

CALIFORNIA TRACK NEWS

OCTOBER

1979

Issue 39

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Special

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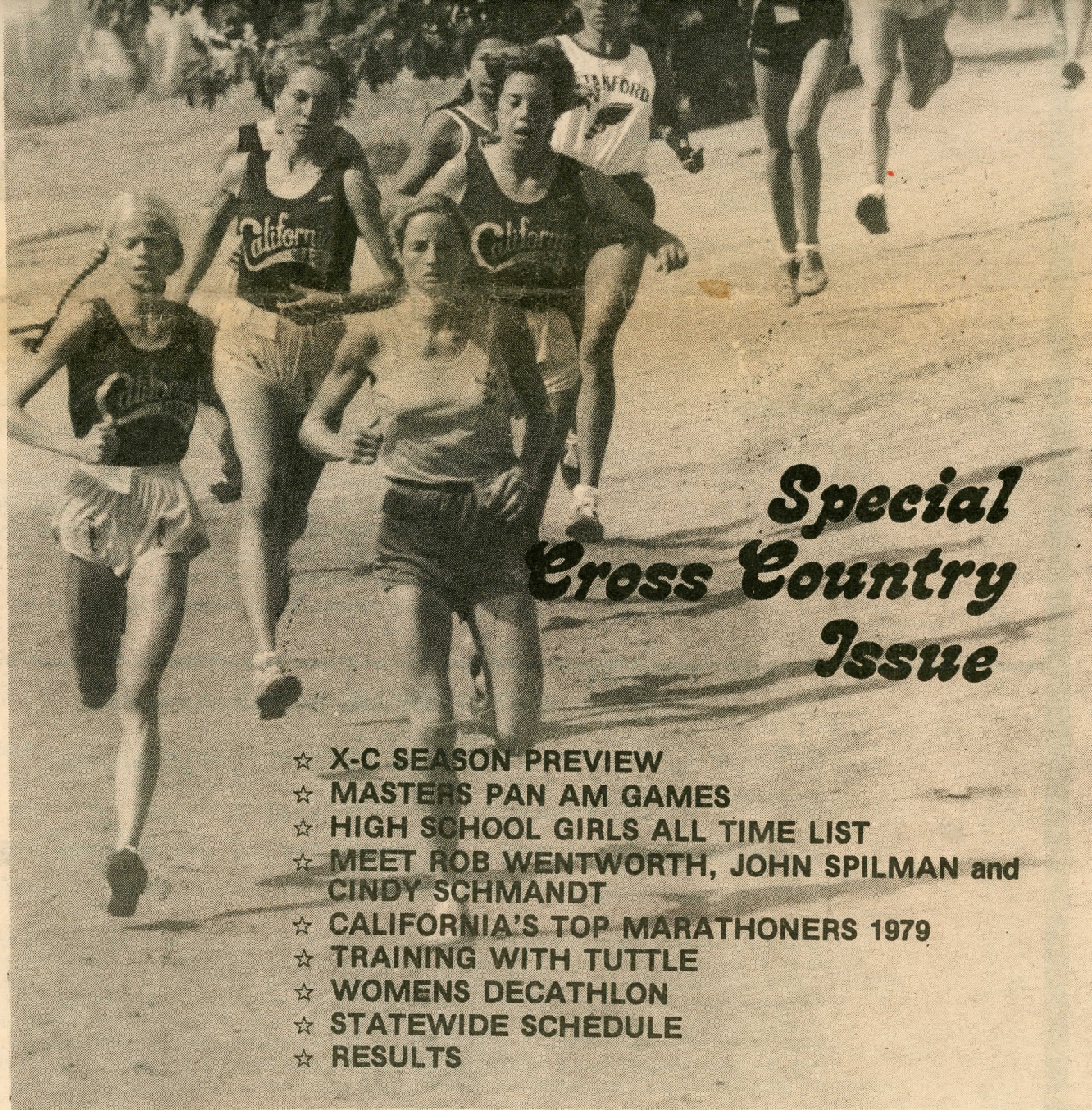
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CALIFORNIA TRACK NEWS
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Scott MacLeod
8604 Oakdale St.
Oxon Hill, MD 20022



Special Cross Country Issue

- ☆ X-C SEASON PREVIEW
- ☆ MASTERS PAN AM GAMES
- ☆ HIGH SCHOOL GIRLS ALL TIME LIST
- ☆ MEET ROB WENTWORTH, JOHN SPILMAN and CINDY SCHMANDT
- ☆ CALIFORNIA'S TOP MARATHONERS 1979
- ☆ TRAINING WITH TUTTLE
- ☆ WOMENS DECATHLON
- ☆ STATEWIDE SCHEDULE
- ☆ RESULTS

The Only Publication Devoted to California Track



Central California Marathon Fresno, California

Sponsored by

Sun Giant Raisins

26 miles, 385 yards—A.A.U. Certification

- DATE & TIME:** Saturday, November 10, 1979—7:30 a.m.
- GRAND PRIZE DRAWING:** Round-Trip Air Fare to the 1980 Boston Marathon
- COURSE:** Start and finish at NW corner of campus of California State University, Fresno (near gym and track). The course is generally flat and fast, well-marked, all on pavement. It is an out-and-back course proceeding N. from CSUF to just S. of the village of Friant. Turn around is on the Lost Lake Road. (See map on back.)
- ENTRY FEE:** \$5.00. Make check payable to Central California Marathon. Mail entry to: Gordon Keller, Marathon Director, 8811 E. Herndon, Clovis, CA 93612, phone (209) 299-4114. *No entries day of race.*
- ENTRY DEADLINE:** October 27, 1979.
- CHECK-IN:** 6:30—7:15 a.m. in CSUF gym (Barstow Ave/Cedar).
- DIVISIONS:**
- | Individual Men's
Division | Individual Women's
Division | School or Club
Division |
|------------------------------|--------------------------------|----------------------------|
| 15/under | 15/under | First 3 Team Runners |
| 16-29 | 16-29 | Total Time |
| 30-39 | 30-39 | Men's |
| 40-49 | 40-49 | Women's |
| 50/over | 50/over | |
- AWARDS:**
- 1—Number of awards will be based on number of entries received in each division (trophies, running shorts, back-packs, etc.)
 - 2—T-Shirts to all finishers.
 - 3—All runners who meet the 1980 Boston qualifying standards in this race will be eligible for the Grand Prize Drawing.
 - 4—Additional awards will be given to winners who are members of

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- 4-Additional awards will be given to winners who are members of the CCA-AAU. This marathon is the CCA-AAU Championship.
- 5-Awards ceremony-12:00 noon.
- 6-Unofficial results for all runners 15 and under.

ENTRY FORM AND WAIVER (Please Print)

NAME _____ (last) _____ (first) _____ (middle initial) AGE (as of 11/10/79) _____

ADDRESS _____ (number & street) _____ (city or town) _____ (state) _____ (ZIP) Male Female

1979 AAU number _____ AAU Assn. _____ School or Club _____ T-Shirt size: S M L XL (circle)

Phone: _____ Previous best marathon time _____ Date _____ Marathon _____

WAIVER: 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 Tenneco West, Inc.; the Central Valley YMCA; the Fresno Joggers; Frs. Pacific Track Club; the City of Fresno; the County of Fresno; the town of Friant; California State University, Fresno; the Central California Association of the Amateur Athletic Union; the officials and/or the Amateur Athletic Union of the U.S. or its 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 marathon of over 26 miles.

Signature _____ Date _____

Parent's or Guardian's signature _____ Date _____
 (if under 18 years of age)

Mail \$5.00 entry fee and entry form to: Gordon Keller, Marathon Director, 8811 E. Herndon, Clovis, CA. 93612. No acknowledgement will be sent; pick up number, etc., day of race.

from the editor...



Happy Birthday, *California Track News!* We've just completed five years of service to the California track and running community; and this issue marks the start of our sixth. We've come a long way in that time and we're pretty proud that the paper has gotten better each year and that we've never missed a single issue — not bad for an all volunteer operation.

We couldn't have done it without the help of our dedicated correspondents and photographers; or the faithful support of you, our readers. Thanks! With your continued backing the future will be even bigger and better. Please keep you subscription current and pass the word to your friends — we can only improve as our subscriptions grow.

As subscriptions grow we will also be able to attract more advertising which may open up possibilities of even greater improvements to spif up the paper.

I am very thankful for the advertisers who sponsored this issue so that we could send out 15,000 as a promotional. The people from Sun Giant Raisins, Coors, Muhammad Ali, Kinney Shoes

and Sub-4 have been just super. They've believed in us and have been willing to give something to your sport by helping a service paper like *CTN* promote the sport. I hope we can show our appreciation to them by supporting thier events and products. If you are going to be buying a running outfit please go with Sub-4. We've used their shorts and tops here and I can assure you that you can't find sturdier better built gear. The Fresno City College men's and women's team has them and their GREAT. And, whatever you do, be sure you let our advertisers know you appreciate their advertising in *CTN*.

A couple of other major companies and races are considering helping us help you, too. If you have any contact with track/running companies and/or meet directors please encourage them to advertise in *CTN*. An ad rate card will be sent on request.

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CROSS COUNTRY CHALLENGER

by BILL MINARIK

How important do you think one runner can be to the outcome of a cross country race? Well, after working this puzzle you'll see just one runner can affect the team place of every team in a ten team invitational.

Facts: At a cross country invitational, 10 teams with seven runners each competed. After the completion of the race, the officials announced that one of the runners had been disqualified for cutting a corner. Because of this disqualification, the finishing position of each one of the ten teams was changed from what it had been prior to the runner being disqualified. In this invitational, when two teams are tied, the team with the score for the first 4 runners is determined to have the higher place.

Question: Which team had their runner disqualified and which overall position did that runner finish in prior to disqualification?

Remember: The position of every team must change for the answer to be correct.

Editor's note: This is a challenging puzzle. Bill Minarik is the author.

The reader who submits the correct answer will win a free year's subscription to *CTN* and a cross country related gift. If more than one correct answer is submitted the winner of the prizes will be determined by a drawing. All correct entries will be named in *CTN* as an official cross country nut. All entries must be received by November 25, 1979. The winners will be announced in the December issue.

Here are the answers to the last puzzle (July issue, 1979) which dealt with women's 800 meter runners: Poor, Jackson, Knudson, Weston, J. Brown, D. Brown, Kelley, Larrieu, Decker, Caldwell, Regan, Vigil, Warren, Kazankina.

This puzzle was a bit tricky since there were two Browns: Julie and Doris. Only two readers submitted the puzzle circling two Browns. They were Doris Kirk of Los Altos and Peter Jensen of San Leandro. The winner based on a drawing was PETER JENSEN. Here are the others who had all the right answers but only one Brown: Paul Cross of Oildale, Richard Hymans of England, Jim Vinton of San Diego, Larry Alaz of El Monte, and the Glendale College girls cross country team members (Maria Albano, Evette Irons, Sheri Ewing, Jackie Elson, Carol Adams, Jan Correia, Diane Spangler, Jan Smith, and Sally Funston).

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A	5-11-16-18-41	91
B	3-10-25-27-29	94
C	6-7-20-35-45	113

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EDITOR: Bill Cockerham
PRODUCTION MANAGER: Judy Cockerham

to your friends — we can only improve as our subscriptions grow.

As subscriptions grow we will also be able to attract more advertising which may open up possibilities of even greater improvements to spif up the paper.

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PRODUCTION MANAGER: *Judy Cockerham*

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HIGH SCHOOL: *Ron Blackwood, Keith Conning, Rich Ede(girls), Mike Kennedy, Jack Shepard(boys)*
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Remember: The position of every team must change for the answer to be correct.

Editor's note: This is a challenging puzzle. Bill had me try it before I could have the solution. I figured the disqualified runner was E-13 [on team E and 13th overall]. I was wrong - close - but no cigar. E-13 is wrong because team F remained in 6th place before and after the disqualification.

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C	6-7-20-35-45	113
D	8-13-19-32-64	136
E	2-14-26-36-58	136
F	9-23-28-33-44	137
G	17-21-22-37-40	137
H	1-12-30-39-57	139
I	15-24-38-50-67	194
J	4-34-42-55-59	194



ON THE COVER:

MAGGIE KEYES OF Cal Poly SLO are two of California's top runners. Here they are in their usual spot - out front. This shot was taken at the Fresno Invitational. JAN OEHM OF UC Berkeley (left) and

Cross Country

— PREVIEW —

Prepared with the aid of Bill Minarik, Dave Dodson, Jeff Rigdon, Rich Ede, Keith Conning, Jim McCullough, Peter Jensen, and Steve Howard.

Predictions are always dangerous, especially with a sport like cross country. Following a long summer, it is difficult to determine which teams have what before school starts or which runners are in shape or injured, or red shirting or whatever. So, rather than going out on a limb with predictions we've chosen to call this article a *Cross Country Preview*.

For the preview CTN asked a number of people, all cross country experts in their locale, to comment on who they looked for to be potential standouts, both individually and team, in their area. Much of this was done even before any meets were run yet this season. By the time their info gets compiled, typeset, edited, printed, mailed, and into your hands a number of meets will have been run so you will have an idea of how they did, at least for early season.

High School

SAN DIEGO SECTION

With the boys a lot of the big guns graduated, but O'Neal of Oceanside and Rivera of Serra are back. Others to watch are Beyster of La Jolla, Morabe of La Jolla Country Day, Sandoval of Monte Vista, Parra and Seeman of Helix. The top teams look to be Southwest, Serra and Helix in their respective size divisions.

Some of the girls to expect a sparkle from will be Knott of Mission Bay, Hawkes of San Dieguito, Rowlett of El Capitan, Peregrine of University, Truscott of Santa Fe Christian, Thompson of Romona, Golley of Monte Vista, Muceus and Tanner of Vista, Rose and Osman of Helix, and, of course, Terry Brown of San Pasqual who is considered the number one girl in the county, unless she is hurt. For top female teams look for Monte Vista, Valhalla, Mira Vista, and Vista in the large schools; Fallbrook, Serra and maybe Mt. Carmel in the medium schools; and Coronado in the small schools.

SOUTHERN SECTION

3-A:

1. Corona Del Mar
2. Upland
3. Norco

2-A:

1. La Canada
2. South Pasadena
3. San Marino

1-A:

1. La Salle
2. Alemany
3. Bishop

Girls:

Familiar names and teams figure to dominate the Southern Section scene again this year as the 1978 individual champions (Andrea Kirkhorn/Edison, Shelly Hazlett/Saugus, Vicki Cook/nor of Alemany) all return to the runs and Palos Verdes and Edison once again figure to be the team powerhouses. Newbury Park and Santa Barbara are among the challengers in the 4-A team division. Saugus retains its favorite role in the 3-A division but newly-enlarged Capistrano Valley promises to provide some competition. Unheralded Chino, led by sophomore Rosalie Morales, copped the Las Vegas Invitational and may surprise.

In the 2-A division, San Marino returns for yet another favorite's role but the transfer of Vicki Cook to Alemany promises to strengthen that school's chances and moved Alemany into the #2 spot on pre-season polls.

LOS ANGELES CITY SECTION

Boys:

1. Granada Hills returns 2 of their first 3 and should regain the L.A. City Championship this year.
2. University has lost Paul Medvin but returns 3 strong runners which may have them on top by seasons end.
3. Monroe has a veteran squad which should push Mid-Valley League rival,

Immoos and Brian Immoos so they can challenge.

In the girls it is Mira Loma, again. They were awesome in winning the Alum Rock Invitational with 24 points in an early season encounter. Farther south watch for fast improving Merced. Top individuals should be Juanie Fuller of Mira Loma who won last year as a freshman; Shelly Nieto of Merced (third last year); and Franci Negri of Foothill (fourth last year).

CENTRAL COAST SECTION

Not much info here but you can be sure to find Felix Soto of Mt Pleasant among the top boys and Kathy Koudela of Monte Vista up front in the girls. As for teams Homestead, the defending boys section champ is traditionally strong and should be up there again. Among the girls it looks like Homestead and Half Moon Bay.

OAKLAND SECTION

With the graduation of Tom and Peter Down, there are no outstanding distance runners in this section. Skyline should dominate as usual. If Vincent Wilkins (Oakland) (1:52.8, 7th 1978) put his mind to it, he could probably go a long way towards filling this void. There was no girls competition last year.

SAN FRANCISCO SECTION

Diane Gong (Lowell) who not only won her section last year, but placed 11th in the Nor-Cal meet returns. McAteer is the defending boys team and Lowell is the defending girls team.

NORTH COAST SECTION

Junior Jay Marden (4:19.3, 9:11.9, 6th place in NCS meet 1978) and Rich Read (9:14.6, 4th 1978) of Mission San Jose in Fremont should pace their team to another NCS cross country title this fall. Mission has already won the Alum Rock Invitational defeating Mira Loma of Sacramento in the process. In a dual

include: Julie Hayes (Dublin - 8th 1978), sophomore Robyn MacSwain (Terra Linda, San Rafael - 5:16.9, 11:05.2, 13th 1978); Mary Fraser (Las Lomas, Walnut Creek - 12th 1978); sophomore Joyce Richardson (Concord - 5:13.2); and Allison Nemir (San Ramon, Danville) who upset Chris Manning in a dual meet in early September.

NORTHERN SECTION

John Frank (Central Valley), who placed 2nd in his section meet and 21st in the Nor-Cal meet last season, returns for his senior year. Chico is the defending boys' team and Shasta is the defending girls team. Shasta nearly surprised Mission San Jose at the Nor-Cal meet last year.

Junior College

NOR CAL SMALL SCHOOL MEN

It's been tough getting any NorCal info. Anybody want to be a correspondent with the NorCal community college beat?

1. College of Sequoias [Visalia] has a solid top five or six and went 1-3 at the Long Beach Invitational. If they don't suffer injuries or burn out as they have done in the past they will be there.
2. Sierra on the strength of their third place finish in State last year would have to be considered a NorCal power again.

Others to watch might be Monterey and Skyline.

NOR CAL LARGE SCHOOL MEN

It's heads-up here. American River has some good people in but others I would look for could be San Jose, San Mateo, West Valley and Fresno.

NOR CAL SMALL SCHOOL WOMEN

Yuba was state champ last year so you can figure they will make at least a NorCal splash. Monterey, Shasta and Cabrillo have been strong, too.

NOR CAL LARGE SCHOOL WOMEN

It's sure to be West Valley out front. They are the defending state champs and from early reports appear to be as strong as ever. The dig fight for runner up in Nor Cal will be among Fresno, San Jose and Delta.

SO CAL SMALL SCHOOL MEN

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SOUTHERN SECTION

Boys:

This year should see Santa Barbara and Ventura counties coming up with most of the big individual names as well as the top teams. With a national high school cross-country championship scheduled in December in San Diego, this high school section will be able to distinguish itself as the strongest in the United States.

Thousand Oaks High lead by the dynamic duo of Jim Dunlap and Steve Fairman are definitely the team to beat at this point in the season, however league rival Simi High lead by John Spilman should make things tough for T.O., all through the season. Further north, Santa Barbara High lead by distance wizard Eric Sappenfield, could be #1 by seasons end if they stay healthy.

4-A:

1. **Thousand Oaks.** Jim Dunlap and Steve Fairman lead a veteran team, which seems to have both the front line strength and depth to carry it to the title.

2. **Santa Barbara.** Aces, Eric Sappenfield and Barasa Thomas may go 1-2 in the CIF Finals, but their depth at this point is still a question mark.

3. **Palos Verdes.** Despite the fact that this team always starts the season without any big names, it usually ends up as CIF champ or close to it; and this season will be no different.

Palos Verdes and Edison once again figure to be the team powerhouses. Newbury Park and Santa Barbara are among the challengers in the 4-A team division. Saugus retains its favorite role in the 3-A division but newly-enlarged Capistrano Valley promises to provide some competition. Unheralded Chino, led by sophomore Rosalie Morales, copped the Las Vegas Invitational and may surprise.

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2. **University** has lost Paul Medvin but returns 3 strong runners which may have them on top by seasons end.

3. **Monroe** has a veteran squad which should push Mid-Valley League rival, Granada Hills, all season.

4. **Chatsworth:** last year's City Champs lost their entire varsity team to graduation, but an excellent JV team will form the nucleus of a contender.

5. **Poly** doesn't return any big names, but does return a cross-country tradition which has kept it on top of the East League for many years.

Girls:

Not much input here, however, Chatsworth High is supposed to be loaded and is rated as an overwhelming choice for the section title.

CENTRAL SECTION

In the boys portion defending section champ, Shawn Smallwood of Corcoran will have to contend with fellow junior Gary Gonzales of Clovis. Other individuals to make a splash should be Julian Vinton and Nacho Salinas of Sanger, and Bob Lohse of Hanford. Big teams will be defending champ Corcoran being pushed by Arvin, Sanger, Hoover and Madera.

In girls action look out for Karen VanWaggenen of Clovis West, Cynthia Rogers of Mt. Whitney (if she returns from injury), Shirley Rojas of Redwood and Gail Moffett of Exeter. Clovis High should be the smart pick for team title.

SAC-JOAQUIN SECTION

Mira Loma would have to be a pick among the boys as they have won the last 6 section titles. Elk Grove has more up-front talent and could surprise. Look for Jesuit with 4:11 miler Pedro Reyes back - he's been in the top three the past three years. El Camino was third last

strong and should be the team powerhouses. Among the girls it looks like Homestead and Half Moon Bay.

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Liz Strangio (Mission San Jose) (5:09.5, 11:23.4, 2nd 1978) will try to lead her team to a repeat victory. Miramonte of Orinda (2n 1978) will be paced by junior Marcia White (5:14.4, 11:23.4, 10th 1978) and sophomore Marilyn Davis (2:13.6, 21st 1978). Carondelet of Concord (3rd 1978) returns with NCS defending champion junior Chris Manning (5:08.6) and her sister Carol (5:19.4, 5th 1978). Drake of San Anselmo (7th 1978) should score well this fall after competing in Europe this summer with Coach Bill Taylor. Drake is led by sophomores Katie Dykstra and Gigi Geoffrion (5:19.0, 16th 1978) and junior Theresa Martin (11:34.1). Ukiah (6th 1978) is led by junior Dana Flint (5:10.3, 10:59.8, 3rd 1978). Dark horse junior Mary Gaffield (El Cerrito) (5:17.9, 11:05.9, 7th 1978) could surprise after taking 11th in the Diet Pepsi 10K in San Francisco and training at the Squaw Valley Olympic Training Camp with the UC Berkeley team.

Long Beach Invitational and Skyline. If they don't suffer injuries or burn out as they have done in the past they will be there.

2. **Sierra** on the strength of their third place finish in State last year would have to be considered a NorCal power again.

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SO CAL SMALL SCHOOL MEN

1. **Glendale**, after losing the last two state titles by 1 and 2 points respectively should come up with a winning combination this time as they combine 3 of the first 5 from last year's team with a couple of solid freshmen.

2. **Santa Barbara** should bring in what will be the finest freshman crop in school history. By the end of the season this team may be number 1. The only question here will be depth. There will probably be no room for injuries.

3. **Palomar**. This team which is usually good but never great, may find this year that being good is good enough to win it all. I hope the coach will reconsider his decision to duck the Mt. SAC Invitational in favor of the Santa Barbara Invitational. With the SoCal meet also at Mt SAC, Palomar would be hurting its chances if they didn't check out both the course and the competition beforehand.

4. **Southwestern:** This school has been on the rise lately and like the rest of the San Diego based CCs will benefit from this year's huge high school talent pool.

5. **Moorpark:** In this area where cross country running is tradition, Moorpark CC traditionally has one of two kinds of cross country teams: good or better. The landing of a couple of blue chip recruits would definitely put MP into the better category.

SO CAL LARGE SCHOOLS MEN

1. **Grossmont:** No comments are really necessary here. If my records are correct, the Griffins haven't lost an invitational or championship meet in 8

them and a perfect record during that time was a dual meet loss to Fullerton. A dynasty like this one soon becomes self-perpetuating.

2. Mt. SAC: It seems every year that there is an Ebner at Mt. SAC, the mounties have a winner. This year is no exception as freshman Matt Ebner should lead his team past all except Grossmont. Without Ebner they are dead.

3. Long Beach: With the talent coming into LBCC, it shouldn't be long before they start giving Grossmont a tough meet, however this year they will come up a little bit short. One of their track heroes, Carmelo Rios, should be in contention for state individual honors.

4. Fullerton: This team which has traditionally been the bridesmaid, but never the bride will find itself in the same position this year. FCC can usually match up tough with Grossmont down to the 3rd man, but never any further.

5. Bakersfield: This school, which used to be another sprint city, has switched to distance running lately in an effort to keep a winning track program. Accordingly, their cross country program has been elevated to a point where they can give anyone except Grossmont a tough meet.

SO CAL SMALL SCHOOL WOMEN

1. Ventura: Beth Milewski leads a veteran Ventura team which last year came close to winning the state title. With the addition of some talented freshmen, many experts are rating the Pirate gals as the best in small school history.

2. Glendale: The Vaqueroes, according to Coach Steve Walters have the most depth in school history. Whether that depth will be enough to offset conference rival Ventura's front line strength should be the key to the season.

3. Palomar started out like a world

beater last season and then faded in the stretch. Off to a fast start again this season, they will have to hold it if they expect to give Ventura and Glendale some serious competition.

SO CAL LARGE SCHOOL WOMEN

1. Grossmont: I don't think it will be long before Grossmont's womens program catches up to their men's and anything close to the success of their men's spells **championship**.

2. El Camino: The women's program here has taken off recently and should do as well in cross country as it did in track.

3. Orange Coast on paper has the strongest team in school history, and with 28 girls out for the team, will probably have enough depth to overcome the injuries which usually pop up at season's end.

4 Year College

C.C.A.A.

Cal Poly led by national champ Jim Schankel and Dan Aldridge (how can he still be there?) appears to be the class of the conference and the NCAA Division II. However, UC Riverside could surprise in conference as they have returning All American Steve Alvarez joined by newcomers the Assumma brothers. Injuries will be their biggest challenge. Watch for a much improved Cal Poly Pomona.

FAR WESTERN CONFERENCE

It's Sacramento State all the way. They don't have a superman but they have 5-7 athletes who can run with anybody's top 5. They are the pick for NCAA Division runner-up behind Cal Poly SLO. Humboldt is always tough in NCAA Division III but will find the

toughest competition of the year against league rival Sac State.

P.C.A.A.

UCSB behind lead runner Chris Hughes should again reign as champ as they have everyone except Mike LeBold returning and a couple of top-notch freshmen coming in. With UC Irvine in a building year the pick for second goes to Fresno State led by Tim Holmes. Look for an improved San Jose State.

S.C.I.A.C.

This conference has traditionally belonged to Oxy. But having just hired track and cross country coaches (Bill Harvey - track, Gil Acedo - cross country) it's up for grabs. Let's go with Pomona-Pitzer.

A.I.A.W.

Based on preliminary recruiting info, it looks like UCLA is on its way up and Cal State Northridge on its way down as a Southern California cross country power. However, I don't see either challenging for national honors this year. U.C. Berkeley is probably California's only hope for a title here.

Other vastly improved teams are Cal Poly SLO led by Maggie Keyes, Cal State Hayward led by Michelle Aubuchon and San Diego State led by Lynn Kanuka. Among the smaller schools Cal Lutheran was undefeated against schools it's size last year and appear to be very tough again.

N.A.I.A.

Defending District III champion Azusa Pacific not only lost number one man Sammy Merrittim but have been hit by

red shirts and poor conditioning which upends them as favorites again. The nod at this time appears to be with a well balanced Pt. Loma team.

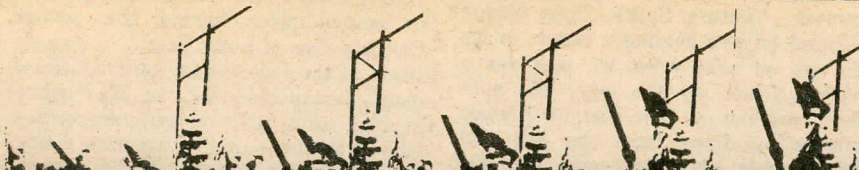
PAC 10

While Oregon and Washington State will probably go 1-2 here, UCLA will let its presence be felt as Bob Larson attempts to do what many experts say is an impossible task; that is, make the Bruins a cross country contender. Also, look out for Stanford - they have 3 top returnees in Tom Lobsinger, Roy Kissin and Rod Berry - and they are in shape.

Open

This is a tough category to preview with athletes switching clubs and clubs picking up institutional athletes after the scholastic season there's no sure bets. One thing you can figure, though, is that by the big end of the season meets Santa Monica will be there. One time national champs, the Jamul Toads, will no doubt suffer with the loss of coach Bob Larson. West Valley TC is traditionally strong, and the UC Davis based Aggie Running Club is vastly improved with the help of \$30,000.00 from Converse shoes. Fresno Track Club has a number of standouts but no depth this year. Another team to watch is the Sub-4/Loeschhorns connection forming in the Orange County area.

TRACK & FIELD SEQUENCE PHOTOS



CALIFORNIA'S 1979 TOP MARATHONS

by STEVE WOLTERS

2:11:50	Kirk Pfeffer	Neth	2:24:35	Dennis Rinde	Miss Bay
2:15:04	Bernie Rose	Nike	2:24:48	Dave Collins	Nike
2:15:28	D. Macdonald	Boston	2:24:50	Vic Cary	San Fran
2:15:29	John Gregorio	Madri G.	2:25:03	Steve Slawson	Asher

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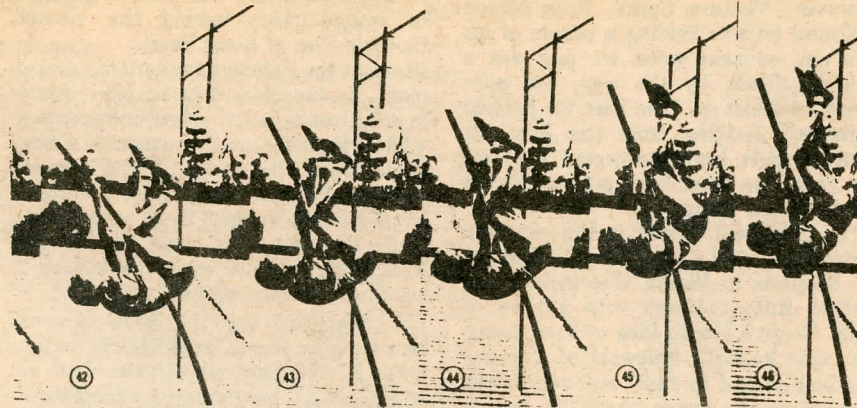
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High Jump: Dwight Stones (USA) front view, Dwight Stones (USA) side view, Kestutis (USSR) flop, John Dobroth (USA) straddle. **Long Jump:** Igor Ter-Ovanesyan (USSR), Johnny Johnson (USA). **Triple Jump:** Victor Saneyev (USSR), Nelson Prudencio (Brazil). **Shot Put:** Al Feuerbach (USA), Randy Matson (USA). **Discus:** Jay Silvester (USA). **Pole Vault:** Kjell Isakson (Sweden), Jan Johnson (USA). **Start:** Valeriy Borsov (USSR). **Sprints:** John Carlos (USA). **Hurdles:** Willie Davenport (USA). **Javelin:** Jorma Kinnunen (Finland). **Distance:** Jim Ryun (USA). **Hammer:** Romuald Klim (USSR). **Steeple:** Bill Reilly (USA). **Intermediate Hurdles:** Ralph Mann (USA). **Discus:** Ludvik Danek. **Javelin:** Janis Lusis (USSR).

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2:15:38	Brian Maxwell	Montreal	2:25:09	Will Pittlinger	Nike
2:15:54	C. McMullin	Wlk-Lee	2:25:12	Stu Scholl	Nike
2:16:41	Steve Palladino	Boston	2:25:28	Greg Szanto	Saratoga
2:16:48	Chuck Smead	Nike	2:25:35	Steve Chase	San Fran
2:16:54	Bill Britten	Nike	2:25:58	Phil May	Ather
2:17:02	Ron Wayne	Boston	2:26:10	Daryl Zapata	AAU
2:17:31	Dave Harper	Boston	2:26:12	Tim Chain	Nike
2:17:17	R. Zimmerman	Mardi G.	2:26:31	S. Lassegard	Wlk-Lee
2:17:39	Phil Camp	Mardi G.	2:26:37	Ken Norton	Miss Bay
2:17:38	Tim Nikcavich	Boston	2:26:46	Mike Fanelli	San Fran
2:17:57	Dennis Willson	Nike	2:26:47	Hank Lawson	Saratoga
2:18:08	Ben Wilson	Miss Bay	2:27:01	Frank Bozanich	Boston
2:18:28	Hal Schultz	Nike	2:27:16	Ed Schelegle	San Fran
2:18:32	Mike Cassaday	Nike	2:27:25	Bob Darling	San Fran
2:18:42	Matt Yeo	Nike	2:27:31	Jim Bowers	Boston
2:18:43	Rich Langford	Nike	2:27:34	Chris Hamer	San Fran
2:18:54	John Moreno	San Fran	2:27:36	Rod Harvey	Nike
2:19:25	Bill Seaver	Nike	2:27:40	Pete Demaris	San Fran
2:20:00	Jean Ellis	Nike	2:27:42	Mike Mahler	Wlk-Lee
2:20:13	Roy Kissin	Nike	2:27:52	Bob Wolfe	San Fran
2:20:14	Wayne Badgley	San Mat	2:27:55	Skylar Jones	Miss Bay
2:20:25	Gary Tuttle	Boston	2:28:00	Lester Mina	Nike
2:20:55	Mike VanHorn	Saratoga	2:28:01	John Brennand	Boston
2:20:59	G. Romesser	AAU	2:28:04	Bob Page	San Fran
2:21:28	Pat Curran	Nike	2:28:13	John Botke	A. Giants
2:21:32	Dave Frickel	Miss Bay	2:28:39	Kevin O'Hare	Wlk-Lee
2:21:32	Don Paul	Boston	2:28:40	Juan Garza	Miss Bay
2:21:39	Mark Sisson	Nike	2:28:45	Mike Chambliss	Wlk-Lee
2:21:45	Mike Cassaday	A. Giants	2:28:51	Tim Varley	Boston
2:22:07	Steve Brown	Wlk-Lee	2:28:58	Bill Clark	Boston
2:22:09	Jeff Dettmar	S. Monica	2:28:58	Frank Duarte	Boston
2:22:32	Dave Smith	San Fran	2:28:59	Mike Gulli	Saratoga
2:22:49	Athol Barton	Boston	2:29:04	Frank Dauncey	Trails E.
2:22:50	Robt. Burch	Bakersfld	2:29:21	Tim Swezey	Boston
2:22:57	Tom Lux	Miss Bay	2:29:21	Don Shanahan	A. Giants
2:22:58	Brad Roy	Nike	2:29:37	Al Siddons	Wlk-Lee
2:23:15	D. O'Halloran	Nike	2:29:41	Steve Brooks	San Mat
2:23:19	G. Goettelmann	Boston	2:29:51	Evan Shaffer	Wlk-Lee
2:23:20	Brad Duff	San Mat			
2:23:23	D. Waltmire	Nike			
2:23:53	Ron Nabers	Boston			
2:23:59	Bill Sevald	Bidwell			
2:24:02	Bob Day	Boston			
2:24:02	Mike Smith	San Fran			
2:24:08	Bryan Geiser	San Fran			
2:24:30	Bill McDermott	Wlk-Lee			
2:24:34	Ron Kurrle	Boston			

The 2:18 by Duane Waltmire and the other results from the Palos Verdes fiasco are not counted. All times are based on results up through the Nike Marathon on September 9.

So. California X-C Diary

by BILL MINARIK

August 29 ■

Before getting into this season's cross country outlook, let's review some of the activity which took place during the summer.

First of all the number of coaching changes at two and four-year colleges is unprecedented in California track history. The most noteworthy of these changes is definitely Bob Larson moving from Grossmont to UCLA as the distance coach. Bob's presence there will most definitely keep most of the area's top prep distance stars at home.

I was disappointed, but not surprised to see many of America's top "amateur" tracksters choose to compete in the big money meets in Europe instead of representing their country at the Pan-Am Games. I was glad to hear Wilma Rudolph finally come out on national television and admitted that track athletes do get money from meet promoters.

For any of you who are not familiar with how the pay-offs work, here is an example of a method used frequently: An athlete is invited to compete in 10 track meets during a month. Each promoter offers the athlete round trip air fare of about \$750 plus 6 days per diem at \$60/day. For the entire month, the athlete grosses about \$11,000.00 in "expense money." His/her actual expenses were in fact one round trip at \$750 and a few hundred in misc expenses. The athlete would hop from meet to meet with various promoters picking up the tab for room and board. The net result is that the athlete clears a cool \$10,000.00. Not bad for a months work.

I noticed that this European season had more meets than ever taking place in Switzerland. That should be convenient for the athletes since that's where most of them do their banking.

I followed the SoCal college recruiting wars rather closely this summer and was dismayed at some of the tactics being

was informed that none was available because almost all of the previous year's scholarship athletes were returning. However, all during the summer, this coach was contacting athletes of significantly lesser abilities, offering them a scholarship "that had just opened up." The walk-on athlete however was never informed of the late scholarship "openings."

In addition to the above mentioned events, recruiters were known to have used such subjects as race, religion, and sex in their approach of coveted athletes. You would think athletes would wise up to coaches use of subterfuge, however, as one well known coach once told me, "You can fool some of the people, some of the time, and when it comes to recruiting, that's often enough."

For those of you who had a bad experience with disqualifications this past track season, you may not feel so bad after you hear this one. According to a representative of Glassboro State College, this is what they think took place at the NCAA III Track Championships last Spring.

Both Glassboro and Slippery Rock were favored to battle it out for the team title, with the meet possibly coming down to the 1600 meter relay where Glassboro was doped for no worse than second. Just before the 1600 relay semis, a slippery handed individual from Slippery Rock slipped some illegally long batons into the Glassboro equipment bag sitting unattended in the stands. At the same time, the almost identical looking legal batons were removed. Once the 1600 semis were underway, the individual from Slippery Rock brought it to the attention of the starter that Glassboro's baton looked to be a bit long. The starter then grabbed the baton from the Glassboro anchorman as he crossed the finish line and Glassboro was subsequently DQed for the infraction. As it

instead of those arctic-like locations where they usually end up.

The dates for the NCAA Division II meets are October 27, for the Regionals and November 10 for the Nationals. Every cross country fan owes it to the sport to line the UCR course for these biggies. I know the SoCal Community College Championships are also scheduled on November 10, however, I think that it would be in the best interest of the sport to have the CCs reschedule that meet to the following day, Sunday the 11th. Or, how about this for an idea: Reschedule the SoCal Championships for the UCR course on the same day; what a double header that would be. The fans would love it; the athletes would love it; the sportswriters would love it; so why not?

September 10 ■ The Long Beach Invitational officially opened the SoCal cross country season last Saturday, as fans may have been given a preview of the NCAA Division II winner. Chuck Assumma and Steve Alvarez of UC Riverside went 1-2 in a strong field, as the Southern California Road Runners, who Chuck and Steve were actually running for, were an easy team winner.

In the community college division, due to confusion regarding the beginning date for competition, most CCs didn't show up. This rendered the men's results virtually meaningless; while in the women's competition, Ventura and Glendale staged the first of what should be many head to head battles this season, with GCC drawing first blood. However, Ventura Coach, Tuck Mason indicated he was holding a couple of his gals out, so next week we may see a reversal. Tuck, by the way, has published a booklet on "The Diet for Female Runners." Judging from the way his Ventura girls have performed the last

September 17 ■

The Moorpark Invitational highlighted last week-end's community college cross country activity. In the men's division, Glendale ran away with the small school championship, while Mt. SAC scored a surprisingly easy victory in the large school competition. In the women's division, it was as expected a battle between Glendale and Ventura with GCC again coming out on top. It should be noted, however, that Ventura was without one of its top five, and it showed as the Pirates, who were ahead after the first 3 and even through 4 runners, got blown away by that 5th position. At this point of the season, the Glendale-Ventura match-up appears to be the hottest competition in community college cross country with those two teams meeting each other as many as 8 times, with the winner of that 8th and final confrontation undoubtedly being crowned State Champ of the small schools.

In the individual competition at Moorpark, Ventura's Beth Milewski ran away from the rest of the field in the women's race, while in the men's race Jerry Masertian of Glendale also ran away from the field, but unfortunately it was in the wrong direction. It seems Jerry had about a 100 yard lead on the field going into the final loop around the football field that precedes the sprint to the finish line. Apparently the 100 degree heat took its toll and he began running the loop in reverse. Around the back of the loop, he encountered the other leaders going in the opposite direction and realized his error. He then turned around and was able to get back to second place behind the winner, Carmelo Rios of Long Beach.

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I followed the SoCal college recruiting wars rather closely this summer and was dismayed at some of the tactics being employed by coaches. For example:

A) One coach was able to sign an outstanding athlete to a letter of intent on the pretense that an even more outstanding athlete was already signed. The fact of the matter is the other athlete never even seriously considered the school.

B) A coach who could not contact a prospective recruit by phone came out to the athletes house in an effort to see him. The athlete who did not want to talk to the coach, ducked out the back door and crept down the driveway in an effort to avoid him. The coach suspecting such tactics, had an assistant waiting out on the sidewalk. As soon as the athlete emerged, the assistant physically detained him until the head coach could come out and deliver his sales pitch.

C) A Latin athlete being recruited by this school told the coach that he had a serious problem with the English language and that this would prevent him from being able to handle any type of academic classes. The coach responded by saying that the school had a complete bilingual education program. In reality, the only thing at this school which could be considered bilingual was this coach's ability to talk out of both sides of his mouth.

D) A very talented athlete decided to attend a college based on that institution's academic standing. When inquiring with the cross country coach regarding some much needed financial aid, he

experience with disqualifications this past track season, you may not feel so bad after you hear this one. According to a representative of Glassboro State College, this is what they think took place at the NCAA III Track Championships last Spring.

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The moral of this story is: When you're up in the stands during a big meet, stick with your sticks; or have a ruler and hacksaw handy for emergency use. It would be a shame for a team whose athletes have fast legs to get beat by a team who possesses someone with fast hands.

It seems that every coach I have talked to regarding last season's state high school track meet has stated unequivocally that in terms of the facility administration and officiating, it was the worst state meet they had ever seen. It seems there was a last minute move to try and switch the meet to UCLA, but it was beaten down.

I believe some congratulations are in order for U.C. Riverside head coach Chris Rinne. Chris has done a great job upgrading the program at UCR, and has been rewarded by the NCAA in the form of having both the NCAA Western Regional and NCAA Division II Cross Country Championships at UCR. Not only will fans have the opportunity of seeing mighty Cal Poly SLO battle hometown UCR with Steve Alvarez and the Assumma brothers, but they will be able to show NCAA officials, whom I'm sure will be on hand, that SoCal is a hotbed of cross country as well as track spectator interest, with the result being that more NCAA cross country meets could be held in warm sunny SoCal

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The individual winner in the women's competition was a girl from College of the Sequoias in Visalia who looked like another Ruth Caldwell with a time of 17:58. To give you an idea of how strong that time is, Beth Milewski of Ventura who was second in 18:20 still ran better than a minute faster than last year's winning time.

It's now on to the Moorpark Invitational where hopefully we can get an accurate reading on this year's contenders.

Jeff Nelson finally ended speculation on where he might attend college, when he boarded a plane for Oregon last week. This, despite a last second (and I do mean last second) attempt by USC coach Ken Matsuda to lure him to Troy. I can't really understand how Ken figured to land Jeff since USC doesn't have a cross country program. Also, I can't figure out what USC was doing with a full scholarship still available that late in the recruiting season unless they had planned to have another one of their weight-men join John McKenzie as those who have had their scholarships pulled to make way for others.

I noticed where former Grossmont distance star Kirk Pfeffer joined the ranks of world class marathoners with a 2:11 clocking at a recent international meet.

winner of that 8th and final confrontation undoubtedly being crowned State Champ of the small schools.

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I understand that the SoCal CCs will be switching teams from various conferences for the next school year. Just out of curiosity, I programmed a computer to determine what would be the ideal conference alignment for the sports of track and cross country. I allowed the computer to have 6 conferences whose make-up would be based on the following criteria: 1) school enrollment, 2) recruiting area, 3) travel distance from each other, and 4) recent competitive record. The result was as follows:

1 ■ Western States Conference

Hancock
Santa Barbara
Ventura
Oxnard
Moorpark
Canyons

2

Desert Conference

Desert
Riverside
San Bernardino
Chaffey
Mira Costa
Antelope Valley

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 - Cypress
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 - Rio Hondo
 - Compton
 - Glendale
 - Citrus
- 4'** L.A. City Conference
 - Valley
 - Pierce
 - L.A.C.C.
 - East L.A.
 - Harbor
 - Trade Tech
 - West L.A.
 - Southwest L.A.
- 5'** South Coast Conference
 - Santa Ana
 - Orange Coast

ern Cal. There may also be a border conference consisting of all the San Diego CCs along with Imperial Valley. Can you imagine Imperial Valley attempting to compete against Grossmont in any sport? Sources close to the top in this shuffle say the number one consideration for re-alignment will be travel distance.

September 28*

The Riverside Invitational highlighted this past weeks cross country action, as NorCal Division II power Sacramento State indicated it was going to give Cal Poly SLO a battle this year by cruising to a comfortable team victory. Host UC Riverside apparently did not run a full team.

SPOTLIGHT ON:

Cindy Schmandt

CYNTHIA SCHMANDT: University of California - Berkeley, freshman. 5 feet, 7 inches; 114 pounds. 18 years old. Born March 8, 1961 in Santa Barbara, California. Also competed for Santa Barbara High School and Golden Bear Track Club. **Best Marks:** 880- 2:15.6; mile- 4:51.8; 1500- 4:29.1; 2 mile- 10:20.0. All done in 1979. Coached by Vern Gambetta

Wait a minute! What about adjustment to college life? Isn't there supposed to be a year or two of transition from high school to the "big time?" I guess somebody forgot to tell Cindy Schmandt that. Here she is a freshman at one of the toughest schools in the nation, U.C. Berkeley, and what does she do — she's running like a seasoned collegiate veteran.

photo by Dave Stock



cranked a 16:42 over a rugged 3 mile course the next week in the Fresno Invitational - she was again third (#2 for Cal); this time beating over 100 top notch collegian runners from 12 schools. Wow!

Of course success in running is nothing new to Cindy. She's the Channel League record holder in the mile (4:52.4) and two mile (10:33.9). She was CIF champion in the mile (4:51.8) and two mile (10:19.98 - meet record); and placed second in the state championships (10:39)

Schmandt plans her season strategy out carefully. "My strategy depends, first of all, on the particular race itself," she says, "it's point and time in the season and exactly who is the competition. Many times in high school, if the other team did not have a strong distance crew I would train through the meet by going ahead and doing intervals or hills the day before. Then when the day of the race came along I would do events that were not exactly my strong point. Such as the 880 and mile relay, thus gaining an opportunity to work on some speed.

"But when it came to the end of the season the qualifying meets and championships were looked at very carefully. By looking at the competition we (my coach and I) decided the best way to run the race.

"For example at CIF Prelims I ran just to qualify, which was best considering the 100 degree temperature. At CIF Finals considering the competition we decided on taking it out fast and hanging on, both in the mile and 2 mile.

"Finally at the State Qualifying meet we were really looking for the PRs. I took it out in 5:06 and ran the next mile in 5:14. Leading the entire way with Vicki Cook and Sue-Me-Lei on my tail."

What about the future? "This year, I just want to survive academically, that is. Finally, to be able to coach. I had a little experience with it in track my senior year at SBHS. With a walk on

3 Southern Cal Conference

Santa Monica
El Camino
Cypress
Golden West
Rio Hondo
Compton
Glendale
Citrus

4 L.A. City Conference

Valley
Pierce
L.A.C.C.
East L.A.
Harbor
Trade Tech
West L.A.
Southwest L.A.

5 South Coast Conference

Santa Ana
Orange Coast
Saddleback
Palomar
Southwestern
San Diego

6 Big 8 Conference

Grossmont
San Diego Mesa
Bakersfield
Mt. SAC
Fullerton
Long Beach
Pasadena
Cerritos

Some of the proposals to be considered by the re-alignment committee, I understand, consist of moving Golden West from the Southern Cal Conference to the Metro with Glendale going from the Western States Conference to the South-

ern Cal. There may also be a border conference consisting of all the San Diego CCs along with Imperial Valley. Can you imagine Imperial Valley attempting to compete against Grossmont in any sport? Sources close to the top in this shuffle say the number one consideration for re-alignment will be travel distance.

September 28

The Riverside Invitational highlighted this past weeks cross country action, as NorCal Division II power Sacramento State indicated it was going to give Cal Poly SLO a battle this year by cruising to a comfortable team victory. Host UC Riverside apparently did not run a full team.

In the high school version of the Moorpark Invitational, Thousand Oaks High scored an impressive victory over a tough field, while Santa Barbara's Eric Sappenfield established himself as the state's premier distance runner with a fine time of 15:12 over the rugged 3 mile course which is 80% hills.

Community colleges are in the heart of the dual meet season with results being difficult to obtain. However in a key match-up of small school women teams, Glendale continued to frustrate state meet favorite Ventura with a 26 to 33 victory. Ventura's number three girl KOed herself 1/2 mile from the finish by running into a fence post, giving the meet to Glendale.

NEXT ISSUE

- ☆☆ "Where They Are Going" — Our very popular yearly feature listing where the top high school and junior college athletes went on to college.
- ☆☆ Technique and Training article featuring "Tow Training." This one is going to blow your mind — don't miss it!
- ☆☆ A Reader Survey Questionnaire where you will have an opportunity to tell us what you want to see more of, or less of in California Track News. This will be your chance to sound off.
- ☆☆ Profiles on Maria King, Gary Miller, Bill Gail, Dennis Maloney and more.
- ☆☆ New Column — "Track & Field Question Corner."
- ☆☆ Book Review on several new track and field books of interest.
- ☆☆ Results from: Aggie Invitational, Aztec Invitational, Santa Barbara Marathon, Stanford Invitational, Mt. SAC Invitational, Golden Gate Marathon, Senior Olympics and many more.

The next issue promises to be a good one. Don't miss out — send for you subscription today - before you forget.

the toughest schools in the nation, U.C. Berkeley, and what does she do — she's running like a seasoned collegiate veteran.

photo by Dave Stock



In her first race for the Bears at the Berkeley Invitational she places 3rd out of 75 to help Cal sweep the meet. Then to prove that wasn't beginners luck she

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What about the future? "This year, I just want to survive academically, that is. Finally, to be able to coach. I had a little experience with it in track my senior year at SBHS. With a walk on coach the distance crew (girls) was left to me. After working with them and watching the improvement and just working with people for something that you as a runner are just as dedicated to, it is something I would love to do on a career basis."

EXPERIMENTAL WOMEN'S DECATHLON

August 4-5: Ventura High School.

California's first ever women's decathlon turned out to be a relatively low-key affair with some excellent performances and an excellent learning experience for all concerned. Ventura High School senior, Debbie Gelvin, outdualed veteran pentathlete Nancy Redican to claim the win 5116 to 4942. Redican won the four events common to the pentathlon and decathlon, while Gelvin led all competitors in the flat runs. Ventura senior Liz Rudolph captured the long throws, and Ventura junior Terra Dobroth claimed the pole vault. Redican's stadium record high jump (1.77/5-9 3/4) was actually 22 cm. higher than her pole vault as the unfamiliar events of the second day took their toll.

The meet was the brainchild of high jump great John Dobroth who enlisted the aid of Ventura High School coach Ralph Martinez and SPA pentathlon chairman Rich Ede to put on this AAU sanctioned event.

Although the event has been in the rule books for three years, only two previous meets had been held, both in Colorado. Dobroth expects to make the event an annual meet, with the next edition to be held sometime following the Olympic Games next year. With the international women's multi-event competition going to the septathlon in 1981, more women will be exposed to the addition of the javelin and, as a training tool, the decathlon presents a real challenge.

Results:

1. Debbie Gelvin (Unatt/Ventura) 100 13.27; 1j 14-10 3/4 4K SP 24-9; HJ 4-11 3/4; 400 64.22; 100H (33") 16.32; DT 56-5; PV 6-8 3/4; JT 75-1; 1500 6:03.6.

2. Nancy Redican (Club International) 4942; 3. Liz Rudolph (Unatt/Ventura) 4260; 4. Terra Dobroth (Unatt/Ventura) 4190.

THE CROSS COUNTRY MEET

by BILL COCKERHAM

A cross country meet is seemingly one of the simplest and easiest events to put on. A race doesn't require much in the way of facilities, equipment and officials. Why, then, are so many cross country meets goofed-up?

Most cross country runners are familiar with the typical problems encountered. Its quite frustrating to run 12 minutes on a three mile course, and even more so to do 30 minutes on a, supposedly, 3 mile course. Even worse than the mismeasured course, however, is the mismarked (or not marked) course where one easily gets lost. Other frequent problems are jumbled times, scrambled places and backed up finish chutes. I was at a meet a few years ago where the officials were giving splits at the five mile mark and didn't make it back to the 6 mile finish before about the first 20 runners had already crossed the finish line.

The above hassles can all be eliminated with just a little pre-meet organization. In addition it doesn't take too much to make a cross country race a real first class event for both participants and spectators. It deserves nothing less.

MEASUREMENT

An accurately measured course isn't crucial to the smooth operation of the race. However, a meet owes it to the competitors to have an exactly measured course. Driving it in a car isn't adequate. It's not hard to do it right. One merely needs a measuring wheel (cost \$50-100) or a bicycle with a wheel odometer. Both wheel and bicycle need to be calibrated for the type of surface you will be measuring. In Fresno we have a 1/2 mile strip of straight road chained out to be exactly 1/2 mile and permanently marked. On one side of the road is grass, on the other dirt - so it's a simple matter for all meet directors in this area to calibrate their measuring apparatus.

SPECTATORS

When laying out the course the runner's interests are first. It should be laid out, first of all, with the runners in mind. Secondly, spectators should, if possible, be considered. The 10,000



No its not a fight. Actually there is good news and there is bad news about this picture. The good news is the nice finish sign clearly visible to all incoming runners. The bad news is the back-up in the chute (not long enough) causing the pile up of runners.

used just a small cloth bag with a quarter size hole in the bottom and a rope attached - drop the sack by the rope on the ground everywhere you want a line. At least all the turns should be marked. It is not always possible to use chalk. In this case colored flags are the next best thing. Place the flags, on 3-6 foot high poles, along the course. The runners run from flag to flag. The next flag must always be visible. One color is used to mean "straight ahead," another for "turn left," and the third for "turn right."

Cones are also a useful item to use in marking a course. However, don't rely solely on cones, use them only as secondary markers - it is too easy for mischief makers to take or move the cones. We get a dozen or so old cones each year from the highway department for free - they are in bad shape but a good bath and coat of paint works wonders. It beats paying \$4 apiece.

the course. However, tired runners don't remember too well. Of course, your guides should know which way the runners are to go - I'll never forget last year's National AAU Cross Country Championships in Seattle. There was a fork in the course, the guide was timid and hesitated to direct the racers as Salazar and Meyer led the whole pack off on the wrong loop.

An additional feature which Fresno State coach Red Estes uses is a motorcycle 50-100 yards ahead of the lead runners. It stays far enough to avoid problems with fumes but close enough so lead runners can easily see it and follow.

SPLIT TIMES

Split times at the mile marks aren't necessary, but they are appreciated by the runners and it adds to spectator appeal. It's important for the person calling splits to yell them extra loud to the runners and to give the minutes as well as the seconds. What good is it to

officials. Why, then, are so many cross country meets goofed-up?

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The Course

REAL CROSS COUNTRY

The first item of consideration in hosting a cross country meet is selection of a suitable running site: school grounds, park, golf course, etc. A good cross country course should be *challenging* and *varied*. Challenging has to do with the degree of difficulty - usually measured in terms of hills. Varied has to do not only with hills but type of terrain and amount of repetitiveness. Five times around the flat baseball field or parking lot does not make cross country - you may as well be on the track, which is a whole different sport. True cross country, also, shouldn't be a road race (that, too, is another sport). Cross country is unique, and that uniqueness lies partly in the difficulty of the topography and variety of the running terrain. Those of you who are familiar with the course used for the 1978 AAU Cross Country Nationals may agree that this can be carried to an extreme.

SAFE AND FAIR

Once a site is selected the next two important factors to consider when setting up the course are: *safety* and *fairness*. Will it be safe at racing speed (in wet weather, too)? Will all points on starting line have equality? The most common faults regarding safety and fairness are having the course too narrow and having a sharp turn near the start.

MEASUREMENT

An accurately measured course isn't crucial to the smooth operation of the race. However, a meet owes it to the competitors to have an exactly measured course. Driving it in a car isn't adequate. It's not hard to do it right. One merely needs a measuring wheel (cost \$50-100) or a bicycle with a wheel odometer. Both wheel and bicycle need to be calibrated for the type of surface you will be measuring. In Fresno we have a 1/2 mile strip of straight road chained out to be exactly 1/2 mile and permanently marked. On one side of the road is grass, on the other dirt - so it's a simple matter for all meet directors in this area to calibrate their measuring apparatus.

SPECTATORS

When laying out the course the runner's interests are first. It should be laid out, first of all, with the runners in mind. Secondly, spectators should, if possible, be considered. The 10,000 meter Woodward Park course here in Fresno utilizes four different loops which swing back near the start-finish area; therefore every mile mark except one is within 100 yards of the start/finish line. In addition there is a large hill 100 yards from the start (appropriately named Spectator Hill) which can accommodate several hundred spectators who, from that vantage point, can see 75% of the race.

COURSE MAPS

After the course is laid out and measured you will want to draw up a map on a large poster board, indicating mile marks, hills, and other identifying landmarks. In addition to the large map it is a good idea to run off several smaller (8 1/2 x 11) copies to give to teams for use in jogging the course ahead of time. It is also a courtesy to send a team a map of the course well in advance of the competition.

MARKING THE COURSE

On the day of the race (preferably the day before if teams will be arriving a day early to go over the course) the course should be well-marked. It should be marked so well that a solo runner who had never seen a map could easily find his way from start to finish.

The best way to mark a course is with chalk (Dolamark is the best I've found). If you have a solid line down the whole way you can't go too wrong. Simple liners are inexpensive. We use one of the chalk pots off of a track liner and tape a piece of broken triangular cross bar to it for a 4-6 foot handle. We've also

pile up of

used just a small cloth bag with a quarter size hole in the bottom and a rope attached - drop the sack by the rope on the ground everywhere you want a line. At least all the turns should be marked. It is not always possible to use chalk. In this case colored flags are the next best thing. Place the flags, on 3-6 foot high poles, along the course. The runners run from flag to flag. The next flag must always be visible. One color is used to mean "straight ahead," another for "turn left," and the third for "turn right."

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The Race

TRAFFIC AND PARKING

It's a good idea to consider possible auto traffic and parking situations. You may have laid the course out on Friday when no one was at the park, but on Saturday they may be parking all over the course. What about competitors and spectators arriving for the meet? Where will they be parking? We come off any potential parking places on the course - early in the morning on race day.

Motorists usually aren't looking for runners and aren't aware of what's going on with a cross country race. If your course runs on a road or crosses a road it's a good idea to post *Caution - Runners on Road* signs in addition to having crossing monitors to flag traffic.

Watch for railroad tracks. I have seen two races affected by trains. In one the whole pack piled up 2 miles out waiting for the train to pass so they could cross the tracks and continue on the course. In the other, the first three runners made it across before the train and the others had to wait.

COURSE GUIDES

All course junctions and intersections should have a guide positioned there to direct the runners. "Do I go to the right the first time then left the second time? Or, is the line going right for the other race?" You may know which it is - to you it might be obvious, but you laid out

the course. However, tired runners don't remember too well. Of course, your guides should know which way the runners are to go - I'll never forget last year's National AAU Cross Country Championships in Seattle. There was a fork in the course, the guide was timid and hesitated to direct the racers as Salazar and Meyer led the whole pack off on the wrong loop.

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Split times at the mile marks aren't necessary, but they are appreciated by the runners and it adds to spectator appeal. It's important for the person calling splits to yell them extra loud to the runners and to give the minutes as well as the seconds. What good is it to hear "52" yelled as you cross the three mile mark?

ANNOUNCER

This isn't done too often but it is a nice innovation. Red Estes started this out at Woodward Park and it really adds to a meet. Naturally, there has to be good spectator ability or there's nothing to announce, unless you've got walkie talkies positioned and reporting back.

Bob Womack, who announces most of the Fresno meets, is able to call a running tabulation of the leaders; split times; and, believe-it-or-not, can give unofficial running team scores every mile (this last trick requires a few helpers).

Womack uses one of two PA systems. The loudest is an electrically amplified PA which receives from a cordless walkie talkie up to 200 yards away; or a portable hand held battery operated system.

The Finish

THE FINISH LINE

This should be well marked so there is no question about exactly where it is for the approaching runners. A good solid line on the ground helps runners and judges. But best for the runners is a large finish banner above the line. This is quite simple to make. A 10-15 foot by 3 foot length of canvas with large letters spelling *FINISH*. For poles we use 10 foot lengths of 1 1/2 inch plastic water

pipe (\$.22/foot on sale) with a few holes drilled in the top (to attach sign and support ropes). To mount the poles, first use a five foot metal barb wire type fence post (cost \$2-3). Drive it into the ground and slide the 10 foot plastic pipe/pole over it. Add a few support ropes with tent stakes and you're set.

THE CHUTE

With all but very small meets it is a necessity to have a finish chute to keep all the runners in proper finishing order until their placing can be recorded. The two biggest problems that can occur with the chute are, first of all, not long enough so as to cause the runners to back up - often even back past the finish line. Secondly, the flow of finishers through the chute can become impeded by stopped or fallen athletes. Solutions: have a long chute or use a multichute for really large events (see *California Track News*, March 1976, p. 4, for details on construction and operation of a multichute system). In addition have chute monitors stationed along the chute to keep the finishers moving through the chute. It is most important that runners don't leave the chute until there has been some record of their order of finish.

PLACE RECORDING

The simplest, but most undesirable, method of place recording is the stick method. Popsicle (or tongue depressor) type sticks with place numbers on them are handed to finishers in order of finish. Athletes give sticks to coaches who write down athletes names and places and turn them in to recorder-scorer. One of the problems with this method is the amount of time it takes to get the sticks back. Some runners who perform badly don't turn in sticks.

Another method is to have the runners wear large visible numbers. They are assigned these numbers at check in and their name is recorded with that number. As the runners finish the recorder writes down the numbers in order of finish and then matches the names to the numbers. If it is a big race and you want immediate results this method is too slow.

The method of recording that I like best is the *name tag method*. Each runner wears a small card-like name tag paper clipped to his/her uniform. These are merely gathered in the finish chute, marked with the place, and mounted

TIMING

Recording a time for every runner is not a difficult procedure and every runner has a right to expect a time. If you have a Chronamix timer it is no sweat at all. The Chronamix will record place and time on a roll of paper as fast as one can push the button. They cost about \$700, but even so it seems most meet directors have access to one.

If you don't have a Chronamix timer, and for Chronamix back-up, you will use the standard cross country marking time sheet. See a portion of one reproduced below. These are sheets of paper with columns of numbers from 0 to 59 representing the seconds of a given minute, which is recorded at the top of the particular column. As runners cross the line one person reads out the times

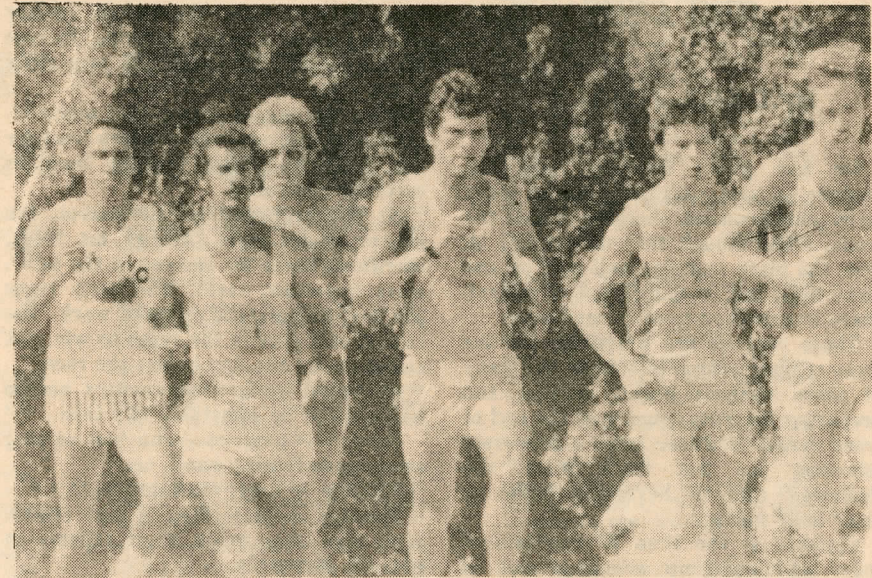
Number	Number
:01 _____	:01 _____
:02 _____	:02 _____
:03 _____	:03 _____
:04 _____	:04 _____
:05 _____	:05 _____
:06 _____	:06 _____
:07 _____	:07 _____
:08 _____	:08 _____
:09 _____	:09 _____
:10 _____	:10 _____
:11 _____	:11 _____
:12 _____	:12 _____
:13 _____	:13 _____
:14 _____	:14 _____
:15 _____	:15 _____
:16 _____	:16 _____
:17 _____	:17 _____
:18 _____	:18 _____

from a stopwatch and a second puts a mark by that time on the sheet. If two runners are together, then two marks are recorded on the sheet next to the respective time. The marks are then counted in numerical order for corresponding place. The times are then recorded on the result sheet or name tags on the result board. It is a good idea, too, to put an identifying symbol next to a time every now and then just for a check - if you know a persons name, school, etc., record it next to time on sheet as well.

however, won't work with more than three or four teams. If you have a fast typist and a ditto machine (and handy electrical outlet) it takes just a little extra time to run off 100 or so copies and is worth the 1/2 hour to hour wait - it usually takes that long for runners to recover and cool down anyway. If you use the name tag result board method described above it is a simple matter for each coach to record whatever he wants in just a short time.

Finally

Cross country is its own unique sport. It's not just a way to get in shape for track or baseball. It deserves to be treated as its own sport. Coaches and meet directors can help improve the image of cross country by making every cross country meet a quality experience for athletes and spectators.



Sacramento State led by Greg Parks (2nd from left) and Mike VanHorn (4th from left) would be the best bet for an upset of Cal Poly SLO. Also shown are Fresno Track Club's top two runners Juan Garcia (far left) and Jim Hartig (3rd from left).

HELP!

We have several very good correspondents representing many parts of the state. They are very regular in keeping us up to date on the action in their area. We also get a lot of help from coaches (some send us material every single week). But we need more help as some

type sticks with place numbers on them are handed to finishers in order of finish. Athletes give sticks to coaches who write down athletes names and places and turn them in to recorder-scorer. One of the problems with this method is the amount of time it takes to get the sticks back. Some runners who perform badly don't turn in sticks.

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The method of recording that I like best is the *name tag method*. Each runner wears a small card-like name tag paper clipped to his/her uniform. These are merely gathered in the finish chute, marked with the place, and mounted (staple gun or tap) on a sheet of plywood — instant results! Below is a sample of the nametag we use. The only problem with this system is the lost name tag. We generally have less than 1% name tag loss during a race. However, it is a simple matter to have someone assigned to do this. Glysine envelopes (the kind stamp collectors use) can be used if water or sweat might be a problem.

NAME _____	
OVERALL	DIVISION _____
PLACE	DIVISION PLACE _____
TEAM	TEAM PLACE _____
TIME (front)	
Address: _____ number and street	
city	state
Age: _____	Birthdate: _____
FRESNO TRACK CLUB P.O. Box 6103 Fresno, CA 93703 209 264-5847	
(back)	

:10	:10
:11	:11
:12	:12
:13	:13
:14	:14
:15	:15
:16	:16
:17	:17
:18	:18

from a stopwatch and a second puts a mark by that time on the sheet. If two runners are together, then two marks are recorded on the sheet next to the respective time. The marks are then counted in numerical order for corresponding place. The times are then recorded on the result sheet or name tags on the result board. It is a good idea, too, to put an identifying symbol next to a time every now and then just for a check - if you know a persons name, school, etc., record it next to time on sheet as well.

JUDGING

It is important to have a finish judge right on the finish line to determine close finishes. The runners will be finishing at different speeds and may pass after the actual finish line. It is the responsibility of the finish judge to determine who was ahead right at the line.

Results

SCORING

We won't go into detail on cross country scoring now (maybe in a future issue of *CTN*). There are two standard methods: place and time; with many varied ways of settling ties. I will say that I favor the not-as-often-used "time" method best. To me it is much quicker and simpler and puts importance on every runner to run hard no matter how far ahead or behind. The main objection to this method is that it eliminates the importance of the 6th and 7th man displacers. So, count the first 6 and use the 7th man as a safety.

Whatever method you use, it needs to be known by all ahead of time (including how ties are to be broken).

REPRODUCTION

It is ideal if every coach can leave the meet with a complete set of results. In a small race this is no problem. A couple of copies can be quickly written out long hand with carbon paper. This,



Sacramento State led by Greg Parks (2nd from left) and Mike VanHorn (4th from left) would be the best bet for an upset of Cal Poly SLO. Also shown are Fresno Track Club's top two runners Juan Garcia (far left) and Jim Hartig (3rd from left).

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If interested please write for a correspondents information packet.

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TUTTLE'S TRACK TOPICS

Preparing for Hill and Dale

by GARY TUTTLE

On any given weekday, you can venture to most parks and see as many as 50 young runners charging around the trails. Even though the runners are all over the place (running pell-mell up and down hills, and seemingly out of control) there is a method to their madness.

These runners are preparing for the cross country season now upon us. Many of these runners began training and preparing for cross country at the end of track season in June. After a brief rest following the last track meet, the dedicated runners began to build up their daily mileage.

Summer is the time to run lots of miles and build up a background of distance. The miles in the summer should be long, pleasant, pressure free runs, over varying terrain. The smart runner will run easy in the hills twice a week. Several times during the summer, the runner runs a race. The race serves as speed work, and keeps the summer running from becoming too stagnant. During any week that the runner doesn't race, he will run a relaxed, race pace run a least once a week.

As the summer fades, and cross country approaches, the runner will get

in the hills around three times a week. During the three weeks before the first cross country race, the runner usually will not enter a race, preferring to rest his competitive juices for the long cross country season.

Once the season starts, the unstructured runs end, and the runners head for the parks and their training becomes carefully controlled.

At the beginning of the season, the runner trains right through his races, sacrificing them for success in the later, more important races. The early races are used as competitive speed work. The runner still goes in the races to win, but seldom rests the day before the race.

A typical early cross-country season week would be something like this:

Sunday — long, easy run (not as long as summer Sunday run).

Monday — easy, medium length run.

Tuesday — race often in high school. If no race, then quick, short repeats on grass or flat trails.

Wednesday — medium length run.

Thursday — race or train. Mixture of repeat up hills and long (880-mile) repeats.

Friday — medium length run.

Saturday — run in hills.

Two weeks before the "big race," the runner begins tapering off in the quantity of his running while slightly increasing the quality. All the runs become a little shorter and faster, Tuesdays and Thursdays repeats become easier, but quicker. The last three days before the "big race" consist of easy

jogging and thinking of the coming effort.

Usually, the better prepared runner will emerge triumphant from the test of speed and endurance of a good cross country course. Sometimes however, two runners of equal ability and preparedness are matched, and the final outcome is decided by a tactical error. Race tactics can be very important in cross country.

Good tactics begin right at the starting line. Often starting spots are not assigned, and the runner can choose his own position. In a race with few people entered it doesn't matter much where you stand. In a large race however, the starting line can be 100 yards wide and the footing and terrain can vary considerably. Before the race, check out the starting area, pick the smoothest, flattest, most direct route.

Also, before the race get as familiar as possible with the course, especially the last mile. The last mile is most important, many a runner has turned a strange corner and found a finish line that he wasn't expecting to see quite so early.

Usually, the best way to run your fastest race is to run an even pace. In a race with few people, a runner can hold back and pass runners as they tire. In a race with a large crowd, the runner must throw caution to the wind, and "go with the flow." Running too fast early is physiologically the most inefficient way to run, but you will never win a large race coming through the crowded pack.

When the crowd is large and the space is small, the runner must be aggressive, he must demand his space: Flagrant pushing and shoving is poor, but nudging and aggressiveness is necessary to keep from being tripped. If you don't assert your right to be in an area, other runners will take advantage of your timidity.

Many races are small, and they come down to you and the guy chasing you. In these one-on-one battles, there are several general tactics which are used.

First of all, know your own and your opponent's strengths and weaknesses. If you've lots of endurance, and no speed, and the person trailing you is the opposite, then you'd better have the race in the bag before the last half mile. Don't wait for the sprint.

If the runner is right with you up a hill, make him work, but keep a little effort in reserve for the top. After working hard up a hill, most runners feel they deserve to slow down and relax at the top. When reaching the top accelerate along the top. Don't rest. Many runners break their opponents "will" by intensifying the effort at the crest of a hill.

Many races are run over winding tree-covered paths. These winding areas are perfect for running away from an opponent. Its discouraging to be only 50 yards behind a runner at the beginning of the section, and then emerge a minute later and find your opponent has worked extra-hard, and suddenly has a 100-yard lead. Conversely, a trailing runner can surprise the leader the same way. It's funny to watch two experienced racers go through a winding section. Both suspect the other of attempting the tactic, so both race through the section, and neither gains.

Tactics are important, but the most important tactic is to be better prepared, to be in better shape than the other runners. If you are in shape, then there is one unbeatable tactic, it never fails. You'll never get beat if you get in front at the very start, and then run so fast that no one can get in front of you.

PROFILE

John Soilman

etc. He also had set some very high goals for himself and because he is a normal young person was impatient to reach these goals. Because of this impatience I think there was a period

from his injuries as he is not as impatient to get things done now. He seems to understand that the things he is trying to do are quite outstanding and that they will take some time.

dedicated runners began to build up their daily mileage.

Summer is the time to run lots of miles and build up a background of distance. The miles in the summer should be long, pleasant, pressure free runs, over varying terrain. The smart runner will run easy in the hills twice a week. Several times during the summer, the runner runs a race. The race serves as speed work, and keeps the summer running from becoming too stagnant. During any week that the runner doesn't race, he will run a relaxed, race pace run a least once a week.

As the summer fades, and cross country approaches, the runner will get

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PROFILE

John Spilman

Sequoia Junior High in Simi. **Best Marks:** 880- 1:58.0; 1500- 3:58.0; mile- 4:16.5; 3000 meters- 8:27.0; 2 mile- 9:04.4; 15 kilo- 49:29; one hour run- 11 miles, 230 yards. All marks in 1979 except one hour run in 1977. Coached by Jim McCullough.

Simi Valley High School has produced a number of outstanding cross country teams and individual distance runners. Coach Jim McCullough's Simi harriers have won the Marmonte League meet three of the last four years (they were second to Newbury Park in 1977) and the list of super runners to wear the Pioneer uniform is long; including, among others: Barry DeGroot, Dave Bogard, Bruce Hellebrand, Larry Prislac and Raymond Knerr.

Possibly the greatest Simi runner of all is still there: John Spilman. As a sophomore John recorded the school two mile record with a remarkable 9:09.0. Then last year as a junior he chipped that down to 9:04.4.

It is quite understandable that Coach McCullough is very high on John Spilman. "He is a talented athlete and just an outstanding individual," says McCullough. "John arrived at Simi High with running experience from the Chatsworth Chiefs youth track club and Sequoia JHS. He was very knowledgeable about times, outstanding runners, different workouts, age group records,

etc. He also had set some very high goals for himself and because he is a normal young person was impatient to reach these goals. Because of this impatience I think there was a period when he over trained and this resulted in injuries. Anyway, John arrived at Simi High as a sophomore with a goal for that year to make it to the state meet and to run under 9:00 in the two mile."

That first year John had an outstanding cross country season and finished fourth in CIF AAAA finals. He was voted Ventura County Runner of the Year. John started track off on a bright note with a 9:17 win in the Sunkist Indoor. He went on to run the 880 in 2:00, the mile in 4:19.1 and the two-mile in 9:09.0 before he was injured in the Masters Meet and didn't make it to the State Championships. This injury kept him from running all summer, and was never really 100% all of last cross country season. He ended up placing fourteenth in the CIF finals.

"After cross country I suspect he was dissatisfied with his running and started to run a lot more miles than he would admit and shortly before track season he again had muscle problems," said coach. "When track season arrived he was in terrible condition and was unable to run for almost half the season. He had about one month of good training before he ran 9:04.4 in the Masters Meet last spring which placed him sixth and he was again eliminated from the state meet."

At the present time John figures he's in the best condition he has ever been in. He has a couple months of hundred mile weeks behind him and has regained a lot of the confidence he had as a sophomore. He has gained a great deal

from his injuries as he is not as impatient to get things done now. He seems to understand that the things he is trying to do are quite outstanding and that they will take some time.

As for goals John says, "To win CIF cross country and make the regional team for the Kinney's National High School Cross Country Championship, and also try out for the Junior National team. In track my goal is to win state and bring my times way down in all events. But my main goal is to stay healthy."

After that? "I've always liked University of Oregon, but now UCLA seems like they are going to get a good distance running program. But I'll have to wait and see what happens this upcoming year. I would like to stay on the West, though."

John would like to combine running with a career someday. "I work in an Athlete's Foot running store and would someday like to own a running store of my own. I could easily change my mind, because I'm not sure what I really want to do yet."

He is proud that one particular person has been of special inspiration to him. "Prefontaine has inspired me very much. I would have loved to have been able to meet him. I liked the way he was, personality wise, and the way he ran his races. Last year I wrote a letter to his parents and they sent me a real nice letter and a picture of him, and that really got me going. Also, I was born on the same day of the year as Pre."

Coach McCullough had one final word, "I think we have a good program at Simi but John is the type of person who would be outstanding no matter where he was."



JOHN SPILMAN: Simi Valley High School, senior. 5 feet, 11 inches; 134 pounds. Age 17. Born January 25, 1962, in Elmhurst, Illinois. Also competed for

3rd ANNUAL MUHAMMAD ALI Invitational Indoor Track Meet January 4, 1980

30 EVENTS

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HIGH SCHOOL

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MASTERS

CELEBRITY
CHALLENGE

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(2 HEATS)

•

16 RELAY
TEAMS



JUNIOR COLLEGE
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HIGH SCHOOL
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MASTERS

(2 HEATS)
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16 RELAY
TEAMS



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ROB WENTWORTH: University of Arizona, freshman. Age 18. 6 feet tall, 155 pounds. Born on February 22, 1961, in Chula Vista, California. Also competed for Livermore High School.

Best Marks: 880- 1:57.7(79); mile- 4:13.6(79); 2 mile- 8:55.0(79). Coached by Bob See.

CTN: You've had quite a year. I imagine you've earned a number of honors and awards.

Wentworth: I achieved school records in the 880, mile, and two mile. While at Livermore I participated on league championship teams in cross country, basketball and track. I was league cross country champion in 1977; league two mile champion in 1977, 78, and 79; league 880 champion in 1979 and league mile champ in 1979. I was North Coast Section champ in the two mile this past season and then placed third in the California State Meet.

CTN: Of all these events which is your favorite?

Wentworth: Even though I don't have enough speed to run a good mile, that race is my favorite event because it is quick but still long enough to have a good deal of strategy involved.

CTN: How often do you like to race?

Wentworth: I prefer to race about once a week because this is a long enough time so the body doesn't break down but is short enough to keep you mentally in gear for the next race.

CTN: What type of runner are you, or, do you have a particular race strategy?

Wentworth: I think I'm more of a front runner than the type of runner that stays back in the pack because I don't have the ability to burst like the really talented runners. This tactic of setting the pace often leaves me prey to a good kicker.

PROFILE ON: Rob Wentworth

CTN: Do you peak for one or two competitions or stay pretty much on top all season?

Wentworth: Unfortunately, planning and carrying out plans are not always the same. I like to think that I am going to peak for a particular race but mentally I just couldn't do it at State this year. I guess maybe the realization that I was finally at the meet I had looked forward to all year made me choke. Physically, I think I was ready but just didn't do it. Hopefully, I can do better in the future.

CTN: Do you follow any particular training rules?

Wentworth: Since my talent for distance running (if there is such a thing) is extremely limited, I think the only reason I'm even able to compete on a low level is that I eat very well, get plenty of sleep and take vitamin supplements. These three things keep my body healthy so that I can train almost without interruption through the season.

CTN: Now that you are at Arizona State, what are your goals for yourself

as a college freshman?

Wentworth: In the coming year, I would like to get in good shape so that I can get some points for our team in collegiate competition. Since Arizona State hasn't really had a distance program for a number of years, nobody will expect anything. In track, I have a definite goal of breaking 14:00 in the 5000 meters; this should come with increased strength.

CTN: What about by the time you are a college senior?

Wentworth: By my senior year, I would like to place in the NCAA cross-country meet and track championships.

CTN: How did you get started in track?

Wentworth: Track was just a follow through on cross country. I originally went out for cross country my freshman year because I wanted to get in good shape for my true love — basketball; it turned out that it was a very competitive sport and I hadn't thought about that aspect of the activity. At the request of my first coach, Gil Tarin, the very knowledgeable distance coach at Livermore, I went out for track after basketball season and ran 9:56 and 4:41. For some reason, I stayed with it, thanks to my teammate, Steve Loyd, with whom I trained for three years.

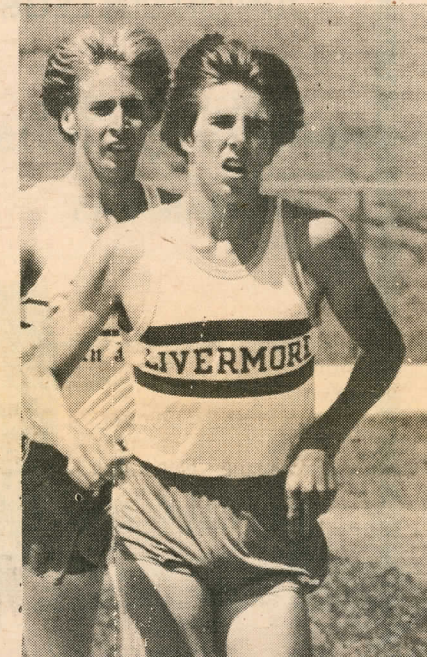
CTN: What keeps you going; and how long do you plan to continue racing?

Wentworth: The only reason I can figure out why I still keep running is that I don't feel like stopping. It's something to do and I'm thankful that running helped ease some of the financial

Last year in cross country, Steve was fantastic, breaking three course records in a row at one point in the season and winning our league meet. But in an incredible feat of bad luck, the poor guy twisted his ankle badly on a hill run right before our section meet and was unable to compete. Now heading to Grossmont to recuperate his lower limbs with some easy training, he will be heard from, I guarantee you. Blessed with natural speed and strength, with incredible determination, I know Steve will be seen in the not too distant future in one of your profiles.

CTN: Is there any thing else you'd like to say?

Wentworth: Thank you very much for giving me this opportunity to be in your fine magazine. I have to admit that the only one I have seen was given to me by someone (the June issue), otherwise I wouldn't have known of its existence. I suggest that you go all out to get more circulation, even to the extent of giving away copies because I know that people will be impressed, just as I was, with your no-nonsense track coverage, articles, etc. I want a subscription.



enough time to get into the race and break down but is short enough to keep you mentally in gear for the next race.

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CTN: What keeps you going; and how long do you plan to continue racing?

Wentworth: The only reason I can figure out why I still keep running is that I don't feel like stopping. It's something to do and I'm thankful that running helped ease some of the financial burden of going to college. I hope that I can keep competing into masters competition, and if my ankles, knees, and back hold out, I think I will make it that long.

CTN: What is your educational objective at Arizona State?

Wentworth: At the present time, my plan is to major in electrical engineering and computer science at the University. I hope that my performances in cross country and track will make me deserving of the money I will receive to go to school because I wouldn't want to let the people down.

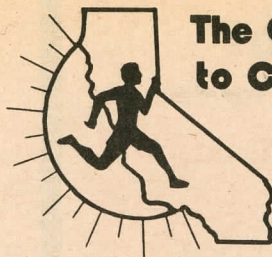
CTN: Has there been a particular individual who has been inspirational to you?

Wentworth: One individual who has really given me the mental strength to keep training hard is my very good friend and teammate, Steve Loyd. He lived just up the street from me for 10 years, those years being very memorable for me. He was outstanding as a freshman distance runner at Livermore, clocking 4:36 and 9:51, but he had problems with injuries to his knees, ankles, and feet which sidelined him for much of our sophomore year. Through it all he tried to keep training and improved to a 4:27 at the end of track. The next year, befelled by physical problems again, he struggled through a very respectable cross country season. In track, he really came on despite being able to get only a few track workouts in, and proved himself with a 4:14.0 and qualified for State.



photo by Don Gosney

Typical week's training: Sunday- long run of 10 to 14 miles. Monday- 5 miles in the morning and 3 to 5 more in the afternoon. Tuesday- 5 miles in the morning, 8-12 x 440 in 62-64 with 1 to 1½ minutes rest. Wednesday- 5 miles in the morning, 3 to 6 miles in the afternoon. Thursday- 5 miles in the morning, 3-6 x 1320 at 3:20 to 3:30 with 2½ to 3 minutes rest. Friday- 5 miles in the morning, easy jog in afternoon. Saturday- Race.



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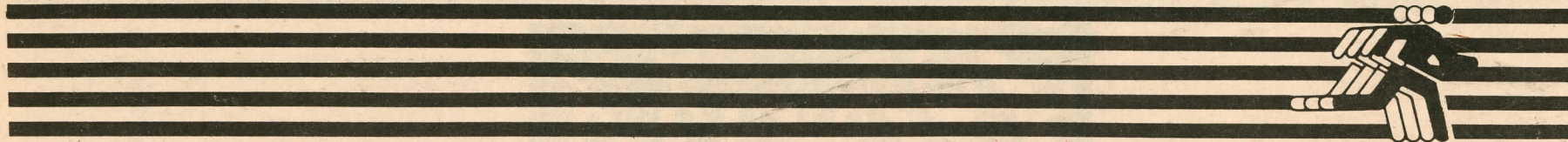
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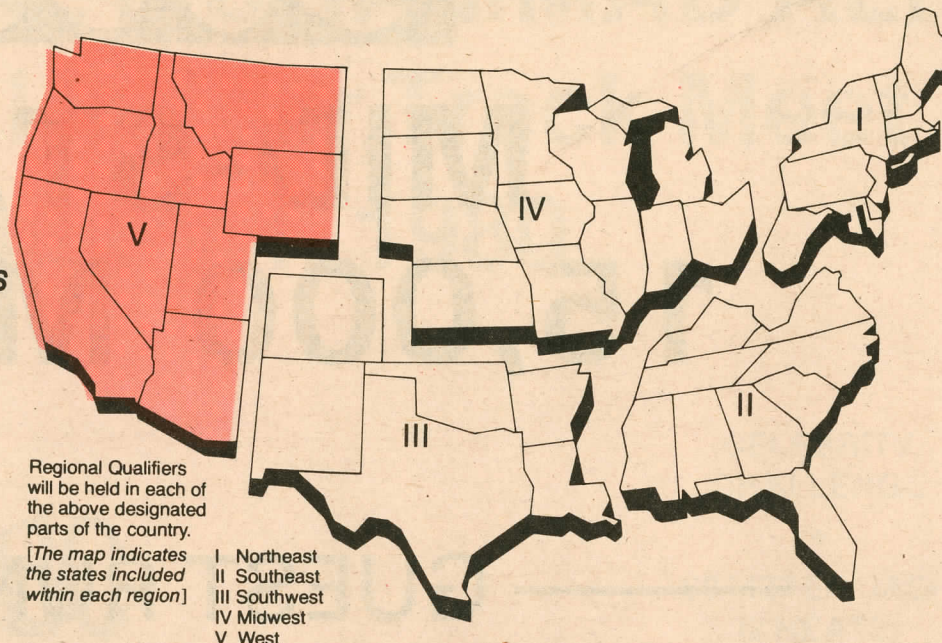


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For the first time this fall high school cross country runners (male and female) who have been members of their school team during the current season will have an opportunity to compete in one of five regional qualifying events leading to the first national Kinney Prep Cross Country Championship which will take place in San Diego's famous Balboa Park on December 8, 1979. Regional qualifying meets will be held at the locations listed below.

Locations

Southwest	Houston, Texas	October 6, 1979
Northeast	New York, NY	October 20, 1979
Midwest	Chicago, Illinois	November 24, 1979
West	Belmont, Calif.	December 1, 1979
Southwest	Atlanta, Georgia	December 1, 1979



The Course

The course for all events will be 5000 meters (3 miles, 188 yards) for both males and females.

Finalists

The top seven male and top seven female competitors, selected on a time basis, in each of the regional qualifying events, will be sent to the finals. Each of these runners will compete in the finals as unattached individuals and as part of a regional team.

Awards

Qualifiers from each regional meet will be sent to the finals, all expenses paid. Regional qualifying T-shirts and certificates of completion will be given to participants in each regional meet.

The Fee

\$2.50 per runner for those entering meets in the Southeast, Midwest and West. Entry fee information for the Northeast or the Southwest can be obtained from the respective regional coordinator.

ENTRY FORM

[Please complete entire form and mail to appropriate regional address with entry fee. Incomplete forms cannot be accepted.]

Send entries to:

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[Please complete entire form and mail to appropriate regional address with entry fee. Incomplete forms cannot be accepted.]

In consideration of this entry being accepted, I hereby for myself, heirs, executors, administrators and assigns waive and release forever any and all rights or claims whatsoever that I may have against Kinney Shoe Corporation or its representatives, successors or assigns for any injury that may be suffered by me arising out of or in any way connected with any of the events to which this entry form relates. I hereby certify that I am physically fit and have sufficiently trained for the competition of these events. I also for myself, executors, administrators and assigns waive and release forever any and all rights, claims and actions of any kind due to or arising out of any personal injury, death or property damage which may occur as a result of my traveling to or from any such event. Further, I hereby grant full permission to Kinney Shoe Corporation, or its representatives, successors or assigns, to use any photograph, videotape, motion picture, recording or any other record of the event, including any such item that contains my recognizable likeness.

Signature of Entrant _____ Date _____

Signature of Parent or Guardian _____

Print Name of Entrant _____

Address _____

City _____ State _____ Zip _____

The above named Entrant has been a member of the _____ school's cross country team during the current season.

Signature of Coach or School Administrator _____ Position _____

Send entries to:

Southwest
Howie Ryan
University of Houston
3855 Holman
Houston, Texas 77004

Northeast
Walter Krolman
St. John's University
Jamaica, New York 11439

Midwest
Gary R. Wieneke
University of Illinois
235G Armory Blvd.
Champaign, Illinois 61820

West
Vern Gambetta
University of California
877 Washington Avenue
Albany, CA 94726

Southeast
Michael Muska
University of Auburn
Athletic Dept.
P.O. Box 351
Auburn, Alabama 36830

ENTRIES CLOSE:
Houston: September 29, 1979
New York: October 6, 1979
Chicago: November 10, 1979
San Francisco & Atlanta:
November 17, 1979



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Blair Johnson

Winner Avenue of the Giants

Ed Mendoza

Winner of Heart of San Diego
Marathon, 76 Olympic Team

Dennis Stonehocker

113th Best Marathon
Time in U.S.

———— LOCAL RUNNERS ————

Tony Ramirez

Winner 1979 Fathers Day Race

Gary Romesser

2nd Place and First American
Western Hemisphere Marathon

Jim Hartig

Winner and New Course Record
1979 Bass Lake Half Marathon

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Winner Avenue of the Giants

Ed Mendoza
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OCTOBER

SCHEDULE

OCT 19: UCLA Invitational Cross Country. Women. Scott Chisam, Women's Athletic Department, University of California, Los Angeles 90024.

OCT 19: Mt. San Antonio Cross Country Invitational. Junior College, 8:30 am. Don Ruh, Mt. SAC, 1100 N. Grand Ave., Walnut 91786. (714) 594-5611.

OCT 20: Cal Poly Invitational. 10,000 meters, Morro Bay. Steve Miller, Athletic Dept., Cal Poly, San Luis Obispo 93401.

OCT 20: Bartlett Spring Water 10 Kilo Race. Visalia, 11:00 am. Visalia Chamber of Commerce, 720 W. Mineral King, Visalia 93277.

OCT 20: Kingston—Laton River Run. 6 miles. Rich Petersen, P.O. Box 206, Laton 93242.

OCT 20: Run for Human Rights. 5,000 meters, Polo Fields, Golden Gate Park, 9:00 am. Nancy Buxton, 3618 Sacramento St., San Francisco 94118. (415) 563-3733.

OCT 20: East Los Angeles College 10 Kilo Run for Fun. East L.A. College, 9:00 am. Marilyn Ladd, East L.A. College, 1301 Brooklyn Ave., Monterey Park 91754. (213) 265-8918.

OCT 20: Chaminade Reservoir Run. 8.5 miles, Canoga Park and Chatsworth, 8:30 am. Paul Schmitz, Chaminade Res. Run Com., 7500 Chaminade Ave., Canoga Park 91304.

OCT 20: E.R.A. Runs. 2 and 6 miles. Woodward Park, Fresno, 10:00 am. Meg Newman, 345 N. San Pablo Ave., Fresno 93701 (209) 264-5803.

OCT 20: Hayward Invitational Cross Country Meet. Women. Bob McGuire, Women's Athletic Dept., California State University, Hayward 94542. (415) 881-3049.

OCT 20: Nike Couples Relay. 3.5 mile each. Oakland, 3:30 pm. Ron Wayne, Box 2372, Alameda 94501. Must be pre-entered.

OCT 21: Eden Youth Center Cross Country Runs. 3 and 6 miles. Hayward hills. Mary Chafin, 680 W. Tennyson Rd., Hayward 94545.

OCT 21: Redwood Run. 6 miles, U.C. Santa Cruz, 10 am. Wayne Brumbach, P.E. Dept., University of California, Santa Cruz 95064.

OCT 21: Bridge to Bridge Run. 8.3 miles, Ferry Bldg., San Francisco, 8:00 am. Bridge to Bridge, c/o KNBR-88, 1700 Montgomery, San Francisco 94111.

OCT 21: Silverado Days 10K and 5K Runs. Buena Park, 8:00 am. Buena Park Silverado Days, P.O. Box 372, Buena Park 90621.

OCT 27: Coors Mid State 15,000 Meter Run. Madera Air Port. Ron Koch, Athletic World, Western Village. Clovis 93612. (209) 298-3969.

OCT 27: NCAA Division II District 8 Cross Country Regionals. UC Riverside. Chris Rinne, Dept. of Athletics, University of California, Riverside 92521.

OCT 28: Golden Gate Marathon. San Francisco Embarcadero, 8:00 am. Embarcadero YMCA, Room 100, 166 Embarcadero, San Francisco 94105. (415) 392-2191.

OCT 28: Hayward Half-Marathon. 13.11 miles, Kennedy Park, Hayward, 9:00 am. Half-Marathon, 1099 "E" St., Hayward 94541.

OCT 28: Marin General Hospital 5 and 10 Kilometer Runs. Greenbrae, 9:00 am. Marin General Hospital Run, Attn: Administration, Box 2129, San Rafael 94902.

OCT 28: Lake Merritt 5, 10 and 15 Kilometer Runs. Oakland, 9:00 am. John Notch, Box 2365, Oakland 94614.

OCT 28: National AAU Masters 15 Kilometer Cross Country Championships. Van Cortlandt Park, New York City. Kurt Steiner, 1660 E. 21st. St., Ney York 11210.

OCT 28: Garland Ranch Run. 10 kilo, Visitor's Center, Garland Ranch Regional Park, Carmel Valley, 10:00 am. Ed Bredthauer, 150 19th St., Pacific Grove 93950. (408) 373-7389.

OCT 28: Halloween Run. 5.2 miles, West Valley College track, Saratoga Campus, 10:00 am. Halloween Run Committee, 14195 S. Capri Drive, Los Gatos 95030.

OCT 28: Angwin to Angwish. 7.6 miles, Pacific Union College, Angwin, 10:00 am. David Nieman, P.E. Dept., Pacific Union College, Angwin 90045. (707) 965-6245.

OCT 28: Monterey County Marathon and Half Marathon. Salinas, 8:00 am. Dave Lewis, Fleet Feet, 831 South Main St., Salinas.

OCT 28: Naturite/Hollywood Park Distance Run. 5 & 10 kilos, Inglewood,

NOV 4: Phelan 15 Mile Open Handicap. 12:00 noon. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

NOV 4: Orange Grove ½ & ¼ Marathons. Loma Linda, 7:00 am. Ellis R. Jones, Loma Linda Lopers, P.O. Box 495, Loma Linda 92354.

NOV 4: Sacramento Sixty. 60 kilo, Enterprise Blvd., West Sacramento, 8:00 am. Hal Baker, 1182 Cavanaugh Way, Sacramento 95822. (916) 443-4514.

NOV 4: Excelsior West End Run. 6.25 miles, Polo Fields, Golden Gate Park, 10:00 am. Al Berrin, 1215 21st. Ave., San Francisco 94122.

NOV 4: El Camino Real Stakes 10 Kilo Run. Bay Meadows Race Track, 10:00 am. California Jockey Club Inc., P.O. Box 5050, San Mateo 94402. (415) 345-1661.

NOV 4: Heart of the Empire. 15 kilo, Spring Lake, 10:00 am. Kenneth K. Howe, 529 El Dorado Court, Santa Rosa 95404. (707) 544-1598.

NOV 4: Bay Bridge Run. 7.1 miles, Oakland Army Base parking lot, 8:00 am. San Francisco Conservatory of Music, 2101 Orgega Street, San Francisco 94122. (415) 564-8086.

NOV 4: Black Bart Run. 8.96 kilo, Pleasant Hill Bart Station, 9:00 am. Pat Day, 140 Alhambra Hills Dr., Martinez 94553. (415) 228-9363.

NOV 10: PCAA, PAC-10 and NCAA District 8 Cross Country Championships. Palo Alto. Cross Country Coach, Stanford University, Stanford 94305

NOV 10: SPA—AAU District 10 Kilo Cross Country Championships. Thomas R. Cory, Chairman, Long Distance Running Committee, P.O. Box 9374, Glendale 91206.

NOV 10: Southern California Community College Cross Country Championships. Mt. San Antonio College. Don Ruh, Athletic Dept., Mt. SAC, 1100 N. Grand Ave., Walnut 91789.

NOV 10: Northern California Community College Cross Country Championships. San Mateo. Cross Country Coach, College of San Mateo, 1700 W. Hillsdale, San Mateo 94402.

NOV 16: C.I.F. Central Section "Valley" Cross Country Championships. Woodward Park, Fresno.

NOV 17: TFA/USA Western Cross Country Championships. Woodward Park, Fresno. Fresno Pacific Track Club, Box 6103, Fresno 93703. (209) 264-5847.

NOV 17: Community College Cross Country State Championships. San Mateo. Cross Country Coach, College of San Mateo, 1700 W. Hillsdale, San Mateo 94402.

NOV 17: Lompoc Turkey Trot. 10 kilo. Bill Arnerich, 3902 Rigai Ave., Lompoc 93436.

NOV 17: AIAW Cross Country National Championships. Florida State University, Tallahassee, FL. Paul J.W. Toran, Florida St. University, 1104 Richview Dr., Tallahassee, FL 32306.

NOV 17: NAIA Cross Country National Championships. Wisconsin-Parkside. Wayne Dannah, Athletics Director, Wisconsin-Parkside, Kenosha, WI 53141.

NOV 17: Pico Rivera 10 Mile Turkey Trot. 9:00 am. Pat McArdle, Pico Rivera Rec. Dept., 6615 S. Passons Blvd., Pico Rivera 90650. (213) 692-0401 x 262.

NOV 17: SPA—AAU District 50 Mile Track Championships and Men and Women Masters (40plus) National Championships 50 Mile Track. Santa Monica, 3:00 pm. Tom Sturak, Box 1602, Santa Monica 90406.

NOV 18: Merced Track Club Turkey Trot. 10 kilo. Alan Beamer, 152 W. 22nd. Merced 95340.

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NOV 18: Popal 20 Mile Run. Delta High School, Clarksburg, 11:00 am. Elaine & Paul, 4921 Crestwood Way, Sacramento 95822. (916) 447-8647.

NOV 18: Lasse Viren Finnish Invitational 20 Kilo Run. Point Magu, 8:00 am. Elno, 32926 Mulholland Hwy., Malibu 90265.

NOV 18: Rosebowl Marathon, Half & Quarter Marathon. Pasadena, 7:30 am. Darrell Kelly, Pasadena YMCA, 235 E. Holly, Pasadena 91101. (213) 793-3131.

DEC 1: Region 13 Junior Olympie Cross Country Championships. Western High School, Las Vegas, Nevada. Dean Wieble, 6314 W. Tara, Las Vegas, NV 89102.

DEC 1: City Cross Country Championships. 3 miles, Lompoc. Bob Rich, 1105 E. Hickory, Lompoc 93436.

DEC 1: Fresno Road Race. 6 miles, Chandler Airfield to Kearney Park, 8:00 am. Fresno Track Club, P.O. Box 6103, Fresno 93703. (209) 264-5847.

DEC 1 & 2: TFA Winter Decathlon. Glendale. John Tansley, Dept. of Athletics, Glendale College, 1500 N. Verdugo Rd., Glendale 91208.

DEC 2: Decemberfest Road Run. 6.2 miles, Campbell High School, 9:00 am. Don H. Campbell, 2392 Rupert Dr., San Jose 95124. (408) 379-5399.

DEC 2: United Airlines Friendship Race. 30 kilo, Coyote Point Park, 9:00 am. Al Bangent, 118 Dunman Way, South San Francisco 94080. (415) 992-9707.

DEC 2: Western Hemisphere Marathon. Culver City, 8:00 am. Carl Porter, 4117 Overland Ave., Culver City 90230. (213) 837-5211.

DEC 8: The Great Runs. 10 kilo, Central Park, Redding, 9:00 am. Women only. Regina Silva - Fleet Feet, Downtown Mall, Redding (916) 442-3338.

DEC 8: Bakersfield Hill and Dale Run. 10,000 meters. Larry Arnt, 5000 Belle Terrace #72, Bakersfield 93309.

DEC 8: Clovis Stampede 5 Mile Road Race. Sandy McPherson, 1023 Oxford Ave., Clovis 93612.

DEC 8: Weightman's Pentathlon. Glendale. John Tansley, Dept. of Athletics, Glendale College, 1500 Verdugo Ave., Glendale 91208.

DEC 9: Honolulu Marathon. Hawaii, 6:00 am. Enter by November 12. Honolulu Marathon Association, P.O. Box 27244, Chinatown Station, Honolulu HI 96827.

DEC 9: Apple Valley 6.3 and 3.1 Mile Runs. Van Nuys, 11:00 am. Jim Gorrell, 14756 Hopf Rd., Apple Valley 92307. (714) 247-2748.

DEC 9: Beverly Hills Perrier 10 Kilo Run. 8:00 am. Carl Anderson, Beverly Hills Recreation and Parks Dept., Room 600, 450 N. Crescent Dr., Beverly Hills 90210. (213) 550-4816.

DEC 9: Madera Mini Marathon. 13.1 miles. Dee DeVitt, Madera High School, Madera

DEC 15: Wasco Mid Winter Road Race. Jess Arlaga, 1503 Claire Ave., Corcoran 93212.

DEC 16: Christmas Relays. 49.061 miles, Cunha School, Half Moon Bay, ends at UC Santa Cruz, 8:30 am. Marc Lund, 902 Rockerfeller, #11-B, Sunnyvale 94087. (408) 739-6560.

DEC 16: Mt. Thom Hill Climb. Glendale, 9:00 am. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale

Run Comm., Canoga Park 91304.

OCT 20: E.R.A. Runs. 2 and 6 miles. Woodward Park, Fresno, 10:00 am. Meg Newman, 345 N. San Pablo Ave., Fresno 93701 (209) 264-5803.

OCT 20: Hayward Invitational Cross Country Meet. Women. Bob McGuire, Women's Athletic Dept., California State University, Hayward 94542. (415) 881-3049.

OCT 20: Nike Couples Relay. 3.5 mile each. Oakland, 3:30 pm. Ron Wayne, Box 2372, Alameda 94501. Must be pre-entered.

OCT 21: Eden Youth Center Cross Country Runs. 3 and 6 miles. Hayward hills. Mary Charin, 680 W. Tennyson Rd., Hayward 94545.

OCT 21: Redwood Run. 6 miles, U.C. Santa Cruz, 10 am. Wayne Brumbach, P.E. Dept., University of California, Santa Cruz 95064.

OCT 21: Bridge to Bridge Run. 8.3 miles, Ferry Bldg., San Francisco, 8:00 am. Bridge to Bridge, c/o KNBR-88, 1700 Montgomery, San Francisco 94111.

OCT 21: Silverado Days 10K and 5K Runs. Buena Park, 8:00 am. Buena Park Silverado Days, P.O. Box 372, Buena Park 90621.

OCT 21: The Stanford Run. 10 kilo, Angel Field, Stanford University, 12:00 noon. Don Spradlin, 3000 Sand Hill Road, Menlo Park 94025. (415) 854-1227.

OCT 21: Merced Track Club Bell Race. 3 and 5 kilos. Frank Russell, Box 2462, Merced 95340.

OCT 21: Santa Barbara Marathon and Half Marathon. La Playa Stadium, Santa Barbara City College, 8:00 am. John Brennand, 4478 Meadowlark Lane, Santa Barbara, CA 93105.

OCT 21: The Hunger Project 10 Kilometer Run. El Segundo, 8:00 am. Ed Shober/Phyllis McKee, 11731 Brookhurst, Garden Grove 92640.

OCT 26: Madera Three Mile Race. Madera High School. Dee DeWitt, Madera High School, Madera.

OCT 26 & 27: Mt. SAC Cross Country Invitational. Friday- JHS & HS girls, 2:30 pm. Saturday- Open, Masters and HS Boys, 7:30 am. Don Ruh, Stletic Dept., Mt. San Antonio College, 1100 N. Grand Ave., Walnut 91789.

OCT 26: Northern California Conference Women's Cross Country Championships. Stanford. Laurel Treon, Women's Athletic Dept., Stanford University, Stanford 94305.

OCT 27: Golden Gate Conference Women's Collegiate Cross Country Championships. Sacramento. Jerry Colman, Women's Athletic Dept. California State University, 6000 "J" St., Sacramento 95819.

OCT 27: Piedmont Music Foundation Runs. 4 and 10 kilometers, Piedmont, 9:00 am. Peter Butler, 44 Bowling Dr., Oakland 94618.

OCT 27: WCAA Women's Cross Country Championships. UCLA. Scott Chlsam, Women's Athletic Dept, UCLA, 405 Hilgard, Los Angeles 90024.

OCT 27: Halloween 10,000 Meter Run. Corcoran, 9:00 am. Corcoran YMCA, 800 Dairy Ave., Corcoran 93212.

Attn: Administration, Box 2129, San Rafael 94902.

OCT 28: Lake Merritt 5, 10 and 15 Kilometer Runs. Oakland, 9:00 am. John Notch, Box 2365, Oakland 94614.

OCT 28: National AAU Masters 15 Kilometer Cross Country Championships. Van Cortlandt Park, New York City. Kurt Steiner, 1660 E. 21st. St., Ney York 11210.

OCT 28: Garland Ranch Run. 10 kilo, Visitor's Center, Garland Ranch Regional Park, Carmel Valley, 10:00 am. Ed Bredthauer, 150 19th St., Pacific Grove 93950. (408) 373-7389.

OCT 28: Halloween Run. 5.2 miles, West Valley College track, Saratoga Campus, 10:00 am. Halloween Run Committee, 14195 S. Capri Drive, Los Gatos 95030.

OCT 28: Angwin to Angwish. 7.6 miles, Pacific Union College, Angwin, 10:00 am. David Nieman, P.E. Dept., Pacific Union College, Angwin 90045. (707) 965-6245.

OCT 28: Monterey County Marathon and Half Marathon. Salinas, 8:00 am. Dave Lewis, Fleet Feet, 831 South Main St., Salinas.

OCT 28: Naturite/Hollywood Park Distance Run. 5 & 10 kilos, Inglewood, 10:00 am. Richard Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484. Address entries to: L.A. Naturite TC, 6330 Chalet Dr., Los Angeles 90040.

OCT 28: Mid-Valley YMCA "Great Pumpkin Chase." Van Nuys, 8:00 am. Danny Richards & Paula Morgan, 6901 Lannox Ave., Van Nuys 91405. (213) 989-3800.

OCT 28: Huntington Beach Halloween Classic 10 Kilo Run. 9:30 am. O.B. Benskin, USLIFE Savings & Loan, 5220 Wilshire Blvd., Los Angeles 90036. (213) 937-2450.

OCT 28: Steve Garvey Multiple Sclerosis 5 & 10 Kilo Runs. Woodland Hills, 8:00 am. Robert Levy, 6336 Canoga Ave., Woodland Hills 91367. (213) 884-1100.

NOVEMBER

NOV 2: Western States Conference Cross Country Championships. Junior college. College of the Canyons.

NOV 3: Woodlake 20 Kilo Run and CCA-AAU Championship. Wayne VanDellen, 37149 Road 192, Woodlake 93286.

NOV 3: Almond Bowl Run. 6 and 3 miles, Bidwell Park, Chico, 10:00 am. Susan Brees, P.O. Box 1182, Chico 95927. (916) 342-6550.

NOV 3: AIAW Women's Collegiate Cross Country Regionals. Sierra College, Rocklin, Jerry Colman, Women's Athletic Dept., California State University, 6000 "J" St., Sacramento 95819.

NOV 3: Whittier Village 10 Kilo Run and 5 Kilo Fun Run. 9:00 am. Bruce Staller, Whittier Village Race Committee, P.O. Box 721, Whittier 90608.

NOV 4: STC 4 Person 10 Mile Medley Relay. Gardena, 9:00 am. Ron Watson (213) 536-1107.

NOV 4: Heart of the Empire. 15 Kilo, Spring Lake, 10:00 am. Kenneth K. Howe, 529 El Dorado Court, Santa Rosa 95404. (707) 544-1598.

NOV 4: Bay Bridge Run. 7.1 miles, Oakland Army Base parking lot, 8:00 am. San Francisco Conservatory of Music, 2101 Orgega Street, San Francisco 94122. (415) 564-8086.

NOV 4: Black Bart Run. 8.96 kilo, Pleasant Hill Bart Station, 9:00 am. Pat Day, 140 Alhambra Hills Dr., Martinez 94553. (415) 228-9363.

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NOV 10: Northern California Community College Cross Country Championships. San Mateo. Cross Country Coach, College of San Mateo, 1700 W. Hillsdale, San Mateo 94402.

NOV 10: Central California Marathon. Fresno, 7:30 am. Gordon Keller, 8811 E. Herndon, Clovis 93612. (209) 299-4114.

NOV 10: NCAA Division II Cross Country National Championships. UC Riverside. Chris Rinne, Athletic Dept., University of California, Riverside 92521.

NOV 10: NCAA Division III Cross Country National Championships. Augustana College. Paul Olsen, Augustana College, Rock Island, IL 61201.

NOV 10: TFA/USA National Masters Cross Country Championships. Green Valley, AZ. Steve Myers, P.O. Box 587, Green Valley, AZ 85614.

NOV 11: L'eggs/YWCA 10,000 Meter Run. Santa Monica, 9:00 am. Larry Barkley, Santa Monica YWCA, 2019 14th St., Santa Monica 90405. (213) 399-7711.

NOV 11: Oakland Marathon. Laney College, 7:00 am. Cherie Swenson, 7700 Edgewater Drive, #731, Oakland 94621. (415) 792-7801.

NOV 11: The Dry Run. 10 kilo, Stow Lake, Golden Gate Park, 10:00 am. David Campbell, 601 Steiner, San Francisco 94117. (415) 621-7097.

NOV 11: Marine World Run For Conservation. 10 kilo, Marine World Lagoon Picnic Area, 9:00 am. Peninsula Conservation Center (Liz Nielsen), 1176 Emerson St., Palo Alto 94301. (415) 328-5313.

NOV 11: AAU National Masters' 10 Kilo Cross Country Championships. (and PA-AAU Championships). Crystal Springs Cross Country Course, Belmont, 10:00 am. Roger Bryan, 1081 Beach Park Blvd., #214, Foster City 94404. (415) 574-5229.

NOV 12: Porterville Veterans Day Road Race. 10,000 meters. Dr. Allen E. Nelson, Porterville College, 900 S. Main St., Porterville 93257.

NOV 13: Wisconsin Parkside. Wayne Dannah, Athletics Director, Wisconsin-Parkside, Kenosha, WI 53141.

NOV 17: Pico Rivera 10 Mile Turkey Trot. 9:00 am. Pat McArdle, Pico Rivera Rec. Dept., 6615 S. Passons Blvd., Pico Rivera 90650. (213) 692-0401 x 262.

NOV 17: SPA-AAU District 50 Mile Track Championships and Men and Women Masters (40plus) National Championships 50 Mile Track. Santa Monica, 3:00 pm. Tom Sturak, Box 1602, Santa Monica 90406.

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NOV 18: Rosebowl Marathon, Half & Quarter Marathon. Pasadena, 7:30 am. Darrell Kelly, Pasadena YMCA, 235 E. Holly, Pasadena 91101. (213) 793-3131.

NOV 18: PA-AAU Junior Olympic Cross Country Championships. Spring Lake Park, Santa Rosa, 10 am. Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472. (707) 823-8338.

NOV 19: NCAA Division I Cross Country National Championships. Lehigh University, Bethlehem, PA, 10 kilo. John Covert, Taylor Gym #38, Lehigh University, Bethlehem, PA 18015.

NOV 24: State Center 5 Person 15 Mile Relay. Roeding Park, Fresno. Fresno Pacific Track Club, P.O. Box 6103, Fresno 93703. (209) 264-5847.

NOV 24: Galloping Gobbler Run. Bakersfield. Larry Arnt, 5000 Belle Terrace #72, Bakersfield 93309.

NOV 24: AAU National Cross Country Championships. North Carolina.

NOV 24: Coors Desert Run. 15 miles, Palm Desert, 8:00 am. Tim Mercler, Chairman, Carl Garczynski, Dir., P.O. Box 236, Indio 92201.

NOV 24: Occidental Women's 5 Kilo Run. Eagle Rock 9:00 am. Woody Studenmund, 1956 Escarpa Dr., Los Angeles 90041. (213) 254-0440.

NOV 25: Olympic Fund Run. 10 kilo and 3 kilo, Millier Park, Sacramento 10:00 am. Donna Taylor, 1730 24th. St., Sacramento 95816. (916) 448-6107.

NOV 25: Community Bank River Run. 10 kilo. Dennis Caldwell, %R.A.C.E., 1525 Mesa Verde Dr., Costa Mesa 92626. (714) 545-0425.

DECEMBER

DEC 1: Fiesta Bowl Marathon. Arizona, 7:30 am. Must enter by November 1. Fiesta Bowl Marathon, Box 1032, Scottsdale, AZ 85252.

DEC 2: Weightman's Pentathlon. Glendale. John Tansley, Dept. of Athletics, Glendale College, 1500 Verdugo Ave., Glendale 91208.

DEC 9: Honolulu Marathon. Hawaii, 6:00 am. Enter by November 12. Honolulu Marathon Association, P.O. Box 27244, Chinatown Station, Honolulu HI 96827.

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DEC 15: Wasco Mid Winter Road Race. Jess Arriaga, 1503 Claire Ave., Corcoran 93212.

DEC 16: Christmas Relays. 49.061 miles, Cunha School, Half Moon Bay, ends at UC Santa Cruz, 8:30 am. Marc Lund, 902 Rockerfeller, #11-B, Sunnyvale 94087. (408) 739-6560.

DEC 16: Mt. Thom Hill Climb. Glendale, 9:00 am. John Tansley, Glendale College, 1500 Verdugo Rd., Glendale 91208. (213) 240-1000.

DEC 22: Big Macathon 10 Mile Run. Palm Desert, 9:00 am. John Marman, College of the Desert, 433-500 Monterey, Palm Desert 92260. (714) 346-8041.

DEC 23: Skunk Hollow 15 Kilo Run. Camarillo, 10:00 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

DEC 29: Neward-Coyote Hills to the Bay Run. 6.8 miles. Coyote Hills Regional Park, Fremont, 10:30 am. Darryl Reina, 35501 Cedar Blvd., Newark 94560. (415) 793-1406.

DEC 29: Holliday Invitational 10 Kilo Run. Camarillo, 10:00 am. Jim Fagnant, 58 Calle Escalon, Camarillo 93010. (805) 482-1587.

DEC 30: Rudyard Kipling Double Marathon Track Run. Woodside High School, 8:00 am. Don Choi, 439 Campbell Ave., San Francisco 94134.

DEC 30: Westlake Village 20 Mile Run. 8:00 am. Brian Pritchard, 1626 Wellington Place, Westlake Village 91361. (805) 495-8705.

DEC 31: Naturite New Year's Eve 10 Kilo Run. Santa Monica, 11:30 pm. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.



220 YARDS

' = 200 meters plus 0.1
 '' = 200 meters automatic plus 0.12

After having tried for a couple of years to egg somebody else, anybody else, into doing it, I have finally given up and put together an all-California girls high school list.

I have gone only ten deep in an attempt to reduce the possibility of error. I am certain there are omissions and some clinkers and would appreciate any additions and amendations you would care to pass along.

The class records are particularly subject to error inasmuch as not all sources agree on an athlete's year in school. I have gone in these lists with the best mark I could find for that class. I am morally certain that there are better class marks than I show for - to name two - the freshman records in the discus and long jump.

I am missing schools on a few athletes, principally those who were picked up from other lists as junior high athletes who apparently made the marks in open competition.

All-Time CALIFORNIA

High School Girls



by BOB WOMACK

23.3'	Mable Ferguson (Ganesha/Pom)	73
23.54	Gwen Loud (Westchester/LA)	79
23.5'	Kathy Hammond (Sacramento)	69
23.5'	Jackie Thompson (San Diego)	72
23.69''	Mirabella Washington (Centen/Com)	79
23.78''	Sheri Howard (San Gorgonio/SB)	79
23.84''	Frieda Cobbs (Berkeley)	78
23.87''	Kelia Bolton (Hill/San Jose)	78
23.89''	ValQie Brisco (Locke/LA)	78
23.94	Pam Marshall (Jordan/L. Beach)	78
23.97	Kim Robinson (Westchester/LA)	77
23.8	Debbie Byfield (Berkeley)	78

FROSH	24.1	Kim Webster (DeAnza/Richmond)	77
SOPH	24.1	Sharon Ware (Berkeley)	79
JR	23.78''	Sheri Howard (San Gorgonio/SB)	79
SR	23.3'	Mable Ferguson (Ganesha/Pom)	73
	23.54	Gwen Loud (Westchester/LA)	79

State Meet Record: 23.54 Gwen Loud (Westchester/LA) 1979 at Sacramento.





FRANCIE LARRIEU



LINDA GOEN



HUGHES
HUGHES STADIUM

photo by Don Gosney



MARIAN FRANKLIN

photo by Don Gosney

The matter of equivalency of hand and automatic times, I have used the standard adjustments (0.24 for 100 & 220, 0.14 for 440, and 0.26 for hurdles) with this refinement: as is well known, the value for a hand timed 10.4 100 expressed in 100ths may be anywhere from 10.31 to 10.40. Therefore, and continuing to use the 100 as an example, I have treated Gwen Loud's 10.62 as being a 10.4 (actually 10.38). And since the hand times for Ferguson and Cobbs could have a value as fast as 10.31, I have tacked the converted auto times onto the end of the lists of 10.4's. The exception would be in the case of an automatic time which converts to .x1; this obviously has a value which cannot be less than the best hand time at the next highest 10th. If you are totally confused by this little bit of esoterica, just arrange the lists to suit yourself.

I am aware that the high schools are scheduled to go metric in 1980. I have therefore included separate lists in the 100, 1500, and 3,000 meters. The marks for 220, 440, and 880 yards and the hurdles can be readily converted, of course, to their metric equivalents. The mile and two mile marks can also be converted if the schools persist in their

plan to run 1600 and 3200 meters instead of the internationally accepted distances. (Anyone else for horsewhipping the parties responsible for that little dandy?). I would suggest a differential of 1.5 seconds for 1600 meters and 3.5 seconds for 3200.

Finally, I should note that I make no pretense of original research; my only contribution is synthesis of what records I have with the research of a lot of other people, including but definitely not limited to Jack Pfeifer, Ron Blackwood, and Rich Ede.

Please send all additions and/or corrections to Robert Womack, c/o California Track News, P.O. Box 6103, Fresno, CA 93703.

100 YARDS

10.4	Mable Ferguson (Ganesh/Pom)	71
10.4	Frieda Cobs (Berkeley)	77
10.62	Gwen Loud (Westchester/L)	79
10.5	Jeanette Bolden (Centennial/Com)	77
10.5	Kelia Bolton (Hill/San Jose)	78
10.72	Sheri Howard (San Gorgonio/SB)	79

10.6	Debbie Byfield (Berkeley)	73
10.6	Valerie Brisco (Locke/L)	78
10.6	Sandra Howard (Manual Arts/LA)	75
10.6	Sharon Ware (Berkeley)	79
10.6	Brenda Winston (San Gorgonio/SB)	79

FROSH	10.7	Sharon Ware (Berkeley)	78
SOPH	10.6	Sharon Ware (Berkeley)	79
JR	10.4	Frieda Cobs (Berkeley)	77
SR	10.4	Mable Ferguson (Ganesh/Pom)	71
		Gwen Loud (Westchester/LA)	79

State Meet Record = 10.62 Gwen Loud (Westchester Los Angeles 1979 at Sacramento.

100 METERS

11.50	Kim Robinson (Westchester/L)	77
11.4	Elaine Parker (Oceana/Pacifica)	78
11.57	Valerie Brisco (Locke/LA)	78
11.58	Brenda Winston (San Gorgonio/SB)	77
11.63	Kelia Bolton (Hill/San Jose)	78
11.64	Alice Brown (Muir/Pasadena)	78
11.66	Gwen Loud (Westchester/LA)	79
11.73	Mirabella Washington (Centen/Com)	79
11.78	Pam Marshall (Jordan/Long Beach)	78
11.82	Frieda Cobs (Berkeley)	78

FROSH	12.14	LaTonya Dawkins (Muir JHS/LA)	79
SOPH	11.58	Brenda Winston (San Gorgonio)	77
JR		Alice Brown (Muir/Pasadena)	78
SR	11.50	Kim Robinson (Westchester/LA)	77

440 YARDS

= 400 meters plus 0.3
= 400 meters automatic plus 0.26

51.35"	Sheri Howard (San Gorgonio/SB)	79
52.1	Kathy Hammond (Sacramento)	69
52.17"	Mable Ferguson (Ganesh/Pom)	72
53.38"	Freida Cobs (Berkeley)	78
53.68"	Arlise Emerson (Westminster)	78
53.72"	Marian Franklin (Balboa/SF)	79
53.73"	Gwen Gardner (Crenshaw/LA)	78
53.96"	Valerie Brisco (Locke/LA)	78
54.08"	Denean Howard (San Gorgonio/SB)	79
54.1	Kim White (Berkeley)	79

FROSH	54.08"	Denean Howard (San Gorgonio)	79
SOPH	55.02"	Arlise Emerson (Westchester/LA)	77
JR	51.35"	Sheri Howard (San Gorgonio/SB)	79
SR	52.17"	Mable Ferguson (Ganesh/Pom)	72
	52.1	Kathy Hammond (Sacramento)	69

State Meet Record: 53.65 Sheri Howard (San Gorgonio/Sab Bernardino) 1979 at Sacramento.

880 YARDS

= 800 meters plus 0.7

2:03.0'	Mary Decker (Orange)	74
2:04.5'	Charlette Cooke (Compton)	66
2:05.1'	Ann Regan (Camden/San Jose)	77
2:06.2'	Linda Goen (North Bakersfield)	77

2:08.5'	Arlise Emerson (<i>Westminster</i>)	78
2:08.6	Kathy Costello (<i>Pleasant Hill/SJ</i>)	75
2:09.7'	Michelle Bush (<i>Rolling Hills</i>)	78
2:10.0	Cheri Williams (<i>Livermore</i>)	78
2:10.4'	Diane Figliomeni (<i>Saratoga</i>)	78
2:10.4'	Tracy Weber (<i>Lynbrook/San Jose</i>)	79
2:10.9	Staci Kneeshaw (<i>Foothill/S. Ana</i>)	78

FROSH	2:03.1'	Mary Decker (<i>Orange</i>)	73
SOPH	2:03.0'	Mary Decker (<i>Orange</i>)	74
JR	2:05.3	Ann Regan (<i>Camden/San Jose</i>)	78
SR	2:04.5'	Charlette Cooke (<i>Compton</i>)	66

State Meet Record: 2:07.9 Ann Regan (*Camden/San Jose*) 1978 at Bakersfield.

1500 METERS

4:16.8	Francie Larrieu (<i>Fremont/Snytle</i>)	69
4:20.9	Cheri Williams (<i>Livermore</i>)	78
4:21.5	Eileen Clagus (<i>Rio Americano/Sc</i>)	72
4:23.0	Linda Goen (<i>North Bakersfield</i>)	79
4:24.2	Kathi Denz (<i>Blair/Pasadena</i>)	78
4:29.4	Roxanne Bier (<i>Independence/SJ</i>)	78
4:29.6	Pam Bowers (<i>American/Frmt</i>)	78
4:30.3	Sumei Lee (<i>Eisenhower/Rialto</i>)	79
4:32.4	Vickie Cook (<i>Junior High School</i>)	78
4:33.0	Sharon Hulse (<i>Edison/Hunt. Bch.</i>)	78

FROSH	4:24.2	Kathi Denz (<i>Blair/Pasadena</i>)	78
SOPH	4:29.4	Roxanne Bier (<i>Independence/SJ</i>)	78
JR	4:16.8	Francie Larrieu (<i>Fremont/Snytle</i>)	69
SR	4:17.3	Francie Larrieu (<i>Fremont/Snytle</i>)	70

ONE MILE

4:40.7	Eileen Clagus (<i>Rio Americano/Sc</i>)	73
4:45.0	Cheri Williams (<i>Livermore</i>)	78
4:46.4	Linda Goen (<i>North Bakersfield</i>)	79
4:49.7	Susie Meek (<i>Palos Verdes</i>)	78
4:50.1	Michelle Bush (<i>Rolling Hills</i>)	79
4:50.7	Sharon Hulse (<i>Edison/Hunt. Bch.</i>)	78
4:51.1	Kathy Costello (<i>Pleasant Hill/SJ</i>)	75
4:51.6	Vickie Cook (<i>Chaminade/C. Pk.</i>)	79
4:51.8	Cindy Schmandt (<i>Santa Barbara</i>)	79
4:51.9	Tracy Weber (<i>Lynbrook/San Jose</i>)	79

FROSH	4:51.6	Vickie Cook (<i>Chaminade/CP</i>)	79
SOPH	4:47.8	Linda Goen (<i>North Bakersfield</i>)	77
JR	4:52.1	Linda Goen (<i>North Bakersfield</i>)	78
SR	4:40.7	Eileen Clagus (<i>Rio Amer/Sac</i>)	73

State Meet Record: 4:45.0 Cheri Williams (*Livermore*) 1978 at Bakersfield.

3000 METERS

9:30.8	Eileen Clagus (<i>Rio Americano/Sc</i>)	73
9:37.7	Sumei Lee (<i>Eisenhower/Rialto</i>)	79
9:42.0	Tena Anex (<i>Fair Oaks</i>)	73
9:43.4	Vicky Bray (<i>Los Altos</i>)	77
9:44.9	Roxanne Bier (<i>Independence/SJ</i>)	79
9:46.0	Lisa Scaduto (<i>Santa Monica</i>)	79
9:49.4	Kathy Mintie (<i>Rosary/Fullerton</i>)	78
9:53.1	Vickie Cook (<i>Chaminade/C. Park</i>)	79
9:56.5	Susie Meek (<i>Palos Verdes</i>)	78

2 MILES

10:09.8	Cheri Williams (<i>Livermore</i>)	78
10:12.5	Kate Keyes (<i>Tamalpais/M. Val.</i>)	75
10:19.4	Eileen Clagus (<i>Rio Americano/Sc</i>)	73
10:20.0	Cindy Schmandt (<i>Santa Barbara</i>)	79
10:20.7	Vickie Cook (<i>Chaminade/C. Park</i>)	79
10:21.7	Sumei Lee (<i>Eisenhower/Rialto</i>)	79
10:23.5	Susie Meek (<i>Palos Verdes</i>)	78
10:32.8	Theresa Ebner (<i>Bishop Amat/LP</i>)	79
10:33.3	Roxanne Bier (<i>Independence/SJ</i>)	79
10:35.9	Lisa Scaduto (<i>Santa Monica</i>)	79

FROSH	10:20.7	Vickie Cook (<i>Chaminade/CP</i>)	79
SOPH	10:37.8	Roxanne Bier (<i>Independ/SJ</i>)	78
JR	10:27.7	Sue-Mei Lee (<i>Eisenhower/Rito</i>)	79
SR	10:09.8	Cheri Williams (<i>Livermore</i>)	78

State Meet Record: 10:17.7 Cheri Williams (*Livermore*) 1978 at Bakersfield.

110 YARD HURDLES

= 100 meters at 33 inch hurdles

13.5'	Lorna Tinney (<i>school unknown</i>)	71
13.6'	Bobetta Krug (<i>La Jolla</i>)	72
13.6	Yvonne Boone (<i>Fremont/Oakland</i>)	74
13.83	Kris Costello (<i>Lynbrook/San Jose</i>)	78
13.7	Tonya Alston (<i>Chico</i>)	77
13.95	Kim Costello (<i>El Camino/S. San Fr</i>)	78
14.01	Janet Yarbrough (<i>Clovis</i>)	79
14.02	Michelle Herald (<i>University/LA</i>)	79
14.04	Alesia Sweeney (<i>Tamalpais/M. Val</i>)	79
13.9	Michelle Hawthorne (<i>El Cerrito</i>)	78
13.9	Marlene Harmon (<i>Thousand Oaks</i>)	79

FROSH	15.4	Yolanda Bryson (<i>Lemoore</i>)	78
SOPH	13.6'	Bobetta Krug (<i>La Jolla</i>)	72
JR	13.97	Kris Costello (<i>Lynbrook/San Jose</i>)	77
SR	13.5'	Lorna Tinney (<i>school unknown</i>)	71

State Meet Record: 13.83 Kris Costello (*Lynbrook/San Jose*) 1978 at Bakersfield.

HIGH JUMP

6-0¼	Sue McNeal (<i>Carlsbad</i>)	78
5-11 ½	Tonya Alston (<i>Chico</i>)	79
5-11	Kathy Hamilton (<i>Beyer/Modesto</i>)	79
5-10¼	Kari Gossweiler (<i>Upland</i>)	78
5-10¼	Nancy Redican (<i>Simi Valley</i>)	78
5-10	Karen Lysaght (<i>St. Francis/Sacto</i>)	79
5-9½	Ellen Fargo (<i>Crescenta Valley</i>)	78
5-9	Lisa Erpenbeck (<i>Hunt. Beach</i>)	79
5-9	Candy Ross (<i>Berkeley</i>)	76
5-9	Trish King (<i>Menlo Atherton</i>)	79
5-9	Lucy Wardle (<i>Miraleste</i>)	79

FROSH	5-8½	Sue McNeal (<i>Carlsbad</i>)	77
SOPH	6-0¼	Sue McNeal (<i>Carlsbad</i>)	78
JR	5-11¾	Sue McNeal (<i>Carlsbad</i>)	79
SR	5-11 ½	Tonya Alston (<i>Chico</i>)	79

State Meet Record: 5-10¼ Sue McNeal (*Carlsbad*) 1978 at Bakersfield.

LONG JUMP



photo by Don Gosney

TANAYA KING (left) and KIM WHITE Berkeley High School 440 Yard Relay

19-9	Lisa Gourdine (<i>El Toro</i>)	77	47.15	Hill/San Jose	78
19-8	Kathy Haynes (<i>Madera</i>)	78	47.20	Westchester/Los Angeles (Robinson, Moore, Hawes, Loud)	79
19-7	Veronica Bell (<i>Garey/Pomona</i>)	79			
19-6½	Kennedy (<i>Granada Hills</i>)	77	47.33	Crawford/San Diego	78
19-6½	Scott (<i>Kennedy/LA</i>)	77	47.3'	Berkeley	78
19-6	Melany Markham (<i>Dorsey/LA</i>)	79	47.3	Cordova/Rancho Cordova	79

FROSH	18-2¼	Paula Stevens (<i>Coalinga</i>)	76	State Meet Record: 46.14 Crawford (San Diego)
SOPH	19-7¾	Gwen Loud (<i>Lutheran/LA</i>)	77	(Young, Gaston, Reed, Lovelady) 1977 at Westwood.
JR	20-8½	Jodi Anderson (<i>Washington/LA</i>)	75	
SR	20-8¾	Kim Attlesey (<i>Corona Del Mar</i>)	71	

State Meet Record: 20-4½ Gwen Loud (*Westchester/Los Angeles*) 1979 at Sacramento.

SHOT PUT

51-1¼	Kathy Devine (<i>Mission Bay/SD</i>)	74
50-6½	Susie Ray (<i>Villa Park</i>)	79
50-3½	Lynn Graham (<i>Muir/Pasadena</i>)	65
50-0½	Emily Dole (<i>Buena Park</i>)	74
49-4¼	Rosaria Ramos (<i>Anaheim</i>)	79
47-11½	Iva Wright (<i>Edison/Fresno</i>)	72
47-5¼	Ramona Ebert (<i>Schurr</i>)	79
47-2¼	Lynn Richardson (<i>Jefferson/LA</i>)	79
46-8¾	Vera Peko (<i>Carson</i>)	74
45-11½	Kerry Zwart (<i>Crescenta Valley</i>)	78



440 YARD RELAY

4:40.7	Eileen Clagus (Rio Americano/Sc)	73
4:45.0	Cheri Williams (Livermore)	78
4:46.4	Linda Goen (North Bakersfield)	79
4:49.7	Susie Meek (Palos Verdes)	78
4:50.1	Michelle Bush (Rolling Hills)	79
4:50.7	Sharon Hulse (Edison/Hunt. Bch.)	78
4:51.1	Kathy Costello (Pleasant Hill /SJ)	75
4:51.6	Vickie Cook (Chaminade/C. Pk.)	79
4:51.8	Cindy Schmandt (Santa Barbara)	79
4:51.9	Tracy Weber (Lynbrook/San Jose)	79

FROSH	4:51.6	Vickie Cook (Chaminade/CP)	79
SOPH	4:47.8	Linda Goen (North Bakersfield)	77
JR	4:52.1	Linda Goen (North Bakersfield)	78
SR	4:40.7	Eileen Clagus (Rio Amer/Sac)	73

State Meet Record: 4:45.0 Cheri Williams (Livermore) 1978 at Bakersfield.

FROSH	13.4'	Patricia Bryson (Livermore)	78
SOPH	13.6'	Bobetta Krug (La Jolla)	72
JR	13.97	Kris Costello (Lynbrook/San Jose)	77
SR	13.5'	Lorna Tinney (school unknown)	71

State Meet Record: 13.83 Kris Costello (Lynbrook/San Jose) 1978 at Bakersfield.

HIGH JUMP

6-0¼	Sue McNeal (Carlsbad)	78
5-11½	Tonya Alston (Chico)	79
5-11	Kathy Hamilton (Beyer/Modesto)	79
5-10¼	Kari Gosswiller (Upland)	78
5-10¼	Nancy Redican (Simi Valley)	78
5-10	Karen Lysaght (St. Francis/Sacto)	79
5-9½	Ellen Fargo (Crescenta Valley)	78
5-9	Lisa Erpenbeck (Hunt. Beach)	79
5-9	Candy Ross (Berkeley)	76
5-9	Trish King (Menlo Atherton)	79
5-9	Lucy Wardle (Miraleste)	79

FROSH	5-8½	Sue McNeal (Carlsbad)	77
SOPH	6-0¼	Sue McNeal (Carlsbad)	78
JR	5-11¾	Sue McNeal (Carlsbad)	79
SR	5-11½	Tonya Alston (Chico)	79

State Meet Record: 5-10¼ Sue McNeal (Carlsbad) 1978 at Bakersfield.

LONG JUMP

20-8¾	Kim Attlesey (Corona Del Mar)	71
20-8½	Jodi Anderson (Washington/LA)	75
20-5	Gwen Loud (Westchester/LA)	79
20-4½	Carrie McLaughlin (Davis/Modesto)	79

19-9	Lisa Gouridine (El Toro)	77
19-8	Kathy Haynes (Madera)	78
19-7	Veronica Bell (Garey/Pomona)	79
19-6½	Kennedy (Granada Hills)	77
19-6½	Scott (Kennedy/LA)	77
19-6	Melany Markham (Dorsey/LA)	79

FROSH	18-2¼	Paula Stevens (Coalinga)	76
SOPH	19-7¾	Gwen Loud (Lutheran/LA)	77
JR	20-8½	Jodi Anderson (Washington/LA)	75
SR	20-8¾	Kim Attlesey (Corona Del Mar)	71

State Meet Record: 20-4½ Gwen Loud (Westchester/Los Angeles) 1979 at Sacramento.

47.15	Hill/San Jose	78
47.20	Westchester/Los Angeles (Robinson, Moore, Hawes, Loud)	79
47.33	Crawford/San Diego	78
47.3'	Berkeley	78
47.3	Cordova/Rancho Cordova	79

State Meet Record: 46.14 Crawford (San Diego) (Young, Gaston, Reed, Lovelady) 1977 at Westwood.

3000 METERS

9:30.8	Eileen Clagus (Rio Americano/Sc)	73
9:37.7	Sumei Lee (Eisenhower/Rialto)	79
9:42.0	Tena Anex (Fair Oaks)	73
9:43.4	Vicky Bray (Los Altos)	77
9:44.9	Roxanne Bier (Independence/SJ)	79
9:46.0	Lisa Scaduto (Santa Monica)	79
9:49.4	Kathy Mintie (Rosary/Fullerton)	78
9:53.1	Vickie Cook (Chaminade/C. Park)	79
9:56.5	Susie Meek (Palos Verdes)	78
9:58.2	Ann Trason (Pacific Grove)	78

FROSH	9:53.1	Vickie Cook (Chaminade/CP)	79
SOPH	10:07.4	Sharon Hulse (Edison/Hunt. Bc)	78
JR	9:37.7	Su-Mei Lee (Eisenhower/Rialto)	79
SR	9:30.8	Eileen Clagus (Rio Amer/Sac)	73

SHOT PUT

51-1¼	Kathy Devine (Mission Bay/SD)	74
50-6½	Susie Ray (Villa Park)	79
50-3½	Lynn Graham (Muir/Pasadena)	65
50-0½	Emily Dole (Buena Park)	74
49-4¼	Rosaria Ramos (Anaheim)	79
47-11½	Iva Wright (Edison/Fresno)	72
47-5¼	Ramona Ebert (Schurr)	79
47-2¼	Lynn Richardson (Jefferson/LA)	79
46-8¾	Vera Peko (Carson)	74
45-11½	Kerry Zwart (Crescenta Valley)	78

FROSH	46-11	Susie Ray (Orange JHS)	78
SOPH	50-6½	Susie Ray (Villa Park)	79
JR	51-1¼	Kathy Devine (Mission Bay/SD)	74
SR	50-3½	Lynn Graham (Muir/Pasadena)	65

State Meet Record: 49-6½ Susie Ray (Villa Park) 1979 at Sacramento.

DISCUS

175-10	Leslie Deniz (Gridley)	79
158-4	Christi Pyle (Hoover/Glendale)	78
155-6	Terri Sabol (Buena Park)	74
155-0	Linda Langford (Leigh/San Jose)	69
152-1	Iva Wright (Edison/Fresno)	71
150-10	Karen Stampfli (Lassen/Susnvle)	78
150-2	Linda Read (Alameda)	79
148-9	Susan Springer (Salinas)	78
147-7	Ramona Ebert (Schurr)	79
146-8	Ford (Atwater)	79

FROSH	124-2	Sharon Pierson (Tranquillity)	79
SOPH	150-9	Leslie Deniz (Gridley)	1978
JR	175-10	Leslie Deniz (Gridley)	79
SR	158-4	Christi Pyle (Hoover/Glendale)	78

State Meet Record: 167-1 Leslie Deniz (Gridley) 1979 at Sacramento.

440 YARD RELAY

= 400 meters plus 0.2

46.14	Crawford/San Diego (Young, Gaston, Reed, Lovelady)	77
46.1	Berkeley	79
46.42	Centennial/Compton	77
47.08	South Bakersfield (McGough, Forman, Gupton, Ward)	79
47.14	Jordan/Los Angeles (Smith, Jones, Friffith, Black)	78



photo by Don Gosney

ROXANNE BIER

MILE RELAY

3:44.1	San Geronio/San Bernardino (A. Howard, T. Howard, D. Howard, S. Howard)	79
3:46.3	Poly/Long Beach	79
3:50.7	Berkeley	79
3:51.3	Fremont/Los Angeles (Hayes, Frazier, Cole, Beshears)	78
3:51.6	Fountain Valley	79
3:52.0	Crawford/San Diego	78
3:52.1	Locke/Los Angeles (Pearson, Stokes, Johnson, Brisco)	77
3:52.5	Locke/Los Angeles	78
3:52.8	Berkeley	79
3:53.0	Thousand Oaks	78

State Meet Record: 3:44.1 San Geronio (San Bernardino)(A. Howard, T. Howard, D. Howard, S. Howard) 1979 at Sacramento.



photo by Don Gosney

GWEN LOUD



KATHY DEVINE

LONG DISTANCE LOG



by RICHARD LEE SLOTKIN

BONNE BELL 10 KILOMETER

August 5, Irvine: **BONNE BELL 18 & UNDER WOMEN 10 KILOMETER.**

Jess Bell is a good sport. At no time did he stop smiling, and not once did he utter a cross word. He had plenty of reason to: less than 200 young ladies had crossed the finish line at the Bonne Bell 10 Kilo at Mason Regional Park in Irvine.

Not many more than 200 started the run. There were a number of reasons for the poor turnout in what are usually well attended events. First, the 18 year age limit automatically eliminated at least half of the potential participants. The reason for the age limit was that the run was originally to be jointly sponsored with *Teen Magazine*, however, *Teen* withdrew, for reasons unknown, and this action deprived the race of much needed publicity.

The Broadway Department Stores were to provide promotional support; little of which materialized. Missing, too, was the spark provided by lacing the field with some of the "name" runners. The 18 year age limit would have been a factor in this, but someone like American record holder Mary Shea could possibly have been brought in. Bell has been known to do that sort of thing.

Patience Unger (Unat) 40:25; 3. Cathy Duarte (Blue Angels) 42:26; 4. J. Walther (Chatsworth Chiefs) 42:44; 5. Ann Scott (Unat) 43:19. **15 & 16:** 1. Vicki Cook (SC Roadrunners) 38:18; 2. A. Villanueva (Fountain Valley) 38:28; 3. Theresa Ebner (Snazzy Snails) 39:51; 4. B. McGlinchey (Fountain Valley) 40:32; 5. Denise Ball (LA Naturite) 41:10. **17 & 18:** 1. Michele Bush (Rolling Hills) 36:23; 2. Su Mei Lee (SC Roadrunners) 36:32; 3. Terri Wells (Colorado State) 37:08; 4. T. Koelowski (PC Pacers) 37:49; 5. Lita Whiteman (Jamul Toads) 39:02.



Fortunately, the Santa Monica Track club is experienced in these things (putting on races and oversleeping directors) and things were going relatively smoothly.

Uncertainty about getting the necessary police permit resulted in the race not appearing on the AAU schedule and very little time to organize. So, the field shrunk from last year's 2,900 to a modest 900 this year, mostly due to lack of an entry form mailing. It could have been worse though (see the Bonne Bell story). The only other major hitch was when the crew, who were supposed to set up an aid station at the half-way point, get confused in the last minute's rush and didn't take the water containers. As it turned out, however, it was overcast and cool, so for the most part, aid wasn't much needed. Water aid, that is. First aid was another matter. And it figured in a rather interesting way. At the start, two runners were knocked down, apparently one tripping over the other. One, a young man of about 18, received several scratches and bruises from the blacktop, and he pulled out of the race. More on the other later.

This course is popular because it is *flat! flat! flat!* Being along the ocean it is also cool. Flat, cool, and fast. Last year it was even faster: it was short. Also going for it is the scenery; it winds through Venice's beach front section to the tip of Marina Del Rey and back.

With head coach Joe Douglas acting as starter, the mod took off down Ocean Front Walk and I hoped the skaters, notorious for their arrogance, would have the sense to get out of their way. They did. So would the Russian Army for that matter. Then, as Ocean Front Walk curved off to the right, they disappeared into the distance along the most misnamed street in L.A. — Speedway.

At this point, I was going strictly on faith that the turnaround point was being manned. (Actually, womanned: one of our women was in charge of that. I was worried about her being there with her crew. It wasn't certain whether the spot had been properly marked.) If not, the runners would be half-way to San Diego before we could stop them.

I let out a big sigh of relief when the first runner came into sight at little over 29 minutes. At 30:49, 17 year old Ron Ysais crossed the finish line,

No matter, it was an outstanding performance. Her award was accepted by Christa Romppanen, whose 40:49 and third place, 40-44 age group, was pretty impressive itself. It was Christa's husband, the Malibu sculptor, with one name, Eino, who pointed out what Margaret's time meant. Eino, who is over 50 ran in the mid 30's himself. He has worked with the likes of Chuck Smead and Esa Tikkanen, and people such as Lasse Viren and Frank Shorter are frequently his houseguests, so we figure he knows what he's talking about.

Just wondering Dept.: Do you suppose Eino's last name is Romppanen?

RESULTS

photo by Richard Lee Slotkin



RON YSAIS

Men 12 and Under: 1. Martin Turner 38:27; 2. Shane Ploos 38:53; 3. Wyndham Galbraith 41:35. **Men 13-17:** 1. Ron Ysais 30:49; 2. Steve Schuman 33:39; 3. Jacob Greenspan 33:53. **Men 18-29 (open):** 1. Dan Caprioglio 31:01; 2. Bob Macias 31:22; 3. Paul Medvin 31:33; 4. Todd

reason to: less than 200 young ladies had crossed the finish line at the Bonne Bell 10 Kilo at Mason Regional Park in Irvine.

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The Broadway Department Stores were to provide promotional support; little of which materialized. Missing, too, was the spark provided by lacing the field with some of the "name" runners. The 18 year age limit would have been a factor in this, but someone like American record holder Mary Shea could possibly have been brought in. Bell has been known to do that sort of thing.

And, finally, the location in Orange County was a bit out of the way in these gasoline-short days to draw on the L.A. area.

There was some quality in the field, though. Broken into 2 year age categories starting with 17-18 and ending with 10 and under, it took almost a 42 flat to win the 10 and under age group.

Overall winners came mostly from the oldest group, as you would expect. Seventeen year old Michele Bush, who joined the sub - 35:00 group the previous week, held off Avon winner Su Mei Lee in a "slowish" 36:23. The two took the lead after about a half-mile, and took turns leading over the figure 8 shaped course, which was mostly flat, but had several mild rises and dips as it circled the park. Upon reentering, Bush opened up a 20 yard lead and held it for the final half mile to the finish. Su Mei Lee's time was 36:32.

Taking third place was Terri Wells with 37:08. Fourth place went to Blue Angel Kathy Kiernan, who ran in the 13-14 age group. Her time of 37:21 gives you some idea of the kind of talent coming up in women's running.

RESULTS

10 and Under: 1. Kristin Harkins (Blue Angels) 42:28; 2. Carol Doody (SC Roadrunners) 42:52; 3. Kerri Dudley (Unatt) 43:55. **11 and 12:** 1. Theresa Barrios (Patriots) 40:08; 2. D. Crabtree (Blue Angels) 42:09; 3. Diane DeDianous (SC Roadrunners) 42:47. **13 & 14:** 1. Kathy Kiernan (Blue Angels) 37:21; 2.

2. Su Mei Lee (SC Roadrunners) 36:32; 3. Terri Wells (Colorado State) 37:08; 4. T. Koelowski (PC Pacers) 37:49; 5. Lita Whiteman (Jamul Toads) 39:02.



photo by Richard Lee Slotkin

MICHELE BUSH

MARINA - VENICE 10 KILOMETER

August 12, Venice: 2nd ANNUAL MARINA-VENICE 10 KILOMETER:

As I groped through the semi-darkness to answer the telephone, I knew I was in trouble. At 4:30 in the morning, there should have been total darkness. There: it was past 4:30.

"Hello?"

"Are you coming?"

Mumbled: "I'm on my way."

So, after insisting that everyone working the race be at the site no later than 5:45 a.m., the race director, up until 1:30 a.m. with a crew assembling race packets, set his alarm for 4:30 a.m., forgot to lift the activator lever, overslept and arrived, to the accompaniment of the appropriate welcome (jeers, sarcasm, etc.), 45 minutes late.

Venice's beach front section to the tip of Marina Del Rey and back.

With head coach Joe Douglas acting as starter, the mod took off down Ocean Front Walk and I hoped the skaters, notorious for their arrogance, would have the sense to get out of their way. They did. So would the Russian Army for that matter. Then, as Ocean Front Walk curved off to the right, they disappeared into the distance along the most misnamed street in L.A. — Speedway.

At this point, I was going strictly on faith that the turnaround point was being manned. (Actually, womanned: one of our women was in charge of that. I was worried about her being there with her crew. It wasn't certain whether the spot had been properly marked.) If not, the runners would be half-way to San Diego before we could stop them.

I let out a big sigh of relief when the first runner came into sight at little over 29 minutes. At 30:49, 17 year old Ron Ysaïs crossed the finish line, followed by Dan Caprioglio in 31:01. Third was Bob Macias in 31:22 and 11 seconds later 2 year state mile champ Paul Medvin checked in. Paul seemed considerably mellowed this day than he was at the UC Irvine Meet of Champions and the UCLA/Pepsi Meet. It was a pleasure to hand him his 3rd place medal (Ysaïs, at 17, was in an age group rather than "open.")

It was a good day for the Falks of Canoga Park. Todd was 5th overall and 4th open, while his sister Teresa, making a comeback from an injury last year, was first female in 37:22.

A few weeks before the race, Linda Pence shifted her workouts to the track at Santa Monica College, which is where the SMTC works out. Something must have rubbed off on her because she PRed with a 42:25, good enough for the 3rd place bronze medal in the 30-34 group.

Now, to get back to the other person in that 2-party spill at the start. She too received several scratches and bruises. So severe, in fact, that she went to an emergency hospital for treatment as soon as she finished. In doing so, 53 year old Margaret Miller deprived the other runners from seeing close up the new world record holder for women over 50 in the 10,000 meters. Would you believe 39:05? Believe it...she did it. Did she do it in spite of or because of the pain? Doesn't matter much, does it? The record is unofficial, of course, because, due to variations of road race courses, only records set on track are recognized.



RON YSAIS

Men 12 and Under: 1. Martin Turner 38:27; 2. Shane Ploos 38:53; 3. Wyndham Galbraith 41:35. **Men 13-17:** 1. Ron Ysaïs 30:49; 2. Steve Schuman 33:39; 3. Jacob Greenspan 33:53. **Men 18-29 (open):** 1. Dan Caprioglio 31:01; 2. Bob Macias 31:22; 3. Paul Medvin 31:33; 4. Todd Falk 32:16; 5. Peter Mogg 32:25. **Men 30-34:** 1. Bruce Bills 33:05; 2. Rocky Mettam 33:20; 3. Bob Holguin 34:44. **Men 35-39:** 1. Ron Russell 33:30; 2. Rene Ruiz 33:51; 3. Gene Comroe 33:57. **Men 40-44:** 1. Gary Anderson 33:24; 2. Norman Cohen 35:57; 3. Scott Schriver 35:59. **Men 45-49:** 1. Edward Oviatt 36:37; 2. C.J. Wright 39:01; 3. Myron Uhlberg 39:55. **Men 50-54:** 1. Charles Hanson 35:20; 2. Gunnar Linde 37:13; 3. Ken Schuchard 41:51. **Men 55-59:** 1. D.J. Miller 39:16; 2. Jim Dacolis 41:04; 3. Don Mathews 42:55. **Men 60-64:** 1. Russ Haltom 45:51; 2. Burke Roche 48:27; 3. Roy Price 48:35. **Men 65 and Over:** 1. John Thomson 48:47; 2. Robert Barrett 49:53.

Women 12 and Under: 1. Karen Buck 47:30; 2. Ann Gilmore 55:32; 3. Debbie Roy. **Women 13-17:** 1. Shelley Quintana 41:18; 2. Susie Chmiel 46:51; 3. Marjorie Birnhaupt 46:57. **Women 18-29 (open):** 1. Teresa Falk 37:32; 2. Kathleen Nunez 39:36; 3. Lynne McGinnis 41:08; 4. Donna Rowland 42:11; 5. Raquel Enriquez 42:31. **Women 30-34:** 1. Susan Russell 41:01; 2. Pauline Stevens 41:52; 3. Linda Pence 42:25. **Women 35-39:** 1. Sharon O'Halloran 40:50; 2. Susan Sokoloff 41:20; 3. Sandy Mosk 41:21. **Women 40-44:** 1. Christa Romppan 40:49; 2. Karen Nestande 46:24; 3. Ingrid Slowske 48:02. **Women 45-49:** 1. Nancy Wright 44:32; 2. Faye Metz 47:41; 3. Bev Kelse 49:34. **Women 50-54:** 1. Margaret Miller 39:05; 2. Helen Palmer 43:59; 3. Heidi Ryder 57:24. **Women 55-59:** 1. Edith Carlisle 50:12.



PAN AMERICAN MASTERS MEET

JULY 21-22

Men 30-34 Division:

100: 1. Ruben Whitney (SATC) 10.64; 2. Glenn Johnson (CDM) 10.87; 3. Ford Dover (Un) 11.27. **200:** 1. Ruben Whitney (SATC) 22.32; 2. Glenn Johnson (CDM) 22.62. **400:** 1. Hilliard Sumner (SCS) 48.08; 2. Glenn Johnson (CDM) 51.2; 3. Joseph Evanish (CDM) 62.9. **800:** 1. Sam Pinterpe (Un) 1:59.2; 2. Bob Browne (WVTC) 1:59.4; 3. Steve Waggener (CDM) 2:00.8. **1500:** 1. Steve Waggener (CDM) 4:12.2; 2. David Shilling (P.Va) 4:13.5. **10,000:** Ed Bouldin (Bau.St.) 47:05.0. **3,000 Steeple:** 1. Ed Bouldin (Bau.St.) 13:41.0; 2. Gary Ruttenberg (Ca Wlk) 17:36.8. **5,000 Walk:** 1. Wayne Glusker (WVTC) 22:50; 2. Ed Bouldin 23:57; 3. Roger Brandwein (Ca Wlk) 26:22. **110 Hurdles:** 1. Frederick Johnston (SCS) 15.65. **400 Hurdles:** 1. Ed Oleata (SDTC) 60.1; 2. Fred Johnston (SCS) 61.6. **High Jump:** 1. Charlie Rader (SCS) 6-6; 2. Steve Lang (Un) 6-6; 3. Andrew Smith (SCS) 5-10. **Pole Vault:** 1. Wayne Lambert (Un) 15-0; 2. Warren Wilke (Un) 15-0; 3. Warren Cummings (SCS) 14-6. **20,000 Walk:** 1. Tom Dooley (WVTC) 1:37:52; 2. Wayne Glusker (WVTC) 1:38:25; 3. Ed Bouldin (B. St.) 1:45:00. **Long Jump:** 1. Carl Flowers (AATC) 22-8½; 2. Alan Rigby (SCS) 20-0½; 3. William Henderson (NCS) 14-11¼. **Triple Jump:** 1. Andrew Smith (SCS) 41-3¾; 2. Isaias Sanders 41-1½; 3. Steve Lang (Un) 38-0½. **Shot Put:** 1. Fred Johnston (SCS) 37-11½; 2. Warren Cummings (SCS) 36-4; 3. William Henderson (NCS) 36-0½. **Discus:** 1. Les Rager (Un) 127-3; 2. Warren Wilke (Un) 122-9; 3. Frederick Johnston (SCS) 118-11. **Hammer:** 1. William Henderson (NCS) 65-7. **Javelin:** 1. Clyde Foreman (C.M.) 201-8; 2. Warren Wilke (Un) 196-5; 3. Fred Johnston (SCS) 177-10.

Men 35-39 Division:

100: 1. Walt Butler (SCS) 11.12; 2. Doug Smith (CDM) 11.27; 3. Bobby Simpson (Un) 11.37. **200:** 1. Dennis Dyce (NYPD) 22.50; 2. Walt Butler (SCS) 22.81. **400:** 1. Dennis Dyce (NYP) 48.74; 2. Frank Little (SCS) 52.54; 3. Doug Smith (CDM) 54.17.

1:37:06. 110 Hurdles: 1. Alvin Henry (CDM) 14.99; 2. Charles Fuller (NCS) 15.56; 3. Gabriel Roldan (Mex) 16.05. **400 Hurdles:** 1. Gary Miller (CDM) 59.7; 2. Gabriel Roldan (Mex) 62:00; 3. Juan Fernandez (Mex) 83.03. **High Jump:** 1. Kermit Walker 5-4; 2. Phil Conley (Un) 5-2; 3. Eduardo Charry (Colo) 5-2. **Pole Vault:** 1. Ron Fleming (SDTC) 11-8; 2. Hal Smith (SCS) 9-6; 3. Chuck Young (SCS) 9-0. **Long Jump:** 1. Al Henry (CDM) 21-2¼; 2. Kermit Walker 20-11; 3. Charles Fuller (NCS) 17-11¼. **Triple Jump:** 1. Al Henry (CDM) 43-6; 2. Kermit Walker 42-1½; 3. Juan Fernandez (Mex) 37-11. **Shot Put:** 1. Jim Hanley (SCS) 42-4; 2. Hal Smith (SCS) 41-0½; 3. Carl Klehm 36-9. **Discus:** 1. Bob Humphreys (CDM) 147-0; 2. Hal Smith (SCS) 116-1; 3. Carl Lkahn 100-0. **Hammer:** 1. Jim Hanley (SCS) 140-8; 2. Carl Klehm 119-11; 3. Hal Smith (SCS) 117-0. **Javelin:** 1. Phil Conley (Un) 208-8; 2. Hal Smith (SCS) 136-1; 3. Ed Oleata (SDTC) 118-4.

Men 45-49 Division:

100: 1. Percy Knox (CDM) 11.38; 2. Nick Newton (SCS) 11.48; 3. Harold Hitt (PTC) 11.91. **200:** 1. Percy Knox (CDM) 24.41; 2. Nick Newton (SCS) 24.58; 3. Harold Hitt (PTC) 24.86. **400:** 1. Nick Newton (SCS) 53.71; 2. Harold Hitt (PTC) 54.28; 3. Tony Nasralla (STC) 55.40. **800:** 1. Billy Gaedke (CI TC) 2:06.7; 2. John Harper (CDM) 2:09.7; 3. Jose Olivo (Mex) 2:37.8. **1500:** 1. Billy Gaedke (CI TC) 4:36.5; 2. John Harper (CDM) 4:57.3; 3. Isaias Lopex (Mex) 5:23.9. **3,000 Steeple:** 1. P. Alexander (Un) 13:19. **5,000:** 1. P. Alexander (Un) 18:40.6. **10,000:** 1. P. Alexander (Un) 41:26.0; 2. Jim Kelly (Un) 47:57.8. **5,000 Walk:** 1. John Kelly (Ca Wlk) 25:20. **20,000 Walk:** 1. John Kelly 1:55:49. **110 Hurdles:** 1. David Jackson (CDM) 16.12. **400 Hurdles:** 1. Tony Nasralla (STC) 64.51. **High Jump:** 1. Nick Newton (SCS) 5-6; 2. Ed Austin (CDM) 5-4; 3. B. Otzinger (SCS) 4-10. **Pole Vault:** 1. Vic Cook (SCS) 13-1; 2. Fred Gallardo (NCS) 9-6; 3. Ronnie DeVoe (SMTC) 9-0. **Long Jump:** 1. Dave Jackson (CDM) 20-8¾; 2. Shirley Davisson (CDM) 20-0¾; 3. Phil Presber 19-7. **Triple Jump:** 1. Dave Jackson (CDM) 42-8; 2. Tony Nasralla (STC) 35-7¾. **Shot Put:** 1. Dick Smith (CDM) 32-6. 2. Richard Kennerly (LAS) 26-9. **Discus:** 1. Edward VanPelt 134-11; 2. Dick Smith (CDM) 98-10; 3. Richard Kennerly 95-10. **Hammer:** 1. Dick Smith (CDM) 80-8. **Javelin:** 1. Dick Smith (CDM) 132-6.

Men 50-54 Division:

100: 1. Oswald Dawkins (STC) 11.85; 2. Bob Watanabe (STC) 11.90; 3. Ted Vick (CDM) 12.23. **200:** 1. Oswald Dawkins (STC) 25.09; 2. Ted Vick (CDM) 25.79; 3.

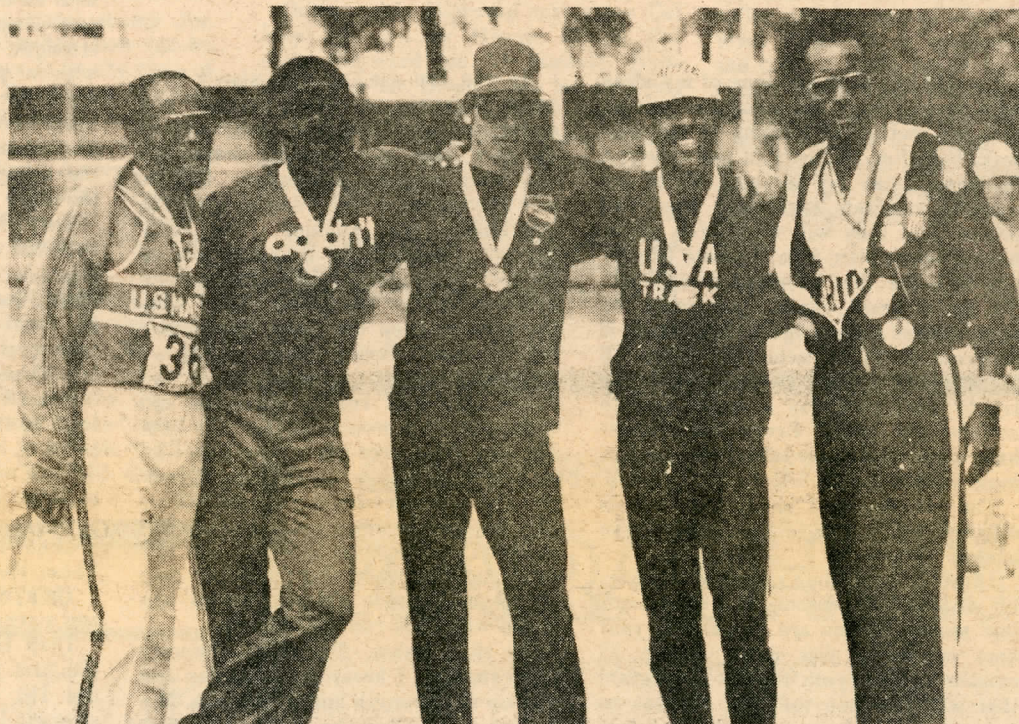
1. Robert Hunt. (SCS) 68.2; 2. Thomas Clayton (CDM) 68.0. **High Jump:** 1. David Brown (CDM) 4-8; 2. Chuck McFate (Un) 4-4; 3. James Minah (CW) 4-4. **Pole Vault:** 1. David Brown (CDM) 10-0; 2. Jim Johnson (NCS) 9-6. **Long Jump:** 1. Tom Patsalis (CDM) 18-10½; 2. Jim Johnsons (NCS) 17-3; 3. Ray Spencer (SDTC) 17-1½. **Triple Jump:** 1. Tom Patsalis (CDM) 37-10¾; 2. Jim Johnson (NCS) 33-1¼; 3. Ray Spencer (SDTC) 33-1. **Shot Put:** 1. George Ker (CDM) 46-5½; 2. Bill Bangert (CDM) 45-7; 3. James Minah (CW) 35-7½. **Discus:** 1. Fortune Gordien 134-3; 2. George Ker (CDM) 130-6; 3. Mark Henderson (NCS) 125-7. **Hammer:** 1. James Minah (CW) 108-6; 2. Mark Henderson (NCS) 64-3.

Spangler (SLDC) 43.13. **400:** 1. John Satti (NCS) 65.53; 2. Harry Koppel (NCS) 65.58; 3. Bud Deacon (HI) 69.62. **800:** 1. Bud Deacon (HI) 2:58.4; 2. John Montoya (STC) 3:11.4. **1500:** 1. Bud Deacon (HI) 5:45.1; 2. John Montoya (STC) 6:13.9. **5,000:** 1. John Montoya (STC) 22:25.3. **10,000:** 1. John Montoya (STC) 41:16.0. **5,000 Meter Walk:** 1. Gordon Wallace (Un) 29:30. **20,000 Walk:** 1. Gordon Wallace (Un) 2:15:27; 2. Mickey Blakesley (SDTC) 2:35:20. **110 Hurdles:** 1. Bud Deacon (HI) 20.90; 2. Art Vesco (SCS) 21.95. **400 Hurdles:** 1. John Satti (NCS) 75.5; 2. Bud Deacon (HI) 79.8. **High Jump:** 1. Art Vesco (SCS) 3-10. **Pole Vault:** 1. Bud Deacon (HI) 9-0; 2. Art Vesco (SCS) 6-0. **Long Jump:** 1. John

400 Meter Men 40-49: 1. Corona Del Mar (Henry, Jackson, Miller, Knox) 44.5; 2. Southern California Striders 44.9. **400 Meter Men 30-39:** 1. Southern California Striders (Butler, Franklin, Ferguson, Sumner) 42.15; 2. Corona Del Mar 42.5; 3. Pick Up All Stars 45.7. **800 Meter Men 50-59:** 1. Corona Del Mar (Stolpe, Clayton, Beadle, Vick) 1:42.44; 2. Seniors Track Club 1:43.05. **800 Meter Men 40-49:** 1. Corona Del Mar (Henry, Jackson, Miller, Knox) 1:35.37; 2. Unattached 1:35.61; 3. Seniors Track Club 1:36.29. **800 Meter Men 30-39:** 1. Southern California Striders (Ferguson, Butler, Franklin, Sumner) 1:29.19; 2. Corona Del Mar 1:32.30; 3. Unattached 1:36.24. **1600 Meter Men 50-59:** 1. Corona Del Mar (Clayton, Lewis, Beadle, Vick) 4:17.1. **1600 Meter Men 40-49:** 1. Pan Am Offense (Budd, Elliot, Bohlgian, Oleata) 3:38.4; 2. Corona Del Mar 3:57.2.

Women 30-39 Division:

100: 1. Alberta Martin (SCS) 13.12; 2. Jan Svendsen (Quest) 13.18; 3. Ann Jankowski (SCS) 15.28. **200:** 1. Alberta Martin (SCS) 28.05; 2. Patricia Story (SMTC) 30.91; 3. Janice Henderson (NCS) 31.98. **400:** 1. Wonda Thornton (Un) 66.66; 2. Dolores Viveros (Mex) 67.17; 3. Margie Tenebaum



Some of California's top masters athletes:

(left to right) OSWALD DAWKINS, HERMAN FRANKLIN, RODNEY FERGUSON, RALPH LEE, and HILLIARD SUMNER

17:36.8. **5,000 Walk:** 1. Wayne Glusker (WVTC) 22:50; 2. Ed Bouldin 23:57; 3. Roger Brandwein (Ca Wlk) 26:22. **110 Hurdles:** 1. Frederick Johnston (SCS) 15.65. **400 Hurdles:** 1. Ed Olseta (SDTC) 60.1; 2. Fred Johnston (SCS) 61.6. **High Jump:** 1. Charlie Rader (SCS) 6-6; 2. Steve Lang (Un) 6-6; 3. Andrew Smith (SCS) 5-10. **Pole Vault:** 1. Wayne Lambert (Un) 15-0; 2. Warren Wilke (Un) 15-0; 3. Warren Cummings (SCS) 14-6. **20,000 Walk:** 1. Tom Dooley (WVTC) 1:37:52; 2. Wayne Glusker (WVTC) 1:38:25; 3. Ed Bouldin (B. St.) 1:45:00. **Long Jump:** 1. Carl Flowers (AATC) 22-8½; 2. Alan Rigby (SCS) 20-0½; 3. William Henderson (NCS) 14-11¼. **Triple Jump:** 1. Andrew Smith (SCS) 41-3¼; 2. Isaiah Sanders 41-1½; 3. Steve Lang (Un) 38-0½. **Shot Put:** 1. Fred Johnston (SCS) 37-11½; 2. Warren Cummings (SCS) 36-4; 3. William Henderson (NCS) 36-0½. **Discus:** 1. Les Rager (Un) 127-3; 2. Warren Wilke (Un) 122-9; 3. Frederick Johnston (SCS) 118-11. **Hammer:** 1. William Henderson (NCS) 65-7. **Javelin:** 1. Clyde Foreman (C.M.) 201-6; 2. Warren Wilke (Un) 196-5; 3. Fred Johnston (SCS) 177-10.

Men 35-39 Division:

100: 1. Walt Butler (SCS) 11.12; 2. Doug Smith (CDM) 11.27; 3. Bobby Simpson (Un) 11.37. **200:** 1. Dennis Dyce (NYPD) 22.50; 2. Walt Butler (SCS) 22.81. **400:** 1. Dennis Dyce (NYP) 48.74; 2. Frank Little (SCS) 52.54; 3. Doug Smith (CDM) 54.17. **800:** 1. C. Barnardino (Mex) 2:05.55; 2. Conteras Mareolino 2:07.4. **1500:** 1. Bruce Kostin (STC) 4:16.9; 2. C. Barnardino (Mex) 4:19.2; 3. Iao Contreras (Mex) 4:28.3. **3,000 Steeple:** 1. Ira Yawnick (Bas B) 11:28.5; 2. Jan Richardson 13:21.5. **5,000:** 1. Dennis Dillon (Un) 17:49.7; 2. Ron Ollitsky (Un) 18:21.9. **10,000:** 1. Frank Duarte (OC) 32:57.4; 2. Ron Ollitsky (Un) 41:33.8. **5,000 Walk:** 1. Mike Smith (SCS) 36:11. **20,000 Walk:** 1. Jim Coots (B. St.) 1:50:05; 2. Terry Mathews (Ca Wlk) 2:05:12; 3. Mike Smith (SCS) 2:59:09. **110 Hurdles:** 1. Walt Butler (SCS) 14.60; 2. Larry Sallinger (CDM) 14.98; 3. Cornel McCormick (SCS) 15.55. **400 Hurdles:** 1. Hugh Adams (CDM) 57.7; 2. Cornel McCormick (SCS) 58.3; 3. Larry Sallinger (CDM) 58.7. **High Jump:** 1. Jim Brown (NCS) 6-2. **Pole Vault:** 1. Anthony Enderes (Un) 11-6. **Long Jump:** 1. Larry Sallinger (CDM) 21-0½; 2. Miguel Uco-ovich 18-3; 3. Jomeli Felipe (Mex) 13-9½. **Triple Jump:** 1. Felipe Comell 33-1¼; 2. Mike Smith (SCS) 28-7½. **Shot Put:** 1. Doug Wells (CDM) 53-2; 2. Ed Kohler (AATC) 51-9½; 3. Charles Russell (CDM) 40-5½. **Discus:** 1. Ed Kohler (AATC) 166-2; 2. Doug Wells (CDM) 153-8; 3. Lloyd Higgins (SCS) 152-5. **Javelin:** 1. Doug Wells (CDM) 201-6; 2. Sam West (Un) 199-6; 3. Corn. McCormick (SCS) 152-4.

Men 40-44 Division:

100: 1. H. Lewis Smith (SCS) 11.31; 2. Arnold Budd (NYM) 11.51; 3. Charles Fuller (NCS) 11.74. **200:** 1. H. Lewis Smith (SCS) 24.00; 2. Arnold Budd (NYM) 24.01; 3. Halg Bohlgian (NYM) 24.94. **400:** 1. Charles McKinney (SCS) 51.98; 2. Halg Bohlgian (NYM) 53.13; 3. Mel Elliott (SMTCC) 53.53. **800:** 1. Mel Elliott (SMTCC) 2:03.0; 2. Halg Bohlgian (NYM) 2:09.1; 3. Steve Webe (CDM) 2:10.3. **1500:** 1. Robert Packard (ARR) 4:13.4; 2. Mel Elliott (SMTCC) 4:20.8; 3. Eugene Gallindo (SCS) 4:33.4. **3,000 Steeple:** 1. Jim Cullen (SCS) 12:41.5; 2. Juan Fernandez (Mex) 12:48.9. **5,000:** 1. Everett Chase (Un) 19:01.2. **10,000:** 1. Robert Packard (ARR) 34:29.5; 2. Redmond Gleeson (SCS) 39:45.6. **5,000 Walk:** 1. Ron Laird (NYAC) 23:16. **20,000 Walk:** 1. Ron Laird (NYAC)

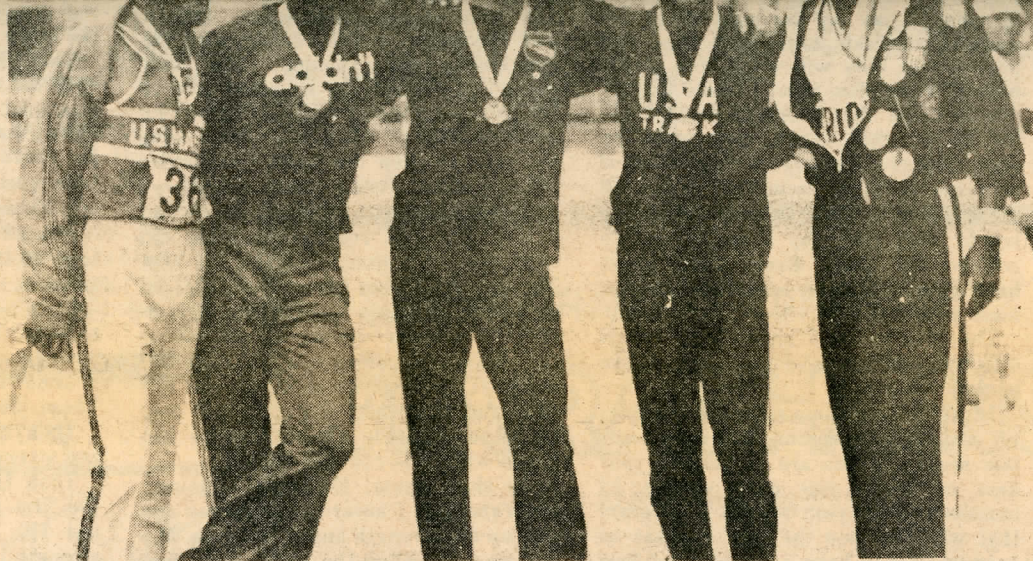
Hitt (PTC) 24.86. **3,000 Steeple:** 1. Nick Newton (SCS) 53.71; 2. Harold Hitt (PTC) 54.28; 3. Tony Nasralia (STC) 55.40. **800:** 1. Billy Gaedke (CI TC) 2:06.7; 2. John Harper (CDM) 2:09.7; 3. Jose Olivo (Mex) 2:37.8. **1500:** 1. Billy Gaedke (CI TC) 4:36.5; 2. John Harper (CDM) 4:57.3; 3. Isaias Lopex (Mex) 5:23.9. **3,000 Steeple:** 1. P. Alexander (Un) 13:19. **5,000:** 1. P. Alexander (Un) 18:40.6. **10,000:** 1. P. Alexander (Un) 41:26.0; 2. Jim Kelly (Un) 47:57.8. **5,000 Walk:** 1. John Kelly (Ca Wlk) 25:20. **20,000 Walk:** 1. John Kelly 1:55:49. **110 Hurdles:** 1. David Jackson (CDM) 16.12. **400 Hurdles:** 1. Tony Nasralia (STC) 64.51. **High Jump:** 1. Nick Newton (SCS) 5-6; 2. Ed Austin (CDM) 5-4; 3. B. Otzinger (SCS) 4-10. **Pole Vault:** 1. Vic Cook (SCS) 13-1; 2. Fred Gallardo (NCS) 9-6; 3. Ronnie DeVoe (SMTCC) 9-0. **Long Jump:** 1. Dave Jackson (CDM) 20-8¾; 2. Shirley Davison (CDM) 20-0¾; 3. Phil Presber 19-7. **Triple Jump:** 1. Dave Jackson (CDM) 42-6; 2. Tony Nasralia (STC) 35-7¼. **Shot Put:** 1. Dick Smith (CDM) 32-6. 2. Richard Kennerly (LAS) 26-9. **Discus:** 1. Edward VanPelt 134-11; 2. Dick Smith (CDM) 98-10; 3. Richard Kennerly 95-10. **Hammer:** 1. Dick Smith (CDM) 80-8. **Javelin:** 1. Dick Smith (CDM) 132-6.

Men 50-54 Division:

100: 1. Oswald Dawkins (STC) 11.85; 2. Bob Watanabe (STC) 11.90; 3. Ted Vick (CDM) 12.23. **200:** 1. Oswald Dawkins (STC) 25.09; 2. Ted Vick (CDM) 25.79; 3. Richard Stolpe (CDM) 26.18. **400:** 1. Bill Fitzgerald (STC) 2:08.7; 2. Bob Sieben (SDTC) 2:09.4; 3. David Stevenson (Un) 2:11.2. **800:** 1. Bill Fitzgerald (STC) 4:49.9; 2. Linde Gunnar (SMTCC) 4:50.0. **3,000 Steeple:** 1. David Stevenson (Un) 11:02.8. **5,000:** 1. Jim O'Neill (B Chps) 16:39.6; 2. Sam Nicholson (STC) 18:14.7; 3. Julio Velez (Mex) 26:12.6. **10,000:** 1. Jim O'Neill (B Chps) 34:50.3; 2. Sam Nicholson (STC) 37:28.5; 3. Julio Velez (Mex) 47:22.0. **5,000 Walk:** 1. John Allen (Un) 25:39; 2. Harry Siltonen (NCS) 29:39; 3. John Friese (CDM) 30:12. **20,000 Walk:** 1. John Allen (Un) 2:09:30; 2. Harry Siltonen (NCS) 2:11:25. **110 Hurdles:** 1. Oswald Dawkins (STC) 25.09; 2. Ted Vick (CDM) 25.79; 3. Richard Stolpe (CDM) 26.18. **High Jump:** 1. Delaine Wagner (STC) 4-2; 3. Robert Perry (CDM) 4-2. **Pole Vault:** 1. Don Grosh (CDM) 10-6; 2. Robert Perry (CDM) 6-0. **Long Jump:** 1. John Friese (CDM) 12-8. **Shot Put:** 1. Paul Evans (CDM) 36-5; 2. Emson Grimm (STC) 22-9. **Discus:** 1. Harry Hawke (SDTC) 132-1; 2. Paul Evans (CDM) 101-1; 3. Robert Perry (CDM) 68-5. **Hammer:** 1. Paul Evans (CDM) 108-2; 2. Robert Perry (CDM) 76-0; 3. Emson Grimm (STC) 60-4. **Javelin:** 1. Paul Evans (CDM) 75-0; 2. Emson Grimm (STC) 55-5.

Men 55-59 Division:

100: 1. Tom Patsalis (CDM) 12.51; 2. Wilbur Buchanan (SCS) 12.98; 3. Pete Fetter (CDM) 13.03. **200:** 1. Tom Clayton (CDM) 27.09; 2. Robert Hunt (SCS) 27.11; 3. Wilbur Buchanan (SCS) 27.23. **400:** 1. Wilbur Buchanan (SCS) 60.08; 2. Robert Hunt (SCS) 60.52; 3. Ray Spencer (SDTC) 60.67. **800:** 1. Avery Bryant (STC) 2:18.0; 2. David Lewis (CDM) 2:29.5; 3. Joseph Melani (Un) 2:34.1. **1500:** 1. Avery Bryant (STC) 4:59.9. **3,000 Steeple:** 1. Avery Bryant (STC) 12:49.2. **5,000:** 1. Avery Bryant (STC) 18:15.5; 2. Harold Daughters (SCS) 19:45.5; 3. William Morey (Un) 19:48.4. **10,000:** 1. Harold Daughters (SCS) 39:47.3; 2. Elicio Hernandez (Mex) 47:22.0. **5,000 Walk:** 1. Art Smith (Un) 29:12. **110 Hurdles:** 1. Tom Patsalis (CDM) 16.88; 2. Robert Hunt (SCS) 17.74; 3. Chuck McFate (Un) 21:49. **400 Hurdles:**



Some of California's top masters athletes:

(left to right) OSWALD DAWKINS, HERMAN FRANKLIN, RODNEY FERGUSON, RALPH LEE, and HILLIARD SUMNER.

Men 60-64 Division:

100: 1. Clarence Killion (CDM) 12.81; 2. Jack Rawls 13.59; 3. Byron Walls (CDM) 13.62. **200:** 1. Byron Walls (Un) 28.68; 2. Jack Rawls (STC) 29.56; 3. George Poloynis (Baker) 30.15. **400:** 1. Clarence Killion (CDM) 64.9; 2. George Poloynis (Baker) 66.94; 3. Paul Ganahl (CDM) 68.05. **800:** 1. Don Longenecker (Un) 2:28.7; 2. Alan Waterman (Stan) 2:32.1; 3. George Poloynis (Baker) 2:33.9. **1500:** 1. Don Longenecker (Un) 5:00.3; 2. Robert Long (SCS) 6:08.8. **3,000 Steeple:** 1. Alan Waterman (Stan) 13:32.4; 2. Paul Ganahl (CDM) 14:09.8; 3. Robert Long (SCS) 15:16.1. **5,000:** 1. Don Longenecker (Un) 18:21.7. **5,000 Walk:** 1. Harold McWilliams (Ca Wlk) 30:40; 2. Robert Long (SCS) 35:18. **110 Hurdles:** 1. Jack Rawls (STC) 19.46; 2. Clarence Killion (CDM) 19.64; 3. Bill Burke (CDM) 21.01. **400 Hurdles:** 1. Alan Waterman (Stan) 74.6; 2. Paul Ganahl (CDM) 75.9. **High Jump:** 1. Bob Ogle (CDM) 4-10; 2. Orval Gillett (CDM) 4-8; 3. John Damski (SFVTC) 4-4; 3. Jim Vernon (STC) 4-4. **Pole Vault:** 1. Jim Vernon (STC) 10-6; 2. Orval Gillett (CDM) 9-0; 3. Bill Burke (CDM) 6-6. **Long Jump:** 1. Bill Burke (CDM) 14-1; 2. George Polynis (Baker) 13-4½; 3. Erich Jordan (STC) 12-11½. **Triple Jump:** 1. Bob Ogle (CDM) 31-2½; 2. Erich Jordan (STC) 29-3¼; 3. John Damski (SFVTC) 28-7¼. **Shot Put:** 1. Jack Thatcher (CDM) 45-8; 2. Don Winton (CDM) 44-0; 3. Charles Slagle (Surr) 43-11½. **Discus:** 1. Don Winton (CDM) 136-1; 2. Jack Thatcher (CDM) 131-5; 3. Erich Jordan (STC) 122-0. **Hammer:** 1. Joe Sanz (CDM) 130-9; 2. Charles McMahon (SDTC) 120-4; 3. Bill Burke (CDM) 107-3. **Javelin:** 1. Bill Morales (CDM) 149-8; 2. Jerry Siefert (SDTC) 129-9; 3. Charles McMahon (SDTC) 122-3.

Men 65-69 Division:

100: 1. Harry Koppel (NCS) 13.26; 2. John Satti (NCS) 13.70; 3. Joe Caruso (STC) 14.34. **200:** 1. Harry Koppel (NCS) 27.94; 2. John Satti (NCS) 29.23; 3. Paul

Satti (NCS) 16-2¼; 2. Joe Caruso (NCS) 13-11¼; 3. Art Vesco (SCS) 11-0¾. **Triple Jump:** 1. John Satti (NCS) 27-10¾; 2. Joe Caruso (STC) 25-8¾; 3. Art Vesco (SCS) 23-1¼. **Shot Put:** 1. James York (NCS) 43-0½; 2. Tom Montgomery (CDM) 38-7½; 3. Art Vesco (SCS) 32-1¼. **Discus:** 1. James York (NCS) 116-0; 2. Art Vesco (SCS) 91-6; 3. Tom Montgomery (CDM) 88-7. **Hammer:** 1. Tom Montgomery (CDM) 125-9; 2. James York (NCS) 119-2; 3. Art Vesco (SCS) 113-10. **Javelin:** 1. Art Vesco (SCS) 77-2; 3. R. MacTarnattan (PTC) 65-8.

Men 70 + Division:

800: 1. Sid Madden (SFVTC) 2:48.3. **1500:** 1. Walt Frederick (STC) 7:07.5; 2. Paul Spangler (80) (SLDC) 7:12.7; 3. Alfred Guth (STC) 8:11.1. **5,000:** 1. Sid Madden (SFVTC) 19:43.9; 2. Paul Spangler (80) (SLDC) 25:09; 3. Walter Frederick (STC) 28:02. **10,000:** 1. Ernest Lyons (T84) 49:05.0; 2. Walter Frederick (STC) 50:30.5. **3,000 Walk:** 1. John Hannah (Ca Wlk) 30:41; 2. Chesley Unruh (SDTC) 35:02; 3. Alfred Guth (STC) 38:31. **20,000 Walk:** 1. John Hannah (SDTC) 2:14:18; 2. Alfred Guth (STC) 3:01:17. **110 Hurdles:** 1. Fred Rile 28.77. **High Jump:** 1. Walter Frederick (STC) 3-10. **Pole Vault:** 1. Robert MacConaghy (CDM) 8-6. **Long Jump:** 1. Red Doms (SCS) 9-2½. **Triple Jump:** 1. Red Doms (SCS) 20-11½. **Shot Put:** 1. Red Doms (SCS) 35-2¼; 2. Randolph Hubbell (STC) 30-2¼; 3. Lee Wintner (SCS) 29-2½. **Discus:** 1. Red Doms (SCS) 106-11; 2. Randolph Hubbell (STC) 88-0; 3. Walter Frederick (STC) 70-9. **Hammer:** 1. Randolph Hubbell (STC) 118-4; 2. Red Doms (SCS) 86-2. **Javelin:** 1. Robert McConaghy (CDM) 106-1; 2. Red Doms (SCS) 94-10; 3. Randolph Hubbell (STC) 90-10.

RELAYS

400 M Relay Men 50-59: 1. Corona Del Mar #2 (Walt, Patsalis, Stripes, Warner) 49.3; 2. Corona Del Mar #1 (48.5,

(SCS) 72.47. **800:** 1. Wonda Thronton (Un) 2:33.0; 2. Linda Huey (Un) 2:43.6; 3. Mary Davis (Un) 3:33.5. **1500:** 1. Patricia Story (SMTCC) 5:11.3; 2. Mary K. Davis (Un) 8:04.9. **5,000:** 1. Patricia Story (SMTCC) 18:21.8; 2. Linda Huey (Un) 22:10; 3. Lenna Coomber (Un) 23:09.3. **10,000:** 1. Patricia Story (SMTCC) 37:50.5; 2. Lenna Coomber (Un) 41:15.9. **5,000 Walk:** 1. Diane Uribe (Ca Wlk) 27:25; 2. Bonnie Dillon (Un) 27:29. **20,000 Walk:** 1. Diane Uribe (Ca Wlk) 2:10:43; 2. Bonnie Dillon (Un) 2:10:47. **High Jump:** 1. Alberta Martin (SCS) 4-4. **Shot Put:** 1. Janice Henderson (NCS) 23-10½; 2. Susan Skerke 23-3. **Discus:** 1. Jan Svendsen (Quest) 153-10; 2. Susan Skerke (Un) 64-0. **Javelin:** 1. Janice Henderson (NCS) 77-2; 2. Susan Skerke 61-5; 3. Maria Medina (Mex) 47-8.

Women 40 + Division:

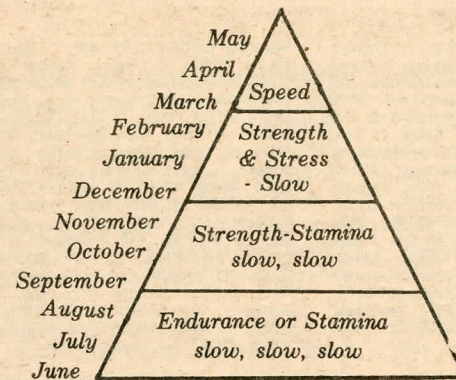
100: 1. Shirley Kinsey (50) (CDM) 15.59; 2. Cattie Burke (40) (CDM) 17.12; 3. Diana Smith (56) (CDM) 19.38; 4. Marjorie Hunt (60) (Un) 20.19. **200:** 1. Shirley Kinsey (50) (CDM) 32.31; 2. Diana Smith (56) (CDM) 42.19. **400:** 1. Ellen Rose (50) (CDM) 72.35; 2. Diana Smith (56) (CDM) 105.08. **800:** 1. Ellen Rose (50) (CDM) 2:55.6; 2. Diana Smith (56) (CDM) 4:11.3. **1500:** 1. Carol Cartwright (50) (SFVTC) 5:45.0; 2. Diana Smith (56) (CDM) 8:35.3. **5,000:** 1. Carol Cartwright (50) (SFVTC) 20:25.4. **10,000:** 1. Carol Cartwright (50) (SFVTC) 39:25.2. **5,000 Walk:** 1. Rose Kash (57) (Ca Wlk) 36:15; 2. Elena Carola (71) (Gid Gt) 41:17. **Shot Put:** 1. Shirley Kinsey (50) (CDM) 25-11¼; 2. Yvonne Rojano (42) 25-5½; 3. Cattie Burke (40) (CDM) 22-8. **Discus:** 1. Yvonne Rojano (42) (Mex) 94-2; 2. Shirley Kinsey (50) (CDM) 75-10½; 3. Ursula Schreiber (40) (Un) 70-0. **Javelin:** 1. Yvonne Rojano (42) (Mex) 71-2; 2. Shirley Kinsey (50) (CDM) 65-5; 3. Ursula Schreiber (40) (Un) 57-11.

TRAINING & TECHNIQUE

by VERN GAMBETTA

A YEAR—ROUND TRACK TRAINING PROGRAM

by RALPH TATE
Oklahoma State



I would like to share some of my ideas with you. I don't think for one minute that my method of training is the only way, but after 30 years in the coaching business, I can say for sure all of my coaching methods have been tried and proven that they will work. You might have a better plan, if so, I would like for you to share this information with me. To be a great coach, you must be open-minded and change your methods if progress is to be achieved. After all these years, I have an open mind and try to learn each day a better way to achieve my goals. Every coach must have a goal and every athlete he coaches must have a goal.

The information I share with you is different but I believe it is part of the answer.

I train through four stages of training; off season, early season, mid-season and late season. If you are to achieve your best in track, you must devote 12 months of each year toward a program that will give you the best chances to succeed. Too, I have a sequence of four steps I use in achieving the best results.

Upon inception, each of us received a heart, reflex action and a thing called

As you can see, we run slowly over great distances to obtain stamina and endurance. I call the first three months the slow, slow, slow running season and my next season, September, October and November, I still remain with the endurance type running. The only change - I shorten the runs and pick up the pace. Example: I might run alternate miles or 880's or 440's, etc., but I keep the pace to keep the heart beat under 160. Anytime during these times, we may run a time trial, but if we do, we run a race that requires stamina and endurance. We would not run the 100, 220, etc. What ever the runner's race is, we double or triple the distance. Example: the sprinter would run the 440 or 660, the quarter miler would run the 660 or 880. The thing you guard against is - don't run fast when you have had only endurance training. More muscles are pulled when you run speed work.

My third phase, December, January and February, I lower the distances and pick up the strength and stress area. We run what is called the slow, slow, fast principle. Example: we run 110's, 220's, 330's, 440's at 80% of race pace for the first two runs, then run 90% for the

and continue to run until his accumulation of 220's is a plus 6 seconds. This is also true for any runner from the sprinter to the distance man.

The fourth step of training, speed, comes last. Now that you have prepared with the first three steps (slow, slow, slow - endurance), (slow, slow training - stamina and strength), and (slow training - stamina and stress), you are ready to produce the fastest speed possible without injury to the runner.

The last step (speed) is most important. In my estimation, speed comes best to those people that understand to get faster you must not stress the muscles with an overload of quality runs without rest. Example: to keep your endurance, strength, stamina, you must continue with a program that will hold these important qualities. Speed training only takes about 10% of the workout time. The remaining time is spent maintaining the things you have accomplished with the other three stages of training.

Too, I believe you do not have to run over 150 yards when you train for speed. Example: 10x50 at 85% working up to 100%. Two sets of 5 - the first four 50's in each set are buildups and are important to a buildup toward speed. The last 50 should be speed without stress.

Next, I go through 75's: 8x75 working from 80 to 100%. These 75's build speed stamina.

Then we go to 6x110 running from 75 to 95%. These 110's build stamina and strength.

Then 4x150 going from 75 to 90%. These 150's build stamina and strength.

Then there's 2x220 to build stamina and strength.

Then there might be 1x330 running the first 220 at 30 and picking up the last 110. This 330 adds endurance and strength.

As you can see, the further we run over 50 yards, the slower the runs, with exception of the last run in each set. As the season progresses, I will cut the

Remember, the faster you run, the less you run. Between each of the above runs, walk 110, then repeat.

It is my belief, anything you run over 65-70 yards does not improve speed. Speed strength, speed stress, speed endurance comes with repeat runs over 70 yards, but speed training comes with those distances under 70 yards. Therefore, you must be patient. Do not ask the runners to run all out every day in practice. Everytime you run at full speed, you should take 48 hours to recover. It is my belief *all* muscle cramps, spasms, and pulls come from overloading the muscle with too much speed stress. This is why most sprinters don't like to run the 440. Most coaches confuse speed training with stress training. I believe you can leave each days practice with the feeling, I can still run more speed. Do not speed train when you are tired.

You should feel good after finishing your speed training. Again I say, speed comes with short distances and the muscles will not run fast until you ask them to. Since speed is so important and it is the most difficult part of the training, don't over-stress the muscles with too much stress at high speed. Use the meets for a test. If you find that your sprinter doesn't finish his sprints well and falters at the end, then I would give him the following workout: 6x100 - run the first 50 yards as a build-up - run the last 50 just like you did before. This way you can pick up the endurance and speed in the same workout. Speed on the first 50 is of no importance. It will help the runner to improve his over-all strength for the 100, 220, etc.

There is not enough time or space to write all the things you need to do to be great as a runner, but you must understand speed comes gradually if done properly and I believe every runner can improve with the proper training.

I would much rather have a sprinter that is undertrained than one that is overtrained. When you overtrain, everything bad happens to a sprinter. When you stress train the sprinter every day, you are asking him to reach his peak early and never run up to his potential.

I know my ideas are different, but with a slow and deliberate training program, the athlete will always improve and improvement is what you are after.

business, I can say all the things you need to do to be a great coach, you must be open-minded and change your methods if progress is to be achieved. After all these years, I have an open mind and try to learn each day a better way to achieve my goals. Every coach must have a goal and every athlete he coaches must have a goal.

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Upon inception, each of us received a heart, reflex action and a thing called natural ability. There is no way you can ever become a great runner without reflex action, a thing called speed - of course I know everyone can get better with training, but to be the best you must be born with reflex action or speed and a natural ability large enough to accomplish whatever goal you might want to achieve.

Knowing that these two things are given to us at birth, then the next two most important things would be coaching and a training schedule.

Now, of course, there are several training schedules. What you must do as a coach is have a plan for the development of every athlete to his ability.

Here is how I go about working my athletes. The two most important things that God didn't give you at birth are endurance and strength. We must work to achieve these two steps. In my mind, I believe you must have endurance or stamina to be successful and one of the best ways to achieve this is to run slowly over great distances - keeping the heart beat below 150-160 beats per minute. At this heart rate, the oxygen transfer system is working at its highest level. This is the fastest way heart strength can improve - running with oxygen.

My training season is divided into four seasons. June, July, and August, I have my runners run slowly over great distances. This also is true for my sprinters, hurdlers, jumpers, etc. I believe the limits of improvement have not been made as yet.

my next season, September, October and November, I still remain with the endurance type running. The only change - I shorten the runs and pick up the pace. Example: I might run alternate miles or 880's or 440's, etc., but I keep the pace to keep the heart beat under 160. Anytime during these times, we may run a time trial, but if we do, we run a race that requires stamina and endurance. We would not run the 100, 220, etc. What ever the runner's race is, we double or triple the distance. Example: the sprinter would run the 440 or 660, the quarter miler would run the 660 or 880. The thing you guard against is - don't run fast when you have had only endurance training. More muscles are pulled when you run speed work.

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Once or twice each month, I put the men through a stress workout. Here, I measure how many times each individual can run a certain portion of his race at race pace - we never run over 1/3 to 1/4 the distance of our race. Example: if my distance was the 440, then I would run 110's with a 15 second interval until I could not run at race pace - usually the runner can run twice the distance, or 8x110 with a 15 second interval.

You set race pace by what you expect him to run the 440 in. If you think he can run 48 seconds, then race pace is 12 second 110's and you keep running them until you have a plus four seconds. Example: 12.0 - 12.0 - 12.5 - 12.5 - 13.0. Each time you go over 12.0, you add the accumulated tenths of seconds until you have an accumulation of 4 seconds. What you try to do is run at least 8-10 110's in 12 seconds. I believe any runner who can run 10 110's at 12 seconds with a 15 second interval can run a 48 second 440. Let's say you want to run the 880. Run 8-10 220's at race pace with 15-20 second intervals and repeat until you have six seconds. The longer he can run 220's at race pace, the better chance he has to be a great 880 man. If you were wanting him to run 1:52 for the 880, then run 220's at 28 second pace with 15-20 second intervals

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From a paper presented at the 1979 U.S. Olympic Committee Learn By Doing Camp California's top cross country team? Cal Poly SLO is the pick of most experts.

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JACK'S ATHLETIC SUPPLY

Jack Leydig Box 1551 San Mateo, CA 94401



July 8: Big Bear Lake. Old Miners
19 Mile Run.

1. Jim Arquilla (28) Team 84	2:04:37
2. Gary Cohen (21) SFVTC	2:07:37
3. Stewart Boden (24) SCRR	2:10:24
4. Kent Schmidt (18)	2:10:28
5. Dennis Caldwell (24) LRC	2:11:46
6. Walt Hitt (28) AIA	2:12:48
7. Ken Lemus (20) Azl	2:12:52
8. Charles McClung (38)	2:12:58
9. Bill Boggs (32) OCTC	2:13:38
10. Rene Ruiz (36) BB	2:13:57
12. Jack Tuttle (41) PVST 1-40	2:15:24
13. Joe Burgasser (40) STC 2-40	1:17:21
31. Harold Daughters (58) 1-50	2:34:46
32. Fred Nagelschmidt (55) 2-50	2:34:51
41. Marie Albert (20) SCRR 1-W	2:37:52
49. Therese Kozlowski (18) 2-W	2:41:55

July 15: Pioneer. 3rd Annual Pioneer
Stampede. 7 kilo.

1. Boyd Tarin	23:10
2. Ken Alberg 1-Jr	23:23
3. Ted Franse 2-Jr	24:37
4. Jon Agnew 3-Jr	24:49
5. Tom Lambie	24:59
6. Dan Clark 4-Jr	25:12
7. Doug Butt	25:32
8. Frank Custino	25:43
9. Harvey Ferrill 1-35+	25:53
10. Dennis Coulter	26:19
28. Paula Ferrill 1-W	31:21
37. Mary Graham 2-W	33:37

68 finishers

July 22: Santa Cruz. Wharf to Wharf
Race. 5.8 miles.

Men:

1. D. Macdonald	27:38
2. M. Ruffatto	27:53
3. T. Quintana	28:00
4. M. Cassaday	28:02
5. J. Hartig	28:23
6. W. Hurst	28:26
7. J. Scall	28:34
8. M. Emry	28:38
9. D. O'Halloran	28:46
10. B. Seaver	28:50
11. B. Foley	28:52
12. S. Hall	28:53
13. D. Cruz	28:58
14. B. Clark	29:04
15. J. Marden	29:06
65. K. Guthrie	30:58

562 finishers

Women:

1. S. Munday	33:35
2. M. Aubuchon	33:59
3. K. Perkin	34:01
4. D. Alleen	34:40
5. M. King	36:00
6. T. Anex	36:02
7. N. Robinson	36:34
8. D. Bigelow	36:38
9. J. Houston	36:44
10. B. Neihaus	36:47
11. B. Storm	36:47
12. A. Kerper	36:51
13. R. Rosenblatt	36:51
14. S. Baffert	36:52
15. D. Young	36:56

725 finishers

Aug. 8, 1979: Northridge. 2nd Annual
Northridge Twilight 10 Kilo Run.

1. Faron Fields	30:58
2. Ed Chaidez	31:05
3. Pat Curran	31:20
4. Terry Gibson	31:34

August 4: San Diego. Balboa 8 Mile

1. Rory Trup	41:04
2. Mike Cour	41:13
3. Scott Peters	41:47
4. Tracy Smith 1-30+	42:00
5. Steve Brown	42:06
6. Jeff Ruland	42:22
7. R. Bricker	42:29
8. Jeff Rigdon	42:41
9. Brian Parks	42:58
10. Bob Day 2-30+	43:37
11. George Pullen	43:54
12. Terry Snyder	43:59
13. Wayne Akiyama	44:30
14. Scott Hurst	45:05
15. Laddie Shaw 3-30+	45:09
20. Juan Pina 1-Jr	46:08
23. Norm Secord 1-40+	46:53
28. Francisco Saiz 2-40-	47:11
71. Sue Gelley 1-W	50:48
92. Yvonne Yanke 2-W	51:52
99. Rocky Racette 3-W	52:09

261 finishers

July 8: San Francisco. San Francisco
Marathon Race Walk.

1. Bill Ranney (WVTC)	3:43:15
2. Tom Dooley (WVTC)	3:48:00
3. Ray Sharp (Mason-Dixon)	4:22:00
4. Harry Siitonen (NCSTC)	5:23:30

Aug. 12: Fullerton. 2nd Annual North
Orange County YMCA 10 Kilo Run.

Men 12 & Under:	
1. Scott St. John	41:00
Men 13-15:	
1. Scott Young	35:01
Men 16-18:	
1. Mike Serna	32:30
2. Marlon Williams	33:08
3. Tim Cano	33:13
Men 19-29 (Open):	
1. Steve Ortiz	29:25
2. Duan Waltmire	30:17
3. Ron Cornell	30:52
4. Joey Gomez	31:57
5. Howard Burgess	32:16
6. Bruce Boettner	32:27
7. Walt Hitt	32:41
8. Jeff Tribole	32:53
9. Dave Fickel	32:59
10. Tom Grimm	33:29
Men 30-34:	
1. Ron Kurrle	32:14
2. Mike Corralz	33:01
3. Brian Oldham	34:10
Men 35-39:	
1. Ann Duvenc	35:22

Aug. 5: San Luis Obispo. Hunger
Project 13 Mile Run.

1. Jim Schankel	1:12:43
2. Dan Rueckert	1:20:02
3. Robert Nanninga	1:22:45
4. Michael White	1:29:05
5. Bill King	1:30:22
6. Robert Zwissler	1:30:29
7. Jeff Herton	1:31:31
8. Silhino Zendejas	1:31:35
9. Stan Rosenfield	1:32:32
10. Bruce Johnson	1:34:01
17. Marv Gross 1-40+	1:38:36
18. Debbie Arbealo 1-W	1:38:48
19. Joseph Kourakis 2-40+	1:39:15
42. Kitty Silsbury 2-W	1:50:20

103 finishers

Aug. 12: San Francisco, Golden Gate
Park. 2nd Annual San Francisco 10
Mile Classic.

Open Men:

1. Gary Blume	49:21
2. Brian Maxwell	49:55
3. Pete Sweeney	49:57
4. Mike Cassady	50:07
5. Mark Conover	50:30
6. Bill Seaver	50:58
7. Ricky Denesik	51:14
8. Chris Hamer	51:15
9. Dan Moynihan	51:25
10. Rich Langford	51:40
11. Tim Chain	51:57
12. Mike Emry	51:58
13. Dirk Feenstra	52:22
14. Steve Slawson	52:26
15. Phil Kay	52:33
16. Bill Joseph	52:38
17. Robert Larson	52:45
18. Ron Nabors	53:00
19. Robert Page	53:08
20. Paul Burke	53:23
21. Fidel Serrano	53:32
22. Peter Day	53:35
23. Greg Jewett	53:49
24. Tony Baccelli	53:52
25. Dave Hanosn	54:01

Masters Men:

1. Cahit Yeter	56:57
2. Don Ardel	57:40
3. Bob Gehl 1-50+	59:34

Open Women:

1. Jill Symons	59:55
2. Diane Killeen	63:59
3. Cathy Demmelmaier	64:18
4. Biff Brody	64:55
5. Bonnie Storm	65:08
6. Donna Andrews	65:13
7. Denise Bigelow	65:31
8. Susan Venella-Brusher	65:43
9. Pat Kirkpatrick	65:40
10. Ann Duvenc	66:25

August 18: Tiburon. 2nd Annual Round
Tiburon Peninsular Race. 8 1/2 miles.

Open Men:

1. Mike Ruffato (Colo)	41:06
2. Gary Romesser (Unatt)	41:09
3. John Moreno (CWTC)	41:23
4. Dan Moynihan (MR)	42:15
5. Kevin Jones (VOM)	42:38
6. Tony Munoz (CWTC)	43:05
7. Pete Demarais (MR)	43:31
8. Tom Weir (Aggies)	43:54
9. Bill Sevald (ETC)	44:04
10. Craig Mandanis (CWTC)	44:15
11. Lester Mina (Aggies)	44:56
12. John Sheehan (Aggies)	45:00
13. Mike Warr (MR)	45:04
14. Robert Brunkan	45:31
15. Gilbert Munoz (CWTC)	45:39

TEAM SCORES:

1. Camino West TC	3:40:09
2. Marin Racers	3:46:16
3. Valley of the Moon	3:47:25

Masters Men:

1. Jim Bowers (VOM)	44:32
2. Kent Guthrie (WVJS)	46:39
3. Darryl Beardall (VOM)	47:43
4. Jim O'Neil (BC)	48:05
5. Don Ardell (MW)	48:18

Women:

1. Jane Sowersby (WVTC)	54:03
2. Donna Andrews (Unat)	54:17
3. Bonnie Storm (Unat)	54:26
4. Dana Hooper (Tam)	55:24

339 finishers

August 25: Bass Lake. Bass Lake Half
Marathon 13.3 Miles. 8th Annual

1. Jim Hartig (FPTC) 25	1:10:01
2. Juan Garza (HSTC) 27	1:11:04
3. Juan Molina (HSTC) 23	1:11:15
4. Tony Ramirez (FPTC) 24	1:14:32
5. Gary Gonzales (FPTC) 17	1:16:01
6. Gary Wooliscroft (Em Cv)	1:16:44
7. Ted Pawlak (WVJS) 23	1:17:20
8. Scott Swenson (FPTC) 19	1:18:36
9. Bruce Pendleton (FPTC) 25	1:20:01
10. Steve Moreno (FCC) 18	1:21:01
11. Steve Walters (FPTC) 19	1:23:05
12. Jim Lambe (FPTC) 27	1:23:28
13. Frank Ortega (HSTC) 35	1:23:44
14. Bob Lindsey (FPTC) 34	1:24:13
15. Bob Galloway (FPTC) 28	1:25:20
23. Gary Smith (STC) 40	1:29:43
29. Jim Harris (FPTC) 44	1:31:40
30. Ed Hartin (Madera) 44	1:31:55
43. Jan Vickers (Ig Boh) 32 (1-W)	1:35:38
47. Joe Carey (NCSTC) 61	1:37:01
51. Brenda Villanueva (FPTC) 18	1:39:25
54. Brent DeMonte (FPTC) 50	1:39:43
62. Michele Gauthier (SRC) 42	1:41:56

120 finishers

August 25: San Diego. 2nd Annual
America's Finest City Half Marathon

1. Gary Close (El Cajon)	1:06:36
2. Glenn Best (San Diego)	1:07:05
3. Ben Wilson (Claremont)	1:07:36
4. Rory Trup (San Diego)	1:07:52
5. Dave Frickel (San Diego)	1:08:38
6. Athol Barton (San Diego)	1:09:08

6. W. Hurst	28:26
7. J. Scall	28:34
8. M. Emry	28:38
9. D. O'Halloran	28:46
10. B. Seaver	28:50
11. B. Foley	28:52
12. S. Hall	28:53
13. D. Cruz	28:58
14. B. Clark	29:04
15. J. Marden	29:06
65. K. Guthrie	30:58
562 finishers	

Women:	
1. S. Munday	33:35
2. M. Aubuchon	33:59
3. K. Perkin	34:01
4. D. Alleen	34:40
5. M. King	36:00
6. T. Anex	36:02
7. N. Robinson	36:34
8. D. Bigelow	36:38
9. J. Houston	36:44
10. B. Neihaus	36:47
11. B. Storm	36:47
12. A. Kerper	36:51
13. R. Rosenblatt	36:51
14. S. Baffert	36:52
15. D. Young	36:56
725 finishers	

Aug. 8, 1979: Northridge. 2nd Annual Northridge Twilight 10 Kilo Run.

1. Farron Fields	30:58
2. Ed Chaidez	31:05
3. Pat Curran	31:20
4. Terry Gibson	31:34
5. Jim Arquilla	31:44
6. Mike Munoz	31:53
7. unknown	31:57
8. Bob Hollister	32:03
9. Dan Caprioliello	32:10
10. Bill Entl	32:12
11. John Wendler	32:21
12. John Spillman	32:21
13. Eric Sappenfield	32:26
14. Paul Medvin	32:27
15. Bob Macias	32:29
16. Luis Hurtado	32:30
17. Steve Lassegard	32:46
18. Stu Sutherland	32:51
19. Robert Traba	32:55
20. Tom Stevens	32:59
21. Joe Toledo	33:03
22. Eric Gouthals	33:05
23. Ron Ysais	33:22
24. Todd Falk	33:24
25. unknown	33:38
26. unknown	33:35
27. Dennis Caldwell	33:52
28. Tom Lowry	34:11
29. Skip Schafer	34:12
30. Jeff Shaver	34:21
31. Robin Eraf	34:39
32. Dave Alan	34:45
33. William Boees	34:46
34. John Fisanotti	34:48
35. Eree Dres	34:50
36. Ray Cook	35:01
37. Tim Ruffino	35:12
38. Bruce Mitchell	35:29
39. Mike Trujillo	35:30
40. Jim Kurtzman	35:32
70. Wendy Walker 1-W	37:22
74. Patricia Story 2-W	37:33
107. Pam Morris 3-W	39:26
109. Valentine Quintana 4-W	39:28
112. Teresa Falk 5-W	39:37
535 finishers	

SYNACON AIR STRIP MOUNTAIN RUN (July 21)

1. Alfred Lara	Clovie	35:38
2. Juan Garza	Hanford	36:58
3. Ray Gomez	Redwood I-C,	41:29
4. Tom Renfro	Redwood I-C,	41:48
5. Don Ramirez	Synacon	43:29

1. Shirley Rojas	Redwood I-C.	47:57
2. Shirley		48:28

July 8: San Francisco. San Francisco Marathon Race Walk.	
1. Bill Ranney (WVTC)	3:43:15
2. Tom Dooley (WVTC)	3:48:00
3. Ray Sharp (Mason-Dixon)	4:22:00
4. Harry Siitonen (NCSTC)	5:23:30

Aug. 12: Fullerton. 2nd Annual North Orange County YMCA 10 Kilo Run.

Men 12 & Under:	
1. Scott St. John	41:00
Men 13-15:	
1. Scott Young	35:01
Men 16-18:	
1. Mike Serna	32:30
2. Marlon Williams	33:08
3. Tim Cano	33:13

Men 19-29 (Open):	
1. Steve Ortiz	29:25
2. Duann Waltmire	30:17
3. Ron Cornell	30:52
4. Joey Gomez	31:57
5. Howard Burgess	32:16
6. Bruce Boettner	32:27
7. Walt Hitt	32:41
8. Jeff Tribole	32:53
9. Dave Pickel	32:59
10. Tom Grimm	33:29

Men 30-34:	
1. Ron Kurrle	32:14
2. Mike Corralz	33:01
3. Brian Oldham	34:10

Men 35-39:	
1. Donald Dornan	35:23
2. George Cohen	35:44
3. Bob St. John	35:52

Men 40-44:	
1. Skip Shaffer	34:02
2. Buzz Bennetts	35:46
3. Don Watson	37:13

Men 50-54:	
1. Bob Landry	38:20
2. Norm Lumian	39:37
3. Richard Elizanaras	39:45

Men 55-59:	
1. Leonard Kulbacki	40:09
2. Richard Diener	43:28

Men 60-69:	
1. Ferdi Gonzales	42:45
2. Phil Castle	44:09

Men 70+:	
1. Jim Bole	46:25
2. Ernest Lyons	49:05

Women 12 & Under:	
1. Holly Hogan	
Women 13-15:	
1. Trudy Gardner	43:30

Women 16-18:	
1. Terese Kozlowski	37:30
2. Diana Cosand	
3. Christine Bolin	42:00

Women 19-29 (Open):	
1. Kathy Mintie	33:25
2. Teresa Hom	38:19
3. Evelyn Tribole	39:41
4. Laura Johnson	42:50
5. Denese Ripley	45:17

Women 30-34:	
1. JoAnn Miley	42:16
2. Suzanne Miller	42:54
3. Tonya Prescott	44:10

Women 35-39:	
1. Margaret Grundmeyer	46:05
2. Holly Ring	46:17
3. Janice Estrick	47:42

Women 40-44:	
1. Marcia Martyn	50:20
2. Pat Debever	51:18
3. Bea Findlay	52:08

Women 45-49:	
1. Shirley Fritcher	
Women 50-54:	
1. Mabel Pitteroff	
Women 55-59:	

5. Mark Conover	50:30
6. Bill Seaver	50:58
7. Ricky Denesik	51:14
8. Chris Hamer	51:15
9. Dan Moynihan	51:25
10. Rich Langford	51:40
11. Tim Chain	51:57
12. Mike Emry	51:58
13. Dirk Feenstra	52:22
14. Steve Slawson	52:26
15. Phil Kay	52:33
16. Bill Joseph	52:38
17. Robert Larson	52:45
18. Ron Nabors	53:00
19. Robert Page	53:08
20. Paul Burke	53:23
21. Fidel Serrano	53:32
22. Peter Day	53:35
23. Greg Jewett	53:49
24. Tony Baccelli	53:52
25. Dave Hanosn	54:01

Masters Men:	
1. Cahit Yeter	56:57
2. Don Ardel	57:40
3. Bob Gehl 1-50+	59:34

Open Women:	
1. Jill Symons	59:55
2. Diane Killeen	63:59
3. Cathy Demmelmaier	64:18
4. Biff Brody	64:55
5. Bonnie Storm	65:08
6. Donna Andrews	65:13
7. Denise Bigelow	65:31
8. Susan Venella-Brusher	65:43
9. Pat Kirkpatrick	65:40
10. Ann Duveneck	66:25

Masters Women:	
1. Karen Scannell	64:34
2. Vicki Bigelow	65:02
3. Marilyn Harbin	67:09
4. Frances Sackerman 1-50+	70:04
5. Gail Wetzork	70:41

1156 finishers

Aug. 18: Avila Beach. 10th Plankton Festival 3 Mile Run.

1. Eric Huff (22) SLDC	14:24
2. Eddy Cadena (32) SLDC	14:29
3. Charlie Boatright (Aggie)	14:29
4. Dan Rueckert (23) SLDC	14:48
5. Craig Lowrie (23) CWTC	15:01
6. Bob Nanninga (32) SLDC	15:14
7. Jim Casper (36) SLDC	15:41
16. John Coffey (44) SLDC 1-40+	16:16
19. Jack Cline (45) SLDC 2-40+	16:36
34. Evelyn Stewart (22) 1-W	17:30
37. Barb Arreola (16) SLDC 2-W	17:36
144 finishers	

Aug. 18: Tehachapi. Tehachapi 10 K

1. Robby Bray	32:44
2. Mark Bogges 1-Jr	33:54
3. Richard Rodriguez	34:05
4. Jesse Valdez 2-Jr	34:39
5. Angel Carrillo	34:51
6. Daniel Lozano	35:06
7. Richard Ursin	35:14
8. Tom Tyack 1-30+	35:41
9. Glen Suito 3-Jr	35:42
10. Tom Holliday	35:47
11. Garry Everson 2-30+	36:09
12. John Lopez 3-30+	36:21
13. Paul Cross 4-30+	36:30
14. Mark Pohl 4-Jr	36:41
15. Larry Jordan	36:50
18. Eddie Lujan 1-40+	37:13
23. Colby Churchman 2-40+	38:08
24. Gil Hinz 3-40+	38:24
39. William Broyles 1-50+	40:20
43. Jill Walker 1-W	40:57
52. Bob Small 2-50+	41:29
84. Jerry Mumford 2-W	44:05
89. Shelly Wyss 3-W	44:19
	45:40

August 25: Bass Lake. Bass Lake Half Marathon 13.1 Miles. 8th Annual

1. Jim Hartig (FPCT) 25	1:10:01
2. Juan Garza (HSTC) 27	1:11:04
3. Juan Molina (HSTC) 23	1:11:15
4. Tony Ramirez (FPCT) 24	1:14:32
5. Gary Gonzales (FPCT) 17	1:16:01
6. Gary Wooliscroft (Em Cv)	1:16:44
7. Ted Pawlak (WVJ) 23	1:17:20
8. Scott Swenson (FPCT) 19	1:18:36
9. Bruce Pendleton (FPCT) 25	1:20:01
10. Steve Moreno (FCC) 18	1:21:01
11. Steve Wolters (FPCT) 19	1:23:05
12. Jim Lambe (FPCT) 27	1:23:28
13. Frank Ortega (HSTC) 35	1:23:44
14. Bob Lindsey (FPCT) 34	1:24:13
15. Bob Galloway (FPCT) 28	1:25:20
23. Gary Smith (STC) 40	1:29:43
29. Jim Harris (FPCT) 44	1:31:40
30. Ed Hartin (Madera) 44	1:31:55
43. Jan Vickers (Lg Boh) 32 (1-W)	1:35:38
47. Joe Carey (NCSTC) 61	1:37:01
51. Brenda Villanueva (FPCT) 18	1:39:25
54. Brent DeMonte (FPCT) 50	1:39:43
62. Michele Gauthier (SRC) 42	1:41:56
120 finishers	

August 25: San Diego. 2nd Annual America's Finest City Half Marathon

1. Gary Close (El Cajon)	1:06:36
2. Glenn Best (San Diego)	1:07:05
3. Ben Wilson (Claremont)	1:07:36
4. Rory Trup (San Diego)	1:07:52
5. Dave Frickel (San Diego)	1:08:38
6. Athol Barton (San Diego)	1:09:08
7. Brad Roy (San Diego)	1:09:19
8. Jeff Woodland (La Jolla)	1:09:22
9. Scott Peters (San Diego)	1:09:32
10. Wally Buckingham (El Cajon)	1:09:43
11. Terry Snyder (San Diego)	1:09:56
12. Martin Nolasco (Oceanside)	1:10:08
13. James Mosher (San Diego)	1:10:14
14. Robert Hale (San Diego)	1:10:17
15. Michael Podlenski (La Mesa)	1:10:29
16. Sean Evans (San Diego)	1:10:42
17. Jeff Shaver (Santa Monica)	1:10:49
18. Mike LeBold (San Diego)	1:10:53
19. Jeff Ruland (Chula Vista)	1:10:59
20. Roy Bricker (Marines)	1:11:20
21. Yale Strom (San Diego)	1:11:28
22. Bill Knapp (Marines)	1:11:53
23. Wayne Buckingham (San Diego)	1:12:10
24. Wayne Akiyama (Westster)	1:12:13
25. Lad Shaw (Imp Beach)	1:12:25
46. Norm Second 1-40+	1:15:44
62. David Worthen 2-40+	1:17:29
112. Tom Brown 3-40+	1:20:19
142. Jerry Albert 4-40+	1:21:49
152. Joe Gibbs 5-40+	1:22:14

Women:	
1. Kathy Mintie	1:14:50
2. Diana Seaward 1-30+	1:22:20
3. Jeanne Abare	1:22:31
4. Susan Gelley	1:22:42
5. Yvonne Yanke	1:22:45
6. Diane Riley	1:23:32
7. Lita Whiteman	1:23:57
8. Laura Miller 1-Jr	1:25:20

Aug. 26: Cayucos. Cayucos to Morro Rock Run. 6 miles?

1. Tom Lohse (18) Visalia	33:25
1. Bob Lohse (16) Hanford	33:25
3. Steve Dabill (29) SLO	33:46
4. Randy Baldwin (24) Paso R	34:09
5. Matt Armbruster (15) PR	34:22
6. Gregor Robin (22) SLO	34:27
7. Wayne Dabill (18) SLO	35:34
8. Paul Lee (18) A Grande	35:40
9. Bob Lineberger (23) SLO	35:48
10. Mike Brishin (29) SLO	35:58
22. Ray Gil (54) 1-50+	38:12
30. John Herd 2-50+	39:12
42. Sheila O'Donnell 1-W	40:44

Aug. 30: Sepulveda Dam Evening 15 K

1. Pat Curran (Granada Hills)	50:56
2. Steve McCalley (Burbank)	52:10
3. Bill Entz (Encino)	52:30
4. Scott Wyatt (Toluca Lake)	53:20
5. Pete Palmer (Oxnard)	53:41
6. Skip Shaffer (Full) 1-40+	53:50
7. Bob Lowry (Santa Monica)	55:03
8. Jose Lopez (L.A.) 1 17-18	55:13
9. David Askren (L.A.)	55:30
10. Eddie Fuel (Port Hueneme)	55:43
11. Hans Giesecke (L.A.)	55:49
12. Joe Burgasser (Torr) 2-40+	55:55
13. Dave Alan (Glendale)	55:58
14. Joseph Ortega (Granada H.)	56:10
15. Ed Wehan (L.A.) 1-30+	56:25
22. Jerry Van Meter (VN) 3-40+	59:10
62. Donna Chin (Van Nuys) 1-W	67:09
107. Sibyl Zaden (W. Hd) 2-W	74:33
184 finishers	

Sept. 1: San Luis Obispo. 3rd Laguna Lake Park 4 Mile Relay.

1. Sub-4 (Aldridge/Schankel)	19:05
2. OTUSA (Kurtze/Trimble)	20:12
1 1/2 Mile Leg splits:	
1. Dan Aldridge (22)	7:15
2. Adrian Hohri (21)	7:40
3. David Kurtze (19)	7:41
4. Mike White (24)	7:48
5. Jerry Goldsmith (17)	8:01
6. John Coffey (44) 1-40+	8:12
18. Shari Wilkins (18) 1-W	10:09
19. Nancy Williamson (35) 2-W	10:11

2 1/2 Mile Leg splits:	
1. Jim Schankel (24)	11:50
2. Tom Trimble (20)	12:31
3. Charlie Boatright	12:47
4. Eric Rae (23)	12:54
5. Matt O'Brien (20)	13:00
23. Joe Kourakis (47) 1-40+	15:46
29. Kath Brennan (14) 1-W	17:37
37 teams finished	

Sept. 2: Mariposa. Amigo De Oro 10 Mile Run.

1. Ken Danz	58:12
2. Fred Villegas	59:54
3. David Weller	61:08
4. Abe Underwood 1-40-49	61:15
5. James Rodrigues	61:29
6. Roy Cortez	63:26
7. Steve Carleson	64:29
8. Dave Donaldson 1-30-39	64:54
9. Robert Gallway	65:17
10. Heinie Hartwog 2-40-49	66:33
15. Frank Russell 3-40-49	68:28
26. Serena Domingues 1-W	73:31
30. Dolores Adame 2-W	75:35
38. Luka Serulich 1-50-59	78:41
40. Harry Harder 1-60+	79:00
44. Margaret Nussbaum 3-W	79:59
97 finishers	

Sept. 3: Belmont, Crystal Springs. Times 9 Runs. 9.99 Kilo.

Open Men:	
1. Steve Watkins	33:59
2. Daniel Martinez	34:59
3. Dave Robertson	35:41
30-39 Men:	
1. Charles Harris	35:49

Sept. 8: Long Beach. Long Beach Invitational Cross Country. 5 miles

1. Chuck Assuma (SCRR)	25:47
2. Steve Alvarez (SCRR)	25:49
3. John Brenneman (CSN)	25:56
4. Tom Colley (SCRR)	26:07
5. Joda Avila (Un)	26:10
6. Ruben Chapping (49er)	26:12
7. Sam Walling (Un)	26:14
8. Toxar (Pt. Loma)	26:15
9. Richard Diaz (CSLB)	26:17
10. Chris Sadler (Pt. Loma)	26:19
11. Armando Cendegas (49er)	26:25
12. William Wang (SCRR)	26:39
13. Ruben Ruiz (CSLA)	26:46
14. Charles Rednick (UCR)	26:50
15. John Ortega (CSN)	26:51
16. Dave Dahl (SCRR)	26:53
17. Terry Drake (Un)	26:57
18. Mark Trilevsky (CSLB)	27:03
19. Robert Traba (CSN)	27:04
20. Gilbert Cortez (CSLA)	27:05
74 finishers	
TEAM SCORES:	
1. Southern Cal Road Runners	28
2. Cal State Long Beach	89
3. Cal State Los Angeles	94
4. Cal State Northridge	98
5. 49er Track Club	116
6. Point Loma College	118
7. UC Riverside	168
8. Southern Calif Road Runner B	213

College Division:	
1. G. Borbon (CPP)	26:43
2. M. Nelson (Chap)	27:00
3. M. Blaty (CPP)	27:04
4. T. Reyes (CPP)	27:07
5. K. James (CPP)	27:17
6. G. Lovcamp (APC)	27:24
7. M. Turner (CPP)	27:28
8. R. Cline (CPP)	27:32
9. A. Pesqueira (CPP)	27:39
10. D. Brown (CPP)	27:52
39 finishers	
TEAM SCORES:	
1. Cal Poly Pomona	20
2. Chapman College	69
3. Cal Poly Pomona B	73
4. Azusa Pacific College	76
5. Claremont-Mudd College	131

Junior College (large schools) Men	
4 miles:	
1. Ralph Koltoff (Cerr)	21:50
2. S. Kovatch (SA)	21:57
3. S. Kirchhoff (GC)	21:59
4. D. Ruble (SA)	22:04
5. M. Van Reusselaer (GC)	22:14
6. M. Rivero (Un)	22:16
7. T. Woodward (SA)	22:23
8. T. Falk (GC)	22:29
9. J. Hernandez (Cerr)	22:49
10. H. Mendoza (GC)	22:58
40 finishers	
TEAM SCORES:	
1. Glendale College	35
2. Santa Ana	42
3. Cerritos	83
4. East Los Angeles	115

Junior College (small school) Men	
4 miles:	
1. Sal Lozano (COS)	22:08

Sept. 8: Fresno. Watermelon Runs.

2 Mile:	
1. Gary Gohzaes	9:52
2. Mike Jurkovich	10:04
3. Mike Lemmemaun	10:12
4. Vince Montoya	10:20
5. Rob Brenner	10:32
6. Brett Pugh	10:37
7. Mark Beebe	10:37
8. Dean Walker	10:44
9. Scott Durham	10:48
10. John Hunter	10:48
11. Jim Snell	10:51
12. Roy Vinton	10:54
13. Scott Gahn	10:58
14. Steve Pizana	11:01
15. LeRoy Rivera	11:01
48. Serena Domingues 1-W	12:03
52. Karen VanWagenen 2-W	12:19
61. Ann Olson 3-W	12:38
64. Linda DeLeon 4-W	12:43
71. Brenda Wilcox 5-W	12:56
72. Erica Nielson 6-W	12:57
218 finishers	

4 Mile:	
1. Scott Thornton	20:27
2. Gary Morton	20:35
3. Dave Cords	20:36
4. Ramon Garcia	20:43
5. Mark Hull	20:45
6. Carlos Aranda	20:48
7. Dean Lofaren	20:56
8. Steve Moreno	20:56
9. Hernando Dardenas	21:07
10. James Tilford	21:14
45. Sandy McPherson 1-W	27:56
50. Pearl Medina 2-W	33:43
57 finishers	

6 Mile:	
1. Richard McCann	31:35
2. Greg Valdez	31:47
3. Bryan Foley	31:53
4. Rich Medellin	32:04
5. Richard Torres	32:23
6. Tom Fitzgerald	32:23
7. Baldemar Betencourt	32:24
8. Dave Coulman	32:24
9. Ray Knerr	32:57
10. Curt Elia	33:19
41. Carolyn Tiernan 1-W	40:12
48. Helen Costa 2-W	41:35
98 finishers	

September 8: Modesto. Breuners-MJC Fun Run Results.

1. Jim Hartig	31:32.0
2. Adam Ferreira	31:32.7
3. Tony Ramirez	31:42
4. Bob Loux	33:34
5. Gary Singer	33:54
6. Ken Hurst	34:24
7. Jack Lawson	34:37
8. Ross Rowley 1 30-44	34:40
9. Tim Holmes	34:44
10. Al Lomeli	34:46
11. Tony Chan	34:51
12. Roger Vorse	34:55
13. Harvey Ferrill 2 30-44	34:58
14. Freddie Arroyo	35:15
15. Gary Shapiro	35:27
16. Dean Raymond 3 30-44	35:53
17. Chuck Panter 1 HS	36:12
18. Charles Pittel	36:29
19. Roy Cortez	36:29
20. Dan Leitner	36:33
21. Robert Wear 4 30-44	36:42
22. Kurt Schroers 5 30-44	36:45
23. Daniel Woodward	37:05
24. Dave Donaldson 6 30-44	37:07
25. Wade Poff	37:17

Sept. 14: Moorpark. Moorpark Community College Invitational XC.

Men's 4 Mile:	
1. Carmello Rios (LBCC)	20:42
2. J. Maserjian (GC)	20:46
3. Dave Ruble (SA)	20:48
4. M. Ebner (MSAC)	20:54
5. Jon Jackson (SB)	20:57
6. M. Williams (MSAC)	21:11
7. Tim Woodward (SA)	21:15
8. M. Navarro (Vent)	21:20
9. T. Falk (GC)	21:22
10. M. Rivero (GC)	21:23
11. R. Eller (GC)	21:25
12. M. VanRensselaer (GC)	21:27
13. B. Zimmerman (MSAC)	21:29
14. Ken Smith (SB)	21:30
15. H. Mendoza (GC)	21:37

TEAM SCORES - Small School	
1. Glendale College	44
2. Moorpark	149
3. Ventura	158
4. Antelope Valley	208
5. Canyons	223
6. Santa Barbara	226
7. Glendale	253
8. Hancock	357
TEAM SCORES - Large Schools	
1. Mt. San Antonio	58
2. Long Beach	132
3. Santa Ana	111
4. Peirce	290

Women's 3 Mile:	
1. B. Milewski (Vent)	18:40
2. Deena Johnson (S. Barbara)	19:59
3. Carol Adams (GC)	20:03
4. B. Cregut (Vent)	20:22
5. Brenda Villanueva (BC)	20:25
6. Yvette Irons (GC)	20:40
7. C. Noone (Vent)	20:47
8. L. Staller (MC)	20:54
9. Delight Enciso (GC)	20:57
10. Jackie Elson (GC)	21:17

TEAM SCORES:	
1. Glendale College	39
2. Ventura	54
3. Santa Barbara	77
4. Bakersfield College	114

Sept. 15: Vallejo. Round the Isle 7.4 Mile Run.

1. Mike Pinocci (Fremont)	34:32
2. Leroy Kotchevar (Crockett)	36:18
3. Mike Graf (Orinda) 1-Jr	36:52
4. Virgino DeAravajo (SF)	37:08
5. Pat Stordah	37:25
6. Rodolfo (Fairfield)	38:38
7. Mike Deatherage (Fairfield)	39:26
8. Ed Jerome (Sunnyvale) 1-40+40:15	
9. Vincent Fischer (SF)	40:31
10. Andrew Sanders (Lemoore)	40:42
11. P.H. Farrier (S Leard) 2-40+41:03	
41. Colleen Fox (Ron Pk) 1-W	50:32
44. Shirley DeLeon (Martz) 2-W	50:45
63. Lorenza Lopez (Lemoore) 3-W	56:27
81 finishers	

Sept. 15: San Luis Obispo. Second Annual SLO Cross Country Relays.

Boys 3 Person Teams (2.5 miles each):	
1. Camarillo	39:27
Octavio Morales	13:09
Jose Morales	13:22
Dave Smith	12:56

4. Eric Rae (23)	12:54
5. Matt O'Brien (20)	13:00
23. Joe Kourakis (47) 1-40+	15:46
29. Kath Brennan (14) 1-W	17:37
37 teams finished	

4. T. Reyes (CPP)	27:17
5. K. James (CPP)	27:17
6. G. Lovcamp (APC)	27:24
7. M. Turner (CPP)	27:28
8. R. Cline (CPP)	27:32
9. A. Pesqueira (CPP)	27:39
10. D. Brown (CPP)	27:52

7. Baldemar Mouton	32:24
8. Dave Coulman	32:24
9. Ray Knerr	32:57
10. Curt Elia	33:19
41. Carolyn Tiernan 1-W	40:12
48. Helen Costa 2-W	41:35
98 finishers	

2. Ventura	54
3. Santa Barbara	77
4. Bakersfield College	114

Sept. 2: Mariposa. Amigo De Oro 10 Mile Run.

1. Ken Danz	58:12
2. Fred Villegas	59:54
3. David Weller	61:08
4. Abe Underwood 1-40-49	61:15
5. James Rodrigues	61:29
6. Roy Cortez	63:26
7. Steve Carleson	64:29
8. Dave Donaldson 1-30-39	64:54
9. Robert Galloway	65:17
10. Heinie Hartwig 2-40-49	66:33
15. Frank Russell 3-40-49	68:28
26. Serena Domingues 1-W	73:31
30. Dolores Adame 2-W	75:35
38. Luka Serulich 1-50-59	78:41
40. Harry Harder 1-60+	79:00
44. Margaret Nussbaum 3-W	79:59
47 finishers	

39 finishers
TEAM SCORES:

1. Cal Poly Pomona	20
2. Chapman College	69
3. Cal Poly Pomona B	73
4. Azusa Pacific College	76
5. Claremont-Mudd College	131

Junior College (large schools) Men

4 miles:	
1. Ralph Koltoff (Cerr)	21:50
2. S. Kovatch (SA)	21:57
3. S. Kirchoff (GC)	21:59
4. D. Ruble (SA)	22:04
5. M. Van Reusselaer (GC)	22:14
6. M. Rivero (Un)	22:16
7. T. Woodward (SA)	22:23
8. T. Falk (GC)	22:29
9. J. Hernandez (Cerr)	22:49
10. H. Mendoza (GC)	22:58

40 finishers
TEAM SCORES:

1. Glendale College	35
2. Santa Ana	42
3. Cerritos	83
4. East Los Angeles	115

Junior College (small school) Men

4 miles:	
1. Sal Lozano (COS)	22:08
2. Greg DeLaCruz (COS)	22:08
3. T. Hill (COS)	22:08
4. L. Moritz (COS)	22:08
5. Fred Castillo (COS)	22:08
6. M. Navarro (Vent)	22:19
7. W. Johnson (Vent)	22:38
8. Tom Lohse (COS)	22:46
9. A. Villarreal (COS)	23:02
10. D. Everett (COS)	23:05

40 finishers
TEAM SCORES:

1. College of Sequoias	17
2. Ventura College	46
3. Harbor Track Club	89
4. Hancock College	112

Women's University 3 Miles:

1. S. Mel (Un)	17:36
2. Y. Yanke (CSLB)	17:40
3. S. Roach (CSLB)	17:47
4. M. Albert (UCR)	17:58
5. C. Ramirez (Un)	18:38
6. M. Bonds (CSLB)	18:41
7. D. Byington (Un)	18:48
8. M. Tracey (Claremont)	18:49
9. C. Sakelarios (Un)	18:55
10. D. Assumma (CSLB)	19:11

40 finishers
TEAM SCORES:

1. Cal State Long Beach	22
2. UC Riverside	57
3. Cal State Long Beach B	85
4. Claremont-Mudd	89

Women's Junior College 3 Miles:

1. Rene Ortiz Wyckoff (COS)	18:09
2. B. Milewski (Vent)	18:23
3. Adams (GC)	19:19
4. Irons (GC)	19:28
5. B. Creque (Vent)	19:40
6. C. Noons (Vent)	20:25
7. Albano (GC)	20:30
8. G. Farrell (Cerr)	20:31
9. D. Peru (Desert)	20:40
10. Funston (GC)	20:54

37 finishers
TEAM SCORES:

1. Glendale College	37
2. Ventura	46
3. College of Sequoias	63
4. Cerritos	86
5. Desert	86

September 8: Modesto. Breuners-MJC Fun Run Results.

1. Jim Hartig	31:32.0
2. Adam Ferreira	31:32.7
3. Tony Ramirez	31:42
4. Bob Loux	33:34
5. Gary Singer	33:54
6. Ken Hurst	34:24
7. Jack Lawson	34:37
8. Ross Rowley 1 30-44	34:40
9. Tim Holmes	34:44
10. Al Lomeli	34:46
11. Tony Chan	34:51
12. Roger Vorse	34:55
13. Harvey Ferrill 2 30-44	34:58
14. Freddie Arroyo	35:15
15. Gary Shapiro	35:27
16. Dean Raymond 3 30-44	35:53
17. Chuck Fanter 1 HS	36:12
18. Charles Pittel	36:29
19. Roy Cortez	36:29
20. Dan Leitner	36:33
21. Robert Wear 4 30-44	36:42
22. Kurt Schroers 5 30-44	36:45
23. Daniel Woodward	37:05
24. Dave Donaldson 6 30-44	37:07
25. Wade Poff	37:17
26. Carol Cook 1-W	37:17
27. Steve Hurst 2 HS	37:42
28. Dane Holden 3 HS	37:54
37. Laurie Crisp 2-W	29:33
48. Leslie Anderson 3-W	40:51
49. Diane Barrett 4-W	40:46
56. Paul Moore 1-45+	41:45
68. Art Freiler 2 45+	42:10
75. Jim Hurst 3 45+	43:13
250 finishers	

Sept. 9: San Jose. Olympic Fund Run.

3 Kilo:	
1. Tim Rostege (SJ)	9:12
2. Les Dumont (Napa)	9:21
3. Frank Castro (Mt. View)	9:44
12. Gary Svihula (Sanville) 1 40+10:42	
29. Mary Cummings (Mlpts) 1-W	12:01
38. Gina Haire (SJ) 2-W	12:30
138 finishers	

10 Kilo:

1. Doug McLean (Mt. View)	32:08
2. Doug Schmenk (SJ)	32:46
3. Dave Parish (Campbell)	33:03
4. Robert Parades (Gilroy)	33:14
5. Lloyd Johnson (SF)	33:21
6. Sammy Castillo	33:26
7. David Collins (SJ)	33:33
8. Nick Winter (Fremont)	33:37
9. Phil Samfilippo (S. Clara)	34:21
10. Ron Alonzo (Newark)	34:43
30. Paul Kane (Cupt) 1-40+	36:42
36. John McGrillis (Svle) 2-40+	36:54
38. Bob Stubbe (Svle) 3-40+	36:57
73. Jan LeLocq (Palo Alto) 1-W	39:19
113. Janette Garcia (S. Cl) 2-W	42:11
116. Kathleen Bonnet (Stga) 3-W	42:21
317 finishers	

Sept. 9: Lompoc. 2nd Annual Park to Park 8 Mile Run.

1. Tim Costa (24)	44:12
2. Mike Lane (20)	45:01
3. Bob Rich (41)	46:21
7. John Perkins (51)	47:34
15. J.J. Holoubek (63)	52:13
21. Gudren Fink (35) 1-W	59:44

Sept. 15: Vallejo. Round the Isle 7.4 Mile Run.

1. Mike Pinocci (Fremont)	34:32
2. Leroy Kotchevar (Crockett)	36:18
3. Mike Graf (Orinda) 1-Jr	36:52
4. Virginio DeAravjo (SF)	37:08
5. Pat Stordah	37:25
6. Rodolfo (Fairfield)	38:38
7. Mike Deatherage (Fairfield) 39:26	
8. Ed Jerome (Sunnyvale) 1-40+40:15	
9. Vincent Fischer (SF)	40:31
10. Andrew Sanders (Lemoore)	40:42
11. P.H. Farrier (S Leand) 2-40+41:03	
41. Colleen Pox (Ron Pk) 1-W	50:32
44. Shirley Deleon (Martz) 2-W	50:45
63. Lorenza Lopez (Lemoore) 3-W	56:27
81 finishers	

Sept. 15: San Luis Obispo. Second Annual SLO Cross Country Relays.

Boys 3 Person Teams (2.5 miles each):

1. Camarillo	39:27
Octavio Morales	13:09
Jose Morales	13:22
Dave Smith	12:56

2. Santa Teresa

3. St Francis	41:21
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Top Relay Splits:

1. Dave Smith (Camarillo)	12:56
2. Boyd Dunn Arroyo Grande	12:57
3. Steve Stefanisko (St Teresa)	13:03

Boys Open 2.0 Mile Race:

1. Robert Anderson (St Teresa)	11:25
2. Jeff Ferber (Royal)	11:29
3. Joe Casano (Arroyo Grande)	11:43

Girls 3 Person Teams (2.0 miles each):

1. Corona Del Mar	41:24
Ann Scott	13:34
Cindy Stoughton	14:29
Barbi Ludouise	13:21
2. Dos Pueblos	41:39
3. Royal	43:01

Top Relay Splits:

1. Barbi Ludouise (Corona DM)	13:21
2. Claudia Bergsden (Dos Pueblos)	13:22
3. Ann Scott (Corona Del Mar)	13:34

Girls Open 2.0 Mile Race:

1. Cynthia Rogers (Mt. Whitney)	13:07
2. Karen Ward (Mt. Whitney)	14:33
3. Robin Ferguson (Ant. Valley)	14:49

Sept. 16: Walnut. 15th Annual Walnut Valley Sports Festival 10 Kilo Run.

Open Men:

1. Steve Chase (CNW)	30:02
2. Carl Stromberger (Unat)	30:43
3. Ron Clapper (SCRR)	31:56
4. Jim Ursulo (Unat)	32:37
5. Robert Brustad (Unat)	32:49

Women Open:

1. D. Burke (Walnut)	41:45
2. M. Gaiche (SCRR)	43:54
3. G. Sakelarios (SCRR)	49:04

Masters Men:

Fred Chavez (SCRR) 1-40+	35:56
Sam Nicholson (ST) 1-50+	36:15
Bob Long (SCS) 1-60+	49:04

Sept. 8: Stinson Beach. Double Dipsea 13.6 Mile.

1. Russ Kiernan (41)	15	1:36:02
2. Joe Ryan (33)	9	1:38:46
3. Don Chaffee (40)	15	1:40:22
4. Darrell Beardall (42)	15	1:43:44
5. Pete Demarrais (21)	--	1:44:32
6. James Nicholson (48)	20	1:44:47
7. Karl Marschall (54)	25	1:47:06
8. Bert Johnson (36)	9	1:48:13
9. Bob Gormley (38)	9	1:48:39
10. Marilyn Moreton (32)	30	1:50:26
11. Butch Alexander (26)	--	1:50:29
12. Joe Maher (32)	9	1:50:41
13. Keith Whittingslow	15	1:51:06
14. Melinda Creel (22)	30	1:51:31
15. Ed Jerome (36)	9	1:51:38

Fastest Times (Men):

1. Pete Demarrais (21)	1:44:32
2. Butch Alexander (26)	1:50:29
3. Bert Johnson (36)	1:57:13

Fastest Times (Women):

1. Marilyn Moreton (32)	2:20:26
2. Melinda Creel (22)	2:21:31
3. Barbara Magid (36)	2:28:06

Sept. 15: Fresno, Woodward Park.
Central California Cross Country Meet.

COLLEGE-OPEN & MASTERS MEN 5.0 MILE

1. Jim Hartig (FTC)	25:42
2. Greg Parks (Sac)	25:44
3. Mike VanHorn (Sac)	25:50
4. Brad Brown (Sac)	25:56
5. Juan Garcia (FTC)	25:59
6. Stan Winkley (Sac)	26:00
7. Angel Carillo (Sac)	26:01
8. Rick Pincombe (Sac)	26:08
9. Dave Coulman (FSU)	26:16
10. Bill Joseph (Sac)	26:17
11. Jim Tilford (FSU)	26:25
12. Kevin Fisher (Sac)	26:29
13. Tom Fitzgerald (FSU)	26:43
14. Gary Gonzales(Un/Clovis)	26:44
15. Baldemar Bettencourt(FSU)	26:48
16. Bob Tapia (FSU)	26:50
51. Gene Lynch (FTC) 1-M	30:19
52. Frank Delgado (FTC) 2-M	30:33

TEAM SCORES:

1. Sacramento State	22
2. Fresno State	59
3. Fresno Track Club	63
4. Hayward State	111
5. Stanislaus State	147

COLLEGE-OPEN WOMEN 2.0 MILE

1. Nancy Ramirez (CSB)	12:31
2. Sandy McPherson (WW)	12:37
3. Robin Dunbar (CSB)	13:03
4. Paula Ramirez (FTC)	13:28
5. Wanda Morgan (FTC)	13:33

Sept. 16: Brattleboro, Vermont.
National AAU 50 Kilo Championships

1. John Cederholm (36) Mass	2:56:43
2. Fritz Mueller (43) NY	2:59:05
3. Jack Bellah (24) NY	3:00:44
4. Paul Fetscher (32) NY	3:01:03
5. Dennis Tetreault (31) Mass	3:01:34
46. Andrea Chiappetta (26) 1-W	3:46:34
50. Sue Medaglia (44) NY 2-W	3:48:07

Past AAU 50 Kilo Champions:

1973 Max White	3:19:17
1974 Kaj Johansen	2:57:00
1975 Carl Swift	2:52:52
1976 Chuck Smead	2:50:46
1977 Fritz Mueller	2:58:19
1978 Fritz Mueller	

Sept. 16: Walnut Creek. 35th Walnut Festival Race.

5.6 Miles Open Race:

1. Mike Galligan(Sac St.)20	28:52
2. Mike Emry(Cam Wst)23	28:53
3. B.Heinrich(Marin) 39	28:57
4. John Sheehan(Aggies)	29:04
5. Chris Turney(Sac St)22	29:23
6. Dan Harvey(Cam Wst)	29:10
7. Gary Goodstein(Wds)21	29:12
8. Anthony Bettencourt(Db)27	29:15
9. Tim Gruber(Cm Wst)	29:15
10. Teddy Boynton(Cm Wst)	29:17
11. Tom Klausner(Sac St)21	29:19
12. Brett Baffert(Un)18	29:23
13. Kevin Osterburg(DVC)19	29:25
14. Dan Anderson(WVTC)27	29:32
15. Mark Sanchez(Un)	29:37
16. Dennis Bennett(Milbrae)	29:38
17. Kevin Fisher(Sac St)20	29:39
18. Davy Martinez(Wds)19	29:45
19. Jeff Clark(Aggies)	29:50

Sept. 16: Napa. Vine Village Country 10 Kilo Run.

1. Mark Proteau	32:44
2. Rob Laxson 1 30-39	32:44
3. Keith Kruse	34:29
4. Weston Press	34:33
5. Bob Craigin 2 30-39	34:39
6. Chris Johnson 3 30-39	35:31
7. Philip Gonzalos 4 30-39	35:34
8. Bob Adelson	35:39
9. Bob Clay 5 30-39	35:39
10. Rafael Tierrafria	35:41
15. Bruce Caradine 1 40+	37:42
18. Charles Kramer 2 40+	37:58
31. Judy Leydig 1 W	40:01
32. Joe Dana 3 40+	40:05
36. Laura Longanecker-Roels 2 W	41:06
47. Florianne Harp 1 W 30-39	42:05
64. Yoka Zwetsloot 1 W 40+	44:26
169 finishers	

Sept. 22: Riverside. UCR Invitational Cross Country

Men 10,000 Meter:

1. Bill St. John (SDS)	30:55
2. Brian Hunsaker (SDS)	31:00
3. John Breneman (CSN)	31:11
4. Steve Alvarez (UCR)	31:33
5. Greg Parks (Sac)	31:46
6. Mike VanHorn (Sac)	31:47
7. Gary Borbon (CPP)	31:52
8. Rick Pincombe (Sac)	31:58
9. Stan Winkley (Sac)	32:07
10. Robert Traba (CSN)	32:07
11. Kevin Fisher (Sac)	32:10
12. Mike Galligan (Sac)	32:12
13. Angel Carrillo (Sac)	32:16
14. Matt Blaty (CPP)	32:25
15. Charles Rednick (UCR)	32:37
16. Mark Nelson (Chap)	32:42
17. John Starinari (CSN)	32:44
18. Keith James (CPP)	32:47
19. Tony Reyes (CPP)	32:49
20. Ruben Ruiz (CSLA)	32:56
21. Rick Denesik (Sac)	33:01
22. Chuck Cathey (CSN)	33:04
23. Raul Agüero (Chap)	33:10
24. Robert Coulson (SDS)	33:16
25. Rich Medellin (CSB)	33:21
89 finishers	

Team Scores:

1. Sacramento State	39
2. Cal Poly Pomona	74
3. San Diego State	74
4. Cal State Northridge	76
5. Cal State Los Angeles	133
6. Chapman	133
7. UC Riverside	143
8. Cal Poly Pomona B	198
9. WSC	292
10. Occidental	295
11. University of Redlands	309

Women 5,000 Meters:

1. Lynn Kanuka (SDS)	17:20
2. Chris Gilbreth (SDS)	18:19
3. Marie Albert (UCR)	18:44
4. Sherrie Torrans (SDS)	18:59
5. Debra Chaddock (SDS)	19:01
6. Nancy Ramirez (CSB)	19:37
7. Anne Zampardo (SDS)	19:48
8. Eliana Garcia (SDS)	19:52
9. Valinda Hoagland (SDS)	19:58
10. Molly O'Neill (UR)	20:14
11. Tere De Anda (CPP)	20:28
12. Cathy Langdon (CSB)	20:40

Sept. 23: San Luis Obispo. 5th Annual YMCA City-to-Port 11.3 Mile Run.

Men:

1. Jim Schankel	56:12
2. Manny Bautista	56:49
3. Robert Hollister	57:08
4. Eddy Cadena 1 30-39	57:17
5. Terry Gibson	58:04
6. Tom Becker	59:22
7. Tim Becker	59:30
Ed Lujan 1 40+	66:48
John Coffey 2 40+	67:13

Women:

1. Kathy Perkins	68:54
2. Sue Gran	69:36
3. Mary Carmann	71:26
4. Maggie Keyes	73:06
5. Eileen Kramer	73:12
Chris Mellick 1- 30-39	85:45
Jean Spierling 1 40+	91:42

Sept. 25: Fullerton. Run to Fight Diabetes.

Men 5 Kilo:

1. Joe Avila (Sub-4)	15:23
2. Darren George (AIA)	15:42
3. Mark Newton (AIA)	16:28

Women 5 Kilo:

1. Kathy Robertson	18:22
2. Mary Harrod	20:47
3. Janet Hough	22:43

Men 14 & Under 15 Kilo:

1. Craig Witley	62:01
2. Joey Barrios	64:31
3. Michael Duarte	65:52

Men 15-18 15 Kilo:

1. Brittain Derrick	53:56
2. Richard Fukahara	63:29

Men 19-29 15 Kilo:

1. John Koningh	48:34
2. Ruben Chappins	51:31
3. Michael Norton	51:50

Men 30-39 15 Kilo:

1. Frank Duarte	50:15
2. John Loeschhorn	51:38
3. Mike Carralz	53:23

Men 40-49 15 Kilo:

1. Dennis Carey	57:13
2. Eugene Black	61:16
3. Dick Vosburgh	62:20

Men 50 & Over 15 Kilo:

1. James Lusk	69:45
2. Tom Brown	72:24
3. John Hartley	74:06

Sept. 23: San Francisco/Golden Gate Park. PA-AAU 25 Kilo Championship.

Open Men:

1. Gary Blume(22) Cal	1:18:03
2. Dave Smith(25) YFC	1:18:18
3. Mike Pinocci(24)WVTC	1:19:09
4. Brian Maxwell(26)BA	1:20:52
5. Bob Darling(30) Excel	1:20:53
6. Phil Kay(26) Borne	1:23:02

Sept. 23: Lemoore. Lemoore NAS 6 1/2 Mile Cross Country Race.

1. Richard Petersen 1-40+	38:42
2. Jerry Lee	39:57
3. Dave Meeks (COS)	40:40
4. Rader Jensen 1-Jr.	40:44
5. Andrew Sanders	42:45
Tone Nichols 1-W	49:05
30 finishers	

Sept. 25: Los Gatos. Dammit Run 5.6 Mile.

Open & High School:

1. D. O'Halloran (Aggies)	31:45
2. M. Chastaine (Un)	32:12
3. T. Chain (Un)	32:23
4. R. Allen (WVTC)	32:35
5. H. Fabris (Lit. Hill)	32:48
6. S. Brooks (WVTC)	33:03
7. G. Munoz (Cam West)	33:09
8. D. Hernandez(high school)	33:22
9. M. Summer (Pac West)	33:22
10. P. Docan (Cam West)	33:22
11. M. Green (SJCC)	33:31
12. M. Immos (B.C.)	33:39
13. C. Karbowski (Pac West)	33:44
14. J. Salazar (Cam West)	33:56
15. J. Grubbs (high school)	34:01

Masters & Women:

1. K. Ulrich (WVTC)	33:52
2. J. Lionis (Trac)	35:04
3. unknown	
4. S. Carlos (SJ)	37:33
5. W. VanZant (WVJS)	37:58
6. C. Williams (Ore) 1-W	38:36
7. T. Keig (WC)	38:38
8. D. Carpenter (WVTC) 1-50+	39:00
9. K. Napier (WVJS)	39:12
10. C. Boskose (WVJS)	39:17
11. J. Varren (Trac)	39:21
12. G. Zlusicker (Milpitas)	39:26
13. C. Martin (WVJS) 2-50+	39:44
14. B. Young (Saratoga)	39:53
15. P. Lenihan (SJ Deca)	40:00
16. S. Laninek (SJ Cind) 2-W	40:22
20. S. Vinella (Oak) 3-W	40:52
32. D. Young (Saratoga) 4-W	42:27
33. E. Armstrong (LG) 5-W	43:17

Sept. 29: Fresno, Woodward Park. Fresno Invitational Cross Country

College-Open Men 10,000 Meters:

1. Jim Schankel (CPSLO)	30:43
2. Dan Aldridge (CPSLO)	31:12
3. Tom Lobsinger (Stan)	31:17
4. Dan Gruber (Aggie)	31:21
5. Eric Huff (CPSLO)	31:23
6. Manny Bautista (CPSLO)	31:24
7. Terry Gibson (CPSLO)	31:24
8. Roy Kissin (Stan)	31:25
9. Juan Garcia (Fresno TC)	31:28
10. Rod Berry (Stan)	31:30
11. Bill Graham (Stan)	31:41
12. Tim Holmes (FSU)	31:55
13. Bill Haldeman (Stan)	31:56
14. Tim Minor (Nevada)	31:57
15. Melvin Thompson (LVTC)	32:10
16. Ivan Huff (CPSLO)	32:11
17. Jack Marden (CPSLO)	32:13
18. Tom Fitzgerald (FSU)	32:15
19. Edgar Leano (Nevada)	32:17
20. Bryan Foley (Fresno TC)	32:18
21. Tom Trimble (CPSLO)	32:20
22. Jerry Borbon (CP Pom)	32:25
23. Jorgen Eiremo (Nevada)	32:26

50. Sue Medaglia (44) NY 2-1	3:48:07
94 finishers	
Past AAU 50 Kilo Champions:	
1973 Max White	3:19:17
1974 Kaj Johansen	2:57:00
1975 Carl Swift	2:52:52
1976 Chuck Smead	2:50:46
1977 Fritz Mueller	2:58:19
1978 Fritz Mueller	

17. John Starinari (CSN)	32:44
18. Keith James (CPP)	32:49
19. Tony Reyes (CPP)	32:49
20. Ruben Ruiz (CSLA)	32:56
21. Rick Denesik (Sac)	33:01
22. Chuck Cathey (CSN)	33:04
23. Raul Aguerro (Chap)	33:10
24. Robert Coulson (SDS)	33:16
25. Rich Medellin (CSB)	33:21

Men 19-29 15 Kilo:	
1. John Kinging	48:34
2. Ruben Chappins	51:31
3. Michael Norton	51:50
Men 30-39 15 Kilo:	
1. Frank Duarte	50:15
2. John Loeschhorn	51:38
3. Mike Carralz	53:23
Men 40-49 15 Kilo:	
1. Dennis Carey	57:13
2. Eugene Black	61:16
3. Dick Vosburgh	62:20
Men 50 & Over 15 Kilo:	
1. James Lusk	69:45
2. Tom Brown	72:24
3. John Hartley	74:06

15. P. Lenihan (SJ Deca)	40:22
16. S. Laninek (Oak) 2-W	40:22
20. S. Vinella (Oak) 3-W	40:52
32. D. Young (Saratoga) 4-W	42:27
33. B. Armstrong (LG) 5-W	43:17

Sept. 16: Walnut Creek. 35th Walnut Festival Race.

5.6 Miles Open Race:

1. Mike Galligan (Sac St.)	28:52
2. Mike Emry (Cam Wst)	28:53
3. B. Heinrich (Marin)	28:57
4. John Sheehan (Aggies)	29:04
5. Chris Turney (Sac St.)	29:07
6. Dan Harvey (Cam Wst)	29:10
7. Gary Goodstein (Wside)	29:12
8. Anthony Bettencourt (Dblo)	29:15
9. Tim Gruber (Cm Wst)	29:15
10. Teddy Boynton (Cm Wst)	29:17
11. Tom Klausner (Sac St.)	29:19
12. Brett Baffert (Un)	29:23
13. Kevin Ostenburg (DVC)	29:25
14. Dan Anderson (WVTC)	29:32
15. Mark Sanchez (Un)	29:37
16. Dennis Bennett (Milbrae)	29:38
17. Kevin Fisher (Sac St.)	29:39
18. Davy Martinez (Wside)	29:45
19. Jeff Clark (Aggies)	29:50
20. Dave Colbert (Sac St.)	30:02
21. Gary Alderman (DRR)	30:07
22. Rick Denesick (Sac St.)	30:15
23. Bob Cooper (Wside)	30:24
24. Jim Coughlin (Sac St.)	30:30
34. Jim O'Neil (Buf Chp)	31:27
43. Jim Moore (Un)	32:36
44. Nick Rosa (Un)	32:43
46. Karl Romano	32:59
60. Mary Rieboldt	35:32
80. Nora Crans (NCS)	39:45
84. Frank Cuzzillo (NCS)	40:27

3.0 miles Women:

1. Kerry Brogan (Un)	18:37
2. Judy Graham (Aggies)	18:42
3. Tena Anex (Aggies)	19:04
4. Vick Bigelow (Aggies)	19:19
5. Denise Bigelow (Aggies)	19:33

Sept. 22: Berkeley/Tilden Park. Berkeley Women's Invitational XC-5K

1. Jan Oehm (Cal)	17:46
2. Suzanne Richter (Cal)	18:11
3. Cindy Schmandt (Cal)	18:15
4. Lynne Hjelte (Cal)	18:18
5. Alice Trumbly (Cal)	18:21
6. Phyllis Ulrich (SJC)	18:28
7. Rhonda Craig (CSLB)	18:43
8. Michelle Aubuchon (CSH)	18:53
9. Karey Robinson (CSH)	19:00
10. Cheryl Flowers (Cal)	19:06
11. Sherrie Roach (CSLB)	19:08
12. Yvonne Yanke (CSLB)	19:19
13. Pam Cox (Cal)	19:30
14. Stephanie Stoutt (CSH)	19:34
15. Eugenia Zorick (Cal)	19:44
16. Connie Hester (CSH)	19:47
17. Cindy Claiborne (Cal)	19:50
18. Denise Bigelow (CSH)	19:51
19. Michelle Bonds (CSLB)	19:51
20. Mary Ann Scannali (Sac)	20:08

75 finishers.

TEAM SCORES:	
1. Cal Berkeley	15
2. Cal State Hayward	65
3. Cal State Long Beach	71
4. Sacramento State	134
5. University of Nevada-Reno	216
6. University of San Francisco	256
7. San Francisco State	266

Team Scores:

1. Sacramento State	39
2. Cal Poly Pomona	74
3. San Diego State	74
4. Cal State Northridge	76
5. Cal State Los Angeles	133
6. Chapman	133
7. UC Riverside	143
8. Cal Poly Pomona B	198
9. WSC	292
10. Occidental	295
11. University of Redlands	309

Women 5,000 Meters:

1. Lynn Kanuka (SDS)	17:20
2. Chris Gilbreth (SDS)	18:19
3. Marie Albert (UCR)	18:44
4. Sherrie Torrans (SDS)	18:59
5. Debra Chaddock (SDS)	19:01
6. Nancy Ramirez (CSB)	19:37
7. Anne Zampardo (SDS)	19:48
8. Eliana Garcia (SDS)	19:52
9. Valinda Hoagland (SDS)	19:58
10. Molly O'Neill (UR)	20:14
11. Tere De Anda (CPP)	20:28
12. Cathy Langdoc (CSB)	20:40
13. Liz Garman (APC)	20:46
14. Beth Gleason (CPP)	20:53
15. Nancy Wouters (CPP)	20:59

41 finishers

Team Scores:	
1. San Diego State	19
2. UC Riverside	72
3. Cal State Bakersfield	89
4. Cal Poly Pomona	92
5. Point Loma College	126
6. Azusa Pacific	134

Sept. 22: Fresno. Clovis High School Invitational XC. 5,000 meters junior and senior boys. 3,000 all others.

Boys

Seniors

1. Montoya, Clo, 17:04; 2. Ross, Hoov, 17:32; 3. Jeung, Hoov, 17:35; 4. Hernandez, MCL, 17:39; 5. Fisher, Hoov, 17:43.
--

Juniors

1. G. Gonzales, Clo, 16:26; 2. R. Gonzales, Red, 17:34; 3. Grieco, Hoov, 17:43.

Sophomores

1. Gomez, Red, 9:35; 2. Walker, Hoov, 9:39; 3. Cruz, Ext, 9:52.

Freshmen

1. Torres, Clo, 10:28; 2. Dillon, Red, 10:43; 3. Garcia, Clo, 10:43.
--

Girls

1. Moffitt, Ext, 11:46; 2. Nielsen, Clo, 11:48; 3. Delcom, Clo, 11:55; 4. Vesquez, Red, 12:12; 5. Jones, Red, 12:37.
--

Juniors

1. Stockton, Ext, 12:06; 2. Kemp, Bull, 12:15; 3. Penninger, Clo, 12:23.
--

Sophomores

1. Wilcox, Clo, 11:16; 2. Becker, Fres, 11:45; 2. Crabtree, Clo, 12:23.

Freshmen

1. Martinez, Ext, 12:43; 2. Avila, Clo, 13:26; 3. McGraw, Clo, 13:38.

Sept. 23: Alhambra. Run For Life.

Men 5 Kilo:	
1. Peter Mogg (24)	15:43
Women 5 Kilo:	
1. Ruth Caldwell (22)	17:35
Men 15 Kilo:	
1. Gary Romesser (28)	47:55
Women 15 Kilo:	
1. Carol Doody (10)	63:47
1,000 finishers	

Sept. 23: San Francisco/Golden Gate Park. PA-AAU 25 Kilo Championship.

Open Men:

1. Gary Blume (22) Cal	1:18:03
2. Dave Smith (25) YPC	1:18:18
3. Mike Pinocci (24) WVTC	1:19:09
4. Brian Maxwell (26) BA	1:20:52
5. Bob Darling (30) Excel	1:20:53
6. Phil Kay (26) Pama	1:22:01
7. Don Paul (29) Pama	1:22:05
8. Bill Scholl (28) Shore	1:22:25
9. Mitch Kingery (23) CW	1:22:29
10. Tony Munoz (24) CW	1:22:42
11. Bill Sevald (33) Excel	1:23:11
12. Bernie Heinrich (39) MR	1:23:15
13. Tad Woliczko (29)	1:23:27
14. Steve Brooks (25) WVTC	1:23:32
15. Skip Brown (30) HE	1:23:42
16. Eric Williams (29) MR	1:24:22
17. Mark Proteau (26) Aggies	1:24:31
18. Daryl Zapata (34) WVTC	1:24:44
19. John Sheehan (25) Aggies	1:24:54
20. Dan Martinez (19) WS	1:25:23
21. Mark Hines (29) Excel	1:25:44
22. Mike Emery (23) CW	1:25:53
23. Mike Conroy (31) Excel	1:25:56
24. Jack Leydig (35) WVTC	1:26:15
25. Rich Hornstra (22) CW	1:26:17

Team Scores:

1. West Valley TC	7:01:12
2. Excelsior TC	7:03:39
3. Camino West TC	7:05:00
4. Marin Racers	7:24:02
5. Pamakids	7:30:34

Masters Men:

1. Tom Cathcart (41) WVTC	1:25:33
2. Robert Wellock (42) WVTC	1:26:49
3. Ulrich Kaempff (48) WVTC	1:26:58
4. Darryl Beardall (42) MW	1:28:58
5. Roger Bryan (43) WVTC	1:29:39
6. Don Ardell (41) Tam	1:30:30
7. Ray Menzie (44) MW	1:30:58
8. Norm Mcabee (47) Pama	1:32:01
9. Ralph Bowles (43) MW	1:32:17
10. Doug Latimer (41) WVTC	1:32:40

Team Scores:

1. West Valley TC	7:21:00
2. Masters West	7:50:07
3. Tamalpa	7:55:11

Open Women:

1. Roxanne Bier (17) SJC	1:39:06
2. Gail Campbell (30) WVJS	1:43:27
3. Sue Brusher (25)	1:44:18
4. Marilyn Harbin (42) MW	1:44:42
5. Gail Gustafson (36) WVTC	1:48:11
6. Vicki Blankenship (34) Pama	1:49:05

Team Scores:

1. Pamakids	5:41:05
2. West Valley TC	5:58:09
3. Woodside Striders	6:04:25
362 finishers	

Sept. 29: Fresno, Woodward Park. Fresno Invitational Cross Country

College-Open Men 10,000 Meters:

1. Jim Schankel (CPSLO)	30:43
2. Dan Aldridge (CPSLO)	31:12
3. Tom Lobsinger (Stan)	31:17
4. Dan Gruber (Aggie)	31:21
5. Eric Huff (CPSLO)	31:23
6. Manny Bautista (CPSLO)	31:24
7. Terry Gibson (CPSLO)	31:24
8. Roy Kissin (Stan)	31:25
9. Juan Garcia (Fresno TC)	31:28
10. Rod Berry (Stan)	31:30
11. Bill Graham (Stan)	31:41
12. Tim Holmes (FSU)	31:55
13. Bill Haldeman (Stan)	31:56
14. Tim Minor (Nevada)	31:57
15. Melvin Thompson (LVTC)	32:10
16. Ivan Huff (CPSLO)	32:11
17. Jack Marden (CPSLO)	32:13
18. Tom Fitzgerald (FSU)	32:15
19. Edgar Leano (Nevada)	32:17
20. Bryan Foley (Fresno TC)	32:18
21. Tom Trimble (CPSLO)	32:20
22. Jerry Borbon (CP Pom)	32:25
23. Jorgen Eiremo (Nevada)	32:26
24. Paul Buelo (CPSLO)	32:27
25. Jim Hammons (Nevada)	32:28

111 finishers

TEAM SCORES:

1. Cal Poly San Luis Obispo	21
2. Stanford University	45
3. University of Nevada-Reno	108
4. Fresno State University	119
5. Cal Poly SLO- "B"	143
6. Fresno Track Club	149
7. Aggie Running Club	154
8. Cal Poly Pomona	177
9. Univ. Nevada-Reno - "B"	181
10. University of San Francisco	338

College-Open Women 3 Mile:

1. Maggie Keyes (CPSLO)	16:23
2. Jan Oehm (UCB)	16:32
3. Cindy Schmandt (UCB)	16:42
4. Kim Schnurpfel (Stan)	16:44
5. Lynne Hjelte (UCB)	16:48
6. Alice Trumbly (UCB)	16:59
7. Phyllis Orlich (SJC)	17:09
8. Michelle Aubuchon (Hay)	17:16
9. Roxanne Bier (SJC)	17:18
10. Pam Cox (UCB)	17:19
11. Cathy Perkins (CPSLO)	17:20
12. Elleen Kramer (CPSLO)	17:28
13. Ann Thrupp (Stan)	17:31
14. Ann Regan (WV)	17:38
15. Connie Hester (Hay)	17:39
16. Cheryl Flowers (UCB)	17:45

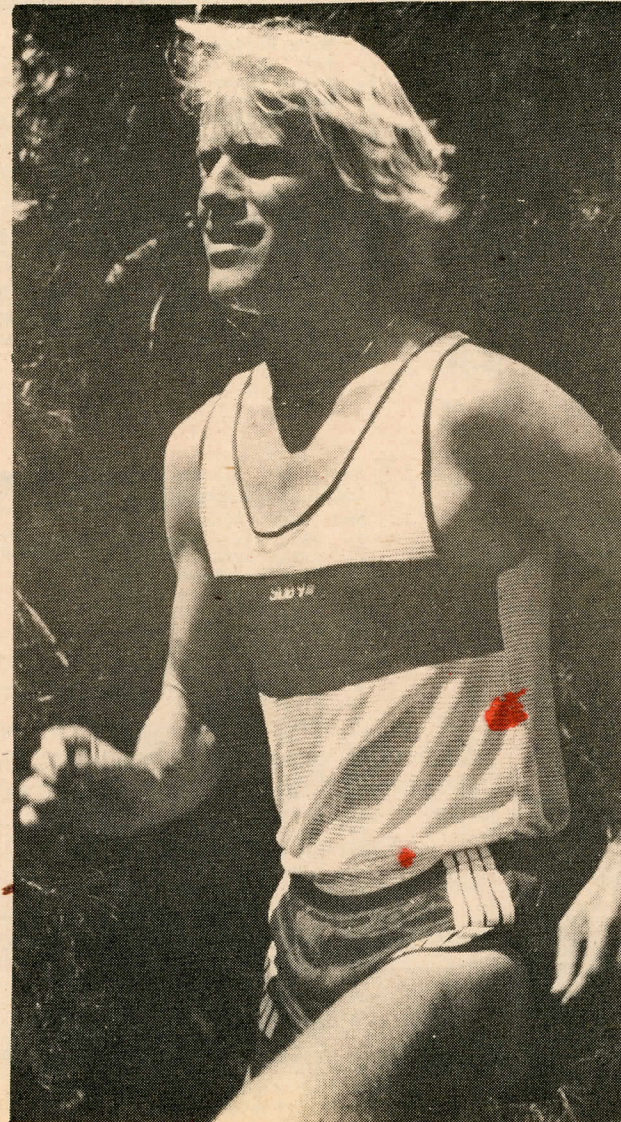
112 finishers

TEAM SCORES:

1. UC Berkeley	26
2. Cal Poly San Luis Obispo	63
3. Hayward State	105
4. San Jose Cindergals	114
5. Stanford	137
6. Cal Lutheran	190
7. Sacramento State	222
8. Aggie Running Club	232
9. West Valley College	246
10. Arizona State	246
11. Bakersfield State	326
12. Fresno Track Club	390

Sept. 29: Angell Field. One Mile Race Walk.

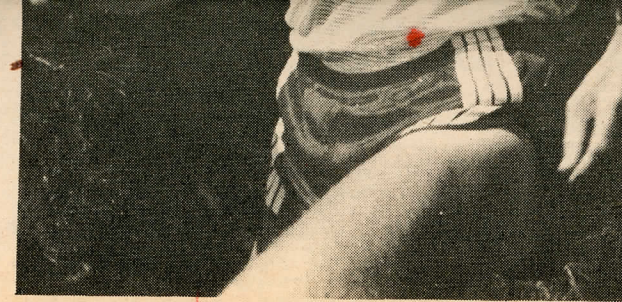
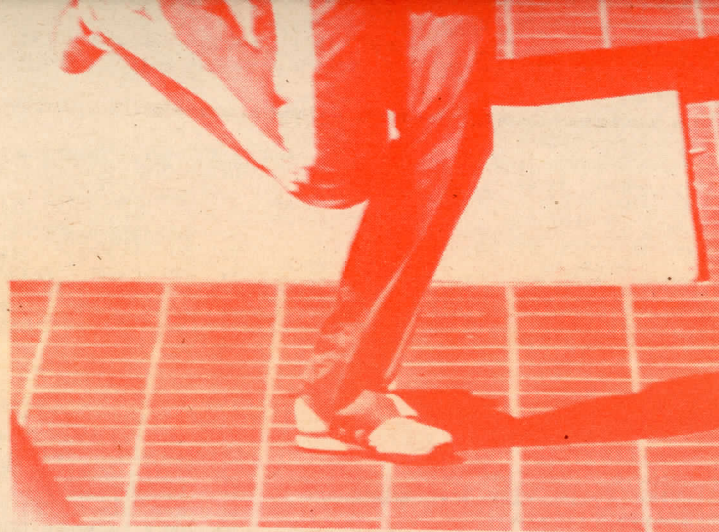
1. Larry Fox (56) Campbell	10:19
2. Cesar Garcia (60) Los Gatos	10:31
4. Martha Brouwer (39) 1-W	11:16



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Thus, Sub-4 shorts are made by a runner. They're all nylon tricot -- featherweight, long-wearing, good looking. And the design -- medium rise, split at the sides, one-piece construction in the liner.

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Sub-4 makes five shorts and five singlets, designed specifically for both men and women. Shown above are the Men's Racing Shorts and the European Mesh Singlet.

Also shown is the All-Purpose Running Suit. Made of 100% Antron nylon, the suit is extremely lightweight and has the durable construction for which all Sub-4 gear is noted. It has generous zippers on both legs, an attached hood, full-sized jacket pocket, vent in rear of jacket, and the distinctive four stripes of Sub-4.

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