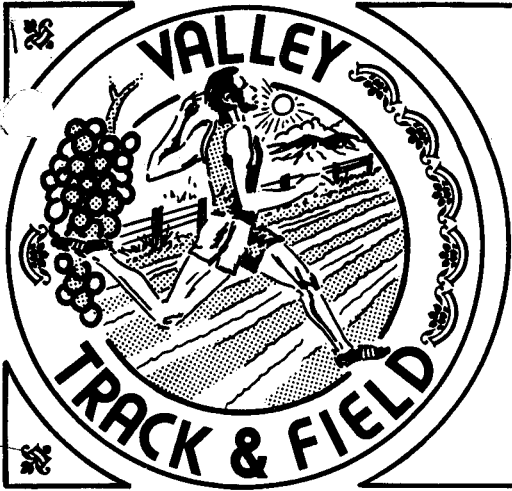


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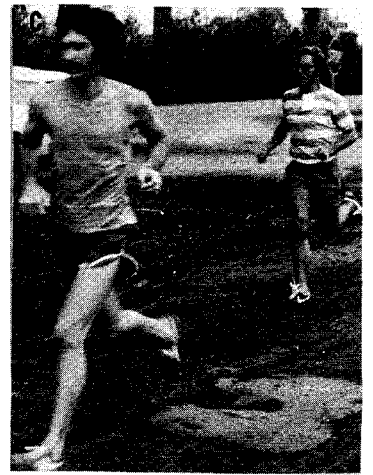
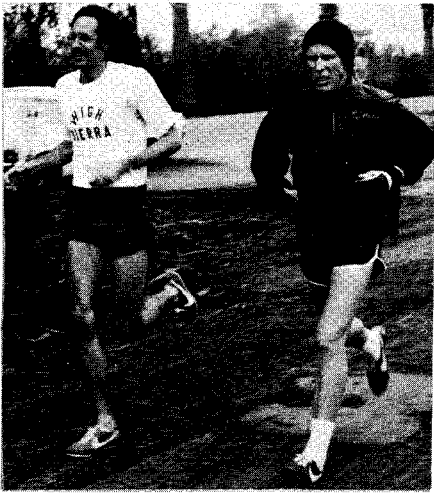


VALLEY TRACK AND FIELD

January , 1973

Vol. 2, No. 4

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

January, 1973

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ON THE COVER:

- A) Dave Donaldson (L) winner of the 30-39 age division, and Len Thornton winner of the 40-49 age division at the Second Annual Fresno Road Race. Both set new meet records. Len is featured in this month's "Meet Valley Coach" and "Meet Valley Athlete."
- B) Dave Cords, coach at Hoover High and winner of the Roeding Park 3 Mile Run.
- C) Fresno State's Mark Hemphill has been fast improving in Valley races - shown here leading Fresno City's Jim Hartig.
- D) Start of Second Annual Fresno Road Race.
- E) Sid Toabe (L) and David Peacher. Sid is a very active senior running promoter.
- F) Richard Reynaga a junior at Porterville High ran a school record 2:49:24 marathon at Mission Bay.
- G) Merced High - winners of the Roeding Park 5 Man 15 Mile Relay.

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. Do 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.

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MEET VALLEY COACH

LEN THORNTON Fresno, Ca., High Sierra Track Club and Sierra Junior High School. Born October 26, 1930 at Santa Ana, Ca. 5'10", 150 pounds.

BEST TIMES: these are Len's current bests since his return to running as a senior runner. mile--4:56; 2 mile--10:05; 3 mile--15:57; 6 mile--32:02; 10 mile--57:27; 13 mile--1:14:24; marathon-3:00:09.

TRAINING: once or twice a day, seven days a week, twelve months a year. 70 - 80 miles per week (Fall 90 - 100). Presently self coached. Formerly coached by Pinky Green in high school, John Ward in JC, Flint Hanner in college, and Dink Timpton after college.

DESCRIPTION: Long Slow Distance during January and February; repeat speed work from March to July; and cross country running from August to December (with hills and speed).

Not only is Len one of the leading junior high coaches in the Valley, but also has recently quickly moved into the number one spot for Valley seniors.

He attended Santa Ana High School where he was track and cross country captain in 1949; league mile and cross country champ in 1949 and CIF champ in cross country in 1948. After high school he enrolled at Santa Ana Junior College for two years where he lettered in track and cross country and was state junior college champ in cross country in 1950 (held at San Luis Obispo). In 1951 he placed third in JC National 2 Mile.

After some time running for the U. S. Air Force and coaching in Japan Len chose Fresno State College as his next place to run as well as finish up his degree. At Fresno State he lettered in cross country and track; won the PCAA 5000 Meter cross country title and the two mile track championship. During this time at State he also won the Southern Section AAU 5000 meter championship and the famous Dipsea run in Mill Valley

After college he continued to run for the San Francisco Olympic Club for two years, then, as Len relates, "I stopped running in 1956 and didn't run again until last year - reason for starting again: Bob Fries (watching him run) and Sid Toabe (listening to his tales on running). Being able to workout with Sid has helped me a great deal through the 'pain' of the first year. Also my family has helped me a great

MEET VALLEY ATHLETE

deal - two boys (Mike and Scott) who workout with me; and above all an understanding wife (Jan) who spends many a lonely Saturday while I'm away running."

Len's favorite race is the six mile. He likes to race as often as once a week and prefers "to go out with the leaders and hold on; Go with fast pace as long as I can." Rather than peaking for one particular time of the year he tries to stay on top all year. Len feels that eight hours of sleep a night is important. He takes a daily dose of vitamin C, wheat germ oil, a multivitamin and avoids greasy foods. As for goals: under 32:00 in the 10,000 meters and under 2:50 in the marathon; both stand within his reach this year. Len's long range goal is, quite simply, "to stay healthy by running." Why does he compete in track, "I'm a coach and a teacher and I believe in what I teach and running to me has become a way of life."

Coach Thornton has been helping aspiring young athletes at Sierra Junior High School for fourteen years now and has accumulated quite an impressive record of success. Sierra's dual meet record presently stands at 115 won and 4 lost. They have won 9 out of 14 league championships. He has coached 112 individual city champs in track; 8 National AAU champs (age group 14-15, national listing); and two national record breakers. Some of the all time Sierra greats might include: Al Bunn 22-2 LJ, 8.6 70 HH; Mike Kelly 13-3 1/2 PV, 5-11 3/4 HJ (he was 5-4 tall); Mark McNaughton 158 DT; Steve Belmont 59-10 1/2 SP; Sam Donabedian 10.0 100YD; Randy Wright 4:34.4 Mile.

This year appears to be shaping into another good one for Sierra with just some of the outstanding members listed here: Kevin Bradshaw in the vault, Matthew McNaughton and Scott Ender in the Discus and shot, Steve Ewell in the hurdles, and..... "It's hard to name them all; we have a good team coming back."

The greatest thrill as a coach has been provided by Mike Kelley in 1967 setting a new National Age Record in the pole vault at 13-3 1/2 as a ninth grade and Randy Wright in the one mile in 1970, running a 14-15 year old, in 4:34.4, under the national record, but placed second behind eighth grade Juan Garcia.

Senior Track Records . . . Amazing

by Sid Toabe

Training methods: "No special training. One coach and over 100 athletes out for track. I use group and individual workouts. We stress team efforts (placers are as important as the first place man). I coach in groups by event and try to watch or talk to everyone daily. We do a lot of repeat work for our distance runners. The weight men work on weights daily after throwing. Vaulters do a lot of work on bars and ropes and a great deal of time on just planting. Sprinters work on under distance and over distance plus lots of gun starts. My coaching is on a time schedule and I try to stick with it.

"I owe almost everything to athletics - I believe it - teach it - preach it. My rewards are seeing them compete in high school and college."

Len was somewhat reluctant to talk about himself, but we convinced him that others would truly like to read about his story. As he says, "This is about the hardest thing I've ever done, but if it'll inform younger runners to see that running or competing does not have to stop after high school or college, or the 'oldster' to start again - I'll do it."

Typical Workout during November and December:
Monday: 7:30 am 4 miles (5:30 pace).

3:00 pm 8X1 mile at 5:45 with 90 sec.
interval recovery.

5:00 pm 4 mile run.

Tuesday: 7:30 am 4 mile run.

3:00 pm 20 to 36 X 220 at 34-36 with
45 sec. interval recovery.

5:00 pm 4 mile run.

Wednesday: 3:00 pm 10-13 mile run over hills at
Woodward Park.

Thursday: 7:30 am 4 mile run.

3:00 pm either 20X440 at 72 with 220 jog
or 10X880 at 2:30 with 220 jog.

5:00 pm 4 mile run.

Friday: if competing on Sat. rest, otherwise a time
trial of 4 to 6 miles.

Saturday: Competition or 6-8 mile easy run.

Sunday: 10-18 mile easy run at Woodward.

Try for 70-100 miles per week.

It may come as a shock to some high school track team members that there are men 40 years old and over who are capable of running distances a lot faster than they dare imagine. Most boys in their teens picture men in their forties with grey or balding hair, pot bellies and very short breath. However, there is a new breed of "senior citizen" on the scene - who digs running and still retains the ol' competitive spirit. He races anywhere from two to four times a month in any event from the 100 yard dash to the marathon. He does not fear of dropping dead from over-exertion because he has made the effort to get in shape.

"O. K." the youngster says, so he's in shape, does that mean he can jog a mile without collapsing. Move over kid. Prepare yourself for a shock. Here are the recorded world records by men 40 and over. They are in meters because they compete against other men their age all over the world.

100 meters: Thane Baker (40), U. S. A. 10.7

200 meters: George Rhoden (44), U. S. A. 22.3

400 meters: Richard Stolpe (47), U. S. A. 51.7

800 meters: Bill Fitzgerald (47), U. S. A. 1:58.4

1500 meters: Jay Kilmartin (41), Gr. Brit. 3:59.3

5000 meters: Bill O'Hara (40), Gr. Brit. 14:38

10,000 meters: Jim Stoddard, Gr. Brit. 30:52

Marathon: Arthur Walsham (40), Gr. Brit. 2:24:59

Fantastic, isn't it? But is it really? Actually there are several thousand men all over the world who have not given up on life because they have reached the so called "over-the-hill-age" of 40. There are over twenty men in the Fresno area in this category who still compete in anything from the mile to the marathon. Fresno's Bob Fries, Bob Stout, and Len Thornton are considered tops in their age group in the United States.

A few months ago over 600 men competed in a World Marathon in Germany. A 71 year old runner from Germany completed the 26 miles, 385 yards in 3 hours, 19 minutes. One might consider this the ultimate in adult fitness. So, if sometime you enter a road race and along about three miles some little bald headed guy passes you, don't have a nervous breakdown, it might be me!

Long Distance Schedule

This schedule is only TENTATIVE. We feel that a tentative schedule is better than no schedule. Contact the meet directors for entries and further information - please send a stamped self-addressed envelope with your enquiry

- January 28 * Big Dipper Six Mile Run. Open, High School, 40 Plus Divisions.
Sunday Larry Lung, 3356 North Monroe, Fresno, CA 93705.
- February 10 * Reedley King's River Run. Tentative only. If you contact meet director
and indicate interest it will help. Bob Lehman, Reedley College, Reedley,
CA 93654.
- February 17 * Ivanhoe Six Mile Race. Elementary, Junior High, Open, 40 Plus.
Saturday Jerry Hobbs, 15616 Ave. 328, Ivanhoe, CA 93277.
- March ? Somebody - why not put on a race. the first part of the month.
- March 17 * Laton Seven Miler. Junior High, Open, 40 Plus.
Saturday Richard Petersen, P.O. Box 206, Laton, CA 93242.
- April 28 or 27 * Visalia 10 Mile Run. Open., 40 Plus.
Fri. or Sat. Dave Bronzan, H. S. T. C. P. O. Box 271, Fresno, CA 93708
- June 16 * One Hour Run.
Saturday No sponsor yet - any volunteers?
- July 7, July 21, **** Annual Bunion Derbies(4 of them). Junior High, High School, Open, 40 Plus.
August 4, August 21 Larry Lung, 3356 North Monroe, Fresno, CA 93705.
- August 11 Big Meadows 10 Miler. Tahoe Relay preparation.
Saturday Dave Bronzan, H. S. T. C., P.O. Box 271, Fresno, CA 93708.
- August 18 * Mt. Whitney 21 Miler. High School, Open, 40 Plus, Women.
Saturday Wayne VanDellen, 37149 Rd. 192, Woodlake, CA 93286.
- September 1 * Annual Hume Lake Run. High School, Open, 40 Plus.
Saturday Dave Bronzan, H. S. T. C., P. O. Box 271, Fresno, CA 93708.
- September 8 * Second Annual Bass Lake Half Marathon. High School, Open, 40 Plus.
Saturday Bill Cockerham, 1717 South Chestnut Ave., Fresno, CA 93702.
- September 14 * Selma 4 Miler. Open, 30-39, 40-49, 50 Plus.
Friday Gary Self, 2102 Hicks Drive, Selma, CA 93662.
- September 15 Fresno Watermellon Run. Date Tentative.
Saturday Red Estes, cross country coach, Dept. of Physical Education, Fresno State
University, Fresno, CA 93710.
- September 29 * NAS 6.5 Miler. Keith Westbay, Recreation Dept., Naval Air Station,
Saturday Lemoore, CA 93245. Open, Military, College.

- October 6
Saturday * Fresno State Invitational. Junior High, High School, College-Open.
Date Tentative. Contact: Red Estes - address above.
- October 13
Saturday * Reedley Fiesta Road Race. Elementary, Junior High, High School, Open,
40 Plus. Date Tentative. Cameron Ostrand, Reedley High School, Reedley,
CA 93654.
- October 20 or 22 *
Saturday or Mon. Porterville Road Run. Date very tentative.
Richard Reynaga, 240 S. Plano St., Porterville, CA 93257
- October 28
Sunday * Woodlake 25 Kilo. Junior High, Open, 40 Plus.
Wayne Van Dellen, 37149 Rd. 192, Woodlake, CA 93286.
- November 17
Saturday * USTFF Western Regionals. High School, Open. Red Estes - address above.
Senior Division, contact Sid Toabe - 4566 N. Del Mar, Fresno, CA 93704.
- November 24
Saturday Roeding Park 5 Man 15 Mile Relay. High School, Open, 40 Plus.
Bill Cockerham, 1717 South Chestnut Ave., Fresno, CA 93702.
- December 1
Saturday * Hill and Dale Run. Date tentative. Might be better to hold it on Dec. 8th.
Ted Oliver, 2716 Pomona, Bakersfield, CA 93305.
- December 1
Saturday * Third Annual Fresno Road Race. High School, Open, 30-39, 40-49, 50 Plus.
Fernie Montanez, 3053 W. Alamos, Fresno, CA 93705.
- December 15
Saturday * Madera Mini Marathon. High School, Open, 40 Plus.
Dee DeWitt, Madera High School, Madera, CA 93637.
- December 15
Saturday * Wasco Road Runs. Age Groups. Date Tentative.
Brad Tomasini, P. O. Box 840, Wasco, CA 93280.
- December 22
Saturday * Redwood Holiday Run. Junior High, High School, Open, 40 Plus.
John Pitman, 3936 W. Paradise, Visalia, CA 93277.

If you would like to sponsor a race let us know and we will place it on this schedule. Meet directors, please confirm the above dates as soon as possible. VALLEY TRACK AND FIELD would like to help you with your race in any way we can.

* = those races that count in the Long Distance Point Race (see "Valley Views.")

A MEANS OF MEASURING THE PHYSICAL FITNESS OF TRACK MEN
by
SID TOABE

Many young distance runners tend to ignore endurance training in favor of interval training. Perhaps this is because there is little understanding of the purpose of long distance runs (three to fifteen miles and longer) in the training of boys who are competing at one and two miles.

The over-all purpose of long distance runs is to raise a person up to a certain level of physical fitness in terms of strengthening his heart, lungs and blood circulation. The level is the same for any competitive runner whether he is a high school student or an over 40; a champion or an average competitor - and it is measured in terms of heart rate.

When one runs for a distance of at least two miles, at a pace of seven minutes per mile or less he should immediately, upon finishing, count his pulse (count for 10 seconds and multiply by 6). The physically fit runner's pulse will not exceed 150-156 beats per minute. The higher it is above the 156 level the more unfit the individual is to compete.

Pulse recovery is also an important indicator of fitness. Within two minutes of completion of the above test a person's heart rate should be 96 beats or fewer per minute.

When one has achieved the 150-156 level in his training, he is ready for quality work. He will be able to put more into his interval training and he will be a lot less tired when he gets home from track practice.

One especially important point concerning endurance training is that to benefit from the running, be it two or ten miles, you must run at a speed which will bring your heart rate up to at least 140 beats per minute. If you finish at a constant speed simply check it immediately upon stopping. Jogging long distances at a heart rate of 120-139 may be relaxing and enjoyable but just remember you are getting little or no benefit from this type of training. Actually the physically fit runner can run a 140 beat pace quite comfortably.

Just as there are many highly skilled tennis players, football player, etc. who compete but are not in really good physical condition, there may be many track men in this same situation.

SECOND ANNUAL FRESNO ROAD RACE

December 2, Kearney Park, Fresno: In just it's second year of running the Annual Fresno Road Race has already become one of the more popular Valley distance races. Once again Fernie Montanez did a superb job of conducting his creation. This year 38 more runners participated than in it's first running.

Kevin Dougherty started easy, worked his way up to the leaders, fell back, worked up to the leaders, and finally surged ahead to win in course record time. The old record for the flat six mile (Fernie swears it's exactly 6.0) was held by Dave Bronzan at 31:43. The cold 38° temperature was conducive to fast times as Jim Huebner, Len Thornton and Dave Donaldson all set course records in their respective divisions.

Awards were presented to the top ten in each division.

Open Division:

- | | | | | | | | | | | | | | | |
|------------------------------|----------------|------------------------------|--|--|--|----------------------------------|--|---------------------------------|--|---------------------------------|--|------------------------------------|--|--------|
| 1. Kevin Dougherty | Phaethon TC | 30:22 | | | | | | | | | | | | |
| 2. Curt Elia | Phaethon TC | 30:30 | | | | | | | | | | | | |
| 3. Ken Adams | Phaethon TC | 30:53 | | | | | | | | | | | | |
| 4. Juan Garza | High Sierra TC | 31:00 | | | | | | | | | | | | |
| 5. Bill Cockerham | High Sierra TC | 31:10 | | | | | | | | | | | | |
| 6. Craig Elia | Phaethon TC | 31:29 | | | | | | | | | | | | |
| 7. Dave Bronzan | High Sierra TC | 31:42 | | | | | | | | | | | | |
| 8. Mike Russler | Phaethon TC | 32:26 | | | | | | | | | | | | |
| 9. Rick Jensen | High Sierra TC | 32:45 | | | | | | | | | | | | |
| 10. Mark Hemphill | Phaethon TC | 32:48 | | | | | | | | | | | | |
| 11. Lloyd Leighton(Phaethon) | | 32:57; 12. Jim Hartig(unat.) | | 33:38; 13. Bruce Greenway(High Sierra) | | 34:41; 14. Bruce Tharp(Phaethon) | | 35:39; 15. Monte Lung(Phaethon) | | 37:39; 16. Marc Davis(Phaethon) | | 41:52; 17. Nonnie Nakagawa(unatt.) | | 49:15. |

High School Division:

- | | | | | | | |
|-----------------------------|----------|----------------------------------|--|---------------------------------|--|--------|
| 1. Jim Huebner | Bullard | 32:00 | | | | |
| 2. Lewis Ravisconi | Madera | 32:46 | | | | |
| 3. Mark Southwick | Ahwahnee | 33:40 | | | | |
| 4. Jeff Todd | Lemoore | 34:23 | | | | |
| 5. Robert Boree | Hoover | 34:27 | | | | |
| 6. Dave Harrison | Fresno | 34:29 | | | | |
| 7. Louis Grieco | Hoover | 34:37 | | | | |
| 8. Dave Wright | McLane | 34:38 | | | | |
| 9. Mark Hull | Hoover | 35:02 | | | | |
| 10. Lawrence Carranla | Madera | 35:11 | | | | |
| 11. Mike Thornton(Ahwahnee) | | 35:32; 12. John Swift (Ahwahnee) | | 36:00; 13. Jose Rentviz(Madera) | | 36:23; |

14. Bill Stevenson(Lemoore) 36:52; 15. Ron Esquivel(Kings Canyon) 36:53; 16. Nick Smaliding (Ahwahnee) 37:15; 17. Richard Reynaga(Porte ville) 38:37; 18. George Torres(Madera) 38:39; 19. David Holman(Madera) 39:00.

30-39 Age Division:

- | | | |
|---------------------|----------------|-------|
| 1. Dave Donaldson | High Sierra TC | 32:18 |
| 2. Wayne VanDellen | High Sierra TC | 32:35 |
| 3. Richard Petersen | High Sierra TC | 34:12 |
| 4. Dave Peacher | Unatt. | 35:19 |
| 5. Gene Lynch | Unatt. | 37:45 |
| 6. Frank Delgado | Unatt. | 40:02 |
| 7. Frank Russell | Unatt. | 40:09 |
| 8. Perry Foster | Unatt. | 44:13 |
| 9. Jeanniene Semaru | First Woman | 48:51 |

40 and Over Age Division:

- | | | |
|------------------|----------------|-------|
| 1. Len Thornton | High Sierra TC | 32:58 |
| 2. Sid Toabe | High Sierra TC | 34:51 |
| 3. Bob Reynaga | High Sierra TC | 37:41 |
| 4. D. A. Thomas | Unatt. | 38:05 |
| 5. Harry Harder | High Sierra TC | 42:00 |
| 6. Brent DeMonte | Unatt. | 42:27 |
| 7. Lee Thomas | High Sierra TC | 44:07 |
| 8. Ross Oberman | High Sierra TC | 44:49 |
| 9. Bob Lehman | High Sierra TC | 45:00 |
| 10. Dewey Jan | High Sierra TC | 48:00 |
| 11. Ron Gates | High Sierra TC | 48:54 |

Valley Track Photos

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JOHN MUIR CROSS COUNTRY MEET

December 9, Corcoran: Excepting for the 8th and 9th graders the boys and girls turned out in great numbers to participate in this the first running of what will hopefully become the annual John Muir Cross Country Meet.

5th Grade Girls (.75 mile)

1. Terri Stein	San Miguel	5:06
2. Sharan Hunter	Freemont	5:09
3. Verna Beach	Lemoore	5:21
4. Glenis Stein	San Miguel	5:30
5. Julie Eade	San Miguel	5:42
6. Pam Armer	San Miguel	5:47
7. Brenda Pappo	Freemont	5:55
8. Michelle Hall	Lemoore	6:05
9. Cindy Wilson	Lemoore	6:15
10. Teresa Rottzer	San Miguel	6:28

5th Grade Boys (.75 mile)

1. Randy Pendleton	Phaethon	4:35
2. Dennis Hernandez	Bret Harte	4:41
3. Carl Mumford	San Miguel	4:50
4. Larry Olinisra	Lemoore	4:53
5. Jamie Beltran	Freemont	4:54
6. Mike Rollins	Lemoore	5:05
7. Bill Petersen	Lemoore	5:07
8. Marty Rhodes	Lemoore	5:10
9. Randy Oliveira	Lemoore	5:15

6th Grade Girls (.75 mile)

1. Lammie Ballins	Lemoore	5:05
2. Stella Matdonado	Lemoore	5:17
3. Terry Oxford	Bret Harte	5:23
4. Rhonda Crawley	Bret Harte	5:57
5. Cindy Routtegers	San Miguel	6:05
6. Lynn Deanda	Freemont	8:00
7. Sharon McKinzie	Freemont	8:01
8. Darline Austin	Freemont	8:40

6th Grade Boys (.75 mile)

1. Scott Thornton	Sierra	4:14
2. Joe Gonzales	Tenaya	4:16
3. Don Rhoan	Tenaya	4:23
4. Matt Galeazzi	Tenaya	4:32
5. Floyd Walker	Tenaya	4:33
6. Gary Baumgarter	Lemoore	4:35
7. Larry Russell	Tanaya	4:42
8. Tom Gauantes	Planada	4:47
9. Mike Hall	Lemoore	4:59
10. Louie Oliverina	Lemoore	5:04

7th Grade Girls (1.0 mile)

1. Mercy Leal	Tenaya	6:29
2. Rosemary Escamilla	Tenaya	6:33
3. Monica Villarreal	Tenaya	6:35
4. Mable Cervantes	Tenaya	6:42
5. Rosemary Ortiz	Tenaya	6:54
6. Virginia Gomez	Engvall	7:15
7. Margret Brown	San Miguel	7:30
8. Linda Fullerton	Engvall	7:40
9. Ellie Buffington	San Miguel	8:39

7th Grade Boys (1.0 mile)

1. Joe Awina	Planada	5:02
2. Lennie Rodriquez	Planada	5:03
3. Anthony Gonzales	Tenaya	5:38
4. Fred Marjo	Planada	5:38
5. Gilbert Franquez	San Miguel	5:48
6. Steve McDonald	Ahwahnee	5:49
7. Alan Sanchez	Planada	5:53
8. Neil Stockton	Ahwahnee	5:57
9. Ronny Lungsford	San Miguel	5:58
10. Barry Foley	Ahwahnee	5:59

8th - 9th Grade Girls (1.0 mile)

1. Patsy Cervantes	John Muir	5:39
2. Julie Krolak	San Miguel	6:52
3. Cindy Walker	San Miguel	7:16

8th Grade Boys (1.25 mile)

1. John Orosco	John Muir	6:35
2. Miky Yualana	Planada	6:38
3. Vincent Chavez	John Muir	7:10
4. Jon Paredes	John Muir	7:15
5. Barnett David	Engvall	7:21
6. Roy Krull	Engvall	7:23
7. John Johnson	John Muir	7:26
8. August Harder	San Miguel	7:47
9. Anthony Chavez	Engvall	8:00
10. Rudy Navarro	John Muir	8:08

9th Grade Boys (1.25 mile)

1. Mark Southwick	Ahwahnee	6:25
2. Glestis Stevenson	Ahwahnee	6:44
3. Mike Thornton	Ahwahnee	6:55
4. Nick Snaldins	Ahwahnee	7:01
5. John Swift	Ahwahnee	7:16

MADERA MINI MARATHON

December 16, 1972, Madera: The weather was a cold 38 degrees, but it didn't stop the fifty runners who showed up for the Annual Madera Mini Marathon. Meet director, Madera High coach Dee DeWitt, again did an excellent job of putting on his yearly creation - the splits given at one, five, and ten miles were especially appreciated by the competitors.

Right from the gun the pace was hard and fast with O'Brian, Cockerham, and Elia forcing away from a large pack at four miles. The three hung together past the ten mile mark (53:00), but it was the high schooler (CIF AAA cross country champ), O'Brian who succeeded in shaking loose to go on for the win over the last two miles. His 1:08:38 did away with Carlos Bravo's old high school record (1:13:44) by over five minutes. Ken Hendrick of Highland High in Bakersfield was also under that old record.

Open Division (13 miles)

1. Bill Cockerham	High Sierra TC	1:09:18
2. Craig Elia	Phaethon TC	1:10:19
3. Dave Bronzan	High Sierra TC	1:11:42
4. Don Gregory	High Sierra TC	1:12:43
5. Sean O'Riordan	West Valley TC	1:13:18
6. Mark Hemphill	Phaethon TC	1:13:45
7. Jim Hartig	Unatt.	1:17:20
8. Joe Delgado	Unatt.	1:26:57
9. Eugene Lynch	Unatt.	1:29:18
10. Ray Harris	Unatt.	1:33:51
11. Frank Delgado	Unatt.	1:34:53
12. Bill Noris	Unatt.	1:48:53

High School Division (13 miles)

1. Bob O'Brian	Bellflower	1:08:38
2. Ken Hendrick	Highland	1:12:42
3. Lewis Raviscioni	Madera	1:17:08
4. Mark Southwick	Ahwahnee	1:17:24
5. Joe Cazarez	Madera	1:18:24
6. Jim Huebner	Bullard	1:18:33
7. Rich Reynaga	Porterville	1:18:47
8. John Laird	East Bak.	1:19:38
9. Joe Torres	Madera	1:20:57
10. Dave Wielenga	Bellflower	1:21:01
11. Doug Hendrick(Highland)		1:21:57;
12. Mike Jurkovich(Bullard)		1:22:20;
13. Keith Ory(Hoover)		1:22:42;
14. David Harrison(Hoover)		1:22:55;
15.		

Fred Budig(Bellflower) 1:24:29; 16. Mike Thornt (Ahwahnee) 1:24:43; 17. Pat Springs(Bellflower) 1:25:40; 18. Paul Wielenga(Bellflower) 1:28:22; 19. Joe Parra(Bellflower) 1:28:40; 20. Cregg Weinmann(East Bak.) 1:29:10; 21. John Swift(Ahwahnee) 1:31:05; 22. Mark Ferry(Hamilton) 1:33:51; 23. Scott Martin(Bellflower) 1:53:13; 24. Frank Salcido(Madera) 2:02:30; 25. Jesse Martinez(Madera) 2:03:00; 26. Richard Vega(Madera) 2:05:23.

Senior Division (13 miles)

1. Len Thornton	High Sierra TC	1:14:29
2. Sid Toabe	Unatt.	1:22:46
3. Bob Reynaga	High Sierra TC	1:29:40
4. Don Zarin	High Sierra TC	1:35:09
5. Bob Nestor	Bakersfield	1:36:14
6. Harry Harder	High Sierra TC	1:37:54

U.S. Masters International Track Team

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HOLIDAY RUN

December 23, Mooney's Grove, Visalia: Picking up for the abandoned Central Section AAU Meet, John Pitman did a fine job of staging the first Holiday Run. The course was the three mile Mooney's Grove loop; once for high school and twice for open. Campbell, Bronzan, and Cockerham went out hard, each taking his turn forcing the pace in an attempt to break away from the other two, but the three stuck together like glue till the final mile.

Len Thornton and Rafael Garcia had an easier time winning their divisions, but Joe Luna and Jesse Gayton had to hang on for their victories.

Open Division (6 miles)

1. Bill Cockerham	High Sierra TC	32:27
2. Dave Bronzan	High Sierra TC	32:35
3. Dale Campbell	High Sierra TC	32:48
4. Mark Hemphill	Phaethon TC	34:23
5. Bryan Patterson	N. Visalia TC	34:31
6. Jim Hartig	Fresno	35:24
7. Richard Reynaga	High Sierra TC	35:48
8. Barry Moring	Visalia	36:16
Adolph Nava	N. Visalia TC	36:18
10. John Lopez	Bakersfield	36:34
11. Gerald Douglas	Visalia	38:45
12. Ray Douglas	Visalia	42:20
13. John Liston	Visalia	44:42

Over 40 Division (6 miles)

1. Len Thornton	High Sierra TC	34:36
2. Bob Reynaga	High Sierra TC	40:01
3. Jack Baker	Bakersfield	43:48
4. Harry Harder	High Sierra TC	44:56
5. Bob Nestor	Bakersfield	46:45

High School: 17-18 Division (3 miles)

1. Rafael Garcia	N. Visalia TC	16:17
2. Bill Steyenson	Lemoore FCA	18:00
3. Manuel Torres		18:06
4. Lawrence Garcia	N. Visalia TC	18:37
5. John Ginsberg	N. Visalia TC	18:50
6. David Holman	Lemoore FCA	19:06

High School: 15-16 Division (3 miles)

1. Joe Luna	N. Visalia TC	16:25
2. Marty Higginbotham	N. Visalia TC	16:28

3. Mark Southwick	Ahwahnee	16:39
4. Alberto Balderas	N. Visalia TC	17:18
5. Hector Garcia	N. Visalia TC	17:28
6. John Laird	Bakersfield	17:49
7. Danny Morfin	N. Visalia TC	18:35

Junior High Division (1 mile)

1. Jesse Gayton	Green Acres	5:11
2. John Orosco	John Muir	5:22
3. Mike Thornton	Ahwahnee	5:27
4. Felipe Gutierrez	Mineral King	5:28
5. Mike Parrish	Mineral King	5:47
6. Calvin Burns	Mineral King	5:51
7. Angel Padilla	Green Acres	5:52
8. Gilbert Tranquez	John Muir	5:53
9. Julian Gonzales	Mineral King	6:15
10. Rudy Navarra	John Muir	6:18
11. Doug Owens	Bakersfield	6:50
12. Randy Owens	Bakersfield	7:21

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FOURTH ANNUAL WASCO ROAD RUN

December 16, Wasco: Times were fast and in the younger age divisions the turn out was excellent at the fourth running of the Wasco road races.

12 & 13 Age Division (1 mile)

1. Rabdy White	Shafter	4:54.1
2. Kevin Knox	Wasco	4:59
3. Eddie Lujan	Bakersfield	5:05
4. Shawn Shmbaugh	Wasco	5:21
5. Terry Lewis	Rosedale	5:29
6. Scott Hislop	Bakersfield	5:29
7. Tom Graycar	Redwood City	5:35
8. Robby Gordon	Bakersfield	5:40
9. Richard Baker	Shafter	5:41
10. Jeff Bassett	N. Bakersfield	5:42
11. Kenny Cooper (N. Bakersfield)		5:43; 12. Dave Wilson (Redwood City) 5:43; 13. John Posenow (N. Bakersfield) 5:45; 14. Fernando Castillo (Mc Farland) 5:51; 15. Johnny Rodriguez (Corcoran) 5:52; 16. Ronnie Lunsford (San Miguel) 5:53; 17. Bruce Smithey (Bakersfield) 5:54; 18. Ed Tolen (Rio Bravo) 5:54; 19. Darrin Goesling (N. Bakersfield) 5:54; 20. Manuel Acuirre (Corcoran) 6:00; 21. Dan Dokter (N. Bakersfield) 6:03; 22. Bill Miller (N. Bakersfield) 6:03; 23. Frank DeLafuente (Corcoran) 6:05; 24. Daniel Byrum (Wasco) 6:06; 25. Mark Selbach (Bakersfield) 6:10; 26. Mike Duncan (Rosedale) 6:13; 27. Tim Cain (Bakersfield) 6:17; 28. Rudy Bavarro (Corcoran) 6:19; 29. Kelly Donoghue (Ridgecrest) 6:19; 30. Mark Barglowski (Ridgecrest) 6:24; 31. Bob Congdon (N. Bakersfield) 6:24; 32. Tiger Rossi (N. Bakersfield) 6:27; 33. August Hardin (San Miguel) 6:32; 34. James McGuire (San Miguel) 6:36; 35. Lyle Bookless (San Miguel) 6:38; 36. Lane Steimm-etz (Bakersfield) 6:52; 37. Mike Johnson (Ridgecrest) 6:53; 38. Malcom Tolen (Rio Bravo) 6:56; 39. David Beene (Bakersfield) 7:05.

14 & 15 Age Division (2 miles)

1. David Cortez	Redwood City	10:00
2. John Orosco	Corcoran	10:26
3. Francisco Garza	McFarland	11:34
4. Gilbert Franquez	Corcoran	11:37
5. Richard Jelimin	Rio Bravo	11:50
6. Abelardo Celedon	McFarland	11:50
7. Rene Vasquez	McFarland	11:54

8. Brian Winchester	N. Bakersfield	12:05
9. Javier Ramirez	McFarland	12:11
10. Robert Lopez	McFarland	12:35
11. John Phillips	Bakersfield	12:52
12. Clinton O'Conner	Redwood City	13:49
13. Ed Buffington	San Miguel	14:58

16 - 18 Age Division (3 miles)

1. Stacy Geiken	Redwood City	14:14
2. Sam Garcia	Wasco	14:57
3. Arden Bovles	Bakersfield	16:35
4. Howard Santillan	Wasco	17:36

Open Division (3miles)

1. Ken White	Redwood City	14:41
2. Jessie Tatum	Wasco	16:47
3. Leonard Santillan	Wasco	20:22

Girl's 9 and Under Division (1/2 mile)

1. Julie Duran	Roseville	2:56.8
2. Ivoretta Austin	Bakersfield	3:10
3. Jackie Hammond	Bakersfield	3:12
4. Rena Howard	Bakersfield	3:13
5. Sandra Kennedy	Bakersfield	3:14
6. Glynnis Stein	San Miguel	3:16
7. Lethuy Hardin	Bakersfield	3:21
8. Dana Gilbertson	Ridgecrest	3:26
9. Rhonda Burgess	Rio Bravo	3:30
10. Teresa Hentges	Greenfield	3:58
11. Annette Robinson	San Miguel	4:05
12. Michele Eskew	Wasco	

Girl's 10 & 11 Age Division (3/4 mile)

1. Brenda Hoskins	Roseville	4:21.4
2. Georgia Sakelarios	Redwood City	4:24
3. Nancy Bingley	Redwood City	4:26
4. Debbit Nicholson	Ridgecrest	4:30
5. Cindy Dovel	Ridgecrest	4:31
6. Mary Crevelt	Redwood City	4:32
7. Colleen Thompson	Bakersfield	4:34
8. Rene Bell	Bakersfield	4:36
9. Lisa Robertson	Rio Bravo	4:57
10. Inez Hammond	Bakersfield	5:00
11. Kim Johnson (Bakersfield)		5:06; 12. Gloria Rivera (Shafter) 5:13; 13. Elaine King (Wasco) 5:20; 14. Karen Hill (Rio Bravo) 5:20; 15. Lauray Sapp (Rio Bravo) 5:29; 16. Terri Stein (San Miguel)

VALLEY VIEWS

5:31; 17. Sheryl Gortenberry(San Miguel) 5:37;
 . Teresa Roettger(San Miguel) 5:39; 19. Mary
 Lawrence(Rio Bravo) 5:43.

Girl's 12 & 13 Age Division (3/4 mile)

1. Diana Karg	Bakersfield	4:06.8
2. Elaine Kent	Wasco	4:13
3. Mercy Leal	Corcoran	4:13
4. Martha Mojica	Bakersfield	4:17
5. Rosemary Escamilla	Corcoran	4:19
6. Cheryl Brooks	N. Bakersfield	4:23
7. Laurie Oldfield	N. Bakersfield	4:24
8. Cynthia Estrada	Greenfield	4:24
9. Julie Sans	Redwood City	4:25
10. Rhonda Sherley	Bakersfield	4:29
11. Jana Gwinn(N. Bakersfield)		4:29;
12. Phonda Edwards(Greenfield)		4:32;
13. Monica Villarreal (Corcoran)		4:33;
14. Rosemary Ortiz(Corcoran)		4:34;
15. Lori Cenis(N. Bakersfield)		4:35;
16. Mable Cervantes(Corcoran)		4:35;
17. Melanie Baine(Rio Bravo)		4:37;
18. Christi Mulholland (Rio Bravo)		4:40;
19. Juli Krolak(San Miguel)		4:49;
20. Joy Stowell(N. Bakersfield)		4:53;
21. Robin Sans(Redwood City)		4:54;
22. Cindy Walker (San Miguel)		4:58;
23. Juanita Ramos(McFarland)		5:00;
24. Kristi Williams(Rio Bravo)		5:00;
25. Rachell Villicano(Bakersfield)		5:10;
26. Mary Johnson(Ridgecrest)		5:21;
27. Cindy Roettear (San Miguel)		5:34.

Girl's 14 - 17 Age Division (1 mile)

1. Patsy Cervantes	Corcoran	5:31.5
2. Kathy O'Connor	Redwood City	5:31.5
3. Londa Kingery	Redwood City	6:00
4. Mary LeBlanc	Redwood City	6:02
5. Lisa Calder	Rio Bravo	6:16
6. Kim Chapman	Rio Bravo	6:52
7. Pam Storms	Rosedale	6:59
8. Monica Herrera	McFarland	8:05

Several Valley athletes participated in the 13th Annual Midnight Run held at Los Altos (Foothill College) over New Years: Ken Adams, Mark Hemp-hill, Dave Taylor, Mark Galleazi, Mike Denny and Dave Donaldson. Taylor was the top Valley finisher in seventh place. The 10,000 meter race was won by David Babiracki. What better way to end the old year and start the new one, than by running. . . . Several Fresno Pacific College tracksters have been competing in various all-comers meets at San Mateo and Fullerton. Some best marks include: Zach Sconiers 6.1 in the 60 yd. dash, Jim Dick 1:57.4 in the 880 and 4:24 in the mile, Mike Lennemann 4:17.0 in the mile, Rick Penner 4:26.8 in the mile, Roger Trujillo 21-8 1/2 long jump, Steve Reimer 7.6 in the 70 yd. high hurdles, Dennis Anderson 55-1 in the shot put, and Steve Hardison 15-0 in the polevault. . . . High Sierra Track Club sent a team to San Diego for the Mission Bay Marathon and placed a very good fourth overall. HSTC runners were: Don Gregory 22nd at 2:39:38, Bill Cockerham 33rd at 2:44:03, Dave Bronzan 38th at 2:47:46, Richard Reynaga 42nd at 2:49:24, Rick Jensen 71st at 3:00:35, and Bob Reynaga 129th at 3:24:23. Dave Bronzan went out with the leaders and was in 9th position at 20 miles when struck by leg cramps.

Mount Whitney assistant coach Doug Rudolf reports that their annual postal cross country meet was again a big success. They competed by mail in a three mile track run with schools from Michigan, Minnesota, Illinois, and California. Winning varsity team was Southwest High of Minneapolis. Top individual was Brad Holmberg of North High in St. Paul with a 14:40.0 clocking. This type of postal competition seems like a good thing more schools could take advantage of. For details contact Coach Rudolf at Mount Whitney High School in Visalia.

Bakersfield College cross country awards went to: Ed Granillo - Most Valuable; Matt Wosener - Most Improved, Dan Villalovos - Captain and Most Inspirational. In addition Granillo was selected as Bakersfield Athlete of the Month for Bakersfield during the month of December. . . . At Highland High Larry Lennemann was selected Most Inspirational; Ken Hendricks most Outstanding, and Helms - Most Outstanding Frosh/Soph. . . . At Fresno Pacific Mike Lennemann won Most Valuable and Viking of the Year,

Don Gregory Captain and Mileage; and Steve Ward Most Improved. . . Charles Mackey, all-around Bakersfield College athlete last season has moved to San Jose and will be competing for San Jose City.

Marty Higgenbotham, President of North Visalia Track Club reports that, "the NVTC got off to a good start for the winter season by placing 2nd at the Roeding Park 5 Man 15 Mile Relay. The team was anchored by Jose Luna's 16:07. This was Jose's first 3 mile race. At the Holiday Run held December 23, at Mooney's Grove the club did great by winning both high school divisions and the junior high division. In the open race Adolph Nava and Bryan Patterson both did a real good job. We are ready to run in any races here in the Valley, before track season, if we can get transportation."

We thought it might be interesting to run a Long Distance Point Race similar to the one conducted by The Northern California Running Review in the Bay Area. Here is how it works: Divide your average placing in Valley distance runs (see schedule for races which will count) by the number of races you ran in to obtain your long distance point rating. As you will see not only your placings will be important but also participation. We will have an open division and an over 40 division. At the end of the year the top seven in each division will be named to the All Valley Distance Team.

With the help of Wayne VanDellen we've tried to construct a TENTATIVE master distance running schedule for the year. Meet directors need help in putting on these events. Each person who has an interest in distance running in the Valley and especially those who take advantage of participation in the races, should volunteer to help at at least one or two of these events. Pick out an event you could help with and write the meet director RIGHT NOW.

This issue seems like the emphasis is on senior running. The senior athletes in the Valley are responsible for a great deal of the success of the distance running program. Maybe it would be a good idea to dedicate one issue per year to the senior runners and have the emphasis that month on the senior scene. It would even be fun to have different months with other emphasis, i. e. Women, Junior High, etc. We (I) have a lot of ideas for improvement of VALLEY TRACK AND FIELD, but the biggest limitation is time. Putting VTF together is pretty much a one man show so far, and your editor is a teacher, coach and runner, besides working on a Masters Degree in Biology - Thanks for your patience.

Larry Lung, president of the Phaethon Track Club reports the following as new club records: Dave Cords - 3 mile in 14:49.6 set at Roeding Park; Curt Elia - 4 mile in 19:38 set at Modesto; Kevin Dougherty - 6 mile in 30:22 set at Fresno Road Race; Craig Elia - 13 mile in 1:10:19 set at Madera Mini Marathon. Phaethon is looking forward to hosting the Big Dipper at the end of January and are even already making plans for the summer's Bunion Derby, and thinking about sponsoring another event at Kearney Park. . . Fresno State University decathlon ace Roger George recently won the USTFF Decathlon held at Glendale College. George scored 7,208 points, some 300 of his personal best, but an excellent early season performance. His marks were: 11.4, 22-1, 40-8, 6-5, 50.3, 15.4, 125-7, 13-5 1/2, 163-0, 4:29.7.

Jess Arriaga is pretty proud of some of his young cross country runners. "I have been coaching at John Muir Junior High in Corcoran for a year and a half. I am still coaching Patsy Cervantes who was a real standout last year. There is another runner who has received very little publicity who I am presently coaching and who I feel will be one of the best Jr. High distance runners this valley has had. I am talking about John Orosco, a 14 year old 8th grader. Last year as a 7th grader he ran 4:54 for a 13 year old runner, one of the fastest times ever recorded for a 13 year old. I expect him to run in the low 4:30's this season and around 10:00 in the 2 mile. He is aggressive and hard working; two of the important ingredients in the making of a fine runner."

Voting in the All North Yosemite League Cross Country Team came out as follows: FIRST TEAM - Ned Baird (Fresno) 128 pts., Runner of the Year; Jim Huebner (Bullard) 119 pts; Mike Jurkovich (Bullard) 110 pts.; Joe Cazares (Madera) 97 pts.; Mark Hull (Hoover) 96 pts.; Lynn Eichhorn (Roosevelt) 91 pts.; Lewis Raviscioni (Madera) 84 pts.; Mario Garza (Central) 75 pts.; Art Villareal (Madera) 63 pts.; Paul Keel (Madera) 51 pts. SECOND TEAM - Paul Carranza (Madera) 36 pts.; Craig Peoples (Bullard) 34 pts.; Alfred Lara (Hoover) 22 pts.; Erik Lenne (Hoover) 20 pts.; Louis Grieco (Hoover) 19 pts. . . . Former McLane and Fresno City runner, Steve Hall had a good cross country season at U. of Nevada at Reno. Steve won the West Coast Ath. Championship in pacing UNR to the team title over runner-up Santa Clara.

4th. Annual

BIG DIPPER

Road Race

DATE: Sunday, January 28, 1973

PLACE: Sky Harbor Road (see map). 15 miles from Fresno.

TIME: Check-In 1:00 pm. Start 2:00 pm, all divisions. Rain or Shine.

DISTANCE: 6.0 miles.

COURSE: Start at intersection of Millerton and Sky Harbor Roads. Finish near Millerton Lake. Asphalt, land roads. Hills.

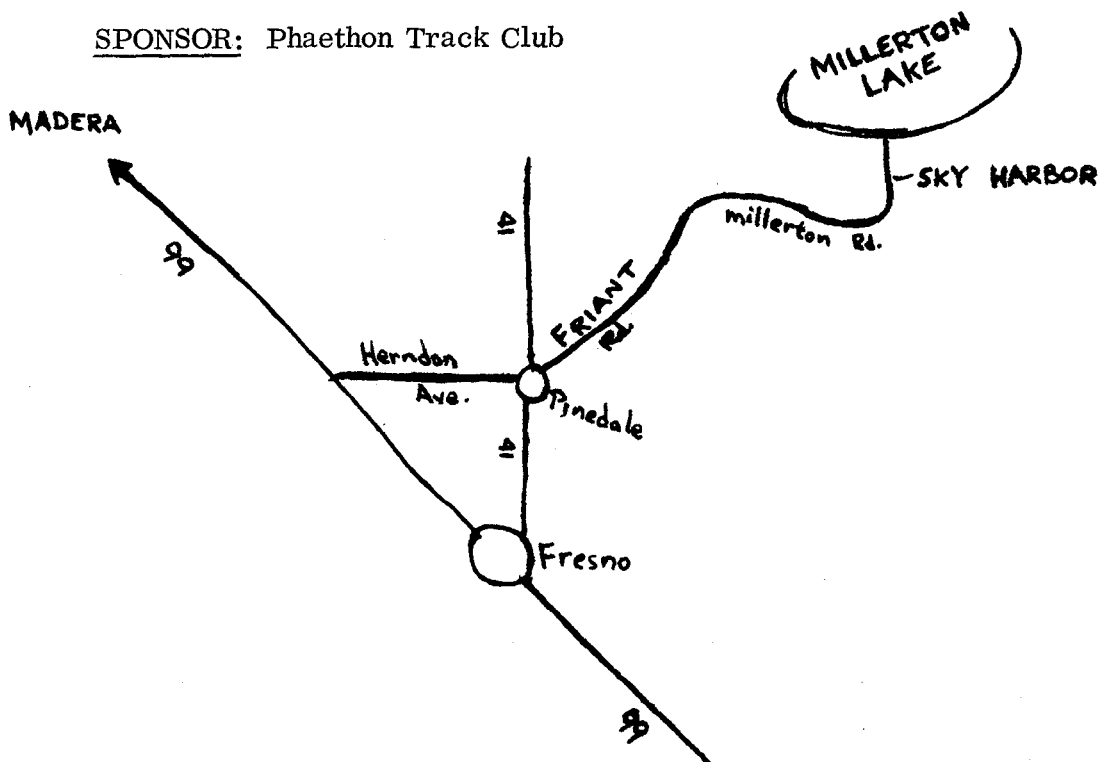
DIVISIONS: Open, Over 40 (will be run on a handicap), High School (12th grade or less).

AWARDS: Trophies to winners of each of the three divisions; medals to next four in Over 40 and High School divisions; medals to next nine in Open division. Ribbons awarded to all finishers.

ENTRY FEE: \$1.00 if received before January 26. \$1.50 at the race.

ENTRIES AND FURTHER INFORMATION: Larry Lung
3356 N. Monroe
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phone: 266-5915

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