



VALLEY TRACK AND FIELD

December, 1972

Vol. 2, No. 3

35¢



VALLEY TRACK AND FIELD
1717 South Chestnut Avenue
Fresno, California 93702

December, 1972

Vol. 2, No. 3

EDITOR Bill Cockerham
PUBLISHER Jerry Huhn

CONTRIBUTORS THIS MONTH

Ted Oliver
Mike Lennemann
Bob Fries
John Pitman
Joe Herzog
Lanette Chan
No. Cal. Running Rev.
Juan Garcia
Doug Rudolf
Dave Dodson
Dee DeWitt
Red Estes

HIGH SCHOOL STATISTICIAN

Ron Blackwood

ON THE COVER:

- A) Start of Valley Championships Varsity, Juan Garcia goes out early. Juan is featured in this month's "Meet Valley Athlete"
- B) Fresno City College prepares to start at the Valley Conference Meet.
- C) Bakersfield College's Eddie Granillo, third place finisher in State Meet.
- D) Madera's one-two punch: Lewis Raviscioni (left) and Joe Cazaras.
- E) Kevin Dougherty, number one for Fresno State running with Phaethon's Elia twins.
- F) Start of North Yosemite League Frosh-Soph race. Here's why Madera won the Valley title.
- G) Foothill High coach, Ted Oliver, featured in this month's "Meet Valley Coach."
- H) Winner of the Valley Championship Frosh-Soph race, Sam Garcia of Wasco.
- I) Number one man for Fresno Pacific, Mike Lennemann.
- J) Redwood High, Valley Champions: Top row left to right: Jim Corbin, Marty Higginbotham, Juan Garcia, Frank Ducar, bottom row: Bryan Patterson, Joe Luna and Ralph Garcia. Lanette Chan photo.
- K) Start of Valley Meet Frosh-Soph race.

WHAT IS VALLEY TRACK & FIELD?

VALLEY TRACK AND FIELD is a monthly publication. It is devoted to the promotion of all areas of track and field in the San Joaquin Valley. It is about and for Valley track people. VALLEY TRACK AND FIELD does several things: (1) provides in-depth track news coverage, (2) gives recognition to outstanding Valley performances, (3) presents an opportunity to become better acquainted with other Valley track people, (4) is a source of educational and informative track and field articles.

As a track enthusiast, VALLEY TRACK AND FIELD will be of much interest and a valuable tool to you, as well as an asset to track and field, in general, in the Valley.

The success of VALLEY TRACK AND FIELD, to a great extent, depends on you the readers. It's impossible for us to make it to all of the meets, or even very many of the great number held throughout the year. You can help by always sending in all news and results (pictures, too) about your team yourself, others, or any track news you have. Please send to VALLEY TRACK AND FIELD, 1717 South Chestnut Avenue, Fresno, CA 93702. Don't assume we already have your results or news. If you have pertinent information, please send it. In a sense this is your publication - it is for you. Help make it a success.

VALLEY TRACK AND FIELD is dedicated to serving all Valley track people, athlete, coach, and fan. We welcome any comments and suggestions. We would be very happy to hear from you.

SUBSCRIPTION ORDER

Please send me a one year subscription to VALLEY TRACK AND FIELD @ \$3.50.

Name: _____

Address: _____

_____ zip _____

Mail check or money order to:
VALLEY TRACK AND FIELD
1717 South Chestnut Avenue
Fresno, California 93702

MEET VALLEY COACH

TED OLIVER of Foothill High School. If you were at The Valley Championships you saw Ted Oliver host a very successful championship cross country meet. If you attended the USTFF meet the following day you saw Ted Oliver run a pretty good six mile. If you were at the Hill-'n-Dale Run the next week you would have seen Ted putting on the first European style cross country run in the Valley. Ted is an exciting individual - we bet you'll find him very interesting, also.

Ted was born at Ft. Smith, Arkansas but soon moved to California's Central Valley where he attended Shafter High School. His first two years in high school he tried football, basketball, and baseball with little success. His junior year he gave tennis a try; but it wasn't until his senior year that he found his sport - running. He was number one man in cross country, ran 2:04 and 4:55 in track and set the Shafter 1320 record with a 3:25.

At Bakersfield College Ted lettered in cross country and track; ran 5l.5, 1:56, 3:09, 4:25, 9:52; and received the Most Inspirational award in both cross country and track. After completing two years at Bakersfield it was on to Oklahoma University to finish out his cross country and track eligibility with a letter in track and best times of 50.2, 1:53, 3:07, and 4:15.

Upon completion of school Ted joined the coaching ranks at Arvin from 1965-1966 and Foothill from 1966 till the present. While at Foothill, however, Uncle Sam called him for two years in the military. While in the army he was stationed in Europe and competed for a special team called Prix Le Clerc which competed with other NATO teams in running obstacle courses-marks-manship type competitions. Prix Le Clerc won the 6 man European Army Combat Cross Country Championships. Ted was fourth individually in the race with rifle and field pack over obstacles. Also while in the army he lowered his 440 time to 49.7, ran the intermediates in 56.4 and the 5,000 meters in 14:42.

Coach Oliver has been developing success at Foothill High School over the years. This year's cross country record was 7-1-1. The '72 harriers also won the Kern County Invitational and the South Yosemite League Championship. Some of the outstanding athletes he has helped include: Ernesto Contrareas (9:42 two mile, 4th in Valley as frosh. in 1966); Art Besenthal (9:48 cross country and 9:59 track two mile, 5l.5 in 440 '66-'68); Keith Robertson (1:58, 4:22, State Meet participant '69); Steve Story (14-2 vault '70); Lonnie Shelton (182-5 disc, 5th in State Meet '71); Darrel Cox (50.5, 1:58, presently running for Bakersfield College. cont. next page

VALLEY VIEWS

Fresno State University's star runner, Kevin Dougherty placed fourth in the PCAA cross country championships November 10th. His finish qualified him for the NCAA University Division Nationals at Houston, where he became the third bulldog runner to compete in the Nationals. Kevin placed 190th out of 290 national runners. . . . In the State JC Meet Bakersfield College runner Eddie Granillo placed third with 19:51 and Fresno City ace Greg Hall was fourth in 19:53. First and second went to teammates Ed Mendoza (19:25) and Terry Cotton (19:34) of Grossmont College. Grossmont won the team title with Bakersfield fifth and Fresno ninth. . . . Several Valley athletes competed in the recent Sacramento Twenty Mile Race. From Fresno Pacific Martir Urias placed 17th in the Open Division with 1:56:02, Don Gregory 21st with 1:56:38, and Rick Jensen 30th with 2:01:15. High Sierra Track Club Runners Bill Cockerham ran 1:57, Dave Donaldson 2:00, and Rich Peterson 2:10. In the High School Division Madera runners Joe Torrez placed 19th in 2:08:21 and Paul Mendez 26th with 2:15:10.

Phaethon beat High Sierra in the non-team race team scoring at the Second Annual Fresno Road Race December 2nd. Fernie Montanez put on an excellent race and the turnout was very good - hope to have complete results next month. . . . Mt. Whitney High School had twenty three runners compete in Track & Field News' annual postal three mile run. Zenas Moreno had the fastest time with his 16:06.6, but was some two seconds off of Leroy Turner's school mark of 16:04.7 set last year.

WINTER ALL COMERS TRACK MEETS: at Cal State Fullerton(3:00 pm) December 8, January 5, 12, 19, 26, February 2, 9. At College of San Mateo(11:30 am) December 9, 16, 23, 30, January 6, 20, February 3; qualifying for the Cow Palace Indoor Meet will be held in the Bay Area January 13. The Cow Palace Meet is January 26th. At Radcliff Stadium, Fresno (1:00 pm) February 24th.

MADERA MARATHON -- DECEMBER 16th 10:00 AM

MEET VALLEY ATHLETE

JUAN GARCIA: Sophomore, Redwood High School-Visalia. 5'9" and 135 pounds. Born August 8, 1955, at Visalia, California
BEST TIMES: 440--52.1; 880--1:58.5; mile--4:19.4r; two mile--9:14.2 National Frosh Record.
TRAINING: once a day, six days a week, twelve months a year. 70-75 miles per week early season, 35-45 miles per week late season. Coached by John Pitman.

DESCRIPTION: Training takes place at many different places - track, golf course, park, road. Many types of running are undertaken, depending on the time of the season - fartlek, interval, short speed, stamina speed, metabolism, over distance.

Who's the most talked about, most winning, most exciting runner in the Central Section? It has to be Redwood's Juan Garcia. Juan's success is only about a year old as he was injured for a good part of his frosh year and didn't start to really show his potential until indoor track season. He wound up that first year by winning the Valley two mile track championship. This cross country season he has dominated the Central Section and capped it with the Valley Championship.

Juan competes in cross country and track because as he says, "I enjoy running," and he plans to continue "until running is no longer fun." His favorite event is the two mile and if he had a preference he feels racing about every two weeks would be ideal. As for strategy, "Basically I run for a particular time." Juan believes in training hard, tries to get at least eight hours of sleep a night and doesn't take vitamins.

Juan has been seeing success come so fast it is hard to set goals, but he would like to run under 4:10 and under 9:00 this year, and "I would like to make the 1976 Olympics." For college, "I would like the opportunity to attend a good running school in the East." After school Juan has his sights set on teaching Spanish and coaching.

There is no typical workout as a wide variety of running is done, however the general pattern of training is: (1) Early Season - fartlek, interval and overdistance, (2) Mid Season - Interval, metabolism and begin stamina speed, (3) Late Season - interval reduced, metabolism and begin short speed.

Some Workouts This Season Were:

Late September:

Monday: 3 mile warm-up, 3X(10X440) with 1 1/2 minutes rest between 440's and 880 jog between sets of 440's. 1st 10 at 66, 2nd at 64., 3rd at 68. 2 mile cool down.

Tuesday: Segment running at race pace: 1 minute - 1-1-1-2-2-4-2-2-1-1-1-1 with 2 minute rest between each.

Wednesday: 3 mile warm-up. 20X110 yds. at 15-16 seconds with 40 second rest. 10X220 at 30-32 seconds. 2 mile cool down.

Thursday: 3 mile warm-up. 3X(10X220) at 30-32 seconds. 2 mile cool down.

Friday: 3 mile warm-up. 10X880 at 2:16 average, with 6 minute rest interval jog. 2 mile cool down.

Saturday: 30-45 minute jog.

Sunday: Rest.

Early November:

Monday: 2 mile warm-up. 10X330 at 44-45 with 3 minute rest 10X220 at 30-32. 2 mile cool down.

Tuesday: Warm-up. 2X(10X220) at 30-32 with 45 second rest. 10X110 every other one all out. 2 mile cool down.

Wednesday: Warm-up. 5X330 at 44-45. 5X220 at 30-32. 5X220 first 110 at 15, second 110 all out. 2 mile cool down.

Thursday: Warm-up. 10X220 at 30-32. 1 mile cool down.

Friday: Race.

Saturday: 30-45 minutes of running

Sunday: Rest.

Almost all of the above is done on a grass track.

valley coach, contd.

As for coaching philosophy philosophy Coach Oliver states, "I believe the desire to do well must come from within the person. I try to develop this desire by providing the athlete with good reasons for running. I think they must have goals and they must realize that hard work in preparation and a tough mental attitude in competition will allow them to realize their goals. I would hope the young men I work with will learn something that will help them later in life. I like winning and feel it is very important but I do not believe in winning at any cost. There are things more important. I feel every member on the team is important and try to work with each person on the squad and not the better athletes only. I stress continued improvement and do not like athletes to rest on past performances.

"Quantity is necessary (large numbers) in building a winning program. Once a winning attitude has been established a coach's job becomes easier. I do feel that winning tends to perpetuate itself."

What about workouts. "There is only one way - hard work. My workouts are aimed at bringing the athlete along for peak performances at specific times. Thus a specific workout would be dependent upon the athlete, his goals, and the time of season.

"Mileage is important (background) and it must be maintained at a high level for as long as the athlete can compete successfully while putting in the miles. Quality performances can be achieved only with quality work so quality work must be done. Workouts must not be mentally tiring. Workout Principles: (1) vary distance, (2) vary speed, (3) vary workout locale, (4) include ideas in workouts that you want to stress, and (5) develop mental attitude.

"I do not believe in one type of workout. I use combinations. My workouts are a pot-pouri of styles. Basically the athlete must believe in what he is doing. If this is the case you can do just about anything and be successful."

A typical mid-season workout:

1 mile jog - calisthenics

10X150 stride

3 mile cross country (some special emphasis)

4X440 stride or pace

3 mile cross country

10X150 stride

1 mile jog - cool down.

SCHEDULES

December 23: Central California XC Champs.
Mooney's Grove, Visalia 11:00 am.

December 23: 15 mile scratch race, Sunset Park,
Las Vegas, Nev. 9:00 AM.

December 30: 3rd. Devil-Take-the-Hindmost Run,
12 miles. Griffith Park, Los Angeles 9:00

December 31: 13th Annual Midnight Run, 10 kilo-
meter, Los Altos, Foothill JC, Midnight.

January 6: 13.2 mile Mini-Marathon, Las Vegas
to Henderson 9:00 am, El Cortez.

January 7: PA-AAU 15 kilo Championships, Napa,
10:00 am. Bill Yee, 616 Hillsborough,
Oakland 94606.

January 13: Mission Bay Marathon, San Diego,
Entries close 1/8, Box 1124, San Diego,
92112.

January 14: 13.5 Mile Road Race, Sonoma St.
College, 10:00 am, Bob Lynde, Sonoma St,
Rohnert Pk., 94928.

January 20: 30 Kilometer scratch race, Sunset
Park, Las Vegas, 9:00 am.

January 21: PA-AAU 20 Kilo Championships, 10:00
am, Woodside.

January 27: 6 Mile SNA XC Championships, Sunset
Park, Las Vegas 9:00 am.

January 27: 20 Mile XC Race, Woodside, 10:00am,
Mike Ipsen, PO Box 868, Redwood City 94064

U.S. Masters International Track Team

TO RACE IN SOUTH PACIFIC



U.S. Masters invites you to join its 1973 Christmas Jet Tour and Competitions in Fiji, Australia, New Zealand, and Hawaii. Tour the sunny Southern Hemisphere during the holidays, December 13, 1973 to January 1, 1974. Compete in all Australian Vets Track and Field Championships; age group and long distance racing in each country. A perfect family vacation with full complement of travel and

sightseeing. Enjoy people-to-people communication through athletics at group discount rates. Contact David or Helen Pain, 1160 Via Espana, La Jolla, California 92037 (714) 459-6362.

FLY AIR NEW ZEALAND LUXURY DC-10 Jets

VALLEY

MEET

November 17, Hart Park, Bakersfield (2 miles): It was no surprise that Juan Garcia and the Redwood High School team ran to almost uncontested victories in the Valley Cross Country Championships. Both Juan and his Redwood team completed the season undefeated in Valley competition. Juan went out right from the start and was never challenged with his fast 9:31.3 on the chilly overcast afternoon. The real battle over the flat grassy (some asphalt) course was for second place; but Fresno's Ned Baird pressed hard the last half mile to hold off a fast closing Jim Huebner of Bullard. Madera placed second in team scoring as well as winning the Frosh-Soph.

In the Frosh-Soph race Sammy Garcia of Wasco worked his way through the pack for the first mile then just hung-on once he was in the lead, holding off a distant challenge from Madera's Frank Frausto with a 180 yard final kick.

1. Juan Garcia	Redwood	9:31.3	39. J. Corbin	Pedwood	10:22
2. Ned Baird	Fresno	9:42	40. David Brown	Foothill	10:22
3. Jim Hubner	Bullard	9:46	41. J. Todd	Lemoore	10:22
4. J. Luna	Redwood	9:48	42. P. Reel	Madera	10:22
5. T. Anderson	Bakersfield	9:50	43. D. Esqueda	Poosevelt	10:23
6. A. Hinzo	West	9:52	44. R. Rodriguez	Arvin	10:24
7. M. Hull	Hoover	9:54	45. A. Guillen	Porterville	10:25
8. J. Cazares	Madera	9:58	46. B. Deeter	Hoover	10:25
9. M. Storm	Riverdale	9:59	47. D. Chavez	Roosevelt	10:25
10. K. Hendrick	Highland	10:01	48. E. Boyles	South	10:25
11. T. Elieff	Highland	10:02	49. O. White	Fresno	10:25
12. L. Eichhorn	Roosevelt	10:03	50. D. Oaxaca	Fresno	10:26
13. Z. Moreno	Mt. Whitney	10:03	51. E. Lenne	Hoover	10:24
14. M. Garza	Central	10:03	52. P. Caranza	Madera	10:26
15. L. Ravisconi	Madera	10:05	53. R. Garrett	Foothill	10:27
16. M. Montoya	Reedley	10:05	54. C. McCarty	Porterville	10:27
17. G. Tanner	Bakersfield	10:05	55. M. Scatena	East	10:27
18. D. Aguirre	East	10:06	56. R. Fratwell	McLane	10:28
19. F. Ducar	Redwood	10:06	57. J. Torres	Madera	10:28
20. M. Jurkovich	Bullard	10:06	58. S. Wingo	Mt. Whitney	10:29
21. M. Edwards	East	10:08	59. P. Lupercio	Hanford	10:29
22. Higginbotham	Redwood	10:08	60. R. Brenner	Clovis	10:30
23. D. Brown	Foothill	10:10	61. S. Nipper	Bakersfield	10:30
24. E. Rios	Foothill	10:12	62. R. Vega	Madera	10:31
25. B. Gillette	Lemoore	10:12	63. Petty	Roosevelt	10:31
26. J. Chavez	Bakersfield	10:13	64. D. Wright	McLane	10:32
27. L. Grieco	Hoover	10:14	65. K. Ory	Hoove	10:33
28. J. Duran	Coalinga	10:14	66. F. Sandoval	Reedley	10:33
29. T. Buellana	Porterville	10:15	67. C. Weinman	East	10:33
30. F. Rodriguez	Coalinga	10:17	68. E. Ortiz	Monache	10:37
31. J. Reyes	Arvin	10:17	69. E. Ravera	Roosevelt	10:38
32. C. Peoples	Bullard	10:17	70. P. Ramirez	East	10:38
33. P. Lewarton	West	10:17	71. R. Garcia	East	10:38
34. A Villareal	Madera	10:17	72. M. Stevens	Coalinga	10:39
35. Christianson	Porterville	10:19	73. A. Cordova	Fresno	10:39
36. Avila	Rive dale	10:19	74. Espitallier	Hoover	10:39
37. Brian Anderson	Redwood	10:20	75. R. Jolley	Mt. Whitney	10:39
38. E. Hernandez	East	10:22	76. R. Grigsby	Tulare West.	10:41

77. G. Salazar	Fresno	10:41	28. N. Gaona	Menatchee	10:38
78. R. Jenkins	Bakersfield	10:41	29. P. Medrano	Sanger	10:38
79. K. Stephens	Coalinga	10:42	30. H. Garcia	Redwood	10:38
80. D. Harrison	Hoover	10:43	31. R. Estrada	Reedley	10:40
81. R. Sells	Lemoore	10:43	32. J. Arriola	Western	10:40
82. R. Garcia	Redwood	10:44	33. L. Garcia	Redwood	10:40
83. S. Gutierrez	Porterville	10:44	34. A. Rodriguez	Bakersfield	10:42
84. G. Ronimo	Porterville	10:44	35. J. Garcia	Arvin	10:43
85. R. Gonzales	Porterville	10:44	36. T. Helms	Highland	10:43
86. F. Bozzo	Mt. Whitney	10:46	37. M. Fernandez	Foothill	10:44
87. L. Sanz	Roosevelt	10:49	38. Zapata	Selma	10:48
88. M. Sharon	Bakersfield	10:49	39. R. Pena	Coalinga	10:48
89. R. Zaragoza	Foothill	10:50	40. X. Garcia	Clovis	10:49
90. J. Hobbs	Lemoore	10:51	41. B. Bowen	Coalinga	10:49
91. B. Stevenson	Lemoore	10:52	42. R. Monsibais	Highland	10:49
92. J. Olhearn	Highland	10:54	43. A. Balderas	Redwood	10:49
93. M. Miles	Foothill	10:54	44. J. Borquez	South	10:51
94. M. Gillette	Lemoore	10:54	45. J. Luna	Madera	10:52
95. J. Garcia	Mt. Whitney	10:55	46. H. Yanez	Clovis	10:54
96. P. Neff	Highland	10:57	47. J. Quinez	Western	10:54
97. J. Lucero	Foothill	10:57	48. T. Madena	Fresno	10:54
98. J. Lucahesi	Bullard	10:58	49. Roy Valles	Foothill	10:54
99. D. Parks	Bullard	10:59	50. J. Ramirez	East	10:55
100. T. Avery	Bullard	11:01	51. B. Santillan	Wasco	10:56

FROSH - SOPH

1. S. Garcia	Wasco	10:01	52. R. Gonzales	Arvin	10:56
2. F. Frausto	Madera	10:03	53. P. Barboza	Wasco	10:56
3. J. Weinmann	East	10:08	54. R. Reynaga	Porterville	11:00
4. R. Canales	Western	10:10	55. R. Neff	Highland	11:01
5. B. Foley	Hoover	10:12	56. R. Gonzales	Menatchee	11:01
6. L. Carranza	Madera	10:14	57. R. Facio	Hoover	11:02
7. W. Oberman	Clovis	10:17	58. M. Edwards	Bullard	11:03
8. L. Hatton	Clovis	10:17	59. B. Lesley	Clovis	11:03
9. T. Sanchez	Madera	10:17	60. J. Recchio	McLane	11:05
10. E. Taylor	Tulare Union	10:21	61. J. Lopez	Foothill	11:05
11. S. Wright	Porterville	10:23	62. J. Garza	Hanford	11:05
12. I. Luna	Tulare Union	10:24	63. D. Raymer	McLane	11:05
13. H. Shanklin	Foothill	10:24	64. R. Sanchez	Arvin	11:05
14. Rubio	Madera	10:26	65. T. Taylor	Hoover	11:08
15. Corrasco	Delano	10:26	66. M. Skow	Roosevelt	11:10
16. Z. Gallegos	Madera	10:29	67. D. Morley	Clovis	11:10
17. J. Laird	East	10:30	68. T. Zaragoza	Foothill	11:12
18. E. Torres	Tulare West.	10:31	69. R. Garcia	Hanford	11:12
19. R. Phillips	Redwood	10:32	70. D. Smithey	Foothill	11:12
20. J. Mercer	Foothill	10:33	71. J. Roux	East	11:14
21. A. Marquez	Roosevelt	10:34	72. J. Delria	Coalinga	11:14
22. L. Luna	Madera	10:34	73. A. Flores	Redwood	11:14
23. J. Rodriguez	Arvin	10:34	74. M. Hernandez	Hanford	11:14
24. A. Lara	Hoover	10:35	75. T. Salcedo	Arvin	11:16
25. L. Arguello	Wasco	10:36	76. G. Diaz	East	11:16
26. J. Esqueda	East	10:37	77. J. Coobler	Porterville	11:19
27. R. Mesa	Wasco	10:38	78. J. Beeler	Foothill	11:19
			79. C. Gonzales	Clovis	11:21

80. C. Morales	Arvin	11:26
81. M. Boudreau	Porterville	11:26
82. D. Gardenieus	Riverdale	11:29
83. R. Muriet	Hanford	11:33
84. A. Ninoz	Roosevelt	11:33
85. B. Smith	Hanford	11:36
86. M. Pena	Coalinga	11:39
87. J. Hernandez	Western	11:39
88. S. Harrington	Roosevelt	11:39
89. Macias	Wasco	11:39
90. B. Gillette	Porterville	11:39
91. J. Marin	McLane	11:39
92. K. Brannon	McLane	11:39
93. J. Machado	Arvin	11:39
94. L. Martin	McLane	11:39
95. J. Watanab	Coalinga	11:41
96. P. Trombley	Coalinga	11:45
97. B. Kunz	Roosevelt	11:45
98. B. Berger	Redwood	11:45
99. A. Rowlett	Porterville	11:46
100. B. Saugez	Hoover	11:46

TEAM SCORES:

Varsity - Redwood 68, Madera 125, Bakersfield 151, East Bakersfield & Hoover 161, Roosevelt & Foothill 190, Fresno 202, Porterville 203, Bullard 211, Coalinga 260, Highland 262, Lemoore & Mt. Whitney 268.

Frosh-Soph - Madera 44, Clovis 128, Wasco 131, East Bakersfield 137, Foothill 151, Tulare Western 155, Redwood 163, Arvin 199, Hoover 205, Porterville 255, Coalinga 270, Roosevelt 291, Hanford 297, McLane 323.

WEST YOSEMITE LEAGUE MEET

November 3, Avocado Lake: Everything went as expected in the West Yosemite League Meet: Juan Garcia won by a landslide as did his Redwood High team. Juan was impressive as usual as he blitzed his old course record of 9:31 set earlier in the year. In the team race the real battle was for second place with Mt. Whitney edging out Lemoore, Sanger and Reedley.

Paced by first place finish of Jerry Montoya the Reedley Pirates captured the Frosh-Soph Division by one point over Redwood.

In a special elementary school race run in conjunction with the WYL Meet Robert Sandoval of Washington ran the one mile course in 4:58.0.

TEAM SCORES:

Varsity - Redwood 19, Mt. Whitney 70, Lemoore 83, Sanger 98, Reedley 100, Selma 197.

Frosh-Soph - Reedley 36, Pedwood 37, Selma 59, Sanger 101, Lemoore 116, Mt. Whitney 140.

Junior Varsity - Redwood 29, Lemoore 33, Mt. Whitney 122, Selma 147.

Varsity:

1. Juan Garcia	Redwood	9:16.2								
2. Bryan Patterson	Redwood	9:47								
3. Zenas Moreno	Mt. Whitney	9:52								
4. Joe Luna	Redwood	9:56								
5. Marty Higginbotham	Redwood	9:56								
6. Mike Montoya	Reedley	9:59								
7. Frank Ducar	Redwood	10:05								
8. Ralph Garcia	Redwood	10:06								
9. Frank Sandoval	Reedley	10:08								
10. Bob Gillett	Lemoore	10:08								
11. Margo Martinez (Sanger)	10:09; 12. Scott Wingo (Mt. Whitney)	10:13; 13. Jeff Todd (Lemoore)	10:15; 14. Jim Corbin (Redwood)	10:19; 15. Randy Sells (Lemoore)	10:27; 16. Tony Martinez (Sanger)	10:28; 17. Harvey Gomez (Mt. Whitney)	10:28; 18. John Garcia (Mt. Whitney)	10:29; 19. Pedro Medrano (Sanger)	10:30; 20. Robert Jolley (Mt. Whitney)	10:34.

Frosh-Soph:

1. Jerry Montoya	Reedley	10:18.1								
2. Hector Garcia	Redwood	10:22								
3. Robert Estrada	Reedley	10:24								
4. Mike Costillo	Reedley	10:26								
5. Mike Zapata	Selma	10:27								
6. Albert Balderas	Redwood	10:28								
7. Robbie Phillips	Redwood	10:37								
8. Lawrence Garcia	Redwood	10:38								
9. Luis Zavala	Selma	10:39								
10. Roy Salas	Sanger	10:44								
11. Robert Wolbert (Lemoore)	10:49; 12. Julio Maldonado (Selma)	10:52; 13. Raul Contreras (Reedley)	10:59; 14. Albert Flores (Redwood)	11:03; 15. Gary Yamakawa (Reedley)	11:03; 16. Jesse Zapata (Selma)	11:05; 17. Ed Chavez (Selma)	11:12; 18. Robert Kijzel (Sanger)	11:15; 19. Gary Genter (Mt. Whitney)	11:20; 20. Joel Condon (Mt. Whitney)	11:20.

Junior Varsity:

1. Henry Carrasco (Redwood) 10:44.4; 2. Wayne Cohl (Lemoore) 10:55; 3. Rick O'Rourke (Lemoore) 10:56; 4. Jack Amaral (Mt. Whitney) 11:05; 5. Glen Horstman (Redwood) 11:08; 6. Greg Morse (Redwood) 11:17; 7. Steve Smith (Redwood) 11:18; 8. Fernando Krull (Lemoore) 11:19; 9. David Holman (Lemoore) 11:23.

Elementary One Mile Race:

- | | | |
|-------------------|------------|--------|
| 1. Robt. Sandoval | Washington | 4:58.0 |
| 2. Oscar Morales | Washington | 5:06 |
| 3. Lee Sandoval | Washington | 5:12 |
| 4. Geo. Jaramollo | Washington | 5:14 |
| 5. Fred Guerrero | Del Rey | 5:19 |
| 6. Balderas Efrem | Citrus | 5:21 |
| 7. Juan Juarez | Citrus | 5:23 |
| 8. Javier Juarez | Washington | 5:26 |
| 9. S. Salvador | Washington | 5:28 |
| 10. Manuel Garza | Washington | 5:28 |

CENTRAL AREA DIVISIONALS

November 10, Mooney's Grove, Visalia, two miles: First place finishes by Juan Garcia and his Redwood High team gave the Central Area Divisionals the appearance of an instant replay of the WYL Meet. Zenas Moreno ran an exceptionally well race in moving into second position. Porterville snuck in ahead of Mt. Whitney for second place team.

Varsity

Redwood 21, Porterville 89, Mt. Whitney 99, Lemoore 108, Coalinga 125, Reedley 148, Hanford 164, Monache 213, Selma 275, Delano 283.

- | | | |
|-------------------------------------|-------------|--|
| 1. Juan Garcia | Redwood | 9:35 |
| 2. Zenas Moreno | Mt. Whitney | 10:01 |
| 3. Joe Luna | Redwood | 10:04 |
| 4. Marty Higginbotham | Redwood | 10:07 |
| 5. Bryan Patterson | Redwood | 10:10 |
| 6. Mike Montoya | Reedley | 10:11 |
| 7. Bob Gillet | Lemoore | 10:14 |
| 8. Jim Corbin | Redwood | 10:16 |
| 9. Phillip Lupercio | Hanford | 10:16 |
| 10. Frank Ducar | Redwood | 10:17 |
| 11. James Christenson (Porterville) | | 10:17; 12. J. Duran (Coalinga) 10:20; 13. Ralph Garcia (Redwood) 10:22; 14. Tony Buelna (Porterville) 10:22; 15. J. Todd (Lemoore) 10:26; 16. Frank Sandoval (Reedley) 10:30; 17. Frank Rodriguez (Coalinga) 10:33; 18. Scott Wingo (Mt. Whitney) 10:33; 19. Charles McCarty (Porterville) 10:33; 20. Esteban Ortiz (Porterville) 10:36. |

Frosh-Soph

Tulare Western 74, Redwood 79, Hanford 126, Porterville 138, Coalinga 139, Lemoore 151, Selma 157, Reedley 163, Sanger 164, Monache 182, Delano 270, Mt. Whitney 291

- | | | |
|----------------------------|--------------|--|
| 1. Ron Canales | Tulare West. | 10:35 |
| 2. Luna Isaias | Tulare Union | 10:37 |
| 3. Steve Wright | Porterville | 10:37 |
| 4. Julian Carrasco | Delano | 10:37 |
| 5. Roy Gonzales | Monache | 10:37 |
| 6. Eddie Taylore | Tulare Union | 10:37 |
| 7. Eddie Torres | Tulare West. | 10:40 |
| 8. Robbie Phillips | Redwood | 10:41 |
| 9. Hector Garcia | Redwood | 10:42 |
| 10. Baldemar Bentancourt | Kingsburg | 10:43 |
| 11. Pedro Medrano (Sanger) | | 10:45; 12. John Quinonez (Tulare West.) 10:45; 13. Albert Balderas (Redwood) 10:45; 14. Mike Zafata (Selma) 10:47; 15. Robert Estrada (Reedley) 10:47; 16. John Arriola (Tulare West.) 10:50; 17. Noel Gaona (Monache) 10:50; 18. Lawrence Garcia (Redwood) 10:51; 19. Antonio Chapa (Hanford) 10:55; 20. Moses Hernandez (Hanford) 10:56. |

NORTH AREA DIVISIONALS

November 15, Clovis: Madera remained undefeated by placing six runners in the top twenty in the North Area Divisionals. Jim Huebner upset favored Ned Baird over the 2.1 mile Sierra Vista Golf Course run.

- | | | |
|-----------------------|-----------|---|
| 1. Huebner | Bullard | 10:11.2 |
| 2. Baird | Fresno | 10:17 |
| 3. Jurkovich | Bullard | 10:19 |
| 4. Cazares | Madera | 10:22 |
| 5. Storm | Riverdale | 10:23 |
| 6. Eichhorn | Roosevelt | 10:27 |
| 7. Raviscioni | Madera | 10:32 |
| 8. Hull | Hoover | 10:36 |
| 9. Greco | Hoover | 10:36 |
| 10. Garza | Central | 10:39 |
| 11. Fisher (Memorial) | | 10:40; 12. Peoples (Bullard) 10:41; 13. Villarreal (Madera) 10:42; 14. Avila (Riverdale) 10:43; 15. Fretwell (McLane) 10:44. Madera 59, Hoover 87, Bullard 92, Roosevelt 115, Fresno 120, Riverdale 179, Central 179, McLane 188, Clovis 201, Memorial 239. |

Frosh-Soph:

- | | | |
|---|--------|-------|
| 1. Oberman | Clovis | 10:42 |
| 2. Foley | Hoover | 10:42 |
| 3. Lara | Hoover | 10:47 |
| 4. Frausto | Madera | 10:48 |
| 5. Sanchez | Madera | 10:51 |
| 6. Carranza | Madera | 10:51 |
| 7. Hatton | Clovis | 10:54 |
| 8. Garcia | Clovis | 10:55 |
| 9. Luna | Madera | 10:57 |
| 10. Rubio | Madera | 11:05 |
| Madera 34, Clovis 52, Hoover 83, Roosevelt 97, McLane 153, Bullard 154, Fresno 206, Dos Palos 206, Central 257, Chowchilla 265. | | |

FRESNO CITY JHS CHAMPIONSHIPS

November 18, Woodward Park: The Clark girl's remained undefeated (Have they ever lost?); however Ahwahnee demonstrated they are the upcoming power in the boy's races, with an upset win over Clark in the 7th grade run, a win in the 9th grade and a second in the 8th grade. Two individuals had outstanding performances: Patty Anderson ran 6:16 to run away from the field in the girl's 8th & 9th one mile race; and Mark Southwick ran a superb 8:37.6 in the 9th grade 1.65 mile.

Seventh Grade Girl's (1.0 mile)

1. Rachel Wells	Clark	6:30.0
2. Teresa Birch	Clark	6:33
3. Sandy Mopherson	Clark	6:34
4. Linda Sanders	Kings Canyon	6:45
5. Denise Baker	Clark	7:03
6. Lillian Saunders	Clark	7:07
7. Robin Uriabe	Ahwahnee	7:19
8. Louise Axtman	Hamilton	7:20
9. Ricci Musso	Clark	7:26
10. Jacque Garcia	Hamilton	7:33

11. Elaine Martinez (Hamilton) 7:40; 12. Jackie Shelton (Hamilton) 7:52; 13. Barbara Anderson (Clark) 7:58; 14. Roxanne Wright (Hamilton) 8:43; 15. Marcia Sullivan (Hamilton) 8:52; 16. Mary Poor (Clark) 8:53; 17. Lorie McIntyre (Hamilton) 10:59; 18. Cathy Ernst (Hamilton) 12:08. Clark 15, Hamilton 45.

Eighth and Ninth Grade Girl's (1.0 mile)

1. Patty Anderson	Clark	6:16.4
-------------------	-------	--------

2. Patsy Escalante	Clark	6:35
3. Carol Pickens	Kings Canyon	6:38
4. Sandy Anderson	(CO)	6:41
5. Randie Hill	Clark	6:43
6. Jamie Jensen	Hamilton	6:47
7. Carol Contreras	Clark	6:49
8. Cheri Jensen	Hamilton	6:50
9. Joyce Goodbar	Ahwahnee	6:51
10. Cindy Lugo	Hamilton	6:51
11. Mary Dunn (Clark) 6:53; 12. Becky Wells (Clark) 6:53; 13. Cathy Oaxaca (Hamilton) 6:59; 14. Debbie Armstrong (Clark) 7:02; 15. Josie Settle (Hamilton) 7:04; 16. Carol Sanders (Kings Canyon) 7:07; 17. Grace Wink (Hamilton) 7:10; 18. Maria Torres (Clark) 7:11; 19. Donna Martin (Clark) 7:22; 20. Debbie Hackett (Ahwahnee) 7:24. Clark 19, Hamilton 39.		

Seventh Grade Boys (1.45 miles)

1. Eric Little	Ahwahnee	8:17.8
2. Eucalio Rodriguez	Kings Canyon	8:20
3. Neil Stockton	Ahwahnee	8:21
4. Steve McDonald	Ahwahnee	8:21
5. Mike Reinke	Sierra	8:21
6. John Guanero	Ahwahnee	8:26
7. Dean Adney	Ahwahnee	8:34
8. Ray Bolanos	Clark	8:39
9. Jeff Chandler	Clark	8:41
10. Jason Long	Ahwahnee	8:43

11. Robert Chavez (Clark) 8:47; 12. Barry Foley (Ahwahnee) 8:49; 13. Nick Kalmeta (Kings Canyon) 8:51; 14. Greg Pope (Tioga) 8:51; 15. Mike Contreras (Clark) 8:56; 16. Rudy Guevera (Sierra) 8:57; 17. Mike Spencer (Hamilton) 8:58; 18. Richard Bean (Sierra) 8:59; 19. Brian Kirste (Tioga) 9:01; 20. Gary Carrasco (Hamilton) 9:04.

Ahwahnee 17, Clark 64, Sierra 90, Kings Canyon 108, Hamilton 112, Tioga 147.

Eighth Grade Boys (1.45 miles)

1. Mike Sadler	Sierra	8:03
2. Paul Hentz	Hamilton	8:13
3. Jim Grieco	Ahwahnee	8:15
4. Steve Barnett	Tioga	8:19
5. Bobby Robles	Clark	8:23
6. Arthur Villarreal	Clark	8:25
7. Ruben Contreras	Clark	8:27
8. Pat McLean	Clark	8:27
9. Tom Ohanian	Hamilton	8:27
10. Rafael Yescus	Clark	8:28
11. Jeff Brenner (Clark) 8:31; 12. Carl Elder (Ahwahnee) 8:33; 13. Brian Hall (Hamilton) 8:34; 14. Camilo Reyes (Kings Canyon) 8:36; 15. Howard Barsam (Ahwahnee) 8:39; 16. Paul Lopez (Ahwahnee) 8:42; 17. Vance Amerson (Hamilton) 8:47; 18. Jeff Berry (Tioga) 8:52; 19. John Holquin (Clark) 8:53; 20. Mike Webb (Tioga) 8:53.		

Clark 26, Ahwahnee 55, Hamilton 64, Kings Canyon 98, Tioga 114

BETTER LIFE FOODS

Supplements to aid in
the performance of
track and field athletes

10% discount with this ad

Bill McDonald 4785 E. Olive
Fresno, Calif.

Ninth Grade Boys (1.65 miles)

1.	Mark Southwick	Ahwahnee	8:37.6
2.	Ron Esquivel	Kings Canyon	8:53
3.	Mark Ferry	Hamilton	9:00
4.	Arcadio Garcia	Tioga	9:04
5.	Nick Smaldino	Ahwahnee	9:07
6.	Mike Thornton	Ahwahnee	9:08
7.	Dennis Ward	Tioga	9:09
8.	Bob Fries	Ahwahnee	9:12
9.	Brian White	Hamilton	9:17
10.	John Glammang	Hamilton	9:19
11.	John Swift (Ahwahnee)	9:20;	12. Terry Hess (Ahwahnee) 9:25;
13.	Neil Roberts (Hamilton)	9:28;	14. Karl Wolf (Hamilton) 9:30;
15.	Bob Rose (Tioga)	9:34;	16. LeeRoy Ernst (Hamilton) 9:35;
17.	Epifanio Serna (Sierra)	9:36;	18. Larry Lammers (Sierra) 9:38;
19.	Ruben Ramos (Sierra)	9:40;	20. John Dodd (Hamilton) 9:42.
27.	Ahwahnee	44.	Hamilton
58.	Tioga		

3.	Porterville Runners	85:02
	Richard Reynaga	17:47
	Charles McCarty	16:47
	Steve Wright	16:22
	James Christenson	17:02
	Tony Buelna	17:04
4.	Ahwahnee Junior High	91:22
	Southwick	16:18
	Swift	17:34
	Grieco	20:06
	Stocton	19:21
	Thornton	18:03
5.	Lemoore Road Runners	95:00
	Rick O'Rourke	17:47
	David Holman	16:15
	Tim Wilson	18:37
	Ross Williams	19:41
	Fernando Krull	19:40

ROEDING PARK 5 MAN 15 MILE RELAY

November 25, Roeding Park, Fresno: taking over for the Mooney's Grove Relay the Roeding Park version was just as much a success. Fourteen teams competed in the relay in three divisions and twenty five individuals participated in the all-comers three mile event. Next year promises more divisions (Senior for example) and an even better run.

Dave Cords was the standout on the chilly morning as he not only anchored his team to victory in the open division but also won the all-comers three mile. Merced High runners were the standout team as they beat all teams in all divisions.

ALL-COMERS THREE MILE RUN

1.	Dave Cords	Fresno	14:49.4
2.	Ed Brown	Reno	15:08
3.	Dave Wieland	Reno	15:10
4.	Doug Nowak	Coalinga	15:51
5.	James Tapetillo	Merced	16:17
6.	Ron Esqueval	Fresno	16:51
7.	Mark Hemphill	Madera	16:53
8.	Mike Scatena	Bakersfield	17:02
9.	Jose Renteria	Madera	17:09
10.	Dave Peacher	Fresno	17:10
11.	Bruce Greenway	Visalia	17:46
12.	David Galeazzi	Merced	17:55
13.	Frank Delgado	Fresno	17:59
14.	Joe Delgado	Fresno	18:27
15.	Frank Perales	Madera	18:36
16.	Mike Skow	Fresno	18:45
17.	Bob Reynaga	Porterville	18:57
18.	Raymond Gamboa	Madera	19:04
19.	Ron Turner	Lemoore	19:05
20.	Rodney Rodriguez	Merced	19:11
21.	Mark Davis	Fresno	19:47
22.	Harry Harder	Reedley	20:06
23.	Bob Rios	Madera	21:49
24.	Ron Gates	Fresno	23:42

HIGH SCHOOL DIVISION

1.	Merced Track Club	78:24.4
	Richard Vega	15:30
	Mike Hagerman	15:37
	Larry Butler	15:50
	Dennis Briceno	16:03
	Harold Luna	15:24
2.	North Visalia Track Club	82:54
	Ralph Garcia	16:31
	Alberto Balderas	17:11
	Frank Ducar	16:35
	Marty Higginbotham	16:30
	Jose Luna	16:07

OPEN DIVISION:

- 1. Phaethon Track Club 78:43.4
 - Bruce Tharp 15:34
 - Ken Adams 15:28
 - Dennis Iida 16:56
 - Larry Lung 16:27
 - Dave Cords 15:18
- 2. Fresno Pacific College 79:58
 - Mike Lennemann 15:51
 - Don Gregory 15:41
 - Steve Ward 16:19
 - Martin Urias 15:22
 - Rick Jensen 16:44
- 3. University of Nevada at Reno -B 80:05
 - Rick Cross 16:15
 - Willie Romero 16:20
 - Norm Saulnier 16:14
 - Geo Hernandez 16:01
 - Rick Trachok 15:15
- 4. High Sierra Track Club 80:41
 - Don Chapin 15:49
 - Dave Bronzan 15:48
 - Bill Cockerham 15:48
 - Len Thornton 16:20
 - Rich Petersen 16:56
- 5. Fellowship of Christian Athletes 81:32
 - Zenas Moreno 15:42
 - Jeff Todd 16:22
 - Bob Gillett 16:13
 - Bill Stevenson 17:00
 - Mike Storm 16:15

PICK-UP TEAM DIVISION:

- 1. Phaethon Track Club Juniors 80:12
 - Lynn Eichhorn 15:57
 - Mark Hull 16:33
 - Bruce Deeter 16:52
 - Jim Hubner 15:35
 - Ned Baird 15:15
- 2. Bakersfield #1 80:53
 - Tom Elieff 16:00
 - Jose Chavez 16:40
 - George Tanner 16:14
 - Kenny Hendrick 16:05
 - Alex Hinzo 15:54
- 3. Bakersfield #2 83:31
 - Sam Garcia 15:51
 - John Laird 16:52
 - Jon Weinmann 16:35
 - Harlan Shanklen 17:08
 - Cregg Weinmann 17:05

HILL AND DALE RUN

December 2, Hart Park, Bakersfield: A European style cross country run? That's right! Foothill High coach, Ted Oliver, ran in Europe while in the service and thought it would be fun to give the runners in the US a chance to sample some of the variety included in true European cross country running. The course Coach Oliver picked out traveled six miles over fences, rocks, grass, pavement, trails, through streams, up and down hills (you'd have to see the hills to believe them). It made for an interesting and different type of race. Many runners discovered muscles they didn't know they had the day after the race. It's good to have a wide variety of types of races in the Valley.

- 1. Matt Woessner 33:20; 2. Dan Villalovos 33:22;
- 3. Darrel Cox 34:04; 4. Mike Lennemann 34:40;
- 5. George Tanner 34:55; 6. Ken Hendrick 35:04;
- 7. Jose Chavez 35:17; 8. Richard Villalovos 35:29;
- 9. Junior Reyes 35:36; 10. Alberto Castro 35:46;
- 11. Alex Hinzo 36:20; Cregg Weinmann 36:26; 13.
- John Laird 36:40; 14. Richard Rodriguez 37:38;
- 15. Doug Gates 37:48; 16. Eddsi e Lujan 37:51; 17.
- Baldy Rodriguez 38:07; 18. Rey Zaragoza 38:17;
- 19. Arden Boyles 38:33; 20. Danny Cordes 38:42;
- 21. Jon Weinmann 38:44; 22. Paul Cross 39:04;
- 23. Sal Carrillo 44:27; 24. Doug Hendrick 44:30;
- 25. ---; 26. Mike Miles 44:53; 27. Gilbert Hinzo
- 44:57; 28. David Morel 45:39; 29. Gary Estrada
- 46:08; 30. J. S. Baker 46:49; 31. Bob Nestor 48:21;
- 32. Ernie Leyva 49:40; 33. Vance Ezell NT; 34.
- D. Gates NT.

Valley Track Photos

COACHES - ATHLETES - FANS:

Nearly every photo appearing in VTF can be made available to you on order at the following rates:

8 x 10	\$2.00
5 x 7	1.00
3 x 5	.50

Send order indicating issue, picture, and size desired to

Valley Track & Field
1717 S. Chestnut
Fresno, Ca. 93702

Please include payment with order; allow 2 weeks for delivery.

VALLEY CONFERENCE CHAMPIONSHIP

November 10, Woodward Park: It rained hard an hour before the race and the course was some what soft, but it didn't stop Fresno's Greg Hall as he took the lead at 1 3/4 miles and kept extending it. American River with four sophomores did a fine job in defeating the defending champions, the Fresno Rams.

TEAM SCORES: American River 31, Fresno 61, San Joaquin Delta 92, College of Sequaias 115, Consumnes River 119, Sacramento 129, Modesto 153, Reedley 227. 4.0 miles

- | | | |
|---------------------|-----------|-------|
| 1. Greg Hall | Fresno | 19:54 |
| 2. Schaechterly, K. | Am. River | 20:08 |
| 3. Rich Langford | Am. River | 20:17 |
| 4. Guy Arthurholt | Modesto | 20:25 |
| 5. Pat Phelan | Am. River | 20:32 |
| 6. Greg Griffen | Am. River | 20:33 |
| 7. Juan Garza | COS | 20:37 |
| 8. Nick Rodriquez | Delta | 20:39 |
| 9. Dale Campbell | COS | 20:52 |
| 10. Sam Sapien | Fresno | 20:58 |
11. Jim Kitz (Consumnes) 21:06; 12. Al Buenrostro (Delta) 21:07; 13. Jim Hartig (Fresno) 21:16; 14. Carlos Bravo (COS) 21:22; 15. Steve Williams (Am. River) 21:31; 16. Harry Nicholas (Fresno) 21:35; 17. Ed Spolarich (Sac.) 21:36; 18. Barry Boub (Modesto) 21:39; 19. Rick Bowen (Delta) 21:39; 20. Jerry Graves (Consumnes) 21:41; 21. Scott Fertig (Fresno) 21:41; 22. Cory Wilson (Am. River) 21:52; 23. Scott Corbin 21:57; 24. Gary Huizan (Sac.) 22:00; 25. Poger Merritt (Delta) 22:03; 26. Jeff Bigna (Consumnes) 22:05; 27. Steve Johnston (Consumnes) 22:06; 28. unidentified 22:10; 29. Manual Hernandez (Reedley) 22:15; 30. Della Maggiore (Del'a) 22:16; 31. Dave Blalock (Fresno) 22:17; 32. Dave Boyet (Sac.) 22:17; 33. Rick Fierro (Fresno) 22:24; 34. George Rogers (Sac.) 22:27; 35. Ken Kitz (Consumnes) 22:29; 36. Tim Williams (Am. River) 22:30; 37. Pat McLean (Consumnes) 22:31; 38. Rocky Pimentel (Modesto) 22:36; 39. John Semler (Delta) 22:39; 40. S. Signorrotti (Consumnes) 22:41; 41. Ken Wright (Fresno) 22:43; 42. C. Pflagrauth (Consumnes) 22:43; 43. King Lynden (Consumnes) 22:52; 44. Matt Freeman (Delta) 22:54; 45. Larry Stine (Modesto) 22:57; 46. Adolph Nava (COS) 23:00; 47. Jeff Spoor (Consumnes) 23:00; 48. Mike Kunz (C)S) 23:05; 49. Jeff Vrismo (Delta) 23:07; 50. Cliff Watson (Sac.) 23:08.

NORTHERN CALIFORNIA CHAMPIONSHIP

November 17, San Mateo: Rains forced a last minute change of courses to the San Mateo 4 mile plus 100 yard campus course. The course was run on blacktop roads and had some pretty good hills. Fresno's Hall, Sapien, and Nicholas went out with the leaders at 4:41 for the first mile. Greg Hall along with San Mateo's Jim Van Dine began to break away at the 2 mile mark in 9:40. With 500 yards to go and the last tough hill VanDine (maybe with the boast of the home town crowd) put a gap between himself and Greg and pressed on for the victory. Fresno City College finished third in the team competition.

TEAM SCORES: American River 64, San Mateo 78, Fresno City 95, West Valley 97, San Jose 124, Diablo Valley 140, San Joaquin Delta 140, Sacramento 202, Foothill 217, Santa Rosa 232, Chabot 251.

- | | | |
|--------------------|-------------|-------|
| 1. Jim VanDine | San Mateo | 19:34 |
| 2. Greg Hall | Fresno | 19:51 |
| 3. Mike Schaecher | West Valley | 20:08 |
| 4. Nick Rodriquez | Delta | 20:09 |
| 5. Greg Griffin | Am. River | 20:15 |
| 6. Pat Phelan | Am. River | 20:16 |
| 7. Sam Sapien | Fresno | 20:17 |
| 8. Schaechterle | Am. River | 20:26 |
| 9. Rich Langford | Am. River | 20:28 |
| 10. Bryan Geiser | San Mateo | 20:28 |
| 14. Guy Arthurholt | Modesto | 20:45 |
| 23. Jim Hartig | Fresno | 21:03 |
| 30. Harry Nicholas | Fresno | 21:15 |
| 31. Barry Boub | Modesto | 21:19 |
| 37. Scott Fertig | Fresno | 21:31 |
| 57. Rocky Pimental | Modesto | 22:10 |
| 58. Rick Fierro | Fresno | 22:13 |
| 65. Dave Blalock | Fresno | 22:34 |
| 72. Larry Tine | Modesto | 23:06 |

SMALL COLLEGE DIVISION:

Monterey 108, Marin 117, Lassen 121, Antelope Valley 135, Cosumnes River 146.

- | | | |
|------------------|----------|-------|
| 1. Melvin Hayes | Laney | 20:17 |
| 2. Pete Flores | Yuba | 20:31 |
| 3. Ben DelaGarza | Cabrillo | 20:35 |
| 4. Dale Campbell | C. O. S. | 20:40 |

only results available.

USTFF WESTERN REGIONAL CHAMPIONSHIPS

November 18, Woodward Park: Once again runners turned out from Los Angeles to San Francisco, from San Luis Obispo to Reno, Nevada to compete in the annual USTFF Western Regionals. The race was again put on well and an all-around success, although many thought a \$2.00 entry fee to be excessive. The addition of a Seniors Division proved to provide stiff senior competition.

Reno was the class of the meet running one-two-three, with last year's winner, Peter Duffy the number three man. In the High School division Ned Baird went out hard to run away from everyone else and win by over thirty seconds.

High School Division (3 miles):

1. Ned Baird-15:45; 2. Tim Anderson-16:17;
3. Kim Hendrick-16:18; 4. Joe Cazares-16:20; 5. Bryan Patterson-16:30; 6. Marty Higgenbottam-16:33; 7. Mark Hull-16:41; 8. Lewis Paviscioni-16:46; 9. Bob Gillette-16:48; 10. Tony Buelna-16:53; 11. Jeff Todd-16:54; 12. Tom Elieff-16:55
13. Frank Frausto-16:55; 14. Craig Weinman-16:58;
15. Paul Keel-17:00; 16. David Wight-17:05; 17. Jessie Martinez-17:24; 18. Leonard Lung-17:27;
19. Birgil Chavez-17:36; 20. Pat Neff-17:40; 21. Glen Parker-17:41; 22. Bruce Deeter-17:42; 23. Tom Sanchez-17:45; 24. Elias Carjares-17:46; 25. Richard Reynagh-17:49; 26. Bill Stevenson-17:58;
27. Ray Zaragoza-18:02; 28. Frank Perales-18:05;
29. A. Boyles-18:08; 30. Brad Lesley-18:11; 31. George Tores-18:17; 32. Mauro Molina-18:19; 33. Randy Neff-18:20; 34. G. Garcia-18:28; 35. Mike Sharon-18:42; 36. Mike Alforo-18:46; 37. David Holman-18:46; 38. M. Deguzman-18:57; 39. Ray Mirelez-18:57; 40. J. Borques-19:15; 41. Tony Zaragoza-19:15; 42. Ross Williams-19:16; 43. Jim Veal-19:27; 44. G. Estrada-19:32; 45. A. Galves-19:34.

Seniors & Open Division (6.0 miles):

- | | | |
|----------------------|-------------|-------|
| L. Ron Zarate | Nevada | 29:30 |
| 2. Tibaduiza Domingo | Nevada | 29:30 |
| 3. Peter Duffy | Nevada | 29:46 |
| 4. Tony Sandoval | Stanford | 30:02 |
| 5. Brian Middlesladt | Stanford | 30:15 |
| 6. Ed Cadena | Cal Poly TC | 30:41 |
| 7. Greg Beal | UC Irvine | 30:56 |

- | | | |
|-----------------------|-----------------|-------|
| 8. Jess Gomez | East LA TC | 31:00 |
| 9. Derk McIver | Nevada | 31:03 |
| 10. Mark McConnel | Stanford | 31:07 |
| 11. Rick Trachde | Nevada | 31:09 |
| 12. Rick Walline | Cal Poly TC | 31:14 |
| 13. Skip Houk | West Valley TC | 31:20 |
| 14. Curt Elia | Phaethon | 31:26 |
| 15. Art Brown | Stanford | 31:42 |
| 16. John Beaton | Cal Poly TC | 31:50 |
| 17. Doug McLean | Stanford | 31:54 |
| 18. Terry Umstead | Cal Poly TC | 31:55 |
| 19. Glenn Jewel | Forty Niner TC | 31:57 |
| 20. David Weight | UOP | 31:58 |
| 21. Julio Rosa | Phaethon | 31:59 |
| 22. Terry Lamb | Cal Poly TC | 32:00 |
| 23. Rick Lord | UOP | 32:02 |
| 24. Dan Newell | Stanford | 32:03 |
| 25. Ken Adams | Phaethon | 32:09 |
| 26. Miels Kahlke | Cal Poly TC | 32:10 |
| 27. John Burns | Cal Poly TC | 32:11 |
| 28. Mike Russler | Phaethon | 32:15 |
| 29. Rick Bernard | UOP | 32:16 |
| 30. Curt Caughey | UC Irvine | 32:17 |
| 31. Mike Lennemann | Fresno Pac. | 32:19 |
| 32. Bill Aguayo | Forty Niner | 32:28 |
| 33. Jim Shepstone | Forty Niner | 32:38 |
| 34. Ron Sasser | Forty Niner | 32:39 |
| 35. Tom Chavez | Phaethon | 32:39 |
| 36. Rudy Krause | San Jose | 32:43 |
| 37. Don Gregory | High Sierra | 32:44 |
| 38. Kirk Manness | UOP | 32:44 |
| 39. Luther Clary | Nevada | 32:49 |
| 40. Mike Olmstead | Phaethon | 32:50 |
| 41. Bill Cockerham | High Sierra | 32:51 |
| 42. Owen Gorman | LA Seniors | 33:03 |
| 43. Chick Ahern | UC Irvine | 33:07 |
| 44. Ed Radermacher | Forty Niner | 33:12 |
| 45. Russ Walline | Cal Poly TC | 33:15 |
| 46. Glen Harmatz | San Jose | 33:20 |
| 47. Don Chapen | High Sierra | 33:21 |
| 48. Don Carlson | Cal Poly TC | 33:36 |
| 49. Jeff Miland | Cal Poly TC | 33:43 |
| 50. Lloyd Leighton | Phaethon | 33:44 |
| 51. Michael Weinstock | Forty Niner | 33:48 |
| 52. Bob Feist | UC Irvine | 33:49 |
| 53. Jerry Smart | SC Striders Sr. | 33:51 |
| 54. Lew Roberts | LA Seniors | 33:53 |
| 55. Dave Donaldson | High Sierra | 34:00 |
| 56. Len Thornton | Fresno Seniors | 34:04 |
| 57. Tom Stuvak | SC Striders Sr. | 34:12 |
| 58. Larry Lung | Phaethon | 34:20 |

CENTRAL CALIFORNIA

CROSS COUNTRY MEET

NORTH VISALIA TRACK CLUB

sponsors

TIME: Dec. 23
11 A.M.

PLACE: Visalia
Mooney's Grove

DIVISIONS: Over 40 (6 miles)
Open (6 miles)
High School 17-18 yrs (3 miles) only those enrolled in H.S.
High School 15-16 yrs
Junior High (1 mile)

AWARDS: All divisions
1st place Trophy
2nd and 3rd places ribboned medals
4th, 5th and 6th places medals

ENTRY FEE: One Dollar

Information contact John Pitman
3936 W. Paradise
Visalia, CA
734-8882

If your looking for something to stimulate your interest in running over the Christmas Season, this should do the trick, The course is flat and about 95% grass. With all the fine runners we have in the Valley, I'm sure that we will see some great competition.

SEE YOU THERE CHAMP

59. Nick Rose	UC Irvine	34:24
60. Sam Oliver	UC Irvine	34:25
61. Craig Elia	Phaethon	34:28
62. Bob Stout	Fresno Seniors	34:29
63. Rick Cross	Nevada	34:21
64. Ted Oliver	Unatt	34:22
65. Rex Burrows	UC Irvine	34:50
66. Steve Lawry	Unatt.	34:58
67. Bob Fries	Fresno Seniors	35:02
68. Mark Hemphill	Phaethon	35:17
69. Ray Burk	Phaethon	35:31
70. John Storm	SC Striders Sr.	35:33
71. Dan Schwepker	Phaethon	35:39
72. Rick Jensi	MTC	35:56
73. Bill Fitzgerald	LA Seniors	35:57
74. Sam Nichol森	LA Seniors	36:25
75. Cliff Ford	CS Bakersfield	36:29
76. Rich Fish	CS Bakersfield	36:35
77. Sid Toabe	Fresno Seniors	36:48
78. Willis Kleinsasser	LA Seniors	37:19
79. Ray Gil	LA Seniors	37:23
80. James Olson	San Mateo TC	37:40
81. Rick Steiner	LA Seniors	37:44

82. Garcia Gustau	South High	38:25
83. James Hinkstier	CS Bakersfield	38:26
84. Bill Meyersq	Phaethon	38:27
85. Byron Potts	SC STreders Sr.	38:34
86. Chuck Barfes	South High	39:01
87. Mike Skow	Unatt.	39:11
88. Charles Everly	CS Bakersfield	39:19
89. Bob Long	SC Striders Sr.	39:23
90. Ed Halpin	LA Seniors	39:42
91. Gene Lynch	Unatt.	39:43
92. Marlin Simpson	Unatt.	40:29
93. Evan Carlos	CS Bakersfield	40:36
94. Bob Reynaga	Fresno Seniors	40:55
95. Ed Keysar	LA Seniors	41:08
96. Leland Scott	High Sierra	41:15
97. Harry Harder	High Sierra	42:16
98. Bob Lehman	High Sierra	42:17
99. Monte Lung	Phaethon	42:24
100. Mark Davis	Phaethon	42:24

Team Scores: University of Nevada (Reno) 24, Stanford 46, Cal Poly Track Club 66, Phaethon A 104, Forty Niner Track Club 131, UC Irvine 138, Phaethon B 185, Cal State Bakersfield 242, Phaethon C 243.

VALLEY TRACK AND FIELD
1717 South Chestnut Avenue
Fresno, California 93702

