ) 11:05.9  
 Ted Oviatt (4 ) 11:28.6  
 Gary Smith (4 ) 11:30.9

**[70 +]**  
 Sid Madden (72) 21:17.2  
 Ed Ramble (7 ) 22:13.0

**10 KILOMETER RUN:**

**[30-39]**  
 Ron Kurrie (3 ) 31:39.0  
 Fred Forsburg (3 ) 32:23.3  
 Frank Duarte (38) 32:38.0  
 J. Lovejoy (32) 32:44.1  
 Bob Packard (39) 33:31.9  
 Rober Scott (3 ) 33:53.0  
 R. Rowley (3 ) 34:04.2  
 Mark Gallo (3 ) NCS 34:07.2  
 Frank Krebs (3 ) 34:18.2

**[40-49]**  
 C. Harris (40) 32:58.5  
 J. Lewis (45) 34:07.2  
 Skip Witt (4 ) 34:57.0

**[50-59]**  
 Jim O'Neil (55) 35:03.1  
 Pete Mundle (52) SM 36:39.0  
 Tracy Brown (5 ) 36:51.7  
 David Stevenson (51) 36:56.4

**[70 +]**  
 J. Poppler (60) 42:31.2

**110 METER HIGH HURDLES:**

**[30-39]**  
 Walt Butler (39) SCS 14.5  
 Larry Sallinger (36) CDM 14.85s  
 Theo Viltz (36) 14.7  
 Dave Kurrie (35) SCS 14.9  
 George Carty (3 ) BAS 15.1  
 Frank Reilly (3 ) 15.1  
 John Jones (3 ) 15.4  
 c. McCormick (36) SCS 15.5  
 John Dobroth (38) SCS 15.6  
 Steve Caminitti (3 ) 15.7  
 Fred Johnson (34) 16.0

**[40-49]**  
 Al Henry (42) CDM 15.22a  
 Dave Jackson (48) CDM 15.54a  
 Ed Oleata (43) SD 15.80a  
 James Thomas (41) 15.9  
 Hal Smith (44) SCS 16.5  
 Bob Plassmeyer (4 ) 16.5  
 Hugh Adams (40) CDM 16.6  
 Al McDaniels (4 ) 16.6  
 Gary Bane (4 ) 16.6

**[50-59]**  
 Tom Patsalis (58) CDM 16.9  
 R. Higgenbotham (53) 17.6  
 Joe Murphy (5 ) 18.1  
 Roy Wiggington (54) NCS 18.3  
 Bob Roamer (55) NCS 18.5  
 Bob Hunt (59) SCS 18.7

**[60-69]**  
 Bob Hunt (60) SCS 17.3  
 Burl Gist (60) CDM 17.3  
 Al Guidet (62) CDM 18.4  
 Bill Morales (63) CDM 19.8  
 Bill Burke (61) CMD 20.8  
 Harry Koppel (67) STC 20.8  
 Clarence Killion (62) CDM 21.0

**400 METER INTER. HURDLES:**

**[30-39]**  
 Matt Pruitt (34) WV 55.7  
 Ron Whitney (37) 55.7  
 C. McCormick (37) 58.8

**[40-49]**  
 Ed Oleata (43) SD 56.9  
 Hugh Adams (40) CDM 57.6  
 Gary Miller (42) CDM 59.79a  
 James Thomas (41) NCS 61.2

Corona Del Mar 49.2  
 Corona Del Mar 49.63a  
 (Cheek, Fetter, Harte, Stolpe)  
 Corona Del Mar 49.4  
 Corona Del Mar 50.1  
 Corona Del Mar 50.9

**[60-69]**  
 Corona Del Mar 55.5

**800 METER RELAY:**

**[30-39]**  
 Southern Cal Striders 1:28.9  
 (Jackson, Kurrie, Franklin, Sumner)  
 Corona Del Mar 1:29.2  
 (Spikes, Davis, Roberson, Johnson)  
 Southern Cal Striders 1:29.5  
 (Ferguson, Franklin, Jackson, Sumner)  
 Southern Cal Striders 1:29.6  
 (Ferguson, Franklin, Jackson, Sumner)  
 Southern Cal Striders 1:30.2  
 (Kurrie, Franklin, Ferguson, Sumner)  
 Corona Del Mar 1:32.4  
 (Davis, Wong, Beadle, Johnson)  
 West Valley TC 1:33.1  
 Southern Cal Striders 1:33.8

**[40-49]**  
 Corona Del Mar 1:33.8y  
 (Miller, Knox, Henry, Smith)  
 Corona Del Mar 1:35.6  
 (Jackson, Knox, Miller, Smith)  
 Corona Del Mar 1:36.2  
 (Jackson, Segal, Adams, Smith)  
 Corona Del Mar 1:37.7  
 (Henry, Radford, Smith, Dennis)  
 Southern Cal Striders 1:38.1  
 (Smith, Jones, Newton, Abidale)

**[50-59]**  
 Corona Del Mar 1:43.4  
 (Stolpe, Beadle, harte, Cheek)  
 Seniors TC 1:47.8  
 (Dawkins, Wagner, Walts, Watanabe)  
 Corona Del Mar 1:49.5  
 (Clayton, Watt, Guidet, Harte)

**1600 METER RELAY:**

**[30-39]**  
 Corona Del Mar 3:20.4  
 (Johnson, Miller, Evans, Davis)  
 West Valley TC 3:21.1  
 (Pruitt, Romain, Marshall, )  
 Southern Cal Striders 3:21.87a  
 (Jackson, Bogan, Stewart, Sumner)  
 Southern Cal Striders 3:23.1  
 (Franklin, Lee, Perry, Sumner)  
 Southern Cal Striders 3:23.9  
 WARP 7 3:25.2  
 WARP 7 3:29.40a  
 West Valley TC 3:31.4  
 (Simmons, Fitzsimmons, Mason, Romain)

**[40-49]**  
 Corona Del Mar 3(32.3  
 (Dennis, Miller, Henry, Smith)  
 Corona Del Mar 3:35.0  
 Corona Del Mar 3:37.3  
 (Dennis, Smith, Miller, Segal)  
 Southern Cal Striders 3:38.4  
 (Smith, Carrington, Elliott, Cohen)

**[50-59]**  
 Corona Del Mar 3:52.39a  
 (Beadle, Stolpe, Harte, Cheek)  
 Seniors TC 4:05.1  
 Corona Del Mar 4:06.3

**LONG JUMP:**

**[30-39]**  
 Herman Franklin (32) SCS 23-4 1/2  
 Carl Flower (33) CDM 22-11 1/4

Jim McGinnity (3 ) WV 6-4  
 Tom Knappen (30) 6-2  
 Lloyd Higgins (38) 6-2  
 Herman Franklin (32) SCS 6  
 Warren Cummings (31) 5-7  
 Dennis Stempel (3 ) 5-7

**[40-49]**  
 James Brown (41) 6-3 1/4  
 Herman Wyatt (48) 6-2 3/4  
 Nick Newton (46) SCS 5-10 1/4  
 Dick Hatchkiss (4 ) 5-8  
 Gary Bane (42) 5-6  
 Mike Destafano (4 ) 5-6  
 Ed Oleata (43) SD 5-5  
 Leon Frankamp (4 ) 5-5  
 J. Iseri (43) 5-4 1/4  
 Marion Sanchez (48) NCS 5-4  
 Don Rose (44) 5-4  
 Bern Zaeackl (4 ) 5-4  
 Inder Singh (4 ) 5-4  
 Ray Fitzhugh (45) CDM 5-2  
 Mort Durham (4 ) 5-2  
 Kermit Walker (44) 5-2

**[50-59]**  
 Ed Austin (50) CDM 5-7  
 Shirley Davison (50) CDM 5-4  
 Burl Gist (59) CDM 5  
 Dave Brown (57) CDM 4-10 3/4  
 Burton Otzinger (5 ) 4-10  
**[60-69]**  
 Burl Gist (60) CDM 5-2 1/2  
 Bob Ogle (61) CDM 4-10  
 Orv Gillett (60) CDM 4-10  
 Jim McCarthy (65) NCS 4-  
 Jim McCarthy (65) NCS 4-7 1/4  
 Ted Wilson (6 ) 4-8  
 Jim McCarthy (65) NCS 4-7 1/4  
 John Damski (65) 4-4

**70 +]**  
 Stan Thompson (7 ) 4-4  
 Homer Van Gelder (75) 4-2  
 Winfield McFadden (75) 3-10  
 Red Doms (73) SCS 3-8  
 Walt Frederick (72) 3-8

**TRIPLE JUMP:**

**[30-39]**  
 Carl Flowers (33) CDM 42-11 3/4  
 Steve Lang (31) 41-1 1/4  
 Leonard Plotkin (3 ) 40-104  
 D. Isaken (31) 39-5  
**[40-49]**  
 Dave Jackson (48) CDM 44-4 1/2  
 Al Henry (42) CDM 43-7 1/2  
 Kermit Walker (44) 40-6 1/2  
 Al McDaniels (4 ) 38-5  
 Tony Nasaralls (47) STC 35-4  
 John Lewis (4 ) 35-2 1/2

**[50-59]**  
 Tom Patsalis (58) CDM 39-4 1/4  
 Shirley Davison (50) CDM 38-11 1/2  
 Ray Spencer (57) SD 36-2  
 Dave Brown (57) CDM 35-2 1/2

**[60-69]**  
 Gordon Farrell (62) CDM 36-5 3/4  
 John Satti (66) STC 31-10 1/2  
 Bob Ogle (61) CDM 30-8 1/4  
 John Damski (65) 29-9 3/4  
 Fred White (6 ) 29-5  
 Dick Ganslen (6 ) 29-1/2  
 Charles Mercurie (6 ) 28-10  
 Bill Morales (64) CDM 28-7  
 George Poloyinis (62) CDM 27-8 1/2  
 Herb Miller (6 ) 27-3 1/2

**[70 +]**  
 Winfield McFadden (75) SD 28-2 1/4  
 Stand Thompson (7 ) 26-8  
 Homer Van Gelder (75) 24-6 1/2  
 Red Doms (73) SCS 23-6 3/4

**POLE VAULT:**

**[30-39]**  
 Tom Knappen (30) 15-1  
 Warren Wilke (32) 15  
 Warren Cummings (32) 14-4 1/2  
 Dennis Stempel (3 ) 13-7 1/2  
 Marion Connelly (3 ) 13-7 1/2  
 Marion Connelly (3 ) 13-6  
 Bruce Hotaling (3 ) NCS 13  
 Richard Stepp (35) 12-9  
 Frank Reilly (3 ) 11

**[40-49]**  
 Vic Cook (48) SCS 13-6  
 Ed Oleata (43) SD 12-2 1/2  
 Ron Fleming (42) Navy 12  
 M. Wong (4 ) 12  
 Gary Bane (42) 11-6 1/2  
 Tom Woodring (4 ) 11-6  
 Hal Smith (44) SCS 11-2 1/2  
 Duane Telliano (4 ) 11  
 Dave Douglas (4 ) SCS 10-6  
 Ray Fitzhugh (45) CDM 10-2 1/2

**[50-59]**  
 Jim Vernon (64) STC 11-7  
 Dave Brown (57) CDM 10-6  
 Don Groll (55) CDM 10-6  
 Hal Wallace (52) STC 10-6  
 Vern Wolfe (55) USC 10  
 J. Johnson (57) 10  
 Orv Gillett (59) CDM 9

**[60 +]**  
 Jim Vernon (64) STC 11-7  
 Orv Gillett (60) CDM 9  
 Bob MacConaghy (72) CDM 8-7



**WEST VALLEY TRACK CLUB**

INVITES YOU TO PARTICIPATE

IN

**A PREVENTIVE SPORTS MEDICINE SEMINAR**

(A Multi-Disciplinary Approach)

SATURDAY, DECEMBER 20, 1980



**SHOT PUT:**

<b>[30-39]</b>	
Doug Lane (30) WV	56-8¼
Doug Wells (36) CDM	52-9
Mike Dillen (3 )	46-6½
Fred Johnson (3 )	42-5
Charles Russell (3 )	41-11
Jim Knight (3 ) LAPD	39-4½
Bill Wooten (3 )	39-3¼
<b>[40-49]</b>	
James Hart (43) CD	44-1½
Hal Smith (44) SCS	42-1½
Stew Thompson (47)	42-½
Carlos Fraundorfer (4 )	41-11½
Don Homes (4 ) LAPD	41-9
Jim Hanley (4 )	41-5
Andy Halle (4 )	41-¼
Dick Hatchkiss (4 )	39-8½
Jim Cain (4 )	38-9¾
Ed Oleata (43) SD	37-10¾
Charles Renfro (4 )	36-6½
Roman Marinen (42)	36-4½
Spencer Letcher (49);	36-3½
<b>[50-59]</b>	
Dick Preciado (4 )	45-7
Bill Bangert (5 ) CDM	45-1¾
Harry Hawke (5 ) SD	44-8½
cole McFarland (5 )	44-2
hal Wallace (52) STC	39-7¾
Tom Allison (5 )	39-4
Jan Versteeg (5 )	39-4
Bob Paysinger (5 )	38-2½
<b>[60-69]</b>	
Jack Thatcher (63) CDM	47-11½
Ralph York (6 )	45-1
James York (66)	44-8½
Bob Stone (6 )	44-8
Dan Aldrich (61) CDM	44-7
Jim Minah (60)	43-10
Bill Burke (61) CDM	43-1½
Neel Buell (6 )	39-6½
Gene Hansen (6 )	38-11½
<b>[70+]</b>	
Vernon Cheadle (70)	40-6¼
Red Doms (73) SCS	37-10¼
Bob MacConaghy (72) CDM	36-8¼
Emery Curtice (7 )	36-7¼
L. Persenyi (72)	35-9
Stan Herrmann (75)	34-10

**JAVELIN:**

<b>[30-39]</b>	
Doug Wells (36) CDM	200-4
Tony Gresword (3 )	194-3
Dick Shelby (34)	193-1
Warren Wilke (32)	191
Tony Greswoid (3 )	185-5
Clyde Foreman (3 )	184-11
Bill Wooten (3 )	169-6
Dennis Stempel (3 )	165-7
Fred Johnson (34) SCS	163-8
Frank Rock (3 )	160-1
J. Trujello (33)	159-10
c. McCormich (36) SCS	159-8
Warren Cummings (3 )	146-10
Richard Stepp (35)	143-9
W. Henderson (33)	132-7
Rudy Figueroa (3 )	125-6
<b>[40-49]</b>	
Larry Stuart (41) SCS	228-8
Phil Conley (46) WV	203-4
Spencer Letcher (49) NCS	180-11
B. Gale (40) WV	175-7
Bill Toomey (4 )	173-1
Barton Gale (4 ) WV	165-11
Hal Smith (44) SCS	155-11½
Jim Weed (4 )	155-7
Gary Miller (42) CDM	154-2
Don Rose (44)	153-7
Ralph Sutton (4 ) NCS	152-2
Rich Mills (4 )	149-½
Gary Bane (42)	144-3
Roman Marinen (42)	142-5
Clay Brooks (4 )	131-7
<b>[50-59]</b>	
Pete Fetter (58) CDM	153-9
E. Chynoweth (56)	145
Harry Hawke (5 ) SD	145
Hal Wallace (52) STC	130-7
Bob Roemer (55) NCS	128-5
Jerry Wajcek (5 )	121-9
<b>[60-69]</b>	
Bill Morales (64) CDM	152-4
Dan Aldrich (61) CDM	129-3
Bill Burke (61) CDM	124-2
Bob Stone (60)	130-4
<b>[70+]</b>	
Bob MacConaghy (72) CDM	118-1
Emery Curtice (73) NCS	112-11
Ken Carnine (72) NCS	114-1
Red Doms (73) SCS	98-7¼

**DISCUS:**

<b>[30-39]</b>	
Lloyd Higgins (38)	178-2
Tim Fahey (32) WV	155-7
Doug Wells (36) CDM	150-8
Mike Dillen (3 )	149-2¼
Bill Henderson (3 )	144-11
Ray Manzi (3 )	142-10
C. McCormick (36) SCS	138-8
Frank Reilly (32)	136-4
<b>[40-49]</b>	
Bob Humphrey (44) CDM	165-5
James Hart (43)	136-7
Ed Van Pelt (4 )	135-11
Jim Cain (41)	133-5
Stew Thompson (4 )	126-8
Carlos Fraundorfer (4 )	126-3
Charles Renfro (4 )	125-1
Hal Smith (44) SCS	117-11
<b>[50-49]</b>	
Harry Hawke (5 ) SD	139-9
Sid Nebbett (5 )	131-9
Don Maurer (5 )	124-6
George Ker (57) CDM	124-5
Tom Allen (5 )	123-4
Tom Allison (5 )	121-10
Bob Stone (59)	117-1½
Hal Wallace (52) STC	116-10
S. Doubell (56)	115-3½
<b>DISCUS.</b>	
<b>[60-69]</b>	
Dan Aldrich (61) CDM	174-1
Jack Thatcher (64) CDM	138-3
Bob Stone (60)	136-4
Neel Buell (6 )	126-8
Bill Burke (61) CDM	124-6
Joe Sanz (61)	123-2
Bill Morales (64) CDM	118
Ralph York (66)	118-8
James York (68)	113-8
Jim McCarthy (61)	111-9
<b>[70+]</b>	
Vernon Cheadle (70)	132-6
Ken Carnine (72) NCS	127-8
Red Doms (73) SCS	118-5
Stan Herrmann (75)	103-5
L. Persenyi (72)	101-2¼

**HAMMER.**

<b>[30-39]</b>	
Ray Manzi (3 )	142-6
Mike Dillen (3 )	138-8
<b>[40-49]</b>	
Stew Thompson (4 )	148-11
Gordon Bobell (4 )	147-11
Carlos Fraundorfer (4 )	127-2
James Hart (43)	118-3
Dave Douglas (4 ) SCS	109-11
Fred Fate (4 )	105-7
<b>[50-59]</b>	
Jan Versteeg (5 )	132-7
Paul Evans (50)	119-6

Jerry Wojcek (5 )	112-5
Tom DeV Vaughn (5 )	109-2
<b>[60-69]</b>	
Dan Aldrich (61) CDM	153-6
Bob Stone (60)	138-3
Joe Sanz (6 )	131-8
Jim Minah (6 )	129-1
James York (68)	121-6
Art Vesco (6 )	113-2
<b>[70+]</b>	
Stan Herrmann (75)	112-8
Randy Hubbell (7 )	103-4
John Wittmore (8 )	81-9

**ATTENTION! MASTERS!** The National Masters Newsletter is the only national publication devoted exclusively to track & field and long distance running for men and women over age 30.

It features results, schedules and age-records from all over the country, plus inside stories and scoops of what goes on in the Masters world. It's the bible of the Masters movement.

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The Newsletter gives a no-risk guarantee. If not what you expect, you may cancel your subscription at any time and receive a full refund on all unmailed issues.

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# CLUB NEWS

by MARTY HIGGINBOTHAM

## Santa Monica TC

12077 Wilshire Blvd. #577, L.A. 90025

by David Greifinger

Autumn has arrived. Local middle and distance runners are training for the next annual cycle of track meets, ten kilometer

During the year, four club athletes, Todd Harbour, Bill McCullough, Mike Durkin and Jerald Jones broke four minutes in the mile or its equivalent in the metric mile. In summer European meets, SMTTC's athletes ran numerous world class times, highlighted by Todd Harbour's 3:35.87 for 1500 meters in Oslo, Norway. Todd's time was the equivalent of a 2:52.8 mile and was the

## Fresno T.C.

P.O. Box 6103, Fresno 93703

FTC members have been very active in central valley races. At the September 27 Bartlett 10K Run Curt Ella finished second in the 30-39 division in 32:23. Jerry Shaw claimed fourth in the 15-19 age group and Clarence Parker was fourth in the 50-59 age division timing 42:54.

Leon Valley ran a 2:45 marathon at Sacramento on September 28. In the same event Chris Delgado missed first place in the 40-49 age group by a mere ten seconds. Liz DeMonte took second in the 50+ women's division timing 3:51:19. Frank and Leo Delgado ran the half

## Bartlett Mineral Water Race Team

1026 W. Princeton, Visalla 93277

John Pitman ventured to the Santa Barbara Masters Meet on October 4, where he ran the 40-44 age group 800 meter and nabbed a fourth place in 2:10.

On October 5, Marty Higginbotham competed in the Calico Days 30K in Barstow. He ran a 1:44:59 to take first place honors. Higginbotham also ventured to Reno where he placed 46th in the 10K

Club members were also active in the Lake Castaic 10 Mile Run. Ed Jerome timed 59:22 to be the first club finisher, third place overall and second in the 30-39 age group, Tony Whitmore clocked 61:00 for fifth overall and second in the open division, Tom Gleason was seventh overall in 62:31, Ken Hamrick timed 64:43 for twelfth position overall and second in the 40-49 age division. Fourteenth overall was Allen Warren who clocked 66:32 and taking first place honors in the 50-59 age group was Marv Powers timing 68:34.

The HDRC now is in its fall cross country schedule. December 6 will be the High Desert's Championships.

Bob MacConaghy (72) CDM 36-8½  
 Emery Curtice (7) 36-7¼  
 L. Persenyi (72) 35-9  
 Stan Herrmann (75) 34-10

[70+]  
 Bob MacConaghy (72) CDM 118-1  
 Emery Curtice (73) NCS 112-11  
 Ken Carnine (72) NCS 114-1  
 Red Doms (73) SCS 98-7½

Ken Carnine (72) NCS 127-8  
 Red Doms (73) SCS 118-5  
 Stan Herrmann (75) 103-5  
 L. Persenyi (72) 101-2½

# CLUB NEWS

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## Santa Monica TC

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by David Greifinger

Autumn has arrived. Local middle and distance runners are training for the next annual cycle of track meets, ten kilometer and marathon runs.

The Santa Monica Track Club's primary purpose is to train American athletes for national and international competition, but the club does more. As part of its continuing efforts to raise funds to finance sending top athletes to competitions throughout the world, the club conducts numerous ten kilometer road runs. SMTC's three coaches, Joe Douglas, Merle McGee, and Pat Cady train male and female athletes of all ages and abilities. The club's plans include the eventual installation of an all-weather track at its training site, Santa Monica City College.

Since Joe Douglas became coach, the club has grown into one of the largest and best distance running clubs in the world. Out of the twenty-three road races in which the Santa Monica Track Club competed last year, club members won fifteen and placed in the top three in all. Of the twelve top club runners, Jerald Jones cracked the 29 minute barrier by running 28:51, while five others ran in the 29 minute range, and the remaining athletes ran in the 30 minute range.

The club was no less impressive during the indoor and outdoor track seasons. Indoors, Santa Monica set world records in the 4x800m and the two-mile relays and won the AAU National Indoor Championship in the latter. SMTC's Jerald Masterson was ranked first in the nation in the 800m and ran the third fastest time in the world. Jerald Jones ran the third fastest time in the indoor 2-mile following Larry Lawson's number two ranking the preceding year. During the outdoor competition, sixteen athletes trained by the SMTC qualified for the 1980 U.S. Olympic Trials. Mike Durkin (1500m) and Carl Lewis (L.J.) made the United States Team. Jerald Jones (5000m) and Todd Harbour (1500m) qualified to be alternates on the team by placing fourth in their respective events. Remarkably, of the thirty-two entrants in the 800m trials, six were from the Santa Monica club.

During the year, four club athletes, Todd Harbour, Bill McCullough, Mike Durkin and Jerald Jones broke four minutes in the mile or its equivalent in the metric mile. In summer European meets, SMTC's athletes ran numerous world class times, highlighted by Todd Harbour's 3:35.87 for 1500 meters in Oslo, Norway. Todd's time was the equivalent of a 3:52.8 mile and was the fourth fastest ever for the distance by an American. Among those Todd beat in that race was Steve Scott, America's premier miler. Jerry Masterson placed in 9 international European meets and won the 800m in Bern Switzerland. Johnny Gray placed second in the 800m in the heralded Bislett Games in Oslo, Norway.

## Visalia Runners

Many Visalia Runners competed in the Bartlett Mineral Water 10K Run, September 27 in Visalia. Top club finisher was Gary Campbell who finished in 33:21, to place third in the 30-39 age group, fellow Visalia Runner Rob Stephenson timed 34:09 to take fourth in the 30-39 group. Jackie Randolph was the first woman for the Visalia Runners to cross the finish line. She timed 43:56 to take second in the 30-39 division. Teammate Cheri Stephenson ran 49:52 for fifth in the same division. Rob and Cheri Stephenson took first place honors in the husband wife category while Richard and Jacue Randolph finished third.

October 26, the club held a 10 Mile Race up Mineral King Road at the foot of the Sierra Nevada Mountains. Coming out ahead in this devilish event was Gary Campbell timing 74:35, Rob Stephenson was second in 77:20, Craig Newport was third in 79:34 followed by Dave Calderon in fourth timing 81:00. Nine runners completed this grueling climb!

At the October 19, Locker Room 5 Mile Run in Visalia the club took a 1-2-3 sweep in the mens 30-34 age group as Gus Navaarez took first (5th overall) in 28:13, Craig Newport was second in 28:14 and Ray Hernandez followed in third timing 28:36. The clubs first woman finisher was Cheri Stephenson clocking 38:30 for third in the 30-39 division.

## Fresno T.C.

P.O. Box 6103, Fresno 93703

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Leon Valley ran a 2:45 marathon at Sacramento on September 28. In the same event Chris Delgado missed first place in the 40-49 age group by a mere ten seconds. Liz DeMonte took second in the 50+ womens division timing 3:51:19. Frank and Joe Delgado ran the half marathon, Frank timed 1:18:51 while brother Joe timed 1:20:49. Brent DeMonte ran the 13.1 also and clocked 1:33:04.

On October 4, Jim Hartig ran a swift 30:53 to take first place honors at the Selma Cancer Run. Curt Ella finished second overall in 32:01 followed by twin brother Craig Ella in 32:14. The Elias were one and two in the submasters division. The FTC also took a sweep in the masters as Chris and Joe Delgado and Dick Zamarripa went 1-2-3. In the boys 12 and under two mile Greg Samson clocked 12:07 for first and Lisa Ball took second in the girls elementary division.

At the First Annual Police and Friends Six Miler Bryan Foley clocked 30:14 for an easy winner, second place went to FTC runner Steve Moreno in 30:58. Sid Toabe captured the 50-59 division in 36:32 while Helen Lopez ran away from the womens field in 37:42.

## Dolphin South End Runners

741 Kansas St., San Francisco 94107

On September 21, the DSE Runners gave club president Walt Stack a super birthday party. Stack has been the guiding force behind the DSE Runners who are the oldest and largest running club in San Francisco. Walt Stack started the DSE Runners on January 1, 1966.

DSE Runner Flory Rodd set a national record for 56 year olds in a 15 kilometer event held Sunday, August 24. He ran a time of 57:07 eclipsing 47 seconds off the old mark.

Several members ran the grueling Lake Tahoe 72 Mile Run. Top club finisher was Bill May who clocked 11 hours 35 minutes.

## Bartlett Mineral Water Race Team

1026 W. Princeton, Visalia 93277

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On October 5, Marty Higginbotham competed in the Calico Days 30K in Barstow. He ran a 1:44:59 to take first place honors. Higginbotham also ventured to Reno where he placed 46th in the TFA National Cross Country Championships.

Both Bob Higginbotham and John Pitman, closed their masters track season with some very impressive marks that ranked them very high in their respective age divisions.

November 8, the Bartlett Race Team will host the TFA/USA Western Regional Cross Country Championships.

## Bakersfield Track Club

433 E. Belle Terrace, Bakersfield

The BTC has officially scheduled their 1981 Bakersfield Marathon for February 7. This is an outstanding marathon put on by the Bakersfield Club, it is a flat fast course that is suitable for fast times.

The club is also considering sponsoring a 50k run. As of now the race may go in March 1981. It is still in the planning stages and nothing is official yet.

BTC has added twelve new members to its already strong ranks.

## High Desert Running Club

14384 Stannridge Ave., Lancaster 93534

Several HDRC members competed in the Mt. Baldy Race To The Top 8 Mile. First club finisher was Ed Jerome timing 1:19:04 for 18th place overall, Tony Whitmore clocked 1:24:07 for 38th while Allen Warren finished in 55th with a 1:29:53, and Larry Wells timed 1:51 for 130th. Jeanette Wells captured first place honors in the women's 40-49 division as she ran a 1:50:50.

Club members were also active in the Lake Castaic 10 Mile Run. Ed Jerome timed 59:22 to be the first club finisher, third place overall and second in the 30-39 age group, Tony Whitmore clocked 61:00 for fifth overall and second in the open division, Tom Gleason was seventh overall in 62:31, Ken Hamrick timed 64:43 for twelfth position overall and second in the 40-49 age division. Fourteenth overall was Allen Warren who clocked 66:32 and taking first place honors in the 50-59 age group was Marv Powers timing 68:34.

The HDRC now is in its fall cross country schedule. December 6 will be the High Desert's Championships.

## Golden Gate Race Walkers

106 Sanchez St. Apt. 17, San Fran. 94114

Charles Marut paced the GGRW in the PA-AC 10K Race Walking Championship held September 14 at Sanford. Marut was the first master (40-59) finisher clocking 54:20. Otto Somemrauer was first in the 60 and over category timing 65:31. The GGRW womens team took one and two in the womens 40-49 age group as Nancy Procter clocked 73:07 for first, followed by Armonita Yuen in second with 74:45 time.

Diane Mendoza who just began race walking late last year, walked in the National Athletics Congress 35K Championships held September 7 at Belverde. She was the first women finisher clocking 4:02:52. Otto Somemrauer placed fifth in the mens master division timing 4:11:55.

## Lompoc Valley Distance Club

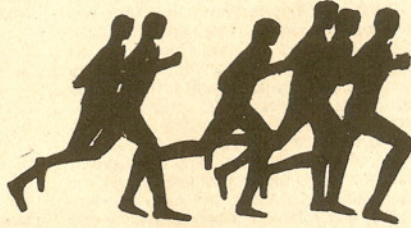
P.O. Box 694, Lompoc 93438

The Lompoc Valley Distance Club has added several new member to its ranks.

Many Lompoc club members took part in the Park to Park 7.9 mile race on September 7. Club member Jim Elwell established a new course record of 44:12 erasing three seconds off the old mark. John Perkins won the 50-59 age group and Joseph Carey took the 60+ division. For the LVDC women Jan Namfrina took the 30-34 division, Gardun Fink won the 35-39 division, she was the first woman finisher overall. In the 40+ age group Olga Quinones was the winner.

At the Plankton 3 Mile on September 20, Jim Elwell ran a 15:59.

# LONG DISTANCE LOG



by RICHARD SLOTKIN LONG DISTANCE EDITOR

Please send road race highlights, pictures and stories directly to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230. Also send a copy of the results to the California Track & Running News office: P.O. Box 6103, Fresno, CA 93703.

## Points of Interest

by Richard Slotkin

One of the nice things about having a column of my own in CTRN is that I come across all kinds of interesting things. The serendipitous effect (take that!, William F. Buckley!) is very high.

Two of those serendipitous surprises have been books and I'm going to take this opportunity to talk about them this month.

The first is a small volume on women's running by Laszlo Tabori. Fittingly enough, it's title is *Women's Running*, it was co-written with Jonathan J. Brower, who has a Ph.D. in sociology and does a weekly radio show on a Los Angeles Pacific FM station (KPFK) in which he examines sports from a sociologist's point of view.

Tabori, as most everyone who reads CTRN probably knows, is the coach of the San Fernando Valley Track Club, and he has had great success training women. Jacqueline Hanson, Debbie Heald and Carol Cartwright come to mind, and especially Miki Gorman, whom one magazine rates as the greatest runner, male or female, alive, in terms of how she dominates her age group.

I will admit to being a bit skeptical when I first received the book. I mean, this guy was trained by Igloi. You know: 16 quarters in 52, 2 lap jog, 8 eight-eighths in 1:55, etc. I've talked to Laszlo people, to his women. They run their tails off. I figured this book could be a best

The only problem I have with the book is the section on stretching. With all the work being done on this subject, some of the advice may prove to be out of date. For example, the toe-touch stretch is now thought to be bad for the lower back and harmful because of a mismatched stress/relaxation of certain leg muscles. Latest theory says don't stretch before a warm-up or race, but after. Laszlo does recommend that a mile or two jog precede the stretching, but doesn't really emphasize it. Minor points, all in all.

A very useful item that is usually neglected and a source of puzzlement to most beginners is a map of a track with starting and finishing points for various distances used in interval training. Haven't most of us been asked by a newcomer, "What's a 260?"

But even interval training isn't a torture chamber of top-speed repeats until you fall flat on your face. There are various levels of intensity, and much of interval training is at rather modest speed...as the authors indicate in detail. "Train, don't strain," is the main theme here. I would say that for people who don't have the opportunity to train under a formal and competently coached program, and especially women, who still don't realize that long distance running is not limited to the fanatical male athlete, this book is the next best thing to actually being there with a coach as knowledgeable and successful as Tabori himself.

And, for those who are interested in more than jogging or casual running...and remember, Laszlo loves them too...but are nevertheless a bit apprehensive about interval training, especially the heavy

It's about a burned out young Olympic sprinter who discovers an Indian girl, Fox Running of the title. Ms. Running turns out to be the greatest miler there is and ultimately wins the Olympic 1500, right here in L.A. The sprinter, inspired by her protege, makes quite a comeback and gets a little more of that Olympic gold for herself. Although there is a lot of stereotyping of the characters, and there is something of a credibility problem with so many girls running sub-4:10 miles, considering the contemporary setting, this book is worth thinking about for the female teenagers on your gift list.

The pace is fast, the story moves right along, building to a number of sub-climaxes, and there is plenty of running terminology. Also, it gives the girls something to think about because it presents some positive role models. The girls aren't successful because of...or even in spite of...the males in the story. They are on an equal footing. Again, for some people, there might be a credibility problem because that's not how things generally are today. But for the junior and senior high schoolers, things are different. They are growing up in a less sexist atmosphere and this book may seem a lot more realistic to them.

The author, Zan Knudson, has a Ph.D. in English, has written several books about a high school female superjock, does some running herself and knows something about it. A movie studio has been holding an option on *Fox Running*, and one day, we may get to see it, if they judge the market as I do. With the paperback version in its 4th printing, it seems as though there is a pretty good market. My personal feeling is that not enough females are participating in sports in general and in running in particular, even though the numbers are growing each year. These two books could be steps in the direction of changing that.

**Women's Running: Slim down and Speed Up.** Lazlo Tabori and Jonathan J. Brower, Ph. D. \$6.00, available at Women's Running, P.O. Box 49016, Los Angeles, CA 90049.

**Fox Running.** R.R. Knudson, Harper and Row (hard cover) Avon (paperback) 1975, \$1.50.

### Personal Records:

Here's the latest in P.R.'s. Pretty skimpy list, but it's all we received. Spread the word out there. There's recognition for all. Remember, first time at an event counts as a P.R. And, say, how about Helen Dick's P.R. at the Chicago Marathon!

**Helen Dick** (Los Angeles): America's Marathon (Chicago) 28 Sept. 1980 3:09:47 7th woman. Helen is 55 years old!

**Robert Hillman** (Santa Monica TC): New York Marathon 26 Oct. 1980 3:29.

**Gladys Prieor** (Santa Monica TC): L'eggs 10K (Santa Monica) 11 Oct. 1980 39:44. Gladys' 2nd 10K ever...3rd place 19 and under.

**Christien Prieor** (Santa Monica TC) Mercury 10K, 19 Oct. 1980 38:48. 3rd, 13-15 age group.

## Double Back Beach Run

Aug. 16, 1980. San Luis Obispo, Calif. 12.2 miles on the beach.

- |                                     |       |
|-------------------------------------|-------|
| 1. Pete Sweeney(SLO/Aggie RC)       | 66:07 |
| 2. Jon Jackson(Santa Barb./SBAA)    | 67:08 |
| 3. John Beaton(SLO/SLDC)            | 68:32 |
| 4. Steve Bushey(San. Bar./SBAA)     | 70:34 |
| 5. Eddy Cadena(Baywood/SLDC)        | 70:48 |
| 6. Hoagy Weston(SLO/SLDC)           | 71:18 |
| 7. Clifford Stewart(San Luis Obis.) | 72:04 |
| 8. Bob O'Brien(Morro Bay/SLDC)      | 72:23 |
| 9. Pat Yuchum(Santa Barb./SBAA)     | 73:03 |
| 10. Mike White(Atascadero)          | 73:42 |
| 11. Terry Barnes(Harmony/SLDC)      | 74:44 |
| 12. Gary Campbell(Visalia/FTC)      | 75:25 |
| 13. Paul Lee(Arroyo Gr./SLDC)       | 75:56 |
| 14. Bob Malatesta(Santa Barbara)    | 76:18 |
| 15. Larry Jackson(SLO)              | 78:02 |
| 16. Jimmy Aguilar(Delano)           | 78:09 |
| 17. Bill Carrier(Lompic/Cal Poly)   | 79:18 |
| 18. Doug Moon(SLO/SLDC/CP)          | 79:56 |
| 19. Craig Campbell(SLO)             | 80:18 |
| 20. Jeff Brown(SLO/Cal Poly)        | 80:28 |
| 21. Bruce Walton(SLO)               | 80:37 |
| 22. Scott Fisher(SLO/SLSHS)         | 80:45 |
| 23. Richard Leslie(1-40+)           | 81:48 |
| 24. Bill Norman(Camarillo)          | 82:42 |
| 25. Gary Peterson(Morro Bay)        | 83:21 |
| 27. John Herd(1-50+)                | 83:51 |

- |                             |        |
|-----------------------------|--------|
| 32. Roger Boedecker(2-50+)  | 85:56  |
| 50. Lori Swedburg(1-W)      | 93:34  |
| 61. Teresa Campbell(2-W)    | 97:11  |
| 64. Brenda Protopoulos(3-W) | 97:56  |
| 74. Helen Hubenthal(4-W)    | 104:14 |
| 76. Nancy Leslie(5-W)       | 104:17 |
| 82. Ruth Adams(1-W-40+)     | 105:19 |
| 84. Jean Spierling(1-W-50+) | 105:43 |

## Clayton Admission Day Run

September 7, 1980. 6.5 Miles.

- |                                 |       |
|---------------------------------|-------|
| 1. Dan Martinez(Redwood City)   | 34:53 |
| 2. Dan Anderson(Castro Valley)  | 35:32 |
| 3. John Routh                   | 36:16 |
| 4. Gary Alderman(Walnut Creek)  | 36:43 |
| 5. Scott Marconda(Atherton)     | 37:05 |
| 6. Ken Tilcock(Concord)         | 37:16 |
| 7. Anthony Bettencourt(Concord) | 37:30 |
| 8. Dan Williams(Lafayette)      | 38:03 |
| 9. Ray Wieand(Belmont)          | 38:39 |
| 10. David Zumwalt(Antioch)      | 39:04 |
| 11. Doug Riggle(Campbell)       | 39:09 |
| 12. Leonard Gilliana(Pittsburg) | 39:16 |
| 13. Steve Hyland(Walnut Creek)  | 39:17 |
| 14. Richard Vasquez(Clayton)    | 39:23 |



## 1980 PUMA— TFA NATIONAL POSTAL CHAMPIONSHIPS

(September 1–December 15, 1980)

### 3 MILE AND 2 PERSON 10 MILE RELAY

DISTANCE: Individual and Team (5-Person)

Three-mile competition OR a Two-person Ten-Mile Relay. Two-mile competition available for Junior High School and High School boys and girls.

DIVISIONS: Junior High School (grades 7-8-9), High School (grades 9-10-11-12), Junior College, College/University, Open, and Masters. Male and Female section in each division.

ENTRIES AND INFORMATION WRITE:

POSTAL CHAMPIONSHIPS



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I will admit to being a bit skeptical when I first received the book. I mean, this guy was trained by Igloi. You know: 16 quarters in 52, 2 lap jog, 8 eight-eighths in 1:55, etc. I've talked to Laszlo people, to his women. They run their tails off. I figured this book could be a best seller on the S-M circuit. Buy the book and get a free cat o' ninetails and custom fitted leg chains.

It's not like that at all. The book is, in fact, a runner's manual, a how-to-do-it volume, addressing the female and her specific problem, including menstrual periods and pregnancy. But it would be beneficial for males, too. It covers everything from why and whether you should run right on through to specific training schedules for various levels of intensity: jogger to competitor.

One statement I found especially interesting was right up front in Chapter I. In discussing motivation and reasons for the non-runner to give running a try, it says, "Some people do not like to run, but they like what they get from it." Because I train with a coach who was once a teammate of Tabori under Igloi and who, like Tabori, uses "the Master's" approach, I can say a hearty "Amen" to that.

Later on, in a chapter on the logic of Tabori's training methods, it says, in regard to interval training on hard, or quality, days, "Some people have labeled Laszlo Tabori 'Mr. Interval,' and assume that Tabori workouts are 'gut-wrenchers.'" As a matter of fact, that's true: people say it, and they are. But, then, the book continues with this: Interval work, surprisingly to some, is palatable, even fun, if done correctly. (emphasis mine) Yeah, sure...for two weeks, maybe. After that, under the Tabori - Igloi - McGee - et. al. program, you run a half-marathon just to have an easy day.

Still, for the serious runner quality work is necessary and the book tells how, when and how much. Technique, mechanics, diet, even track etiquette are covered. Most importantly, the reader is given reasons for everything. She doesn't have to just follow orders. She'll know why she's doing anything that she does. Further, the approach, even when covering intensive training, is relaxed...almost matter-of-fact. One isn't made to feel guilty about missing a workout, or easing off if not feeling all that inspired on a particular day.

that a mile or two jog precede the stretching, but doesn't really emphasize it. Minor points, all in all.

A very useful item that is usually neglected and a source of puzzlement to most beginners is a map of a track with starting and finishing points for various distances used in interval training. Haven't most of us been asked by a newcomer, "What's a 260?"

But even interval training isn't a torture chamber of top-speed repeats until you fall flat on your face. There are various levels of intensity, and much of interval training is at rather modest speed...as the authors indicate in detail. "Train, don't strain," is the main theme here. I would say that for people who don't have the opportunity to train under a formal and competently coached program, and especially women, who still don't realize that long distance running is not limited to the fanatical male athlete, this book is the next best thing to actually being there with a coach as knowledgeable and successful as Tabori himself.

And, for those who are interested in more than jogging or casual running...and remember, Laszlo loves them too...but are nevertheless a bit apprehensive about interval training, especially the heavy stuff, and make no mistake about it, if you want to reach your potential, you're going to have to do it...well, here's how it is:

You are about 15 yards from starting the 14th of 16 good speed 220's. It's dark and cold by now and though the track is lighted, the lights seem so far away and even colder. You've been running forever, it seems, and you're tired. You only have three more 220's to go but you groan to yourself, "I can't do ONE MORE of these things!"

Now, you're at the top of the curve, you've milked every last second you could out of that 110 jog, and it's time to start in again. Slowly, you pick up the pace, your body fighting you every step. After about 30 yards, as you head down the straight, you glance at your feet. "By Golly...they're moving!" It's almost as though they are a separate entity, and you're just along for the ride. "Am I really doing this?", you ask yourself. "Me?...yes, me!"

Suddenly you don't feel so badly. In fact, there's the top of the other curve just 10 yards away, and... "Wow! Fourteen down, two to go. I can stand TWO of ANYTHING!"

Later, after crawling off the field and somehow slithering into your car, you are about two blocks away from the track driving home and a feeling of relaxed contentment begins to seep into your tired, aching bones. "Jeez! I did it! That was a tough workout."

Then it hits you: "I'm not a jogger anymore. Now, I'm a runner...yes...I... am."

Enjoy the book.

The other book is also aimed at the women's market. And, as with the Tabori/Bower volume, it could have some appeal to the males. It is a work of fiction and should be especially appealing to the junior and senior high school crowd. The title is **Fox Running** and a thumbnail review appeared in CTRN an issue or so back.

in general and in running in particular, even though the numbers are growing each year. These two books could be steps in the direction of changing that.

**Women's Running: Slim down and Speed Up.** Laszlo Tabori and Jonathan J. Brower, Ph. D. \$6.00, available at Women's Running, P.O. Box 49016, Los Angeles, CA 90049.

**Fox Running.** R.R. Knudson, Harper and Row (hard cover) Avon (paperback) 1975, \$1.50.

Personal Records:

Here's the latest in P.R.'s. Pretty skimpy list, but it's all we received. Spread the word out there. There's recognition for all. Remember, first time at an event counts as a P.R. And, say, how about Helen Dick's P.R. at the Chicago Marathon!

**Helen Dick** (Los Angeles): America's Marathon (Chicago) 28 Sept. 1980 3:09:47 7th woman. Helen is 55 years old!

**Robert Hillman** (Santa Monica TC): New York Marathon 26 Oct. 1980 3:29.

**Glady's Prieur** (Santa Monica TC): L'eggs 10K (Santa Monica) 11 Oct. 1980 39:44. Glady's 2nd 10K ever. 3rd place 19 and under.

**Christien Prieur** (Santa Monica TC) Mercury 10K, 19 Oct. 1980 38:48. 3rd, 13-15 age group.

**Lisa Sandoval** (Santa Monica College): SMC vs Rio Hondo, Will Rogers Park 22:33.

**Pat Story** (SMTTC) Mercury 10K, 19 Oct. 1980. 2nd woman overall 35:15.

## Gilroy Garlic 10,000M Run

Aug. 2.

**Boys 5-13:** 1. David Sipe 40:51, 2. Brian Young 46:25.

**Boys 14-18:** 1. Dan Stefanisko 33:36, 2. Nash Guaracha 35:48, 3. Steve Krotowski 35:11.

**Men 19-29:** 1. Ken Holladay 32:18.9, 2. Gilbert Munoz 32:30, 3. Terry Bautista 32:47.

**Men 30-39:** 1. Gary Goettleman 32:19.1, 2. Dan Minitullo 35:07, 3. Joe Garcia 36:18.

**Men 40-49:** 1. Tim Rostege 33:50, 2. Dick Leufzinger 36:10, 3. Rudy Escobedo 36:24.

**Men 50-59:** 1. Don Carpenter 37:50, 2. Keith Campbell 41:19, 3. Tom Gutierrez 43:07.

**Men 60+:** 1. John Popper 43:51.

**Girls 5-13:** 1. Kory Ward 59:32, 2. Ursula Ruffalo 60:18, 3. Julei Schneider 64:48.

**Girls 14-18:** 1. Judy Gustafsen 42:29, 2. Michon Kelly 44:59, 3. Sheila McConville 46:32.

**Women 19-29:** 1. Paula Jackson 37:53, 2. Nancy Szakars 47:54, 3. Elsie magistro 49:05.

**Women 30-39:** 1. Judy Fox 35:35, 2. Gail Campbell 40:43, 3. Nelly Wright 41:21.

**Women 40-49:** 1. Connie Grayson 46:31, 2. Joanne Hall 48:45, 3. Peggy Ledoit 49:09.

# 1980 PUMA TFA NATIONAL POSTAL CHAMPIONSHIPS

(September 1-December 15, 1980)

## 3 MILE AND 2 PERSON 10 MILE RELAY

DISTANCE: Individual and Team (5-Person)

Three-mile competition OR a Two-person Ten-Mile Relay. Two-mile competition available for Junior High School and High School boys and girls.

DIVISIONS: Junior High School (grades 7-8-9), High School (grades 9-10-11-12), Junior College, College/University, Open, and Masters. Male and Female section in each division.

ENTRIES AND INFORMATION WRITE:

## POSTAL CHAMPIONSHIPS TFA/USA

10920 Ambassador Drive, Suite 322  
Kansas City, MO 64153  
816/891-1077



## SAN DIEGO TRACK CLUB

# Newsletter

**Sure! I'd like to stay in touch with San Diego County running! Enclosed is my check for \$6.00 for a one year subscription to the San Diego Track Club Newsletter.**

**ALLOW FOUR TO SIX WEEKS FOR DELIVERY OF YOUR FIRST ISSUE.**

**Please mail this form and your check to:**

**SAN DIEGO TRACK CLUB  
P.O. Box 4864 • San Diego, CA 92104**

Name \_\_\_\_\_  
(Please print name in full)

Address \_\_\_\_\_ Apt.# \_\_\_\_\_

City \_\_\_\_\_

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

15. A.G. Chesterman(Concord)	39:32
16. Mike Traynor(Clayton)	39:35
17. Jim Myers(Oakley)	39:46
18. Dennis Reager(San Francisco)	39:49
19. Rick Hill(Belmont)	39:59
20. David R. Klein(Walnut Creek)	40:46
21. Sargon Nona(Turlock)	40:50
22. Guillermo Barron(Oakland)	40:53
23. Ronald Schmidt(Antioch)	40:57
24. Gary Rayward(Fairfield)	41:10
25. James Allen(Clayton)	41:12
30. Linda Van Housen(1-F)	41:35
40. Janice Prudhomme(2-F)	42:32
54. Becky Schmidt-Hill(3-F)	43:53
56. Linda Jungston(4-F)	44:04
68. Marilyn Harbin(5-F)	44:52
71. Kelly Brogan(6-F)	44:57
80. Martinez Menz(7-F)	45:37

## KNBC Peacock 10K Run

by Richard Slotkin

September 14, 1980. Griffith Park, Los Angeles, Calif.

A big crowd had gathered in Griffith Park for NBC television's 10k run. The lengthy promotion, which included frequent showings of commercials on KNBC, the LA NBC outlet, plus the promise of taping the race for replay later that same day, had paid off. There were probably more than 5000 at the starting line, of whom about 4200 were officially entered. Unlike much of the rest of the country, groups putting on races in the L.A. area seldom pay top runners, local or out-of-area, to participate. NBC, with all the resources at their command, apparently followed this custom. This is a big surprise because the purpose of the race was to support their promotional campaign for the fall television season. As it was, the only "name" entries were Chuck Smead, who lives in Santa Barbara about an hour and a half drive, and Canadian Gayle Olinek, who recently left Florida and settled in Venice.

Not surprisingly, both won. Olinek had an easy time of it PRing in 33:57, while Smead got his second best 10k time of 29:07. He built up a big early lead and then coasted in to hold off, by 7 seconds, a fast-charging Hector Perez who dropped his PR by about TWO MINUTES.

In fact, so many people got such dramatic PR's that there was widespread suspicion that the course was short. I was told that it was remeasured later that

day and it came out to 10,000 meters, again. Well....

The weather was overcast and cool, the course is mostly flat with some slight rolling. So conditions were right for fast times. The question many asked was whether they could be THAT fast. Interestingly enough, some of the most skeptical were not "jealous" runners who sat this one out, but participants who didn't believe they had improved that much.

Richard Greifinger, of the "Running Greifingers" (David, Richard and Lynn), told me that if all the splits he heard were right and he thought that they were, especially the last one at 6 miles, then he ran his final quarter in 50 seconds. That's 8 seconds faster than he claims he ever did on a track in spikes.

On the other hand, some runners were quite satisfied with their time, commenting somewhat smugly, "That's about what I expected to do today." However, many, many...much too many...will never know what their true time was because at about 37 minutes, a back-up began to form at the finish and by 43 minutes the crowd extended about 120 yards back and 4 or 5 abreast. This state of affairs persisted until at least 48 to 50 minutes, thoroughly negating Dennis Ikenberry's elaborate and fairly effective computerized finish line recording system. An attempt at improving accuracy was made by feeding in an adjustment factor, but anyone coming in after 37 minutes will have to settle for an estimate. A very hard-pressed group of SMTC volunteers manning the finish line caught most of the flak for this state of affairs. With a mob like that, it's hard to see what could have been done. A few practice sessions might have helped some.

In any case, things started out smoothly enough, despite TV cameras all over the place and many slow runners clogging the front so they could be picked up by the cameras. (Little did they know that the televised replay would consist mostly of some interviews with winners--Smead, Olinek, and Santa Monica TC Coach Joe Douglas, plus several promotional interviews for the fall programs. Race coverage was limited to a minute or so of the start, a couple of seconds of finishes and some overhead helicopter shots using a wide angle lens which reduced the runners to tiny specks.)

Smead got out in front early and by 3½ miles had a big lead of maybe 40 seconds. A small group consisting of Hector Perez, of the Santa Monica TC, Robert Hollister and 18 year old Ron Ysais were fighting for second place. Perez, who later said he felt pretty good all the way, had a little more kick left and with the whole group

closing fast on Smead, he led them in at 29:14, one second ahead of Hollister.

Olinek, who had to scratch from the Nike Marathon because of an injury received at Falmouth, was using this race as a tune-up for the New York Marathon. She planned to run "steady-state" regardless who came along to press her. With a 5:40 or 5:45 pace though, there wasn't anyone to press her, except some

photo by Richard Lee Slotkin



HECTOR PEREZ

of the guys, maybe. She admitted to having to throw an elbow or two to get some running room during the early miles, but she said that spectator support and encouragement from the other runners (whom she met going the opposite way as the course doubled back on itself) was very gratifying and helped her hold

her pace. Don't let this steady-state stuff fool you though, if there had been a challenge by another female, Gayle would have found at least one more gear to shift into.

As it was, Gayle didn't have to because the nearest to her was a safe distance back. That was Sue Mei Lee of the So Cal Road Runners. Her 35:07 would have won most of 10k's around here. Today, it got her a second, but a first in her age group.

Third was Teresa Haro, knocking two minutes from her PR. She had run a 38:14 at the tough and hot Will Rogers 10k on July 4 and this time, under much more favorable conditions, this steadily improving Santa Monica (TC and College) bypassed the 37's altogether and was logged in at 36:12. That was 19 seconds ahead of Miki Gorman, who we haven't seen in a long time. It was nice to see her again not only running, but running well.

Little Carol Doody, wearing a pony tail this time, ran a startling 37:31. If that sounds good for an eleven year old girl--it is. It's never been done before. Unfortunately, joy turned to heartbreak when the Ikenberrys told her they couldn't submit her time as an American age group record because back-up problems at the finish were distorting the times and they could not, in clear conscience, vouch for the accuracy. This was especially hard to take because Carol turns 12 shortly--too soon to take another good shot at the record. So...big deal. Go after the 12-year old record, Carol. Just keep your hair in a pony tail, kid.

Bulletin: September 27, 1980. I just talked to Chuck Lichter, SPA TAC Long Distance Running Committee Chairman. Chuck measured the course this week with a newly calibrated wheel and found that it was about 660 feet short. At a 7 minute per mile pace, this would require about a 54 or 55 second adjustment.

So, following are the results, and you can take 'em or leave 'em or adjust 'em.

### Male 13-15:

1. Gustav Quinonez(14)	33:45
2. Steven Dietch(15)	33:55
3. George Yuster(14)	34:12
4. Tony Moudakis(15)	34:24
5. Scott Kingsbury(13)	34:25

### Male 16-18:

1. Ron Ysais(18)	29:21
2. Eric Sappenfield(18)	29:52
3. Ed Callaway(18)	30:51
4. Danny Martinez(18)	31:46
5. Hank Crawford(17)	31:54
6. Mike Donada(16)	31:55
7. Ton Roach(18)	32:00
8. Robert Barkas(17)	32:07
9. Michael Dib(17)	32:10
10. Peter Kang(16)	32:32

### Male 19-24:

1. Hector Perez(20)	29:14
2. Robert Hollister(21)	29:15
3. Vicken Simonian(23)	30:23
4. Alvaro Palacias(22)	30:46
5. Felipe Gonzalez(19)	30:53
6. John Jackson(21)	31:00
7. Pat Weiler(20)	31:03
8. Mark Van Leeuwen(20)	31:07
9. Barry Welsch(24)	31:20
10. Steve Brumwell(22)	31:39

### Male 25-29:

1. Chuck Snead(28)	29:07
2. Steve McCalley(26)	30:24
3. Gabriel Grosz(29)	33:24
4. William Gates(26)	33:56
5. John Kovack(28)	34:03
6. Gregory LMC Clester(27)	34:13
7. Marlin Kluever(29)	34:26
8. Woody Brown(25)	34:28
9. Mark Dawson(26)	34:45
10. John Lilygren(25)	34:47

### Male 30-34:

1. Carlos Godoy(30)	31:10
2. Juan Hernandez(34)	32:33
3. Mark Newton(30)	32:43
5. Joe Theron(34)	33:04
6. Antonio Lazarin(32)	33:07
7. William Sumner(32)	33:34
8. Fred Doubell(31)	33:35
9. Michael Morrow(34)	33:35
10. Henry Lange(31)	33:41

### Male 35-39:

1. Stanley Stauble(35)	33:24
2. Steve Waggener(36)	33:31
3. Edwin Jerome(37)	33:55
4. William Worfolk(37)	34:11
5. Bruce Kostin(39)	34:20

### Male 40-44:

1. James Murphy(40)	32:50
2. Skip Shaffer(42)	32:53
3. Eino Romppanen(40)	33:38
4. Brian Fernee(42)	34:15
5. Tom Carroll(41)	34:35

### Male 45-49:

1. Walt Windsor(48)	34:23
2. Buford Harris(47)	34:27
3. Arthur Milanez(45)	36:05
4. Clayton Steffensen(46)	36:32
5. Norman Lee(45)	36:51

### Male 50-54:

1. Patrick Devine(51)	36:30
2. Robert McAfee(52)	37:07
3. Curt Brownfield(53)	37:29
4. James Simos(51)	37:35
5. Jerry Soto(52)	37:43

### Male 55-59:

1. Charles Downes(55)	38:09
2. Leonard Kilbacki(56)	38:25
3. Robers Vannoy(58)	38:34
4. Richard Davies(58)	38:58
5. Robert Tetrick(56)	39:05

### Male 60 & Over:

1. Steve Chipilis(61)	38:46
2. Ted Meyer(51)	40:57
3. Raymond Makes(65)	41:42

7th Annual

TIME:

February 7, 1981 - Saturday

9:00 A.M. - Start - NO RACE DAY REGISTRATION

race was to support their promotional campaign for the fall television season. As it was, the only "name" entries were Chuck Smead, who lives in Santa Barbara about an hour and a half drive, and Canadian Gayle Olinek, who recently left Florida and settled in Venice.

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### HECTOR PEREZ

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7. Ton Roach(18) 32:00
8. Robert Barkas(17) 32:07
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2. Ted Meyer(51) 40:57
3. Raymond Makes(65) 41:42

## 7th Annual Bakersfield



Natural Light  
BEER

## February 7, 1981 - Saturday

- TIME:** 9:00 A.M. - Start - NO RACE DAY REGISTRATION
- PLACE:** West High School, Fjord & Vahalla Streets, Bakersfield, CA
- ENTRY FEE:** \$6.00, entries accepted to midnite, Wednesday, Feb. 4. Entries received after Jan. 24 may pick up numbers on race day in high school gym. Make checks payable to Bakersfield Track Club. Call or write for entry form, (805) 323-1935, Race Director, BTC, 433 E. Belle Terrace, Bakersfield, CA 93307.
- SPONSORS:** Advanced Beverage Company, distributors of "NATURAL LIGHT" beer. Organized and conducted by Bakersfield Track Club.
- DETAILS:** Miles marked. Five-mile splits. Numerous aid stations. Top quality T-shirts to all finishers, both races. Six age divisions, male and female, 12 & under, 13-18, 19-29, 30-39, 40-49, & 50+. Awards given up to fifth place, minimum. Post race drawing for merchandise awards. Free color photos. Certificates and results. Special air-fare round trip awards to top male and female full marathoner. Course certified - perfect for Boston qualifier. Course paved and traffic protected, well marked and monitored at each intersection. Both races start together. Course is two loops for full marathoners; half marathoners finish after first loop.
- \*\*\* Send self-addressed stamped envelope with all requests for entry forms.

## FULL & HALF MARATHON



**Female 13-15:**

- 1. Diane Declanous(14) 38:08
- 2. Jeanine Griffiths(15) 39:10
- 3. Joy Herndon(14) 39:51
- 4. Roxanne Carrillo(14) 40:32
- 5. Anne Hilbert(14) 40:38

**Female 16-18:**

- 1. Su Mel Lee(18) 35:07
- 2. Spike Kane(18) 35:35
- 3. Lisa Leffler(18) 39:29
- 4. Ann Scott(16) 39:30
- 5. Carmen Guerrero(18) 39:56
- 6. Tammy Miyauchi(17) 40:07
- 7. Julie Frew(17) 40:14
- 8. Cheryl Newman(17) 40:20
- 9. Antonoinette Tester(18) 40:42
- 10. Liz Applegate(16) 41:42

**Female 19-24:**

- 1. Teresa Haro(20) 36:12
- 2. Julie Leach(23) 37:14
- 3. Lynne McGinnis(24) 37:55
- 4. Tina Moran(20) 38:01
- 5. Kathleen Nunez(23) 38:17
- 6. Andrea Hardy(22) 38:22
- 7. Diane Jones(19) 39:30
- 8. Lori Swedburg(20) 39:31
- 9. A. Delimatovar(21) 40:31
- 10. Lydia Sallinas(20) 40:56

**Female 25-29:**

- 1. Gayle Olinek(27) 33:57
- 2. Bonnie Emmett(28) 39:07
- 3. Sheryl Snyder(27) 39:57
- 4. Laura Weber(29) 40:01
- 5. Lou Ann Murphy(26) 40:04
- 6. Judy Pines(28) 40:08
- 7. Rose Mitchell(25) 40:12
- 8. Lily St. Nicholas(29) 40:46
- 9. Susie Gales(26) 40:59
- 10. Terri Faulkner(26) 41:15

**Female 30-34:**

- 1. Charlene Jope(30) 38:32
- 2. Mary Ann Schwalgert(32) 39:09
- 3. Gwen Huffer(31) 39:58
- 4. Carolyn Slade(33) 40:01
- 5. Chris Welner(33) 40:13

**Female 35-39:**

- 1. Judy Kewley(36) 38:59
- 2. Marie Stevenson(35) 39:46
- 3. Carmen Connolly(38) 40:30
- 4. Anna Lewin(35) 40:58
- 5. Luana Taylor(39) 41:05

**Female 40-44:**

- 1. Willene Harman(42) 39:43
- 2. Jane Dods(44) 39:43
- 3. Amella Lackie(41) 41:39

**Female 45-49:**

- 1. Miki Gorman(45) 36:31
- 2. Elaine Havens(45) 39:25
- 3. Elinor Sherman(47) 40:10

**Female 50-54:**

- 1. Marie Martinez(53) 38:41

## Plankton Festival Run

September 20, 1980. 11th Annual Plankton Festival Run. 3.0 Miles. Avila Beach, Calif.

- 1. Tom Trimble(21, SLO-OTUSA) 15:18
- 2. Mike White(25, Atasc.-MAC) 15:27
- 3. John Beaton(26, SLO-SLDC) 15:39
- 4. Gregor Robin(23, SLO-SLDC) 15:45
- 5. Walter Beeyt(25, Los Osos) 15:55
- 6. Jim Elwell(20, VAFB-LVDC) 15:59
- 7. Paul Lee(19, Arroyo Grande) 16:00
- 8. John Ernatt(16, SLO-SLDC) 16:06
- 9. Antonio Arreola(20, S.L.O.) 16:12
- 10. Russ Sharer(26, Santa Maria) 16:25
- 11. Chuck Elkins(36, Arroyo Grande) 16:27
- 12. Peter Roske(18, SLO-SLDC) 17:12
- 13. Steve D. Jones(20, VAFB-LVDC) 17:14
- 14. Liz Strangio(18-F) 17:20
- 15. Terry Barnes(28, Harmony) 17:27
- 16. Janice Kelley(20-F) 17:29
- 17. Lisa Dailey(18-F) 17:30
- 18. Emily Whitney(21-F) 17:30
- 19. Amy Harper(17-F) 17:33
- 20. Bobby Roberts(35, Lompoc) 17:36
- 21. Jerry Hill(1-40+) 17:41
- 22. Sue Oran(19-F) 17:43
- 23. Dave Farmer(35, SLO-SLDC) 17:45
- 24. Irene Crowley(19-F) 17:58
- 25. Scott McMillan(29, SLO-SLDC) 17:58
- 42. John Perkins(1-50+) 18:52

## Synanon Wheels & Heels Hogback Half-Marathon Race

September 20, 1980. Synanon, Badger, Calif.

Shortly after day break the mountains around Badger, California resounded to the Sounds of Synanon Band music, sirens and cheers as 43 tough competitors lined up for the first Synanon Wheels & Heels Hogback Half Marathon.

The wheelchair racers took off on the 13.1 mile course 10 minutes ahead of the runners and began the arduous 1,000 foot climb toward the 6 mile mark at Pinehurst. Lead runners caught up and passed the wheelchair on the uphill segment, but things changed when the 1,100 foot descent was reached.

Gus Rojas, a world class wheelchair athlete and veteran of the Boston Marathon, whizzed down the Hogback road at speeds of over 35 mph. "I never brake myself on the descent," he informed us, "but some of those turns were scary."

Runners and local residents who watched the race and cheered were awe struck by the wheelchair athletes' performance.

Among the runners, a battle for first place was fought for most of the distance by Randy Belzer of Synanon and the

## People Need People 10K

September 20, 1980. Los Angeles, Calif.

**Male:**

- 1. Carl Smith 31:26:0
- 2. Peter Mogg 32:42:9
- 3. Greg Patunian 32:54:7

**Female:**

- 1. Spike Kane 33:02:2
- 2. Janie Studemond 33:12:2
- 3. Sheri Lawson 33:18:0

**13 & Under:**

**Male:**

- 1. Douglas Newton 39:36:5
- 2. Manny Bobele 41:17:0
- 3. Jeff Reesing 41:21:1

**Female:**

- 1. Karrie King 44:15:1
- 2. Kathleen Smith 46:06:8
- 3. Wendy Lycklama 54:58:2

**14-17:**

**Male:**

- 1. Steve Gilbert 33:02:0
- 2. Eddie Davis 33:12:2
- 3. Frank Womock 34:14:5
- 4. Mike Wallace 37:01:3
- 5. Katabchi Hamid 37:02:3

**Female:**

- 1. Teresa Brambila 46:32:7
- 2. Tania Vanderau 52:58:0
- 3. Audrey Lycklama 1:01:55:0
- 4. Stella Ang 1:03:46:5

**18-29:**

**Male:**

- 1. Mark Russell 33:18:0
- 2. Frank Peters 33:41:5
- 3. Art Ting 34:10:1
- 4. Adam White 34:52:1
- 5. Claude Eudarc 35:00:1

**Female:**

- 1. Kathy Hart 44:35:2
- 2. Marley Jung 48:13:8
- 3. Pam Murillo 48:53:4
- 4. Andrea Rubin 49:24:9
- 5. Alicia Tan 55:16:2

**30-39:**

**Male:**

- 1. Ronald Jensen 33:51:0
- 2. Charles Hoover 33:55:4
- 3. Jem Pellon 34:50:7
- 4. Woody Studemond 35:39:9
- 5. Henry Lange Jr. 35:40:7

**Female:**

- 1. Judy Kewley 41:29:6
- 2. Sheila Patterson 42:46:4
- 3. Marie Stevenson 44:06:7
- 4. Miki Hervey 44:11:2
- 5. Stephanie Ebia 46:03:8

**40-49:**

**Male:**

- 1. Bill Baillie 33:50:4
- 2. Charles McClung 34:49:2
- 3. Walt Windsor 35:04:4

**Female:**

- 1. Reiko Fujinami 48:34:9
- 2. Margaret Wegner 51:09:4
- 3. Lenore Rodah 52:14:6

**50 & Over:**

**Male:**

- 1. Tracy Brown 36:55:2
- 2. Bob Larkin 40:11:6
- 3. Juan Carmona Jr. 46:10:1

**Female:**

- 1. Daisy Wong 54:51:0

## Playa del Ray 10 Mile

On September 27, 1980 Don Ocana of CCAC ran a 53:10 in cool, cloudy weather to pace his club to a victory in the Playa Del Rey 10 mile. Don built up an early lead in this fairly flat course along the Ballona Creek and Marina bicycle paths, and was never pressed from behind.

Some other top finishers were:

- 2. Clyde Matsumura(S. Mon. TC) 54:16
- 3. Eric Faiz(Un.) 55:14
- 4. Mike Craigie(Un.) 55:58
- 5. Ron Parks(Un.) 57:24
- 6. Don Ruetz(Culver City AC) 58:17
- 7. Michael Nash(S. Mon. TC) 58:28
- 8. Don Steenpus(S. Bay R.C.) 58:35
- 9. Nestor Lerma(Aztlan) 58:52
- 10. Isaac Vargas(Culver City AC) 59:26
- 11. Sherman Schapiro(Un.) 59:39

Top finisher in age groups were:

- Men 18 & Under:** 1. Isaac Vargas (Un.) 59:26. **35-39:** 1. Ken Price (Seniors Track Club) 59:58. **40-49:** 1. Buzz Bennets (Culver City AC) 59:46. 2. Jerry Van Meter (Un.) 50:43. **50-59:** 1. Richard Elearrac (Senior's Track Club) 64:54. **60-69:** 1. Clyde Alling (Culver City AC) 72:54.

- Women 18-34:** 1. Dianna Johnson (Senior's Track Club) 71:06. **35-39:** 1. Terry Lee Steele (Un.) 86:35. **40-49:** 1. Brigitte Tocco (Culver City AC) 88:55. **50 & Over:** 1. Helen Capo (Un.) 98:00.

**Team Competition**

- 1. Culver City Athletic Club
- 2. Santa Monica Track Club

- Sub-Master Teams**
- 1. Culver City Athletic Club
  - 2. Aztlan Track Club
- Masters Teams**
- 1. Culver City Athletic Club
- Women's Teams**
- 1. Culver City Athletic Club.

## 12th Annual Pancake Race

Sept. 27, 1980. Richmond, Calif.

- 2.7 miles.
- 1. Allan Smith 13:29
  - 2. Gregory Bachand 13:50
  - 3. Daniel Barry 14:09
  - 4. Rey Corona 14:16
  - 5. Kent Thompson 14:24
  - 6. Robert Vizas 14:36
  - 7. Bob Blackman 14:40

**CORRECTION**

Unfortunately previous announcements regarding the races may have given people the impression that all runners listed would appear at all races when such was not the case. In addition, due to an oversight, Ruth Anderson was not contacted regarding these races and, therefore, never committed to run at any of the races. We apologize to Ruth and to those who may have been misled by our oversights.



## LOS ANGELES BICENTENNIAL FOUNDERS' TREK HALF MARATHON

sunday, dec. 21, 1980  
8:00 a.m.  
san gabriel - L.A.



SANCTIONED BY SPAAU LONG DISTANCE RUNNING COMMITTEE  
SPONSORED BY HOWARD'S TV & APPLIANCES, SAN GABRIEL

Repeat the historic trek LA's founders took in 1781 from Mission San Gabriel to the City of Los Angeles.

To benefit the Heartcare Program at Community Hospital

## Big Bear Lake 10 Mile Run

- 1. Steve Brown(27) 55:23.8
- 2. John Tuttle(23) 57:21
- 3. David Vanderveen(25) 58:21
- 4. Kurt Swanson(22) 59:17
- 5. Michael Sayward(32) 59:33
- 6. Ferol Kimble(27) 1:00:37
- 7. Jim Comlossy(28) 1:01:10
- 8. Rene Ruiz(37) 1:01:24
- 9. Bob Hoogendyke(33) 1:01:45
- 10. Curtis Helms(31) 1:01:48



- 8. Tim Swezey 14:42
- 9. Doug Bamford 14:44
- 10. David Gowen 14:45
- 11. Dave Larson 14:47
- 12. Ross Rowley 14:50
- 13. Jim Myers 14:53
- 14. Michael Banks 15:10
- 15. Dag Kavlie 15:19
- 16. Pat Shaughnessy 15:23
- 17. Scott Faulkner 15:26
- 18. Tony Mancuso 15:29
- 19. Julios Ratti 15:33
- 20. Jeff Miller 15:35
- 31. Mary Gaffield(1-W) 16:11
- 33. Sharlet Gilbert(2-W) 16:30
- 69. Kathryn Singer(3-W) 18:09
- 77. Consuelo Underwood(4-W) 18:39
- 98. Molley McManus(5-W) 19:22

runners who generally run on flat surfaces.

"The course was a good measure of how good a shape you had to be in the finish," Binder said. "It was a good challenge."

Among the top runners in America who took on the course were Stan Mavis, the current record holder in the half-marathon and Joan Benoit, 1979 winner of the Boston Marathon and last year's top woman runner in the United States. Mavis finished third behind New York's John Cabell while Benoit finished second behind Binder.

Another world record holder who ran in the finals was Clive Davis, a Portland, Oregon resident who holds the world record for the marathon for runners 50-years and older. The 65-year-old finished first in his division with a time of 1:21:52.

The Lake Oswego run was the final event in the Natural Light Half-Marathon Series, a six-race series which was held at some of the most picturesque spots in the country.

"We not only wanted to give runners a good race," said Bob Merz, Natural Light product manager for Anheuser-Busch, Inc. "We also wanted them to have a beautiful place to run, and we believe we did that."

Besides Lake Oswego, which is just outside of Portland, earlier races in the series were held at New Orleans, Hilton Head, S.C., San Diego, Saugatuck, Mich., and Cape Cod, Mass.

As the male and female champions of the series, Meyer and Binder win an expense-paid, five-day trip to the 1981 Natural Light Half-Marathon Series race of their choice.

## Lumberjack Day's Foot Race

October 4, 1980. Second Annual Lumberjack Day's Foot Race. West Point, Ca.

- Females:**
- 30-39:**
- 1. Danee Halford(Livermore) 34:19
  - 2. Susan Franklin(West Point) 35:40
  - 3. Bev Chickering(Sonora) 43:38
- 19-29:**
- 1. Brenda Anderson(Sutter Creek) 38:18
  - 2. Ann Wise(Altaville) 38:30
  - 3. Mary Guerriero(Berkeley) 42:56
- 12 & Under:**
- 1. Lauri Miller(West Point) 50:30
- Males:**
- 40 & Over:**
- 1. Rich Petersen(Pollack Pines) 25:58
  - 2. Ken Carper(Sonora) 30:56
  - 3. Robert Schreiber(Berkeley) 31:00
- 30-39:**
- 1. Tom Lambie(Rail Road Flat) 24:28
  - 2. Gary Halford(Livermore) 25:32
  - 3. Cliff Franklin(West Point) 25:40
- 19-29:**
- 1. Kevin Lynn(Arnold) 24:59
  - 2. Barry Turner(Sacramento) 26:06
  - 3. Danny Link(West Point) 27:00
- 13-18:**
- 1. John Cornell(Sutter Creek) 26:05
  - 2. Miles Beam(Copperopolis) 31:25
  - 3. Cree Duvall(West Point) 35:29
- 12 & Under:**
- 1. Scott Gentry(West Point) 35:46
  - 2. Tom Williams(West Point) 37:12
  - 3. Steven Duvall(West Point) 45:31

## Calico Days 30K

by Marty Higginbotham

The Calico Days 30 kilometer run is a very unique race. Beginning in Barstow the course runs through town and through the desert to the old historical Calico Ghost town. Although the scenery is totally deserted it is very interesting and quite different.

At 8:00 a.m. Sunday, October 5, a vigorous group of runners stepped up to the starting line for this devilish race. Marty Higginbotham, representing the newly formed Bartlett Mineral Water race team took the lead right from the start running unchallenged for the entire 18.6 miles. Higginbotham was ahead of UCLA star Steve Ortiz's course record of 1:44:11, however he slowed the last 10K and finished in 1:44:59. A distance back in second position was Bill Peck of Wasco timing 1:56:13; however, he was the first master running to finish and his time eclipsed the old masters record of 1:58:04. Finishing third overall but first in the 35-39 age group, from Quartz Hill was Ed Jerome clocking 1:58:53. Fourth place, went to Gleen Lee of Barstow in 2:01:54 and fifth went to John Starr of Northridge in 2:03:38.

Rcardo Garcia was the winner of the mens 19 and under division as he clocked 2:17:53, Garcia hails from Blythe. In the mens 50-59 William Broyles out of Ridgecrest timed 2:19:34 to take that title.

- 7. Lang Russel 24:05
- 8. Eddie Riveria 24:10
- 9. Vince Marquez 24:22
- 10. Paul Priebe 24:44
- 15. Terri Nieto(1-W) 26:59
- 19. Jim Brooks(1-wheelchair) 29:00
- 21. Benti Dick(2-W) 29:34
- 23. Janice Rodriguez(3-W) 30:06

### 2 MILE RACE

- 1. Jack Wilkinson 12:04
- 2. Jeff Stone 12:21
- 3. Ralph Jacobs 12:43
- 4. Colleen Dempsey 12:55
- 5. Fred Perlera 12:58
- 6. Lisa Martinez 13:15

## Athletes In Action/Takai Bank 5 Mile Road Race

Oct. 11, 1980.

**14 & Under:** 1. Mike Pylor (14) 29:43.8, 2. Christian D. Tregillis (12) 30:49.5, 3. Scott St. John (13) 32:57.0, 4. Dennis Gerdes (14) 33:00.2, 5. Joseph Lee (14) 33:27.1, 6. Lance C. Huante (14) 33:32.3.

**15-18:** 1. David S. Huddleston (16) 25:50.7, 2. Pedro Reyes (18) 26:09.5, 3. Lawrence Damore (17) 27:44.6, 4. Wynn Grubbs (16) 28:37.3, 5. John M. McFarland (16) 28:57.2, 6. Mike Taylor (18) 29:03.5, 7. Jim Smith (15) 29:06.4, 8. Mark Guest (16) 29:13.2, 9. John Selter (18) 29:37.0, 10. Paul S. Soto (16) 29:37.7.

**19-29:** 1. Eric Hulst 23:55.2, 2. Bill McCullough 24:15.3, 3. Bill Adams (24) 24:22.3, 4. Benny Martinez (29) 24:40.2, 5. Rick Lagreide 24:50.8, 6. Al Siddons (29) 25:07.8, 7. Mike Dagg (28) 25:37.1, 8. Stephen Moussetis (25) 25:41.0, 9. Bruce Boettner (20) 25:54.4, 10. Mike Tylman 25:59.2.

**30-39:** 1. Len Hilton (33) 24:56.3, 2. Darren George (30) 25:28.0, 3. Dean C. Raymond (31) 26:00.8, 4. Walt Hitt (30) 26:30.8, 5. Bill Leung (30) 27:13.4, 6. William K. Sumner III (32) 27:28.0, 7. John Carrion (30) 27:36.2, 8. David C. Bakke (32) 28:07.6, 9. Bob St. John (38) 28:45.2, 10. Jeff Drazkowski (35) 29:34.2.

**40-49:** 1. Skip Shaffer (42) 26:34.9, 2. Don Hupstader (40) 28:59.5, 3. Gary E. Smith (41) 29:24.1, 4. George R. Kingsley (40) 31:18.3, 5. Robert Ryan (43) 31:42.8, 6. Ynes Brief (41) 32:06.7, 7. Andre Riou (43) 32:26.0, 8. Steven A. Badolato (40) 32:44.2, 9. Duane Kasulka (43) 32:50.3, 10. Dennis Grisso (47).

**50 & Over:** 1. Bob Landry (51) 31:49.4, 2. George Fukuhara (52) 33:53.9, 3. Ken Maloney (50) 34:08.3, 4. Antonio C. Ramirez (50) 34:28, 5. Gilbert Williams (52), 6. John Long (51) 36:08, 7. Fred Suto (61) 36:23, 8. Robert J. Verk (53) 36:54, 9. Beverly W. McQuarrie (58) 37:05, 10. Eugene Belknap (50) 37:30.

### WOMENS RESULTS

**14 & Under:** 1. Repas Bigness (9)

## Meyer And Binder Capture Championships Of Natural Light Half-Marathon Series Finals At Lake Oswego

Sept. 26, 1980.

LAKE OSWEGO, OR. The going was rough, with enough ups and downs to fill a season of running, but in the end, Greg Meyer of Boston and Laurie Binder of San Diego emerged as the winners of the championship finals of the Natural Light Half-Marathon Series.

The hilly, rolling terrain of Lake Oswego gave the 1,400 runners little opportunity for straight-away running and slowed down the pace of the 13.1 mile race.

Despite the challenging course, Meyer and Binder led the field from start to finish in the race on Sunday, Sept. 26 with Meyer posting a winning time of 1:06:20, and Binder covering the course in 1:15:55.

Running in what he called "the best shape I've been in this year," Meyer said the course was difficult only in the sense that there were few straight-aways.

"I've run in races with more hills," said the American record holder at 10, 15, and 25 kilometers. "What made this harder was that the hills were stretched out more, we ran an incline for most of the race."

Binder, who trains in the rolling hills surrounding San Diego, also found the course slow, but not as difficult as for

## Oceanside 10 Mile

Oct. 1, 1980.

- Men 24 & Under:** 1. F. Haralson 51:04.4, 2. C. Mollahan 51:32, 3. C. Sadler 51:56.
- Men 25-34:** 1. b. Roy 52:13.7, 2. K. Heaton 52:34, 3. M. Nolasco 53:17, 4. R. Delanty 54:26, 5. D. Kasischke 57:00.
- Men 35-44:** 1. f. Duarte 54:20.0, 2. T. Bache 57:13, 3. J. Tuttle 58:25.
- Men 45-54:** 1. W. Ingram 60:04, 2. T. R. Eddy 63:53, 3. R. Moser 64:24.
- Men 55 & Over:** 1. J. McGown 64:36.
- Women 24 & Under:** 1. B. Kelly 69:28.
- Women 25-34:** 1. R. Lowe 71:43, 2. J. Douglas 73:40, 3. C. Adams 74:43.
- Women 35-44:** 1. B. Wright 74:48.
- Women 45 & Over:** 1. N. Hobson 72:26.

## PA/TAC One-Hour Run Championships

Oct. 5, 1980. College of San Mateo, Calif.

- 1. Bill Stolp(WVTC) 11.75-67
- 2. Hugh Stahl(Pac. West) 11.50-334
- 3. Brock Hinzmann(Exce. TC) 11.50-217
- 4. Mike Engleman(WVTC) 11.25-108
- 5. Robert Darling(Excel. TC) 11.00-307
- 6. Peter Day(Un.) 11.00-207
- 7. Mark Hines(Excel. TC) 10.50-366
- 8. James Moore(Exce. TC) 10.50-206
- 9. Peter J. Hollenbeck(S.R.R.) 10.50-187
- 10. Ragnar Thaning(WVTC) 10.50-175
- 12. Bill Catanese(1-40+) 10.25-9
- 16. James Nicholson(1-50+) 9.50-255
- 17. Marilyn Harbin(1-W) 2.00-83
- 18. Linda Wettstein(2-W) 8.25-69



MARTY HIGGINBOTHAM

New Inexpensive



The hilly, rolling terrain of Lake Oswego gave the 1,400 runners little opportunity for straight-away running and slowed down the pace of the 13.1 mile race.

Despite the challenging course, Meyer and Binder led the field from start to finish in the race on Sunday, Sept. 28 with Meyer posting a winning time of 1:06:20, and Binder covering the course in 1:15:55.

Running in what he called "the best shape I've been in this year," Meyer said the course was difficult only in the sense that there were few straight-aways.

"I've run in races with more hills," said the American record holder at 10, 15, and 25 kilometers. "What made this harder was that the hills were stretched out more, we ran an incline for most of the race."

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**18.** Linda Wettstein(2-W) 8.25-69



MARTY HIGGINBOTHAM

Nancy Ramirez of Bakersfield completely destroyed her competition in establishing a new course record of 2:19:04. She shattered the old mark by over seventeen minutes. Local girl Kathy Thome finished second in 2:38:01 followed closely by Nancy Torri of Bakersfield in 2:38:33. In the womens 30-39 Susan McMaster of Playa Del Rey was the winner in 3:02:20.

Don Braden and Rudolph Ortiz of the Barstow Parks and Recreation Department should be congratulated for an excellent job on putting on a fine and well organized race. Aid stations were at every 5K mark and a variety of liquids were available at the finish line. Many superb awards were given to most runners with every finisher receiving a very nice t-shirt.

Since the race was a point to point run, transportation was available back to the starting point where the Barstow Community Center made available its sauna, jacuzzi and showers.

The Calico Days 30K run is definitely a unique event and is one of the best hosted and well run events as it caters to the runner!

## Valley Children's Hospital Fun-d Runs

Oct. 5, 1980.  
**4 MILE RACE**

1.	Curtis Elia	2:02
2.	Mork Hull	21:49
3.	Patrick Dunning	22:15
4.	Mark Hemphill	22:23
5.	Omar Anzalbuc	23:24
6.	Joe Herzog	23:40



## New Inexpensive Device Benefits All Runners

"Great for running by yourself. It is a super watch for the jogger."

-Bob Larsen, UCLA cross country coach

"The device is the biggest advance to come along in running in years."

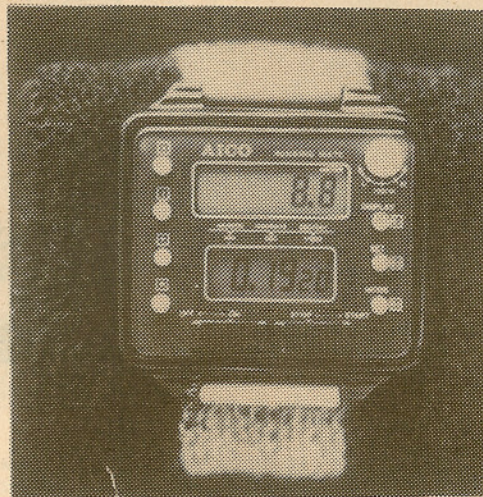
-Frank Costello, Univ. of Maryland track coach

This AICO watch, which is called "The Running Mate," will do the following:

**Eleventh Wonder of the World:** Programmable pedometer showing the total running distance in meters (up to 99 kilometers).

**Twelfth Wonder of the World:** Adjustable electronic pacer beeping from 85-260 times per minute.

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## L'Eggs 10K

by Richard Slotkin

Oct. 11, 1980. Santa Monica, Calif.

Gayle Olinek was an easy winner in the Santa Monica version of the L'Eggs 10K series. Her time of 35:19 was over 40 seconds ahead of second placer Su Mei Lee, and better than a minute ahead of 3rd place Pat Story. In other words she, she really wasn't pushed. But, she wasn't allowed to have it all her way. At the gun a trio of Olinek, Lee and Story got out in front and ran side by side by side. As Story said after the race, she knew that Olinek would win, but she didn't want her to do it wire-to-wire.

By the halfway point, though, the Canadian-via-Florida had opened up a convincing lead and had things pretty much to herself the rest of the way. Sue Mei Lee had a pretty solid hold on second and story an even better hold on third, and that's how they finished.

Taking fourth was the still-tough Miki Gorman. Miki continues to dominate her age group as no one else can, male or female, and only the very best women are beating her. And they are mostly half her age.

Fifth place went to Elaine Campo who teaches up in Santa Barbara, and who looked very demure afterwards sipping a 7-up and nibbling on a cookie. Elaine's time was 37:36, just six seconds behind Miki.

- |                                   |       |
|-----------------------------------|-------|
| 14. Liz Garman(18, Azusa)         | 40:12 |
| 15. Christa Romppanen(41, Malibu) | 40:29 |

- 19 & Under:**
- |                                   |       |
|-----------------------------------|-------|
| 1. Su Mei Lee(18, Rialto)         | 36:02 |
| 2. Vonelle Brown(12, Los Angeles) | 39:21 |
| 3. Gladys Prieur(15, L.A.)        | 39:44 |

- 20-29:**
- |                                  |       |
|----------------------------------|-------|
| 1. Gayle Olinek(27, Venice)      | 35:19 |
| 2. Elaine Campo(29, Santa Barb.) | 37:36 |
| 3. Jaynie Studenmund(26, L.A.)   | 38:25 |

- 30-39:**
- |                               |       |
|-------------------------------|-------|
| 1. Patricia Story(31, Venice) | 36:26 |
| 2. Sue Simms(30, Sepulveda)   | 40:59 |
| 3. Pauline Stevens(33, L.A.)  | 40:30 |

- 40-49:**
- |                                    |       |
|------------------------------------|-------|
| 1. Miki Gorman(45, Los Angeles)    | 37:30 |
| 2. Christa Romppanen(41, Malibu)   | 40:29 |
| 3. Elinor Sherman(47, S. Pasadena) | 44:12 |

- 50 & Over:**
- |                                     |       |
|-------------------------------------|-------|
| 1. Helen Dick(56, Santa Monica)     | 42:42 |
| 2. Virginia Baldwin(51, Pal. Verd.) | 48:05 |
| 3. Nancy Wright(50, Venice)         | 48:29 |

- |                 |       |
|-----------------|-------|
| 14. Stan Price  | 36:59 |
| 15. Mark Barlej | 37:00 |
| 16. Paul Wright | 37:08 |
| 17. Kevin Waish | 37:27 |
| 18. Gary Wilson | 37:35 |

## Breuners Modesto J.C. Run

Oct. 13, 1980. Modesto, Calif.  
MENS 5 MILES

- |                    |       |
|--------------------|-------|
| 1. Benton Hart     | 25:03 |
| 2. Tim Holmes      | 25:15 |
| 3. Bob Loux        | 26:50 |
| 4. Ken Alberg      | 27:41 |
| 5. Dan Leitner     | 28:04 |
| 6. John Agnew      | 28:11 |
| 7. John Lane       | 28:21 |
| 8. Russ Seyfried   | 28:23 |
| 9. Richard Hall    | 28:42 |
| 10. Ross Rowley    | 28:52 |
| 11. Robert Avila   | 28:59 |
| 12. David Pendley  | 29:10 |
| 13. G. Ochos       | 29:52 |
| 14. Aeinie Hartwig | 29:59 |
| 15. James Pombo    | 30:03 |

WOMENS 2 MILES

- |                       |       |
|-----------------------|-------|
| 1. Laurie Crisp       | 12:30 |
| 2. Charleen Chituras  | 12:56 |
| 3. Donna Snider       | 13:59 |
| 4. Felicia Quilantang | 14:52 |
| 5. Laverne Casuse     | 16:29 |

## Run Your Art Out

by Brian Austin

Oct. 12, 1980. Newport Beach.

Sponsored by the Olympia Brewing Company, this second annual event was a benefit for the Newport Harbor Art Museum, drawing over 600 runners to the 5 and 10K runs.

Each of the races began with the thundering blast of a 10 gauge cannon touched off by race director John Blair. The runners followed a course commonly known to area runners as the "back bay," which is actually an enormous wildlife preserve.

Skip Shaffer of Fullerton captured the 5K with a time of 16:04, twenty seconds ahead of second-place finisher Ferol Kimble. Shaffer took the lead after passing the 1½ mile turn around point. Sandi Carter was the first female finisher with a 19:48.

The 10K race was won by John Grula, a resident of Corona Del Mar. After taking control of the race at the one mile mark, Brula brought it home in 32:51. Shawn Lyons of Irvine was second in 33:07. In the women's division, Ellen Todd was the winner, crossing the finish line in 40:56.

5K RACE

- |                     |       |
|---------------------|-------|
| 1. Skip Shaffer     | 16:04 |
| 2. Ferol Kimble     | 16:24 |
| 3. Andrew Berg      | 16:36 |
| 4. George Cohen     | 16:50 |
| 5. Fred Pichay      | 16:55 |
| 6. Scott Sylvester  | 17:08 |
| 7. Marshall         | 17:18 |
| 8. Bob Goodyear     | 17:42 |
| 9. Lee Miller       | 17:43 |
| 10. T. Garcia       | 17:47 |
| 11. John Davis      | 17:48 |
| 12. Jefferson Clark | 17:52 |
| 13. Fred Arnold     | 17:57 |
| 14. Robbany         | 18:05 |
| 15. Jerry Williams  | 18:06 |
| 16. Walter Atcheson | 18:10 |
|                     | 18:16 |

## Great Bell Race

Oct. 19, 1980. Merced, Calif.

Two course records and 14 age division records were established at the 4th Annual MTC 15K and 3K Great Bell Race Sunday morning.

In the 15 Kilometer run Jim Hartig of Fresno outlasted a host of top runners from all over California as he sped to a quick 46:48 clocking, more than a minute ahead of teammate Bryan Foley's 47:59.

Meanwhile defending champion Patty Dahlstrom broke her own course record as she finished in 61:34, to make it a 1-2 sweep for Merced Track Club with Pam Royer finishing second in 62:58. 63-year-old Paul Reese of Sacramento ran what is believed to be a National age-group record as he clipped off a 60:19 in the 9.3 mile event. Other records in the 15K were Mel Elliott (50-59) 61:02, Ginger Burrola (40-49) 67:18, and Liz Demonte (50+) 72:57.

In the 3 Kilometer event, Merced High Cross-Country coach Dave Donaldson ran away from the field as he cruised to a 9:38 clocking. Danny Valdez, also of MTC was second in 10:00 flat with Vicki Belton capturing the distaff title in 12:05.

RESULTS  
15 KILOMETER

- Men 17 & Over:** 1. Hector Menchaca 51:54, 2. Jeff Nalle 61:18, 3. Jerry

**Women 29 & Under:** 1. Pam Royer 62:58, 2. Lili Hughes 66:36, 3. Tone Nichols 70:00, 4. Michelle Myers 70:46.

**Women 30-39:** 1. Pat Dahlstrom 61:34, 2. Muriel Olsen 70:17, 3. Margie Timberlake 71:03, 4. Betti Dolezal 75:40.

**Women 40-49:** 1. Ginger Burrola 67:18, 2. Jerie Rose 73:52, 3. Pat Castellucci 76:01.

**Women 50 & Over:** 1. Liz Demonte 72:57, 2. Dorothy Thomas 74:40.

3 KILOMETER

**Men 12 & Under:** 1. Travis Saylor 12:01, 2. Chris Console 12:10, 3. Scott Uekert 12:28.

**Men 13-17:** 1. Danny Valdez 10:00, 2. Bernardo Cuevas 10:25, 3. Russ Rivera 10:46.

**Men 18-29:** 1. Dale Waldo 11:11, 2. Ralph Jacobs 11:37, 3. Keith O'Donnell 12:13.

**Men 30-39:** 1. Jerry Baladad 10:35, 2. Mark Holt 11:18, 3. Jim Belton 11:54.

**Men 40-49:** 1. Dave Donaldson 9:38, 2. Tony Ornelas 13:44.

**Men 50 & Over:** 1. Ray mahannah 11:41, 2. Payson Taylor 11:53.

**Women 12 & Under:** 1. Stacey Wainwright 12:13, 2. Noel Foster 12:13, 3. Patty Martain 12:17.

**Women 13-17:** 1. Tracey Baladad 12:31.

**Women 18-29:** 1. Elaine Luccardo 12:30, 2. Rossean Hunter 12:58, 3. Aileen Takeuchi 16:37.

**Women 30-39:** 1. Vicki Belton 12:05, 2. Maria Montanez 15:59, 3. Sandy Salsbury 18:01.

**Women 40-49:** 1. June Elliott 15:11, 2. Marvle Taylor 16:38, 3. Alma Kollman 18:22.

## Locker Room Five Mile

by Marty Higginbotham

Oct. 19, 1980. Visalia, Calif.

Juan Garza running his last race before the November 8 Central Cal Marathon ran away from a field of approximately seventy-five runners as he streaked to a fast 24:44 clocking, well ahead of his competition. Forty-six seconds behind Garza was runner up Ed Taylor timing 25:30, he was followed by younger brother Robert in third clocking 26:14. All three are members of the High Sierra Track Club. Fourth place went to College of the Sequoias runner Joe Jarmillo. Fifth went to Gus Navarez of the Visalia Runners, he was followed by teammates Craig Newport sixth and Ray Hernandez in seventh.

Ruby Hernandez of the High Sierra Track Club took a very narrow victory in the womens category as she timed 32:38 just nipping high schooler Chris Gibson who clocked 32:39. Elaine Hutsinpillar was a distant third place at 35:06, followed by Laura Kulsik of the High Sierra Track Club in 36:07, Margaret Pena took fifth clocking 37:00 and Cheri Stephenson of the Visalia Runners ran a 38:30 for sixth.

The Locker Room Sporting Good Store has scheduled a series of three races in the Visalia area for the 1981 year. They have already hosted two very well run and organized events this year.

## Berkeley Waterfront Run

Oct. 19, 1980. Berkeley, Calif. 5.09 miles.

- |                                |         |
|--------------------------------|---------|
| 1. Michael Layman              | 24:22.5 |
| 2. Brian Maxwell               | 24:24.5 |
| 3. Pete Elletson               | 24:50.6 |
| 4. Ted Quintana                | 25:05.2 |
| 5. Matt Thornsberry            | 25:54.9 |
| 6. Phillip Kay                 | 26:13.2 |
| 7. Chris Jackson               | 26:42.6 |
| 8. Harvey Franklin             | 26:54.2 |
| 9. Lawrence McGrath            | 26:58.7 |
| 10. Roger Bryan(1-40+)         | 27:19.1 |
| 11. Peter J. Hollenbeck        | 27:30.7 |
| 12. David Gowen                | 27:33.8 |
| 13. Dennis Reager              | 27:45.1 |
| 14. Timothy Oolman             | 27:56.8 |
| 15. Bob Vizas                  | 28:14.4 |
| 16. Peter Gelsler              | 28:26.1 |
| 17. Bob Adelson                | 28:32.8 |
| 18. Dave Larson                | 28:33.2 |
| 19. Paul Nicoll                | 28:36.8 |
| 20. Hugh Globerson             | 28:40.3 |
| 21. Don Huff(2-40+)            | 30:16.0 |
| 22. Per B. Selnes(3-40+)       | 30:27.4 |
| 23. Larry Schnaleger(4-40+)    | 30:32.3 |
| 24. Vicki Bigelow(1-W)         | 30:58.8 |
| 25. Vicki R. Maxwell(2-W)      | 31:21.6 |
| 26. Denise Bigelow(3-W)        | 32:05.3 |
| 27. Hilary Naylor(4-W)         | 32:11.1 |
| 28. Patricia Whittingslow(5-W) | 32:30.0 |



photo by Keith Conning

VICKIE BIGELOW

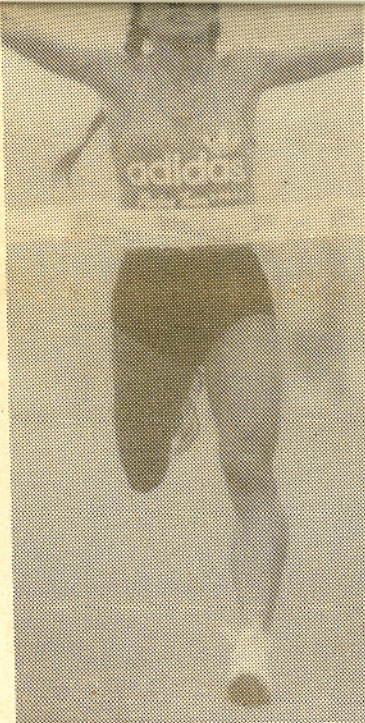


photo by Richard Slotkin

### GAYLE OLINEK

The weather was overcast and cool, ideal for the run. Disappointingly, there were only about 400 women out for the action. For some reason, this area does not draw very well for women-only races, despite all the interest I hear expressed by women for them. There should have been over a thousand easily, as they get in other cities, even San Diego. It's a shame because, as Pat Story pointed out, it's a good feeling to be out in front...of everyone...and not be lost in a crowd of men. I know what she means. I have missed out on so many photos of the first female because there were too many males in the way. Maybe next year, with a bit more promotion, we'll see a really representing crowd. Besides, they do give a better set of freebies than you normally get at the open races.

#### Overall Results

- |                                    |       |
|------------------------------------|-------|
| 1. Gayle Olinek(27, Venice)        | 35:19 |
| 2. Su Mei Lee(18, Rialto)          | 36:02 |
| 3. Patricia Story(31, Venice)      | 36:26 |
| 4. Miki Gorman(45, Los Angeles)    | 37:30 |
| 5. Elaine Campo(29, Santa Barb.)   | 37:36 |
| 6. Jaynie Studenmund(26, L.A.)     | 38:25 |
| 7. Evelyn Kane(23, Pac. Palisades) | 38:58 |
| 8. Sherry Simmons(22, Lomita)      | 39:18 |
| 9. Voneille Brown(12, Los Angeles) | 39:21 |
| 10. Kris Powers(27, Riverside)     | 39:27 |
| 11. Lynne McGinnus(24, L.A.)       | 39:40 |
| 12. Gladys Prieur(15, L.A.)        | 39:44 |
| 13. Julie McKinney(24, Red. Beach) | 39:46 |

Skip Shaffer of Fullerton captured the 5K with a time of 16:04, twenty seconds ahead of second-place finisher Ferol Kimble. Shaffer took the lead after passing the 1 1/2 mile turn around point. Sandi Carter was the first female finisher with a 19:48.

The 10K race was won by John Grula, a resident of Corona Del Mar. After taking control of the race at the one mile mark, Brula brought it home in 32:51. Shawn Lyons of Irvine was second in 33:07. In the women's division, Ellen Todd was the winner, crossing the finish line in 40:56.

#### 5K RACE

- |                     |       |
|---------------------|-------|
| 1. Skip Shaffer     | 16:04 |
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| 3. Andrew Berg      | 16:36 |
| 4. George Cohen     | 16:50 |
| 5. Fred Pichay      | 16:55 |
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| 9. Lee Miller       | 17:43 |
| 10. T. Garcia       | 17:47 |
| 11. John Davis      | 17:48 |
| 12. Jefferson Clark | 17:52 |
| 13. Fred Arnold     | 17:57 |
| 14. Robbany         | 18:05 |
| 15. Jerry Williams  | 18:06 |
| 16. Walter Atcheson | 18:10 |
| 17. Steven Brown    | 18:15 |
| 18. Rick Mathien    | 18:32 |
| 19. Ron Walters     | 18:36 |
| 20. No Name         | 18:38 |

#### 10K RACE

- |                      |       |
|----------------------|-------|
| 1. John Grula        | 32:51 |
| 2. Shawn Lyons       | 33:07 |
| 3. Gus Auinonez      | 33:41 |
| 4. David Carter      | 34:07 |
| 5. Henry Lange, Jr.  | 35:20 |
| 6. Brian Jeannette   | 35:37 |
| 7. Hal Seely         | 35:37 |
| 8. Bill Sumner       | 35:40 |
| 9. Bob Kinsman       | 35:50 |
| 10. Gary Turner      | 36:01 |
| 11. Mike Wintemute   | 36:06 |
| 12. N.T.             |       |
| 13. Richard Kenniger | 36:43 |

Oct. 19, 1980. Merced, Calif.

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In the 3 Kilometer event, Merced High Cross-Country coach Dave Donaldson ran away from the field as he cruised to a 9:38 clocking. Danny Valdez, also of MTC was second in 10:00 flat with Vicki Belton capturing the distaff title in 12:05.

#### RESULTS

##### 15 KILOMETER

**Men 17 & Over:** 1. Hector Menchaca 51:54, 2. Jeff Nalle 61:18, 3. Jerry Caldwell 75:05.

**Men 18-29:** 1. Jim Hartig 46:48, 2. Bryan Foley 47:59, 3. Scott Brickerd 48:38, 4. Al Lomeli 50:58, 5. Roy Cortez 50:58.

**Men 30-39:** 1. John Carter 53:49, 2. Steve Levy 54:29, 3. Randy Cagle 55:29, 4. Les Niven 56:17, 5. Randy Maple 56:55.

**Men 40-49:** 1. A.J. Underwood 53:40, 2. Frank Delgado 54:02, 3. Heinie Hartwig 55:34, 4. Gene Lynch 54:52.

**Men 50-59:** 1. Mel Elliott 61:02, 2. Charles Rodgers 61:30, 3. Russ Console 61:50.

**Men 60 & Over:** 1. Paul Reese 60:19, 2. Don Lundberg 65:59.

by Marty Higginbotham

Oct. 19, 1980. Visalia, Calif.

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photo by Keith Conning

### VICKIE BIGELOW

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# CHAMINADE RESERVOIR RUN OCT. 12 START LINE

VALLEY FEDERAL SAVINGS



## Runners View

by Jon Sutherland

Jon Sutherland was the 1979 Chaminade champion. He also participated this year, even though he was suffering from a pulled muscle.

Two years ago Marilyn Barton and friends came by asking what it would take to put together a quality road race. So I said, "If you really want to know get out a clipboard."

They took all of the advice that I and other experienced runners in the area could hand out and put together one of the finer races in the Southern California area. The 15K course starts from the Chaminade campus and heads out to the Chatsworth Reservoir which has been drained very low since the 1971 earthquake and is not open to the public. Inside the Reservoir is a six mile loop that is fair and challenging to all the runners who competed in the 15K.

The 1979 version of the race was bogged down by a couple of days of rain and the mud was everywhere. The competition was limited as I won pretty handily in a soggy 48:22. My only competition was Gian Starinieri and since I was coaching him at the time I made sure he was leg tired and heavy going

ready for a 2:12 type performance at New York.

The finish was a polite procession of Tuttle, Mason, Smead, Hollister, Chaldez and Brown. No positions changed hands after that hill at the three mile point.

In the 5K Mike Wagenback was the men's winner and Vickie Cook (who's 9:24 3000 meter in Canada ranked her 15th in the nation - and remember she's just starting her junior year in high school) won handily in the women's division. For Vickie, who keeps getting faster and cuter all the time, this was her third cross country win in four days. In the women's division of the 15K Dee Dee Deegan, a freshman at CSUN and a teammate of Vickie's at Alemany last season won in 1:00:38. She has only run two 10Ks in her brief running career and this 9.3 mile race was the longest run she had ever taken without stopping. Chris Brenneman, the younger brother of John "Sack" Brenneman won the junior division in 50:53 in his first try over that distance. He echoed the sentiments of most of the others after the race by saying, "I thought the course was great it was just like the hills I train on in Northridge." Gary Tuttle in a final parting remark after the race said, "I had no idea what was out there but I really enjoyed the course." So did the over 2,500 finishers who ran the 15 and 5K.

## Spectators View

earlier in the week exhorting runners to turn out. And giving out more than 160 trophies - there were also 750 prizes - were actress Stafford, star of NBC's "Wheel of Fortune," Robert Ginty, star of "Paper Chase" and "The Exterminator," and Paul Schmitz, Race Director. Syndicated Hollywood columnist James Bacon helped.

On top of the hundreds of merchandise prizes, the Grand Prize for 15K winners, Deegan and Tuttle, was a trip to Las Vegas and entry in the Las Vegas Marathon in December, with airfare, courtesy Valley Federal, the Riviera Hotel and Chaminade.

Assorted Alexander Hamilton prizes, Reservoir Run pens and Paramount kiddie pins were in random runners' packets. To liven up the awards, 100 OP frisbies were tossed into the crowd by Stafford and Ginty.

Free for runners were Natural Light, Sprite, Johnston's Yogurt and refreshments, including Farmer John Franks, were available in the paid concession area.

Running were actors Dean Butler, a star of "Little House on the Prairie," William Windom and Michael Dante. Famed Beverly Hills restaurateur, whose tennis partners include Ethel Kennedy, ran with his wife, Anne.

Other prominent runners included Olympic race walker Larry Walker (fourth in the 5K, 17:19 - his first run); Los Angeles Times assistant arts editor Wayne Warga; Tony Soubor, vice president of

15K with 1:04:23. This was Sheri's first 15K.

Said one runner, "It was the class road-running event of the Southern California season." The smoothly-operated finish line was supervised by the San Fernando Valley Track Club headed by Lazlo Tabori, former world mile record holder.

Cheer and song leaders, complete with pompoms, entertained pre-race with a special yell and cheered at the finish until the last weary 15K finishers crossed. The latter, elated at being cheered, trotted over and shook hands with the girls before crossing the line.

Jon Sutherland who won the Chaminade 15K last year, in 48:22 on a muddy course, ran this year's race with an injury. He pulled a hamstring and was forced to stop near the fourth mile. He did finish the race, however, saying he felt he owed it to the race to run. His dedication and integrity are remarkable.

A group of top sports medicine experts took part in the health fair and some ran the 15K also. Dr. Ronald M. Lawrence, president of the 5000-member American Medical Joggers Association, presented AMJA awards to doctors' division winners after running the 15K. Dr. John Pagliano, president of the American Academy of Podiatric Sports Medicine, came in third in the 15K doctor's division and then conducted a runners' foot clinic. Famed sports chiropractor, Dr. Leroy Perry, Jr., who has treated world class athletes from 28 different nations, acted as consultant to runners, along with Dr. Tom Bassler. Bassler, author of "The Whole Life Diet Book," ran with his wife.

Paul Schmitz, Race Director, summed up the run best, "Runners are becoming more selective in their choices. This leads to a larger number of runners for a selected number of races each year. Chaminade Reservoir Run has the potential for a classic, because of its unique course through Chatsworth Reservoir, its attention to detail, its many onfield events, and its enthusiastic group of parents and students who have devoted countless hours, weeks and in some cases months to insure its success."

## The Results

### Overall Winners:

- 1 Gary Tuttle (Ventura) 45:35
- 2 George Mason (Santa Ana) 46:10
- 3 Chuck Smead (Santa Paula) 46:43
- 4 Robert Hollister (Santa Barbara) 47:09
- 5 Ed Chaldez (Northridge) 47:13
- 6 Steve Brown (Arlita) 48:22
- 7 Steve McCalley (Burbank) 48:49
- 8 Chris Carlson (West Covina) 49:42
- 9 Dave Frickel (La Verne) 50:00
- 10 Tim Tobin (Northridge) 50:17
- 11 David Askren (Los Angeles) 50:36
- 12 Chris Brenneman (Northridge) 50:53
- 13 Steve Durand (Canyon Country) 51:03
- 14 Mike Corralz (San Clemente) 51:07
- 15 Bill Scobey (Ventura) 51:16
- 16 Tyrus Deminter (Los Angeles) 51:23
- 17 Steve Gilbert (Beverly Hills) 51:25
- 18 Mike Mudrick (Northridge) 51:28
- 19 Barry Weaver (N. Hollywood) 51:44
- 20 Ronald Gee (Los Angeles) 52:01
- 21 David Vanderveen (Glendale) 52:02
- 22 Joe Toledo (Canyon Park)

- 4 Susan Harmon (Van Nuys) 1:04:34
- 5 Denise Tilden (Woodland H) 1:04:50
- 6 Louise Lovelace (Chatsworth) 1:05:23
- 7 Libby Muller (Pasadena) 1:06:29
- 8 Judy Kewley (Simi) 1:06:42
- 9 Jeanette Welles (Quartz Hill) 1:07:54
- 10 Sandra Simpson (San Diego) 1:08:20

### Division Winners:

**15K Women: 12 and Under:** Sheri Lawson (Gran Hills) 1:04:23; Amber Chavez (West Covina) 1:08:58; Tiffany March 1:15:00. **13-15:** Gina Wimsatt (Northridge) 1:12:12; Nancy Matface (Valencia) 1:14:40; Angie Frascchetti (Wood Hills) 1:15:10. **16-18:** DeeDee Deegan (Miss Hills) 1:00:38; Denise Tilden (Wood Hills) 1:04:50; Lisa Arnsdorff (Van Nuys) 1:14:51. **19-29:** Sherry Simmons (1:01:07; Louise Lovelace (Chatsworth) 1:05:23; Libby Muller (Pasadena) 1:06:29. **30-39:** Susan Harmon (Van Nuys) 1:04:34; Judy Kewley (Simi Valley) 1:06:42; Sandra Simpson (San Diego) 1:08:20. **40-49:** Jeanette Wells (Quartz Hill) 1:07:54; Jane Dods (N. Hollywood) 1:11:06; Leyla Harney (Northridge) 1:12:37. **50 & Over:** Daisy Wong (Burbank) 1:23:12; Y.S. Konecny (Redondo Beach) 1:47:35; H. Edwards (Los Angeles) 2:00:47.

**15K Mens: 12 and Under:** Shane Ploos (Van Nuys) 1:01:26; Joel Rapp (Simi Valley) 1:02:14; Mitch Sutton (Ventura) 1:03:58. **13-15:** Steve Kobrine (Wood Hills) 56:53; Lorenzo Tyner, Jr. (Cerritos) 57:25; Lane Olson (Northridge) 57:56. **16-18:** Chris Brenneman (Northridge) 50:53; Tyrus Deminter (Los Angeles) 51:23; Steve Gilbert (Bev Hills) 51:25. **19-29:** George Mason (Santa Ana) 46:10; Chuck Smead (Santa Paula) 46:43; Robert Hollister (Santa Barbara) 47:09. **30-39:** Gary Tuttle (Ventura) 45:35; Mike Corralz (San Clemente) 51:07; Joe Toledo (Canyon Park) 52:20. **40-49:** Jim Knerr (Simi Valley) 53:04; Charles McClune (Reseda) 53:29; Nelson Cander (Los Angeles) 55:08. **Over 50:** Dave Hirschson (Los Angeles); Dick Venne (Gardena); Mel Elliott (Huntington Beach).

**5K Womens: 12 & Under:** Julie Wimsatt (Northridge) 20:44; Jenell Gomez (Baldwin Park) 21:12; Michelle Gonzales (West Covina) 21:29. **13-15:** Kimberly Stewart (Wood Hills) 21:32; Jamie Lynn Reid 22:13; Kathleen Smith (Northridge) 22:25. **16-18:** Vickie Cook (Northridge) 18:30; Laura Wheatman (Wood Hills) 22:18; Kathy Chaney (Northridge) 22:37. **19-29:** Tinka Friend (Corona) 23:38; Dianna Lesco (Burbank) 24:23; Becky Baele (Glendale) 24:40. **30-39:** Jackie Hansen (Topanga) 21:10; Anna Lewin (Los Angeles) 24:05; Nancy Zeigler (Simi Valley) 24:31. **40-49:** Rita Storey (La Jolla) 28:26; Carmen Ibanez (Burbank) 28:54; Jean Bowers (Thousand Oaks) 29:27. **50 & Over:** Rita Bachold (Westwood) 24:15; Mime Myers (El Monte) 29:19; Peg Arnold (Northridge) 30:12.

**5K Mens: 12 & Under:** Mathew Melancon (Northridge) 21:57; Dennis O'Sullivan (Van Nuys) 22:06; Manny Bobele (Northridge) 22:06. **13-15:** Steven Dietch (Wood Hills) 17:25; Jeff Jacobs (Tarzana) 19:47; Joel Goldberg (Bev Hills) 19:52. **16-18:** Michael Dib (Arlita) 17:17; Chris Thomas (Northridge) 18:06; Keta-bachi Hamid (Los Angeles) 19:40. **19-29:** Terry Drake (Azusa) 17:15; Anthony Jurado (Whittier) 17:31; Dean Sylvies (Quartz Hill) 17:41. **30-39:** Mike Wagen-

Jon Sutherland was the 1979 Chaminade champion. He also participated this year, even though he was suffering from a pulled muscle.

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The 1979 version of the race was bogged down by a couple of days of rain and the mud was everywhere. The competition was limited as I won pretty handily in a soggy 48:22. My only competition was Gian Starinieri and since I was coaching him at the time I made sure he was leg tired and heavy going into the race. This year's race was light years ahead in the level of competition and racing conditions. Among those attending were Gary Tuttle, Chuck Smead, Ed Chaldez, Robert Hollister, Steve Brown, Steve McCalley, and yours truly (torn butt muscle and all).

Wandering around before the race as the crowd was beginning to assemble, Tuttle looked remarkably fit and was fresh from a 29:14 to 29:56 thrashing of Dave Babiracki at the Competitive Road Race at Cal State Northridge. Chuck Smead was only two weeks removed from a 2:16 marathon in Chicago but this was definitely his kind of course. They even dug up and dusted off Bill Scobey for this one. One of the highlights of the whole day for me was the insults he traded with Mark Covert. I guess going into the heat of battle it is hard to decide who has made the most comebacks and who can take the most abuse.

The gun finally went off and the leading contenders were swallowed by a horde of 2500 runners heading out to the Reservoir. When the leaders finally emerged George Mason with his light and elf-like stride was leading. A trio of runners, Smead, Tuttle, and Mason were the lead pack at two miles and a cluster made of Chaldez, Hollister, Brown and McCalley were about thirty yards back. At two and a half miles there is a light grade followed by a steeper climb. At that point Tuttle began to stretch out. He said afterwards, "I knew Mason would be fit and tough with that light little stride of his but I thought he would lack the power needed to go up the hill." Tuttle's lead grew as the course strung out the pack. Smead couldn't have offered as much resistance as he would liked because of the marathon that was still laying in his legs, but on this day Tuttle ran a brilliant 45:38 over a very challenging course. There is about three miles worth of streets on the course but the majority of the running is done on trails of gravel and some loose dirt. He clearly looks like he's

after that hill at the three mile point. In the 5K Mike Wagenback was the men's winner and Vickie Cook (who's 9:24 3000 meter in Canada ranked her 15th in the nation - and remember she's just starting her junior year in high school) won handily in the women's division. For Vickie, who keeps getting faster and cuter all the time, this was her third cross country win in four days. In the women's division of the 15K Dee Dee Deegan, a freshman at CSUN and a teammate of Vickie's at Alemany last season won in 1:00:38. She has only run two 10Ks in her brief running career and this 9.3 mile race was the longest run she had ever taken without stopping. Chris Brenneeman, the younger brother of John "Sack" Brenneeman won the junior division in 50:53 in his first try over that distance. He echoed the sentiments of most of the others after the race by saying, "I thought the course was great it was just like the hills I train on in Northridge." Gary Tuttle in a final parting remark after the race said, "I had no idea what was out there but I really enjoyed the course." So did the over 2,500 finishers who ran the 15 and 5K.

## Spectators View

by Marilyn Barton

As one of the race organizers Marilyn Barton is able to give us a behind the scenes view from the sidelines.

On a clear, smogless October 12, about 2500 runners assembled at Chaminade Canoga Park, to participate in the 5K and 15K Second Annual Chaminade Reservoir Run. Sponsored by Valley Federal Savings as part of its People Helping People policy, and with additional sponsorship from Anheuser-Busch and many other companies, the Run benefited Chaminade's Gym Building Fund (non-profit).

Another 2,000 persons lined the streets and football field to see families, friends, top runners and celebrities.

"Any run that has Angie Dickinson on the honorary committee and Robert Conrad as honorary race director has got to be terrific," said a weary 15K finisher at the second annual running of the event.

He was one of 2,500 runners who warmed up to radio-television personality Gary Owens and started to a gun shot by actress Susan Stafford. Runners ranged from TV stars to former 15K world record holder Gary Tuttle, 33, of Ventura, who won the 15K in 45:35.

The run, one of the most highly-publicized in Southern California history, was underwritten primarily by Valley Federal Savings. Anheuser-Busch was another sponsor and then came in first in the 5K corporate challenge. Even Valley Federal's senior vice president Paul Chesley ran, coming in eighth in his age division.

Post run activities included a health fair, a sports fashion show by The Broadway with 26 Chaminade models and a Hi-Ball demonstration. Hi-Ball is a combination trampoline, volleyball and basketball game.

There was a touch of show biz both preceding and throughout the Run. Comedian Danny Thomas, another honorary committee member, had been on radio

of "Paper Chase" and "The Exterminator," and Paul Schmitz, Race Director. Syndicated Hollywood columnist James Bacon helped.

On top of the hundreds of merchandise prizes, the Grand Prize for 15K winners, Deegan and Tuttle, was a trip to Las Vegas and entry in the Las Vegas Marathon in December, with airfare, courtesy Valley Federal, the Riviera Hotel and Chaminade.

Assorted Alexander Hamilton prizes, Reservoir Run pens and Paramount kiddie pins were in random runners' packets. To live up to the awards, 100 OP frisbies were tossed into the crowd by Stafford and Ginty.

Free for runners were Natural Light, Sprite, Johnston's Yogurt and refreshments, including Farmer John Franks, were available in the paid concession area.

Running were actors Dean Butler, a star of "Little House on the Prairie," William Windom and Michael Dante. Famed Beverly Hills restaurateur, whose tennis partners include Ethel Kennedy, ran with his wife, Anne.

Other prominent runners included Olympic race walker Larry Walker (fourth in the 5K, 17:19 - his first run); Los Angeles Times assistant arts editor Wayne Warga; Tony Sauber, vice president Universal Studios; and Gerald Nordskog, president of Nordco Division, Nordskog Industries.

10-year-old Sheri Lawson of Granada Hills, member of the Northridge Track Club, placed third overall in the women's

attention to detail, its many onfield events, and its enthusiastic group of parents and students who have devoted countless hours, weeks and in some cases months to insure its success."

## The Results

### Overall Winners:

1 Gary Tuttle (Ventura)	45:35
2 George Mason (Santa Ana)	46:10
3 Chuck Smead (Santa Paula)	46:43
4 Robert Hollister (Santa Barbara)	47:09
5 Ed Chaldez (Northridge)	47:13
6 Steve Brown (Arlita)	48:22
7 Steve McCalley (Burbank)	48:49
8 Chris Carlson (West Covina)	49:42
9 Dave Frickel (La Verne)	50:00
10 Tim Tobin (Northridge)	50:17
11 David Askren (Los Angeles)	50:36
12 Chris Brenneeman (Northridge)	50:53
13 Steve Durand (Canyon Country)	51:03
14 Mike Corralz (San Clemente)	51:07
15 Bill Scobey (Ventura)	51:16
16 Tyrus Deminter (Los Angeles)	51:23
17 Steve Gilbert (Beverly Hills)	51:25
18 Mike Mudrick (Northridge)	51:28
19 Barry Weaver (N. Hollywood)	51:44
20 Ronald Gee (Los Angeles)	52:01
21 David Vanderveen (Glendale)	52:02
22 Joe Toledo (Canoga Park)	52:20
23 Carlos Medina (San Fernando)	52:36
24 Ronald Newstat (Venice)	52:46
25 Fred Snyder (Woodland Hills)	52:49
<b>Women Overall Winners:</b>	
1 DeeDee Deegan (Northridge)	1:00:38
2 Sherry Simmons (Lomita)	1:01:07
3 Sheri Lawson (Northridge)	1:04:23

5K Women: 12 & Under: Julie Wimsatt (Northridge) 20:44; Jenell Gomez (Baldwin Park) 21:12; Michelle Gonzales (West Covina) 21:29. 13-15: Kimberly Stewart (Wood Hills) 21:32; Jamie Lynn Reid 22:13; Kathleen Smith (Northridge) 22:25. 16-18: Vickie Cook (Northridge) 18:30; Laura Wheatman (Wood Hills) 22:18; Kathy Chaney (Northridge) 22:37. 19-29: Tinka Friend (Corona) 23:38; Dienna Lesco (Burbank) 24:23; Becky Baele (Glendale) 24:40. 30-39: Jackie Hansen (Topanga) 21:10; Anna Lewin (Los Angeles) 24:05; Nancy Zeigler (Simi Valley) 24:31. 40-49: Rita Storey (La Jolla) 28:26; Carmen Ibanez (Burbank) 28:54; Jean Bowers (Thousand Oaks) 29:27. 50 & Over: Rita Bachold (Westwood) 24:15; Mime Myers (El Monte) 29:19; Peg Arnold (Northridge) 30:12.

5K Mens: 12 & Under: Mathew Melancon (Northridge) 21:57; Dennis O'Sullivan (Van Nuys) 22:06; Manny Bobele (Northridge) 22:06. 13-15: Steven Dietch (Wood Hills) 17:25; Jeff Jacobs (Tarzana) 19:47; Joel Goldberg (Bev Hills) 19:52. 16-18: Michael Dib (Arlita) 17:17; Chris Thomas (Northridge) 18:06; Ketabachi Hamid (Los Angeles) 19:40. 19-29: Terry Drake (Azusa) 17:15; Anthony Jurado (Whittier) 17:31; Dean Sylvies (Quartz Hill) 17:41. 30-39: Mike Wagenbach (Granada Hills) 17:10; Larry Walker (Canoga Park) 17:19; Matye Marshall (Sylmar) 17:39. 40-49: Jack Stewart (Wood Hills) 18:40; Tom Fletcher (Canoga Park) 19:07; Frank Kallern (Burbank) 19:25. 50 & Over: Leonard Waits (Bev Hills) 20:33; Robert Gerlach (Newhall) 21:35; Charles Collins (Newhall) 21:40.



Jacqueline Hansen and son, Vickie Cook, Terry Drake, Mike Wagenbach  
Chaminade Reservoir Run 5K



## Santa Barbara Marathon

Oct. 19, 1980.  
Boys 18 & Under:  
1. Clark Fero(Goleta) 3:29:56

Men 19-34:  
1. Robert Hollister(Santa Barb.) 2:24:04  
2. Willie Pittenger(Santa Barb.) 2:39:21  
3. Jon Berit(Mt. View) 2:44:39  
4. Bill Boggs(L.A.) 2:47:33  
5. Jim Hughes(Simi Val.) 2:51:26  
6. Ken Kendall(Costa Mesa) 2:53:32

Men 35-39:  
1. Bill Scobey(Ventura) 2:39:20  
2. Tom Morrow(Santa Monica) 2:47:42  
3. Boyd Hartley(Glendale) 2:49:46  
4. Dennis Parrish(Tujunga) 2:52:07  
5. Bobby Roberts(Lompoc) 2:55:06

Men 40-44:  
1. William Peck(Wasco) 2:50:06  
2. Jesse Cook(Thous. Oaks) 2:52:43  
3. Wayne Hoffman(Santa Barb.) 2:53:16  
4. Kemp Aaberg(Goleta) 2:56:26  
5. Skip Shaffer(Fullerton) 2:59:04

Men 45-49:  
1. John Richards(Ventura) 2:54:54  
2. Fred Vega(Santa Barb.) 3:05:17  
3. Bob Carman(Santa Barb.) 3:07:53  
4. Dan Matulich(Rolling Hls.) 3:09:33  
5. Owen Patmore(Santa Barb.) 3:24:46

Men 50-54:  
1. Tracy Brown(Los Alamitos) 2:57:32  
2. David Parker(Sylmar) 3:02:18  
3. Dan Sheeran(Orange) 3:02:57  
4. Edward Berman(L.A.) 3:21:02  
5. Byron Potts(Westchester) 3:22:24

Men 55-59:  
1. Fred Nagelschmidt(Ventura) 3:17:13  
2. Albert Pugliese(Northrdg.) 3:54:16  
3. Billy McIntosh(Santa Barb.) 3:54:20  
4. Tom Hampson(Los Osos) 4:20:11  
5. Howard Linnard(Davis) 4:21:48

Men 60 & Over:  
1. John Holoubek(Lompoc) 3:14:10  
2. Kenneth Kuecker(Torrance) 4:13:27  
3. Jim Bole(Long Beach) 4:21:25

Girls 18 & Under:  
1. Alice Rodriguez(L.A.) 3:44:57

Women 19-29:  
1. Bobbi King(Santa Barb.) 3:22:04  
2. Sharon Hargus(W. L.A.) 3:46:41  
3. Nancy Duble(Santa Barb.) 3:52:00  
4. Connie O'leary(Santa Barb.) 3:59:08  
5. Dana Cinnamon(R.P. Verdes) 4:07:11

Women 30-39:  
1. Sandra Marshall(Goleta) 3:16:20  
2. Penny Little(Venice) 3:40:10  
3. Kitty Silsbury(Santa Barb.) 3:48:59  
4. Marian Skinner(Santa Barb.) 3:53:28  
5. Sally Adams(Santa Barb.) 3:54:23

### HALF MARATHON

Boys 18 & Under:  
1. Terry Robuck(Palos Verdes) 1:24:53  
2. Tom Arce(Ojai) 1:25:00

Men 19-34:  
1. Jon Jackson(Santa Barb.) 1:10:11  
2. Bob O'Brien(Morro Bay) 1:11:15  
3. Clyde Matsumura(Santa Mon.) 1:12:40  
4. Jim Masterson(Gardena) 1:13:39  
5. Stevan Bushey(Santa Barb.) 1:15:04  
6. Tom Phillips(Goleta) 1:15:46

Men 35-39:  
1. John Botke(Santa Barb.) 1:12:40  
2. Craig Geyer(Santa Barb.) 1:22:40  
3. Bill King(Santa Barb.) 1:23:18  
4. Jerry Wright(Lompoc) 1:23:43  
5. Len Frazier(Lincoln) 1:23:43

## Los Angeles Athletic Club Mercury 10K

by Richard Slotkin

### Oct. 19. Los Angeles, Calif.

Although the numbers for this race have been steadily slipping in the four years of its existence, the quality of the field, especially at the top end, has been improving. This year four women and one man broke the existing records for the course. Demolished would be more like it. John Sinclair, who runs for the Frank Shorter T.C., blew 20 seconds off Dave Babiraki's mark set last year. He ran a 28:45. He needed it, too, because never out of sight were John Moreno from San Francisco, and winner of the San Francisco Marathon last year, John Koenig of Sub-4 T.C., and Chuck Smead representing Team Adidas. And each of them could see their competition not very far behind. There were no big gaps in this race...just steady stream from first to last.

Koenig got out front quickly and went by the first mile in 4:35 (ouch!) despite the big hill that occupies much of the first mile. From there on, once off the hill, it's all flat the rest of the way to the finish

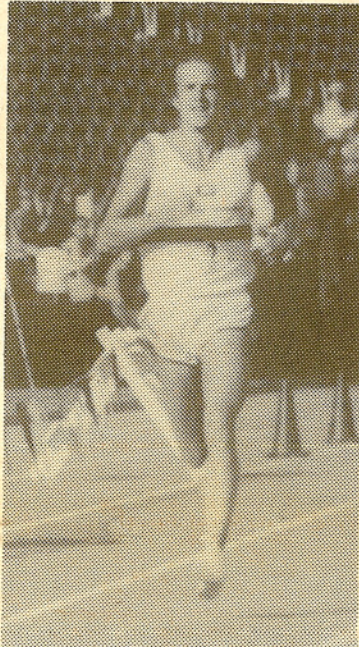


photo by Richard Lee Slotkin

### JOHN SINCLAIR

line at the track in the L.A. Coliseum, with a small downhill spurt through the entrance tunnel. On the flat stretch, first

been more typical for this race. As it was, it was very warm at the 9 a.m. start and by the time the first finishers were in, it must have been close to or in the 80's. There were a lot of complaints about the heat...not that anything could have been done about it. It just wasn't expected.

### RESULTS

**Top 30 Runners:** 1. John Sinclair(24) 28:45, 2. John Moreno(26) 29:15, 3. John Koenig(27) 29:21, 4. Chuck Smead(28) 29:40, 5. Dave Smith(26) 30:06, 6. Carl Smith(29) 30:07, 7. Charles Gray(26) 30:07, 8. Vic Simonian(25) 30:22, 9. Ron Harmon(26) 30:34, 10. Cleveland Whalen(26) 30:41, 11. Ron Ysais(18) 30:50, 12. Bob Macias(32) 30:52, 13. Steve McCalley(26) 31:05, 14. Mike Waggenbach(31) 31:09, 15. Ron Kurrie(32) 31:10, 16. Mike Trilevsky(25) 31:18, 17. Mark Luevano(25) 31:28, 18. Mike Mahler(37) 31:41, 19. Bob Day(35) 31:47, 20. Tracy Smith(35) 32:03, 21. Pyrus Diminter(17) 32:12, 22. Mitch Harmatz(26) 32:19, 23. John Merhaut(30) 32:25, 24. Alvaro Palacios(22) 32:28, 25. mark Rafferty(19) 32:37, 26. Carlos Godoy(30) 32:39, 27. David Greifinger(22) 32:59, 28. Peter Mogg(26) 32:59, 29. Robert Barkas(17) 33:00, 30. Irv Ray(28) 33:19.

**Top Five Women Overall:** 1. Kathy Mintie (UCLA) 33:28 (new course record), 2. Pat Story (Santa Monica T.C.) 35:15, 3. Su Mei Lee (Rialto Roadrunners) 35:25, 4. Michele Bush (UCLA) 35:35, 5. Jaynie Studenmund (Stars & Stripes T.C.) 36:54.

**12 & Under Girls:** 1. Voncille Brown 39:36, 2. Abbey Marpet 55:22. **Boys:** 1. James Brown 39:39, 2. David Silverman 43:57, 3. Joseph Rusche 49:24.

**13-15 Girls:** 1. Tracy Flock 39:39, 2. Diana Trimble 43:29. **Boys:** 1. Steven Dietch 34:32, 2. David Grossman 37:28, 3. Christian Prieur 38:48.

**16-18 Girls:** 1. Penny Bernstein 42:50, 2. Michele Garneau 47:37, 3. Jennifer Bedford 48:05. **Boys:** 1. Ron Ysais 30:50, 2. Pyrus Dominter 32:12, 3. Robert Barkas 33:00.

**19-29 Women:** 1. Pam Cox 37:16, 2. Diane Lang 37:31, 3. Ellen Gorken 38:04, 4. Kathy Hart 43:52, 5. Kathleen Stevenson 43:56, 6. Kristine Riley 44:59, 7. Corean Friend 45:32, 8. Lis Ogawa 45:44.

**Men:** 1. Steve McCalley 31:05, 2. Mike Trilevsky 31:18, 3. Mark Luevano 31:38, 4. Mitch Harmatz 32:19, 5. Alvaro Palacios 32:28, 6. Mark Rafferty 32:37, 7. David Greifinger 32:59, 8. Peter Mogg 32:59, 9. Irv Ray 33:19, 10. Richard Greifinger 33:56.

**30-34 Men:** 1. Bob Macias 30:52, 2. Mike Waggenbach 31:09, 3. Ron Kurrie 31:10, 4. John Merhaut 32:25, 5. Carlos Godoy 32:39.

**30-39 Women:** 1. Barbara Terhune 38:19, 2. Judy Kewley 40:20, 3. Pauline Stevens 40:40.

**35-39 Men:** 1. Mike Mahler 31:41, 2. Bob Day 31:47, 3. Tracy Smith 32:03, 4. Marshall Matye 33:12, 5. Stanley Stauble 34:13.

**40-49 Women:** 1. Miki Gorman 37:47, 2. Christa Romppanen 39:21.

**Men 40-49:** 1. Eino Romppanen 33:46, 2. Nelson Crader 35:08, 3. Brian Ferner 35:24, 4. George Cohen 35:27, 5. Tom Carroll 35:44.

**50+ Women:** 1. Villa Hancock 53:26, 2. Betty Walker 54:18.

**50-59 Men:** 1. Jerry Withers 38:14, 2. Rob Larkin 38:28, 3. Morton White 41:36.

## Los Angeles Harbor Marathon

### Oct. 19, 1980. San Pedro, Calif.

Although it was barely a week after Southern California had suffered through the worst smog attack in its history, the 1,000 participants in the Natural Light Los Angeles Harbor Marathon held Oct. 19 couldn't have asked for better weather as the day was cool and clear for the 26-mile run through one of the West Coast's busiest ports.

The overall winner was 25-year-old Bill Britten who crossed the finish line in a time of 2:30:35. Sally Edwards, 33, captured the women's division at 2:58:16. Ironically, both winners live in Sacramento and work at the same running specialty shop there.

Neither runner, however, could claim a record for the event. Bill McDermott of Torrance set the men's record of 2:22:52 last year as did Sue Peterson of Laguna Beach who set the women's mark at 2:49:06.

A unique feature of the harbor run is that it crosses over two bridges--the Vincent Thomas and Gerald Desmond. Britten said the bridges did not present

him with any problem during the race even though both rise quite high over the channels.

"They are situated at a good part of the course--just over halfway--and the climb was not steep enough to give me any problems," said Britten.

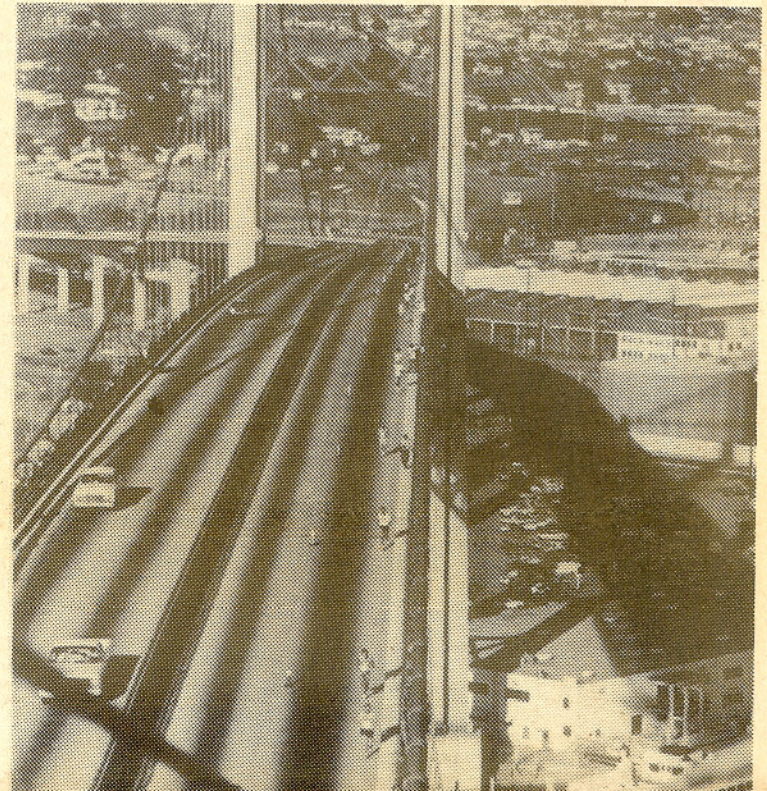
"In fact, the bridges are what makes this run special. The New York Marathon crosses five bridges, but this is the only marathon on the West Coast that has them," he added.

This is the third running of the harbor marathon, an event which is organized by the San Pedro/Peninsula YMCA.

The following is a listing of the top five finishers at the Third Annual Natural Light Los Angeles Harbor Marathon:

Top five finishers men's division: 1. Bill Britten (Sacramento) 2:30:35, 2. Jerry Willis (Fullerton) 2:37:26, 3. Gary Matsuda (Long Beach) 2:39:26, 4. Cipriano Palencio 2:39:49, 5. Tom Lacie (San Pedro) 2:41:08.

Top five women's division: 1. Sally Edwards (Sacramento) 2:58:16, 2. Cathy Martin (San Pedro) 3:18:43, 3. Peggy Taggart (Torrance) 3:26:50, 4. Marcy Kurtz 3:39:54, 5. Lisa Goldberg 3:44:29.



2. Kenneth Kuecker(Torrance)	4:13:27
3. Jim Bole(Long Beach)	4:21:25
<b>Girls 18 &amp; Under:</b>	
1. Alice Rodriguez(L.A.)	3:44:57
<b>Women 19-29:</b>	
1. Bobbi King(Santa Barb.)	3:22:04
2. Sharon Hargus(W. L.A.)	3:46:41
3. Nancy Dubie(Santa Barb.)	3:52:00
4. Connie O'Leary(Santa Barb.)	3:59:08
5. Dana Cinnamon(R.P. Verdes)	4:07:11
<b>Women 30-39:</b>	
1. Sandra Marshall(Goleta)	3:16:20
2. Penny Little(Venice)	3:40:10
3. Kitty Silsbury(Santa Barb.)	3:48:59
4. Marian Skinner(Santa Barb.)	3:53:28
5. Sally Adams(Santa Barb.)	3:54:23

#### HALF MARATHON

<b>Boys 18 &amp; Under:</b>	
1. Terry Robuck(Palos Verdes)	1:24:53
2. Tom Arce(Ojai)	1:25:00

<b>Men 19-34:</b>	
1. Jon Jackson(Santa Barb.)	1:10:11
2. Bob Obrien(Morro Bay)	1:11:15
3. Clyde Matsumura(Santa Mon.)	1:12:40
4. Jim Masterson(Gardena)	1:13:39
5. Stevan Bushey(Santa Barb.)	1:15:04
6. Tom Phillips(Goleta)	1:15:46

<b>Men 35-39:</b>	
1. John Botke(Santa Barb.)	1:12:40
2. Craig Geyer(Santa Barb.)	1:22:40
3. Bill King(Santa Barb.)	1:23:18
4. Jerry Wright(Lompoc)	1:23:43
5. Lee Freeman(Hacienda Hgts)	1:27:49

<b>Men 40-44:</b>	
1. Gary Dinkins(Ojai)	1:22:30
2. Benjamin Sawyer(Santa Barb.)	1:25:19
3. Aba Ramirez(moorpark)	1:25:37
4. Bob Holland(San Diego)	1:26:33
5. Jerry Hill(Nipomo)	1:28:05

<b>Men 45-49:</b>	
1. John Brennand(Santa Barb.)	1:14:18
2. George Berg(Ventura)	1:24:22
3. Hank Norton(Van Nuys)	1:27:42
4. Gerald Jacobs(Santa Barb.)	1:28:02
5. Barry Devine(Reseda)	1:29:18

<b>Men 50-59:</b>	
1. John Perkins(Lompoc)	1:29:13
2. Will Robinson(Thousand Oaks)	1:34:01
3. Bert Schnitzer(Ann Arbor, MI)	1:34:36
4. Edwin Bishop(Santa Barb.)	1:34:54
5. John McManus(Tarzana)	1:35:15

<b>Men 60 &amp; Over:</b>	
1. Robert Littlejohn(Sequim, WA)	1:46:06
2. Frank Cooke(Goleta)	1:48:52
3. Paul Gilbert(Santa Barb.)	2:08:53

<b>Girls 18 &amp; Under:</b>	
1. Lori Lopez(L.A.)	1:26:13
2. Carrie Vuich(Goleta)	2:01:57
3. Wendy Atkins(Goleta)	2:01:57

<b>Women 19-29:</b>	
1. Diane Killien(Corte Madera)	1:27:07
2. Leslie Schiller(Ventura)	1:31:44
3. Deborah Keagy(Vista)	1:35:00
4. Dale Mattox(Malibu)	1:35:28
5. Lisa Moreno(Santa Barb.)	1:36:48

<b>Women 30-39:</b>	
1. Shirley Saunders(Santa Barb.)	1:35:59
2. Nancy Knudsen(Los Osos)	1:40:00
3. Lynn Canfield(Hunt. Bch.)	1:40:18
4. Teresa Campbell(Harmony)	1:40:38
5. Stephanie Welch(Santa Barb.)	1:41:44

<b>Women 40-49:</b>	
1. Sharon Wolcott(Pasadena)	1:48:29
2. Alma Paige(Ventura)	1:49:59
3. Neva Howe(Newbury Pk.)	1:54:11
4. Beverlee Human(Escondido)	1:54:49
5. Ruth Adams(Lompoc)	1:55:56

<b>Women 50-59:</b>	
1. Phyllis Regis(Ventura)	1:42:26
2. Diane Fritz(Palos Verdes)	1:49:58
3. Shirley Tobin(Sausalito)	1:59:12

<b>Women 60 &amp; Over:</b>	
1. Grace Schweitzer(Santa Barb.)	2:23:03

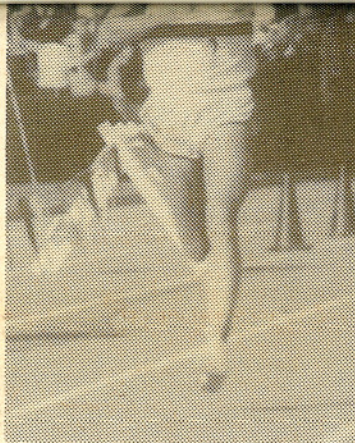


photo by Richard Lee Slotkin

### JOHN SINCLAIR

line at the track in the L.A. Coliseum, with a small downhill spurt through the entrance tunnel. On the flat stretch, first Sinclair and then Moreno passed Keonig, but that was all. At the 5.2 mile point, Sinclair was well out in front, but Moreno and Koenig were in sight, and still pressing. As they passed the 5.2 mark, Joe Douglas, head coach of the Santa Monica T.C., watching for some of his people, hollered at Koenig, "C'mon, John! You're running the race of your life!" It turned out to be only the second best of his life, but he was pleased.

Meanwhile, Kathy Mintie was making a shambles of the women's race and record. She blew by the mile at a little over 5 minutes and finished a zip code ahead of her nearest rival. The UCLA from Fullerton ran a 33:28, almost three minutes faster than Miki Gorman's 36:06 record set last year. Second place was no slouch either, as Santa Monica Track Club's Pat Story ran a PR of 35:15, and in the process beating out Su Mei Lee and Michelle Bush, who had beaten her just weeks earlier in the L' Eggs 10k (Lee) and the Santa Monica 10k (Bush). Both Lee and Bush were well under 36 minutes, so they joined Mintie and Story in breaking the old record. As to the former record holder, well...Miki had a slight cold that day and could "only" post 37:47. Not a bad "only", huh? It was good enough to take first in her age group, over a steadily improving Christa Romppanen, who ran 39:21. Christa's husband, Malibu sculptor Eino won the 40-49 age group for the men in 33:46 and finished 34th overall. Eino just turned 40, so he has the advantage of youth in that group.

Eighteenth place overall went to 37 year old Mike Mahler, which made him an easy winner of the 35-39 age group with a 31:41. Well, maybe not so easy. In 19th place was Bob Day, only 6 seconds behind, but those 6 seconds put him in second place in the age group. In case you wondered, 20th place was Tracy Smith...same age group. Three guys right in a row in the top 20 of a major local race and all past their 35th birthday.

Some of the times could have been even faster, I suspect, had the weather

19-29 Women: 1. Pam Cox 37:16, 2. Diane Lang 37:31, 3. Ellen Gorken 38:04, 4. Kathy Hart 43:52, 5. Kathleen Stevenson 43:56, 6. Kristine Riley 44:59, 7. Corean Friend 45:32, 8. Lis Ogawa 45:44.  
Men: 1. Steve McCalley 31:05, 2. Mike Trilevsky 31:18, 3. Mark Luevano 31:38, 4. Mitch Harmatz 32:19, 5. Alvaro Palacios 32:28, 6. Mark Rafferty 32:37, 7. David Greifinger 32:59, 8. Peter Mogg 32:59, 9. Irv Ray 33:19, 10. Richard Greifinger 33:56.

30-34 Men: 1. Bob Macias 30:52, 2. Mike Waggenbach 31:09, 3. Ron Kurrle 31:10, 4. John Merhaut 32:25, 5. Carlos Godoy 32:39.

30-39 Women: 1. Barbara Terhune 38:19, 2. Judy Kewley 40:20, 3. Pauline Stevens 40:40.

35-39 Men: 1. Mike Mahler 31:41, 2. Bob Day 31:47, 3. Tracy Smith 32:03, 4. Marshall Matye 33:12, 5. Stanley Stauble 34:13.

40-49 Women: 1. Miki Gorman 37:47, 2. Christa Romppanen 39:21.

Men 40-49: 1. Eino Romppanen 33:46, 2. Nelson Crader 35:08, 3. Brian Ferner 35:24, 4. George Cohen 35:27, 5. Tom Carroll 35:44.

50+ Women: 1. Villa Hancock 53:26, 2. Betty Walker 54:18.

50-59 Men: 1. Jerry Withers 38:14, 2. Bob Larkin 38:28, 3. Morton Witz 41:16.

60+ Men: 1. Eddie Lewin 39:01, 2. Fred Suto 44:02.

## Marathon Prep

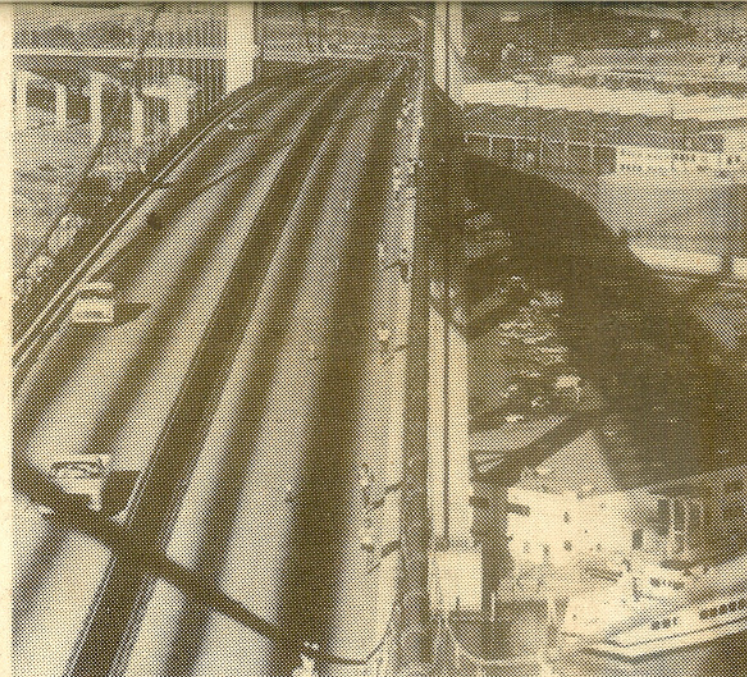
Oct. 26, 1980. California State University, Long Beach.

#### 16.2 MILES

1. Joe Carlson(29)	1:25:41
2. Jim Masterson(26)	1:29:20
3. Dave Askren(26)	1:29:28
4. Frank Duarte(1-35-39)	1:32:00
5. Dean S. Oliver(27)	1:34:36
6. James Leiman(31)	1:37:27
7. Bruce Bills(31)	1:37:48
8. Stephen Shaw(30)	1:38:09
9. Bob Farrell(23)	1:38:31
10. Ron Jensen(34)	1:40:10
11. Brent Montgomery(29)	1:40:57
12. Ron Navarrette(1-40-49)	1:40:18
21. Lynne McGinnis(1-WV)	1:51:16
45. Fran Solomon(1-W-35-39)	1:44:31
72. John Thompson(1-50-59)	1:57:9
112. Clyde Alling(1-60+)	2:07:03

#### 4.1 MILES

1. Steve Lassegard(28)	21:05
2. Don Diston(28)	21:10
3. Larry Haysan(23)	21:22
4. Mike Cooper(17)	21:25
5. Jeff Tripone(27)	22:25
6. Elliott Teaford(18)	23:09
7. Dan Ross(18)	23:17
8. John Turner(17)	23:24
9. John Furimsky(28)	23:30
10. Steve McClure(20)	23:38
11. Tracy Brown(1-35+)	23:43
12. Yvonne Yanhe(1-WV)	23:55
20. David Callis(1-13-15)	25:01
33. Jon Prussel(1-12 & Under)	27:41
64. Shirley Tobin(1-W-35+)	32:49
92. Jennifer Praiger(1-W-12)	35:31



## CAL STATE NORTHRIDGE

### MID-YEAR SERIES

••Fall Field Meet November 29 - 12 noon••

••Fall All-Comers Meet Dec. 13 - noon (no throws)••

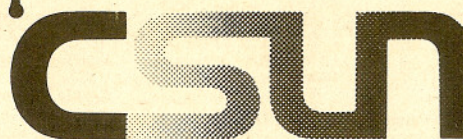
••Northridge All-Comers Classic Feb. 7 - 12 noon••

••TFA Weightmen's Pentathlon & Throwers Meet••  
February 15

Open & Novice Divisions - 50 cent entry at meet

For entries or information contact:

Bill Webb/Don Strametz  
California State University  
Northridge, CA 91330  
Phone: (213) 885-3608 or 885-3242



## Nevada Appeal

by Ralph Nichols  
Appeal Staff Writer

**October 24. Carson City, Nevada. Half Marathon.**

Bucking gusts upwards of 20 mph and a "mentally down period" in his running career, Tom Wysocki beat out a field of 316 runners and a dog named Snoopy Saturday to win his third Nevada Appeal Mini-Marathon in 1:09:40, his slowest time in the three-year old race.

Wysocki is the only runner to win the 13.1 mile race, finishing in 1:08:14 in 1978 and clipping 21 seconds off his time last year to take his second Carson City half-marathon in 1:07:53.

It was a different Wysocki Saturday, however, and a different race the former University of Nevada, Reno athlete was forced to run from last year's head to head competition with former Olympic runner Tom VonRuden. Wysocki's shadow was all that kept the 24-year old company this year.

His nearest competitor finished nearly five minutes behind at 1:14:08. Dave Levitsky, Douglas High cross country and track coach, took second place ahead of Terry Ybara of Reno who finished third in a time of 1:15:22.

Sally Edwards of Sacramento, the long distance runner who won the 1980 Western States 100-Miler in slightly under 22 hours, was the first woman to finish. Edwards, competing in her first Nevada Appeal Mini-Marathon, finished the course in 1:28:45 ahead of Jan Speer who took second in her first race in 1:36:22.

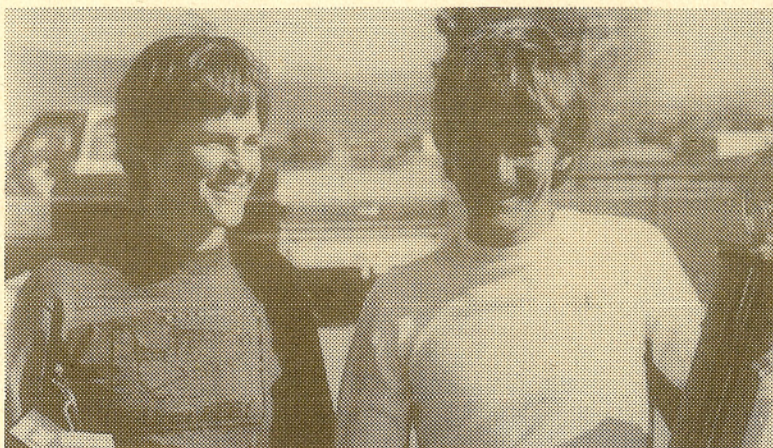
With a majority of the times being off those of the previous years, runners were forced to adjust to the limits imposed by the elements as well as the competition provided by the runners themselves.

"If the weather had been better I would have been able to go faster," Wysocki said. "Going out there wasn't that much wind to help us out. But those last five miles, running right into the wind, were the longest five miles I've ever run."

"I was hoping to finish under 1:07:30, so I was a little disappointed. But I'm a realist and I saw coming in that I couldn't beat my head against the wall and that wind. Toward the end I knew I wasn't going to be going as fast so I just saved it."

Wysocki blames the lack of a more fierce competition as well as the wind for his slower time.

"A lot of times you lose the mental concentration when you're five minutes in front. Last year I couldn't lose concentration or VonRuden would have pulled out."



SALLY EDWARDS and TOM WYSOCKI

"I have to be pleased with the time. Sometimes you just have down periods mentally. I was in one of sorts coming off the Journal Jog. I needed this race to get excited again. And I did it."

"I just love this race to death. To me it's a low pressure race. I run in so many pressured races. The people here are just so damn friendly. There are only a few places where the people are this nice."

Wysocki holds the record for the fifth fastest half-marathon with a time of 1:02:58, 42 seconds off the U.S. mark. He came into this race with a slightly strained hamstring muscle in his left leg.

He plans to compete in several upcoming 10,000 kilometer races and half-marathons while preparing for the 1984 Olympics in Los Angeles. Wysocki failed to qualify in the 10,000 meters for last summer's boycotted Moscow Olympics.

Another runner using this event as training for other races was Edwards. The 33-year-old distance runner will attempt to break the women's 50-mile record of 6:12 in November.

"It's part of my theory that to train for an ultra-marathon you have to run heavy, hard mileage. Run as hard as you can for as long as you can and then take a week off and recover."

### Men's Divisions:

**Open:** 1. Tom Wysocki 1:09:40; 2. Dave Levitsky 1:14:08; 3. Terry Ybara 1:15:22.  
**12 and Under:** 1. Luke Glines 1:37:52; 2. John Sheridan 2:02:17; 3. Mark Witney 2:03:48.  
**13-19:** 1. Dennis Richardson 1:24:22; 2. Dan Kimm 1:26:43; 3. Shane Benson 1:28:26.  
**20-29:** 1. Ted Pawlak 1:15:49; 2. Dave Carlsen 1:18:52; 3. Larry Stone 1:19:09.  
**30-39:** 1. Pete Sinnott 1:15:43; 2. Mario Sanchez 1:18:10; 3. Ken

Adams 1:19:58.  
**40-49:** 1. Jim Bevins 1:21:24; 2. Glade Hall 1:23:45; 3. John Barney 1:26:27.  
**50 and Over:** 1. John Gianotti 1:28:07; 2. Don Welsh 1:37:46; 3. Claude Belcourt 1:38:41.

### Women's Divisions:

**13-19:** 1. Patty Nester 1:41:29; 2. Susan Gaskill 2:01:28; 3. Audrey Phelps 2:07:29.  
**20-29:** 1. Cathrine Gibbs 1:40:52; 2. Wendy VanVechten 1:44:08; 3. Barbara Gallagher 1:46:06.  
**30-39:** 1. Sally Edwards 1:28:42; 2. Janet Speer 1:36:52; 3. Gloria Chapin 1:36:59.  
**40-49:** 1. Jessie Standard 1:45:40; 2. Kitty Brown 1:52:37; 3. Sharon Jarrett 2:02:01.  
**50 & Over:** 1. Barbara Durham 2:00:09; 2. Norine Dale 2:11:21; 3. Margorie Zimmerman 2:23:50.

## Santa Monica Community Services 10K

by Richard Slotkin

Oct. 28. Santa Monica, Calif.  
A crowd of at least 1500 took off on Ocean Avenue, atop the pallsades over-

looking Santa Monica Beach. They were moving pretty well because the first half mile was down a slight grade. After that, though, the course turned east up Washington Ave. and continued winding through residential neighborhoods for three upsloping miles. Despite the relative mildness of the grade, most of the runners agreed that it took a lot out of them. However, once they got to San Vicente Blvd...THE San Vicente Blvd of jogging fame...they were not only on familiar ground. But it was all down hill for the next 2 and a quarter miles. The pace picked up noticeably.

First mile leaders were Cleveland Whalen, Charles Gray, who won the Will Rogers 10k quite handily on July 4th, and John Sterinier. At about the one mile mark, Whalen decided to test the competition and he broke out front. Had he been challenged, Cleve planned to ease back and save it for later. But no one took the bait and by the 3 mile mark, he glanced behind and saw that he had built up about a 50 yard lead over Gray and had more or less lost Sterinier completely. With all downhill ahead of him, ol' Cleve cruised the rest of the way to a 30:44 win. Gray was second in 31:05 and Sterinier held on for 3rd.

Pat Story, of the Santa Monica Track Club, got out pretty fast too, as she usually does, and she held the lead over the women for about two miles. Then, UCLA's Michele Bush took over the lead. Story decided she had gone out a bit too fast but liked the pace she had settled into and knew she better stick with it, for a while at least. So, unchallenged, Bush went on to a 30 second win in 35:08, while Story finished quite respectably in 35:38. Third female was the now 12 year old Carol Doody, of the So. Cal. Road Runners with a time of 38:23...and a ribbon in her pony tail. (They learn not to mess with CTRN!)

### RESULTS

**Overall Women:** 1. Michelle Bush 35:08, 2. Patricia M. Story 35:38, 3. Carol S. Doody 38:23.  
**Men:** 1. Cleveland Whalen 30:44, 2. Charles Gray 31:05, 3. John Sterinier 31:10.

**Under 12 Women:** 1. Misty Yoshikawa 42:57, 2. Leslie Morava 53:24, 3. Bridget A. Brown.  
**Men:** 1. James Brown 40:47, 2. Peter Oviatt 41:56, 3. Brian Soller 45:42.

**13-15 Women:** 1. Gladys Prieur 40:11, 2. Janine Walther 40:18, 3. Katie Duns-muir 43:20.  
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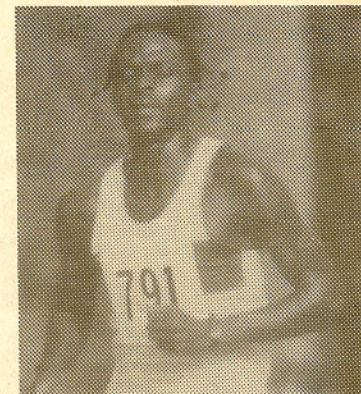


photo by Richard Lee Slotkin

### CLEVELAND WHALEN

**16-18 Women:** 1. Chavela Rldriguez 39:39, 2. Roxanna Reyes 47:25, Maureen McGrath.  
**Men:** 1. Robert Barkas 32:26, 2. Eddie Davis 32:34, 3. Steve Gilbert 33:11.

**19-29 Women:** 1. Lynne G. McGlinns 29:09, 2. Sarah Pegram 29:56, 3. Julie McKinney 40:07.  
**Men:** 1. Ron Gee 32:39, 2. Bruce Yoshiwara 33:09, 3. Jim Master-son 33:18.

**30-34 Women:** 1. Jeffrey Anne Jones 44:09, 2. Lenore Weber 44:19, 3. Kathy Fedock 46:38.  
**Men:** 1. Darren George 31:44, 2. Joe Toledo 33:02, 3. Brian Oldham 33:41.

**35-39 Women:** 1. Julie Billig 38:36, 2. Anna Lewin 39:51, 3. Angelita Llerena 44:13.  
**Men:** 1. Gerald D. Berman, MD 34:20, 2. Simon Rubin 34:36, 3. Bruce Kostin 34:58.

**40-44 Women:** 1. Lisa Newman 42:52, 2. Bonnie Robinson 44:13, 3. Peggy Grossman.  
**Men:** 1. David Holland 33:48, Nelson Crader 35:09, 3. Norman Cohen 35:25.

**45-49 Women:** 1. Sheila L. Shea 50:26, 2. Nancy D. Leslie, 3. Carol Claus.  
**Men:** 1. Richard Flores 36:11, 2. Clayton Steffensen 37:19, 3. Bruce Brinkema 37:43.

**50-59 Women:** 1. Doris Castaneda 52:46, 2. Jeanne Nolan, 3. Katherine K. Campbell.  
**Men:** 1. Patrick J. Devine 50:49, 2. Richard D. Venne, 3. Bob Larkin.

**60 & Over Women:** 1. Celia Gordon N.T.  
**Men:** 1. Eddie Lewin 39:10, 2. Paul Durak 47:55, 3. Alfred Bud Schleisinger.

## FRESNO 6 MILE ROAD RACE

Chandler Field to Kearney Park

Saturday, December 6, 1980 - 12:00 Noon

sponsored by  
FRESNO TRACK CLUB

the elements as well as the competition provided by the runners themselves.  
 "If the weather had been better I would have been able to go faster," Wysocki said. "Going out there wasn't that much wind to help us out. But those last five miles, running right into the wind, were the longest five miles I've ever run."  
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"Wysocki blames the lack of a more fierce competition as well as the wind for his slower time.  
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**60 & Over Women:** 1. Celia Gordon N.T. **Men:** 1. Eddie Lewin 39:10, 2. Paul Durak 47:55, 3. Alfred Bud Schleisinger.

# BARTLETT

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 SPARKLING WATER

## REFRESHING AFTER THE RUN



BARTLETT Mineral Spring Water, sparkling and clean the Great Domestic Alternative.

BARTLETT "FOR HEALTH AND WELL-TH"

Distributed by REAL FRESH INC., Visalia, Ca. 93277

## FRESNO 6 MILE ROAD RACE Chandler Field to Kearney Park

Saturday, December 6, 1980 - 12:00 Noon  
 sponsored by  
**FRESNO TRACK CLUB**

**LOCATION:** Start and Registration on the North-East corner of Kearney & Fruit in front of Chandler Airport entrance.

**FINISH:** Tennis courts at Kearney Park.

**ENTRY FEE:** \$3.00 pre-entry; \$5.00 on day of race. Mail entry to Fresno Track Club, P.O. Box 6103, Fresno, CA 93703. Pre-entries accepted until Wednesday, December 3, 1980.

**CHECK-IN — REGISTRATION:** 11:00 AM to 11:45 AM.

**SPLITS:** At 1 & 3 miles. Each mile clearly marked.

**DIVISIONS, NUMBER OF AWARDS & RECORDS** (These will be expanded if pre-entries dictate)

MEN	AWARDS	RECORD	WOMEN	AWARDS	RECORD
15 & Under	3	32:58 John Hutchins (76)	18 & Under	2	38:27 Shelly Nieto
16-18	3	31:17 Shawn Smallwood (79)	19-29	3	38:06 Serena Dominguez (79)
19-29	7	29:26 Tony Ramirez (78)	30-39	3	41:20 Jean Alinger (79)
30-39	7	31:17 Wayne VanDellen	40-49	3	40:49 Michelle Gauthier (79)
40-49	5	32:34 Wayne VanDellen	50 & Over	2	48:46 Dorothy Thomas (79)
50 & Over	3	34:47 Avery Bryant (74)			

Also many nice merchandise prizes will be awarded by random drawing only after the race!!

**T-SHIRTS:** A limited number of commemorative T-shirts with race logo will be on sale - \$5.00

**FOR MORE INFORMATION:** Call co-race directors Frank Delgado (209) 233-3631, or Fernie Montanez (209) 233-5027.

Mail entry and fee (checks payable to Fresno Track Club) to:  
 Fresno Track Club • P.O. Box 6103 • Fresno, CA 93703

### ENTRY FORM AND WAIVER (Please Print)

NAME \_\_\_\_\_ (last) \_\_\_\_\_ (first) \_\_\_\_\_ (middle initial) AGE as of 12-6-80 \_\_\_\_\_

ADDRESS \_\_\_\_\_ (number & street) \_\_\_\_\_ (city or town) \_\_\_\_\_ (state) \_\_\_\_\_ (zip)

Phone \_\_\_\_\_ Club or School \_\_\_\_\_ Male  Female

**WAIVER (Must Be Signed):** In consideration of your accepting my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims which I may have or which may hereafter accrue to me against the Fresno Track Club, Fresno County, Fresno City, Road Runners Club of America, and any other sponsors, officials or volunteers or their respective officers, agents, representatives, successors, for any and all injuries suffered by me while traveling to and from and participating in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this 6 mile run.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's or Guardian's signature \_\_\_\_\_ Date \_\_\_\_\_  
 (if under 18 years of age)

# Runner's World

## NATIONAL RUNNING WEEK 1981

Dec. 31-Jan.4 Rickeys Hyatt House Palo Alto, California

For one short, exciting period each year Palo Alto, California becomes the center of the running world. It's called **Runner's World National Running Week**.

**National Running Week** brings together the biggest names in the sport. Last year **Steve Scott** and **Randy Thomas** fought it out for victory in the **Invitational 5-miler** while **Grete Waitz** overcame challenges from **Joan Benoit** and **Patti Lyons-Catalano**. **Dick Quax** led a stellar field in an assault on the **15K track world record** and **Mary Decker** put the crowd on its feet at the **Indoor Classic**.

But **National Running Week** isn't just for the stars, it's for everyone. So **bring your running shoes!**

Along with the world-class road and track events NRW '81 features five open events . . . with **one 10K**, two special **50-plus events**, the **4th Annual Open 5-Miler** in Los Altos and the 21st running of the **Midnight Run on New Year's Eve**.

After the races and workouts watch the world's best compete in the **Indoor Classic**, the first international indoor meet of the season. Attend the gala **Nurmi Awards** and **Runner's World 15th Anniversary Celebration**. Then get a good look at the latest in shoe and fitness technology at the **Health and Fitness Show**.

National Running Week 1981. Five days of running for everyone.



### December 31, 1980

**12:00 AM** 21st Annual Midnight Run (3-mile fun run, Foothill College)

### January 1, 1981

**10:00 AM** 1st Annual Runner's World Women's 10K Track Invitational (Stanford University)

**11:00 AM** 2nd Annual Runner's World Men's 15K Track Invitational (Stanford University)

**12 Noon** New Year's Day Saucony 10K (Stanford University)

50 Plus Association 10K (Stanford Univ.)

50 Plus Association 3K (Stanford Univ.)

**1:00 PM** Corporate Cup Trials for Indoor Meet (Stanford University)

### January 2, 1981

**7:00 PM** 2nd Annual Runner's World Indoor Classic (Cow Palace)

### January 3, 1981

**10:00 AM — 5:00 PM** Runner's World Health & Fitness Show (Rickeys Hyatt House)

**7:30 PM** 3rd Annual Nurmi Awards Dinner  
Runner's World 15th Anniversary Celebration (Hyatt Palo Alto)

### January 4, 1981

**11:15 AM** 3rd Annual Runner's World Women's 5-Mile Invitational (Downtown Los Altos)

**12 Noon** 4th Annual Runner's World Men's 5-Mile Invitational (Downtown Los Altos)

**1:00 PM** Converse Open 5-Miler (Downtown Los Altos)

**1:00 — 5:00 PM** Runner's World Health & Fitness Show (Rickeys Hyatt House)

**3:00 PM** Awards Ceremony (Rickeys Hyatt House)

### New Year's Day

## Saucony 10K Road Race

JANUARY 1, 1981, STANFORD STADIUM, STANFORD UNIVERSITY

Immediately following the Runner's World Men's 2nd Annual 15K Track Invitational and the Runner's World 1st Annual Women's 10K Track Invitational.

#### RACES AND TIMES:

#### COURSE:

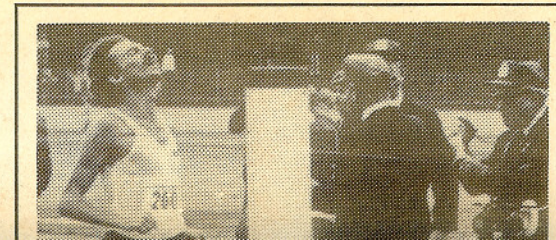
Through Stanford Campus.

#### AWARDS:

Special awards to top runners in each division. All finishers will receive T-shirt.

#### ENTRY FEE:

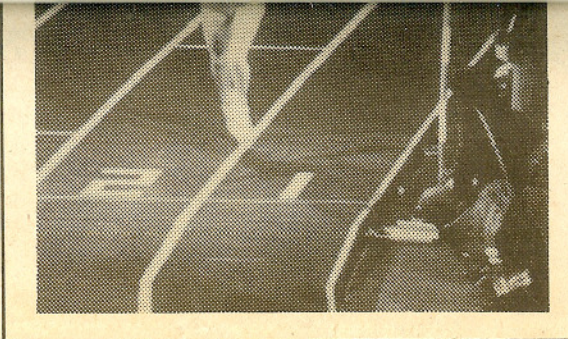
Pre-entry fee is \$4 per runner if received by December 10, 1980. \$5 for late entries. Payment must be enclosed with entry blank.



Along with the world-class road and track events NRW '81 features five open events . . . with **one 10K**, two special **50-plus events**, the **4th Annual Open 5-Miler** in Los Altos and the 21st running of the **Midnight Run on New Year's Eve**.

After the races and workouts watch the world's best compete in the **Indoor Classic**, the first international indoor meet of the season. Attend the gala **Nurmi Awards** and **Runner's World 15th Anniversary Celebration**. Then get a good look at the latest in shoe and fitness technology at the **Health and Fitness Show**.

National Running Week 1981. Five days of running for everyone.



**January 3, 1981**

**10:00 AM — 5:00 PM** Runner's World Health & Fitness Show (Rickeys Hyatt House)  
**7:30 PM** 3rd Annual Nurmi Awards Dinner  
 Runner's World 15th Anniversary Celebration (Hyatt Palo Alto)

**January 4, 1981**

**11:15 AM** 3rd Annual Runner's World Women's 5-Mile Invitational (Downtown Los Altos)  
**12 Noon** 4th Annual Runner's World Men's 5-Mile Invitational (Downtown Los Altos)  
**1:00 PM** Converse Open 5-Miler (Downtown Los Altos)  
**1:00 — 5:00 PM** Runner's World Health & Fitness Show (Rickeys Hyatt House)  
**3:00 PM** Awards Ceremony (Rickeys Hyatt House)

### New Year's Day

## Saucony 10K Road Race

JANUARY 1, 1981, STANFORD STADIUM, STANFORD UNIVERSITY

Immediately following the Runner's World Men's 2nd Annual 15K Track Invitational and the Runner's World 1st Annual Women's 10K Track Invitational.

#### RACES AND TIMES:

Women's First Annual 10K Track Invitational  
 10:00 A.M.

Men's 2nd Annual 15K Track Invitational 11:00 A.M.  
 New Years Day Saucony 10K Road Race 12 noon.

#### COURSE:

Through Stanford Campus.

#### AWARDS:

Special awards to top runners in each division. All finishers will receive T-shirt.

#### ENTRY FEE:

Pre-entry fee is \$4 per runner if received by December 10, 1980. \$5 for late entries. Payment must be enclosed with entry blank.

Write for official entry form. Mail to:

National Running Week  
 1400 Stierlin Road, Mountain View, CA 94043  
 Telephone (415) 965-8777

## CONVERSE 5-MILER

Immediately following the Runner's World Women's 5-Mile Invitational and the Runner's World Men's 5-Mile Invitational.

JANUARY 4, 1981, DOWNTOWN LOS ALTOS, CALIF.

#### RACES AND TIMES:

Women's 5-Mile Invitational 11:15 A.M.

Men's 5-Mile Invitational 12 Noon

Converse Open 5-Miler 1:00 P.M.

#### COURSE:

Invitationals will be run on three-lap course. To accommodate size, Converse 5-Miler will be run on expanded two-lap course for official times.

#### AWARDS:

Special awards to top runners in each division. All runners will receive T-shirt.

#### ENTRY FEE:

Pre-entry fee is \$4 per runner if received by December 10, 1980. \$6 for late entries. Payment must be enclosed with the entry blank.

Write for official entry form. Mail to:

National Running Week  
 1400 Stierlin Road, Mountain View, CA 94043  
 Telephone (415) 965-8777

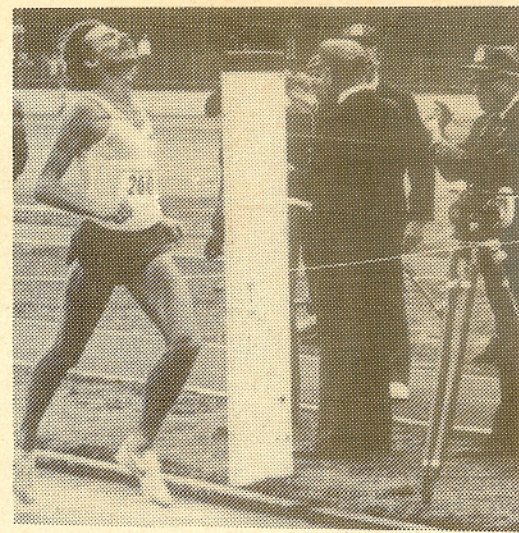
## Runner's World INDOOR CLASSIC

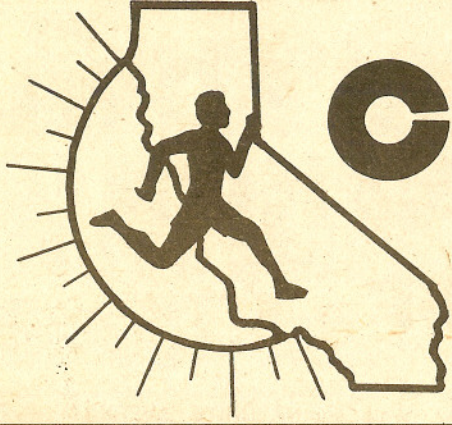
2nd ANNUAL RUNNER'S WORLD INDOOR CLASSIC  
 FRIDAY, JANUARY 2, 1981 7:00 P.M.  
 COW PALACE, SAN FRANCISCO

The 1981 track season jumps off to a roaring start as top athletes from around the globe gather for this exciting evening. You'll see James Sanford, Dedy Cooper, Bill Green, Jr.,

James Robinson, Grete Waitz, and Robin Campbell among others. A special highlight will be Steve Scott and very special guests chasing the 4-minute standard in the Golden Mile. It's indoor track at its spectacular best, combining drama, energy, and excitement with an intimacy that lets you see and hear all the action.

Tickets are \$12.50, \$10.00, \$7.50, \$6.00 and will be available at many ticket agencies throughout the Bay Area. To receive a free brochure just write Runner's World Indoor Classic, 1400 Stierlin Rd., Mt. View, CA 94043 or call 415/965-8777.





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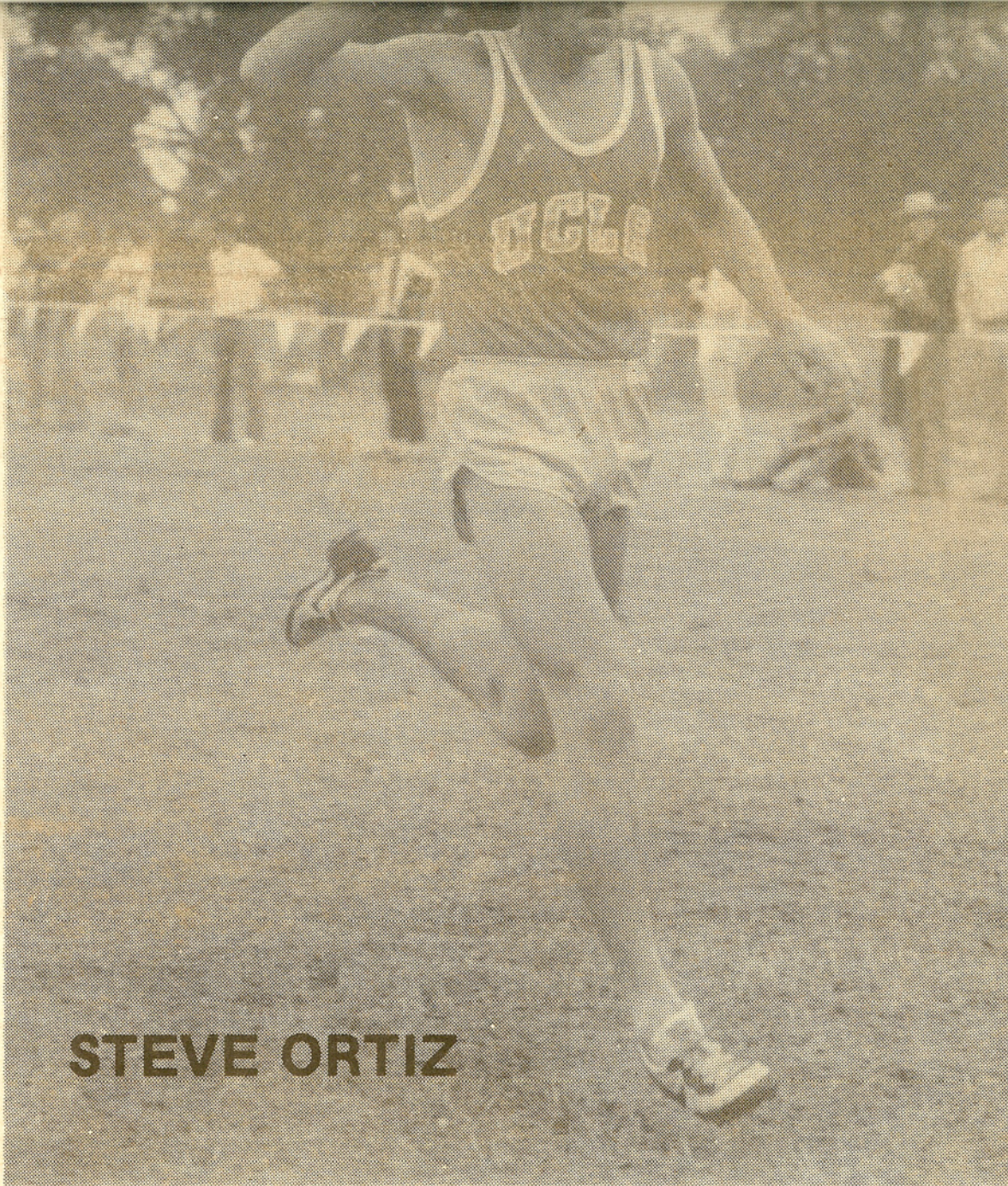
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