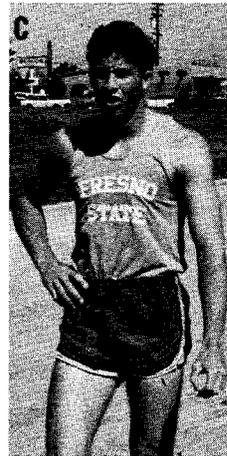


VALLEY TRACK AND FIELD

February , 1973 Vol. 2, No. 5

35¢



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

A Publication About and For The Valley

February, 1973

Vol. 2, No. 5

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Harry Harder
Skip Houk
Kevin Heintz
Bob Fries
Dave Pain
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HIGH SCHOOL STATISTICIAN

Ron Blackwood

ON THE COVER:

- A.) Blanche "Bib" Bremner coach of Fresno Elans girls track club.
- B.) Rich Petersen leads Rick Fierro at Fresno Road Race.
- C.) Roger George, recent winner of US TFF Decathlon at Glendale.
- D.) Steve Hardison, featured in "Meet Valley Athlete."
- E.) Terry Imbert anchors Portervilles sprint Medley at the Cow Palace.
- F.) Modesto JC cross country team.
- G.) Fresno City coach, Bob Fries, at U. S. Masters meet in San Diego last year.
- H.) Skip Houk, holder of many Valley distance records.
- I.) Start of the WYL Elementary 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.

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HIGH SCHOOL TRACK COACH

Bobby C. Fries

The sport of track and field is one of the oldest athletic events. There is a natural inclination for young boys to run, jump, and throw objects. The movements and action of track and field can be observed in almost any sporting event. It would seem to be an easier task to coach track considering that young men have had these natural movements taking place throughout their young lives. There are many things involved in building a high school track team that make it a difficult task. The coach is faced with three teams which participate in a total of thirty-eight events in a regular track meet. The three teams, Varsity, B-class, and C-class, all take part in the same meet at the same time.

The high school coach has a difficult job because of the great range of abilities in the contestants, the extreme differences in the maturity of the boys, and the large number of athletes he must coach. There is no secret formula for coaching a track team. Coaching track also involves a great deal of organization, planning, enthusiasm, and knowledge which all leads to one thing -- hard work.

Some coaches make their jobs easier, but probably with some sacrifice of team performance. There is a coach, for example, who concentrates on a few gifted athletes in the school and may enjoy pseudo success because his boy makes the headlines. This coach ignores the other team members and hopes they will follow in the path of the star athlete. Again, there is the coach who makes sure that his athletes make the C-class or B-class team by strict diet and steam baths, in order to win a B-class or C-class championship against less mature boys. Many coaches feel they "never have the 'good kids' that like to work," or they "never have the sprinters," or "our school is all football and baseball."

Coaches frequently give most of their time and enthusiasm to the event or events in which they are most interested; these are usually the events in which they competed during their college years.

The coach that has any of these outlooks in high school track coaching should take a new or different view. He needs first to become more optimistic. One seldom talks to a successful coach who has not had a very optimistic view of individuals and of his team. Enthusiasm in the coach goes along with this same outlook. Without a great deal of enthusiasm it is almost impossible for athletes to become really interested.

Track does not presently have the glamour and attraction to involve the best of the student body and public. It is possible for the track program to develop into an interesting, attractive, and glamorous sport, but coaches must assume major responsibility for developing it to this level.

There are many events in track and field in which a boy with very little apparent athletic ability may become quite successful through interest, persistent training, and helpful coaching.

There are many events in track and field that have never been tested or attempted by high school students. Track and field programs do not exist in many elementary or junior high schools. The programs that do exist are very limited in duration, are restricted in number of events, and lack adequate coaching. The high school coach, with this in mind, should develop a track and field program that will involve many students. He should study his team for weaknesses, find the reasons for them and set up a program to overcome them; this is his responsibility. The job may not be as difficult as it might appear with some pre-planning and good organization.

The track mentor needs to be stern in his views on training rules and in setting standard for his athletes to follow. He should be very flexible in setting goals and in training athletes with various athletic abilities. He must be willing to work with any boy who has the desire and interest to participate on his team. Encouragement, praise for improvement, a sincere interest in all team members, and abundant enthusiasm are attributes which must be present if the coach of track and field is hopeful of success.

Track and field is a sport of individual performances directed toward a team effort. Each team member must have a great sense of individual responsibility and a keen feeling of team loyalty. The attitude developed in each athlete is directly related to the leadership of the coach. 3

MEET VALLEY ATHLETE

STEVE HARDISON: Senior, Fresno Pacific College. 5-8 1/2, and 145 pounds. Born July 15, 1950 at Fresno.

BEST MARKS: 16-6 1/2 pole vault.

TRAINING: Once a day, six days a week, twelve months a year. Two days a week, wednesday and saturday, are speed days which include vaulting and fast 150's. The two days before the speed days are a mixture of overdistance and striding 110's. One day a week, usually monday, is a strength workout consisting of breakdowns (440, 330, 220, 110). Three days a week are also spent in weight training: two types of squats, hamstring curls, abdominal and back work. Upper body strength is obtained through gymnastics several nights a week. "My favorite apparatus in gymnastics is the high bar. Handling my body on the high bar is very good for a vaulter's Kinesthetic awareness."

The name of Steve Hardison is certainly a familiar one to Valley track people. Steve was Valley Champion while at Roosevelt High School and currently holds the Valley Record. He was State Junior College Champion while a student at Fresno City College. More recently, while a student at Fresno Pacific College, he won the NAIA National Indoor Championship at Kansas City.

Rather than talk about his own achievements, which are many, Steve would rather discuss training ideas and philosophies, or Christianity. So here's Steve....

"I no longer think of track as a seasonal sport, but try to look at it with more of a Russian philosophy, having, say, a seven year plan. But more important than that, for me, track or training has become a way of life. I enjoy being physically fit, healthy, and strong; the competitive part is becoming secondary. Technically I am doing everything I can to reach my potential in the vault. This is not for competitive reasons; it's more like whatever we do we should strive for our best. For me it happens to be pole vaulting. During practices I often pray to my Father (I am a believer in Jesus and, therefore, a child of God) that he will help me have the attitude I need to do my absolute best to further progress toward perfection. He gives me that necessary attitude.

Another part of this way of life for me is diet. This year I have started a nutritional study on my own, and my discoveries are somewhat depressing. American food in general is perverted. Everywhere I look I see

where man has put his hand into the world in an attempt to improve it, but has only screwed up nature and ends up paying the price for it. The American diet is another victim of man's "improvements." I believe that a lot of our degenerative diseases, such as cancer, are a result of our food. I try and stay with a natural diet as best I can. This diet particularly excludes some of our glorified products such as: refined sugar, bleached out - nothing fortified bread, soda, chips, french fries, candy, canned foods, and any food with preservatives, and, of course, the great hamburger. The list goes on but you would have to do your own study to find the truth about these products.

"My immediate goal this year is to vault 17+ feet. The Lord knows what I should do in the future. After college, possibly, I'll join Athletes in Action TC, a Christian track team in Los Angeles. I have a special interest in health and would like to become a teacher."

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

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
Sunday * Big Dipper Six Mile Run. Open, High School, 40 Plus Divisions.
Larry Lung, 3356 North Monroe, Fresno, CA 93705.
- February 17
Saturday * Ivanhoe Six Mile Race. Elementary, Junior High, Open, 40 Plus.
Jerry Hobbs, 15616 Ave. 328, Ivanhoe, CA 93277.
- February 24
Saturday * Laton-Kingston Race. Elementary, Women, Junior High, Joggers,
Open, Seniors. Rich Petersen, P.O. Box 206, Laton, CA 93242.
- March 10
Saturday * Burris Park Run. Elementary, Women, Junior High, Open, Seniors.
Rich Petersen, P.O. Box 206, Laton, CA 93242.
- March 17
Saturday * Laton Seven Miler. Junior High, Open, 40 Plus.
Richard Petersen, P.O. Box 206, Laton, CA 93242.
- April 28 or 27
Fri. or Sat. * Visalia 10 Mile Run. Open., 40 Plus.
Dave Bronzan, H.S.T.C. P.O. Box 271, Fresno, CA 93708.
- June 16
Saturday * One Hour Run.
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
Saturday Big Meadows 10 Miler. Tahoe Relay preparation.
Dave Bronzan, H.S.T.C., P.O. Box 271, Fresno, CA 93708.
- August 18
Saturday * Mt. Whitney 21 Miler. High School, Open, 40 Plus, Women.
Wayne VanDellen, 37149 Rd. 192, Woodlake, CA 93286.
- September 1
Saturday * Annual Hume Lake Run. High School, Open, 40 Plus.
Dave Bronzan, H.S.T.C., P.O. Box 271, Fresno, CA 93708.
- September 14
Friday * Selma 4 Miler. Open, 30-39, 40-49, 50 Plus.
Gary Self, 2102 Hicks Drive, Selma, CA 93662.
- September 15
Saturday Fresno Watermellon Run. Date Tentative.
Red Estes, cross country coach, Dept. of Physical Education, Fresno State
University, Fresno, CA 93710.
- September 16
Sunday * Second Annual Bass Lake Half Marathon. High School, Open, 40 plus.
Bill Cockerham, 1717 South Chestnut Ave., Fresno, CA 93702.
NOTE: CHANGE OF DATE.
- September 29
Saturday * NAS 6.5 Miler. Keith Westbay, Recreation Dept., Naval Air Station,
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, 5c 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, 3036 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 which count in the Central California Long Distance Point Race. These runs will be used to determine the "All Valley" Long Distance Teams, both Open and Senior. The top seven in each division will be awarded "All Valley" status at the end of the year. Here's how it works: Divide your average placing in these distance runs 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.

LETTERS

SKIP HOUK

How's things in good old Fresno? Everything is just "great" here in Reno! I've got a fantastic job with the District Attorney (I'm his administrative assistant) and am now devoting most of my time at it.

I'm still running everyday - about eight to ten miles a day - just to keep in some kind of shape. I'm also doing a lot of officiating (basketball and football) in the high school leagues here.

I'm not sure when I'll compete again. For now it's "run for fun" and no racing. Maybe a few races a year with a trip or two to Fresno for some. I'll probably run in the Bay to Breakers and the Lake Tahoe Relay and a few cross country races. Nothing serious anymore! I feel I have climaxed my running career by representing the U. S. A. in London, won two individual AAU Championships and have been on two National Championship teams; and most of all have a beautiful U. S. A. uniform which I will cherish for ever!!!

Ed: for many years Skip was a leader in Central California distance running. Valley Track and Field joins the rest of the Valley saluting Skip Houk and the contributions he made. We're glad Skip was able to find the real values in running and is going to be able to still enjoy it now, even without the glory of gold.

HARRY HARDER

I have been thinking about the midnight run at Los Altos on New Year's Eve. I think it's a good idea. Would it be feasible to have a midnight run in this area? How would a run in downtown Fresno at midnight sound? The loop around the mall, Van Ness, the curve and diagonal over to H Street, the diagonal to whatever street it is and back to Van Ness is about 1.4 miles. If you added the Court House Square it could almost be 2 miles. That loop three times could be the six miles or 10,000 meters. Perhaps the Hilton would like to be a part of this by being a sponsor, both for restroom facilities and possibly a post midnight snack. Some might even be encouraged to join us and thus start the new year right

right. I suppose even a drunk could become sober after six miles, or however long he would wish to go. Traffic control might be needed at various points.

Last year during April some of the people in this area participate in a "Hunger Walk". Starting from the City Park, going toward the south, then over to Frankwood and south to Mt. View, then East to Dinuba, north on Alta to Dinuba Ave., west back to Reedley and the start. Distance thirteen miles. All the participants walked except me. I used that as my workout for the day. I had a thought that perhaps enough would want to use this same "walk" this year to warrant a group to run that distance, or twice, with a little modification to make a marathon, to collect money either for CROP or MCC. I have mentioned this to one of last year's committee to see if there would be any objections.

DAVE BRONZAN

The High Sierra Track Club will be sending a very large team to the 1973 US Western Regional Marathon at Burlingame on Feb. 11 in quest of both high individual places, and, hopefully a high team place once again. Last year HSTC placed third overall. At last count over a dozen runners have stated they intend to run.

Ed: HSTC placed a strong second with 19 points to first place West Valley's 14. Top finisher for High Sierra was Don Gregory running a life time best of 2:31:31. More results will appear in next month's issue (hopefully we'll have them by then). My unofficial watch caught other Valley competitors at: Mark Galeazzi 2:41, Ray Cerankowski 2:39, Lupe Solis 2:43, Richard Reynaga 2:46, Len Thornton 2:50, Rich Petersen 2:52, Dave Donaldson 3:05, Sam Marquez 3:08, Mark Southwick 3:18, Mike Thornton 3:18, Bob Reynaga 3:25, Don Zarin 3:35.

VALLEY ATHLETES HOLD WORLD RECORDS

Bet you didn't know so many Valley tracksters are holders of world records. The following list was obtained from Age Records available from Track & Field News.

50 Yd. Dash: Derek Noether of Hanford holds the 1 year old record at 22.5.

100 Yd. Dash: Dick Marlin of Modesto holds the 41 year old record at 10.6. A. J. Puglizevich of Merced holds the 63 record at 12.4. Sing Lum of Bakersfield the 66 at 15.9.

220 Yd. Dash: A. J. Puglizevich the 62 age at 30.0 and the 63 age at 28.5. Sing Lum the 66 record at 36.9, the 67 at 31.9, and the 69 at 31.7.

440 Yd. Dash: Kevin Knox of Wasco the age 7 at 75.0 and the age 11 at 60.7. Todd Knox the age 8 at 71.8. Sing Lum the 67 record at 75.1.

660 Yd. Run: Todd Knox the age 9 record at 1:49.9. Eddie Lujan of Bakersfield the age 10 at 1:40.7.

880 Yd. Run: Todd Knox the age 9 at 2:29.6. Kevin Knox the age 10 at 2:23.8 and the age 11 at 2:17.3.

1320 Yd. Run: Kevin Knox the age 10 at 4:01.6.

2 Mile Run: Kevin Knox the age 12 at 10:29.6.

3 Mile Run: Sid Toabe of Fresno the age 48 at 17:39.

5000 Meters: Dave Taylor of Merced the age 17 American Record at 14:29.2.

6 Miles: Sid Toabe the age 48 record at 36:24.

180 Yd. Low Hurdles(st): Alvin Mann of Fresno the age 15 record at 18.9.

One Hour Run: Kevin Knox the age 11 at 9M, 1128Y.

High Jump: Gene Underwood of Merced the age 9 record at 4-4. Jeffrey Jones of Riverdale the age 11 at 5-1 and the age 12 at 5-8. Orval Gillette of Porterville the age 52 at 5-8 and the age 53 at 5-5. A. J. Puglizevich the age 64 at 3-10.

Pole Vault: Doug Fraley of Lemoore the age 6 at 5-7. Orval Gillette the age 52 at 11-1 and the age 53 at 11-0.

Long Jump: Heulon Hewitt of Merced the age 17 record at 25-10 3/4. Randy Williams of Fresno the age 18 at 26-4 and the age 19 at 27-4 1/4. A. J. Puglizevich the age 64 at 13-6 1/2.

Triple Jump: Jeffrey Jones the age 11 at 34-9. Randy Williams the age 15 at 46-11, the age 16 at 50-11 3/4, and the age 17 at 52-3 1/2. Dave Tucker of Fresno the American 18 Record at 52-6 1/2.

Shot Put: Matt Britter of Fresno the 1 year old 6 pound at 1-4. A. J. Puglizevich the 8 pound 61 age record at 43-0, the 63 record at 43-3, and the 64 record at 41-8.

Decathlon: Orval Gillette the 51 year old record for irregular implements at 4353.

VALLEY ATHLETES COMPETE INDOORS

The Valley was represented well in local indoor meets in Los Angeles, San Francisco and Oakland. Some of the highlights we ran across include: Lemoore winning the mile relay, Roger Trujillo (triple jump), Steve Reimer (50 m hurdles), Zack Sconiers (50 m dash), and Dennis Anderson (shot put) of Fresno Pacific all winning at Oakland. Len Thornton of High Sierra TC placing in the Seniors mile run with a life time best. Porterville ran strong in the sprint medley. Bakersfield in the mile relay. Dave Taylor of Merced won the high school two mile. Mike Lemmehmann of Fresno Pacific lasted 9 laps in the Devil-take-the-hindmost mile. Bill Hibner triple jumping for Fresno City. Former Valley tracksters Barry Moring (COS) and Doug Hall (Lemoore) running on Humboldt States sprint medley. And, of course, Randy Williams.

Valley Track Photos

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A MASTER'S REFLECTIONS ON EUROPE

U.S. MASTERS INTERNATIONAL TRACK TEAM COMPETES IN ENGLAND, SCANDINAVIA, AND GERMANY

During the Munich affair, which dominated world attention for weeks, 150 U.S., Canadian, and Australian veteran athletes quietly toured England, Scandinavia, and Germany, and engaged in competition with their athletic peers. Notwithstanding that the sporting media, and virtually everyone else, ignored these competitions, the U.S. Masters 1972 European tour was of considerable significance to those involved, since it represented the first veteran international track and field competition ever attempted. By their presence the U.S. Masters directly stimulated veteran age group track and field in each country in which they competed, and hopefully planted the seed for a continuing program.

Another direct result of these meets was the marked improvement in performances. Virtually all the team members either scored personal bests, or set world or national age group records, many of which equalled or exceeded Olympic qualifying standards.

Although we are somewhat ambivalent about records per se, they do provide the stimulus for the serious vet, or near vet athlete, to continue in competition. Tours, such as this, will keep hundreds of men actively training and competing in anticipation of a confrontation with foreign masters. Most of us have experienced the malaise encountered when the same group of chaps meet weekly and race with predictable results. With the introduction of international competition a new element of suspense has been injected into masters athletics to which can be added the pleasure of making new foreign friends and visiting exciting new places all of which is a harbinger of continued U.S. Master foreign explorations...the next one being a frontal attack on that hot bed of athletics in Australia and New Zealand in 1973.

For those who took part in the European tour the short term objectives were obvious - having a good time as a tourist, scoring personal athletic bests, running in a newly discovered park or wood, and, for the most part these objectives were readily achieved as such opportunities occurred repeatedly.

More subtle, and much less expected things happened, however, which will be lasting memories of the trip for all of us ... the delight of attending a genuine English garden party complete with gracious host, spacious grounds, meeting our British hosts, drinking tea and eating water cress sandwiches, and sharing in the oddity of having a tree planted in our honor by none the less than Sir Roger Bannister ... the sharing of once-filled communal bath tubs with 250 dusty cross-country runners, the water getting browner as each successive sweaty harrier plunged in ... and later, after the rush, to see our fastidious Augie Escamilla luxuriating in a tub brimming with fresh water... Arriving at London Gatwick Airport at 5:00 a.m., and trying to figure out what you are going to do with 150 tired people until noon when you can get them into the hotel... Observing the personal agony of Ed Reiner, who, committed to the 400m. hurdles, floundered badly over the last three or four hurdles after sustaining a fractured foot ... but determined to finish... The delightful comraderie at the Crystal Palace Stadium Pub where vet athletes of many nationalities were drinking and singing together led by the raucus Canadian team.

The amazement in seeing a just-turned forty year old Englishman, J. Kilmartin, break away from his opposition in the 1500m., with a 3:59.3 for by far the best metric mile we have observed in Masters competition.

Recalling that even those in the seats of power, such as a U.S. Senator, achieve perhaps more personal satisfaction from a distant fourth place and a slap on the back with a "well done, Alan" than they do from accomplishing some major political coup.

Watching a consummately beautiful, naturally coordinated, 47-year-old Bill Fitzgerald meet challenge after challenge in each city where we competed come off the last turn and stave off defeat on challenges by far younger runners, finally meeting defeat in our last competition at 1500 in Köln and in so doing running his finest race setting a new U.S. Masters record at 4:10.4. ...Observing the sportsmanship of a Bill Gookin, who, just shy of 40 by 5 days, hung to Arthur Walsham of England in the marathon for 26 miles and then stopped at the Refrath stadium entrance so as not to tarnish the Englishman's victory, (at 2:24.58) a race which Bill could have won and in which, if official, he would probably have bettered Walsham's time.

Contending with the loss of 202 pieces of luggage (how can you lose an entire baggage car full of luggage complete with a dozen vaulting poles?); slightly hysterical athletes who will willingly subject themselves to the torture of slogging 26 miles through the cold rain, but who cannot walk up four flights of stairs in a German family hotel sans elevator; making room assignments and then being advised that "he snores"... or "smokes." ... or, etc.

Contending with obdurate German meet officials committed to pitting Division II and III athletes against Division I in the finals of the 5,000m. and 10,000m. (won at Refrath by 40 year olds in 14:43.8 and 30:52.8 respectively) and trying to explain that a basic concept of Masters competition is to segregate the age groups due to fundamental differences in ability.

Suffering through a head cold the day the terrible news came from Munich about the senseless terrorist killings and then being advised by our Swedish host that the mayor of Gothenberg was considering cancelling our games as a result.

The personal satisfaction of running personal bests in the 800, 1500, and 5,000m., and the crowning moment of joy when in finishing a distant third one's daughters - who have cheered you on - support your spent, exhausted, sweaty frame and loyally proclaim your victory ... you cherish your hard-won bronze medal and see your name in the scoreboard lights ... and above all, knowing your efforts and those of a dedicated wife, have been well-spent, opening new avenues of the good life to others and demonstrating convincingly, together with your team, that growing older can be meaningful, beautiful, and fun.

The above article was written by San Diego Track Club's David Pain. Dave had such a good time that he is organizing another U. S. Masters team trip - this time to the South Pacific. See the ad located in this issue.

Laton - Kingston Race

DATE: Saturday, February 24, 1973 TIME: 1:00 pm ENTRY FEE: \$1.00

PLACE: Kingston Regional Park, just across the Kings River from Laton, on 12 3/4 Ave.
From Fresno come down Fowler Ave. or Highway 43.

COURSE: One and two mile on dirt except for start and finish.
Six mile on dirt roads and blacktop. Generally flat.

AWARDS: Trophy to winner of six mile. Awards to first in each division. Ribbons to all finishers.

DISTANCES: Elementary and women - One mile
Junior High(7th, 8th or 9th) and joggers - Two miles. A jogger is someone starting
out or who runs in the seven to eight minute mile range.
Open and Seniors - Six miles. If three over 50 will add a 50+ Division.

Burris Park Run

DATE: Saturday, March 10, 1973 Time: 1:00 pm Entry FEE: \$1.00

PLACE: Burris Park, 6th. Ave. between Kingsburg and Hanford.

AWARDS: Same as for Laton Kingston Run.

DISTANCES: Elementary and Women 3/4 mile
Junior High - 1 1/2 mile.
Open and Seniors - Seven miles.

COURSE: Flat, reversing loop. Grass and blacktop.

RECORD: 38:31 - Bruce Greenway, Dave Bronzan, Rich Petersen, 1972.

Al Perry Loop

formerly the Laton Seven Miler

DATE: Saturday, March 17, 1973. TIME: 1:00 pm ENTRY FEE: \$1.00

PLACE: Laton High School Track COURSE: Flat, 7.0 mile loop, variety of surfaces.

AWARDS: Trophy to first place overall. Awards to first three in each division.

DIVISIONS: Open and Senior (30-39 and 50+ if entries warrant).
There will also be the following age group runs with a 25¢ entry fee: Elementary,
Junior High, and Women & Joggers. Each of these three divisions will run 1 1/2 miles.
Following the 1 1/2 mile races there will be an all-commers track meet with age
divisions: 7, 8-9, 10-11, 12-14, open, 30-39, 40-49, 50+; and events: 100, 440, mile,
relay and others upon sufficient demand. Girls and women welcome.

THE "BIG DIPPER" ROAD RACE

January 28, Millerton Lake: Being billed as "the toughest road race in the Valley" must have scared most of the Valley's distance runners as the turn-out was somewhat sub-par. Those who did run found, indeed, that Sky Harbor Road can provide quite a challenge to the legs and lungs; even after the race was cut in half from it's usual out and back 12 mile route. At the end of this year's Big Dipper all agreed that the out six miles was enough.

At the gun Dave Bronzan and Bill Cockerham climbed up into the lead over the first mile which was all up hill. At the crest of that first mile hill Dave slowed allowing Bill to gain a 10 to 20 second advantage which he held till the finish. Mountain Man Wayne Van Dellen began his comeback in style with a solid third place finish. The Reynaga "father son act" picked up the first place trophies in the high school and senior divisions.

The race, sponsored by the Phaethon Track Club, gives a little variety to the Valley Road Racing scene. Past Big Dipper winners are Martin Urias in 1970, Dave Bronzan in 1971, and Rick Jensen in 1972.

OPEN DIVISION:

1.	Bill Cockerham	High Sierra TC	33:11
2.	Dave Bronzan	High Sierra TC	33:27
3.	Wayne Van Dellen	High Sierra TC	34:45
4.	Jim Hartig	Unatt-Clovis	35:04
5.	Mike Russler	Phaethon TC	35:33
6.	Rich Petersen	High Sierra TC	36:01
7.	Cliff Reese	Unatt-Dinuba	36:24
8.	Mark Hemphill	Phaethon TC	37:46
9.	Sam Marquez	High Sierra TC	40:23
10.	Joe Delgado	Unatt-Fresno	43:47
11.	Lowell Benett	Unatt-Visalia	52:25

HIGH SCHOOL DIVISION:

1.	Richard Reynaga	High Sierra TC	38:31
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SENIOR DIVISION:

1.	Robert Reynaga	High Sierra TC	40:47
2.	Dewey Jan	Unatt-Fresno	51:46
3.	Ron Gates	High Sierra TC	52:28

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ABOUT AND FOR VALLEY TRACK PEOPLE