



# VALLEY TRACK AND FIELD

Oct/Nov 1973,

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

WHAT IS VALLEY TRACK & FIELD?

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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.

ON THE COVER:

- A) Madera and Roosevelt square off again one week after their dual meet tie. This time Madera came out on top in the Reedley Inv.
- B) Valley favorite, Juan Garcia, leading Redwood to the FSU Invitational crown.
- C) Julio Rosa has proven to be a solid cross country runner for Fresno State.
- D) The competition was heated in the girl's division of the Fresno Bunion Derby.
- E) Fresno Pacific's number one man, Darrel Cox runs with Bruce Caputo(C) and Curt and Craig Elia(L).
- F) Highland High cross country team. Highland runner, Tom Elieff is featured in "Meet Valley Athlete" Which one is Tom? T-shirt in back.
- G) Coach Dave Cords putting his Hoover team through the paces. Dave is featured in "Meet Valley Coach."
- H) Start of Bass Lake Half Marathon.
- I) Start of Bunion Derby 10 Mile.

Would you believe there are over 80 different people pictured on the cover? How many can you identify? If you can name at least 20 you really know Valley long distance running.

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## MEET VALLEY ATHLETE

TOM ELIEFF: of Highland High in Bakersfield. Senior, 5-11, 140 pounds. Born in Portland, Oregon March 26, 1956.

**BEST MARKS:** 51.0, 1:58.8, 4:17.9, 9:31.0. He has only run the 880 twice and the two mile once. **TRAINING:** Once a day, six days a week, eleven months a year. 55 miles per week. 10-15 miles of distance three days a week; interval training twice a week. Overdistance is usually run through residential area and relatively flat. Interval training usually consisting of pace quarters - no more than nine quarters in a workout. Alternate pace quarters one day with half mile other. No speed work is given throughout the entire year. Coached by J. P. Owens.

As a freshman Tom won the Valley "C" Class Mile Championship; as a sophomore he won the Valley "B" Class Championship; and this year has his sights set on that "A" Class victory that eluded him last year. Tom feels, "a 4:12 mile is within my reach. I haven't discussed goals with my coach but I hope to run more half miles this coming season. Also, I plan not to "choke" in the Valley meet this year. Losing is just as important as winning and I have learned very much from losing a race that I worked for the entire year.

Tom's favorite event is the one mile race. He hopes to encounter stiffer competition more often during the season this year and not just at the end. As for competition strategy he states, "I have never been a front runner and never will be. I only move out in front early in the race when there is strictly no competition at all. I much prefer a tactical race with a slow pace and blistering finish. Yet, with lack of speed work I am still apprehensive toward this race plan."

Track isn't all that Tom is involved in at Highland; infact, track isn't number one on his list of priorities. "I feel that classroom work is number one, my student body office is number two, and extra curricular activities(track) is number three. Yet, track will prove to be the most profitable aspect of my high school years as I pursue track along with hopes for a higher education. I regret the fact that I have not followed any training rules concerning enough sleep. This is due to the fact that I am extremely involved around campus. My high school activities consist of the following: ASB Head Rally, ASB, CSF President, Rally Club President, Letterman Club, Math Club officer, Pep

Club member, Executive Council member, Inter-Club Council member, Senior Class Council member, Cross Country, Track. "

For Tom participation in track has been an educational experience as well as being a lot of fun. "Primarily, I compete in track as a vehicle to get to college. Maybe to keep me out of mischief! I'm glad I picked track because I've had some wild experiences and it's been a lot of fun. In track, one learns to cope with competition and to cope with the attitudes of other competitors. I have no long range goals in track as far as times are concerned. I do hope that I keep improving as long as I stick to track. As I look at my future I hope to compete through four years of college. After that, who knows? I might be one of those run-for-fun freaks."

Asked about educational goals He replied, "Right now, my interest is to major in pre-law with possibly an economics minor. Career-wise, I might like to start my own toy or game company. If this is hard to come by then I'll settle for a White House position. When choosing a college, I'll first be looking at what is best academically. UC Berkely or Stanford would be my top preference at this time. The California weather is ideal for distance runners and I would be happy at most any school in the state. I am also applying to Harvard University which I hear has the top cross country and track teams of the Ivy League.

### TYPICAL WEEKS WORKOUT:

Monday: 9X440 in 67-70 after 3-4 mile warm-up.

These will go down to 60-62 at peak season.

Tuesday: 12 miles of distance.

Wednesday: 5X880 in 2:20 after 4 mile warm-up.

Thursday: 8-10 miles of distance.

Friday: Race day.

Saturday: 12-15 miles of distance.

Sunday: Rest.

Tom leads a very interesting and colorful life of which track is just a part. Good luck as he pursues the Valley mile title and further goals in college.

## MEET VALLEY COACH

**Dave Cords:** Cross country coach at Hoover High School in Fresno. Hoover High has this year proven itself against all dual meet competition and is expected to be among the favorites at the upcoming Valley Cross Country Championships. The team can boast of four sub 10:00 minute two-milers: Bryan Foley (2nd in Valley C Mile), Louis Grieco (high school Union Derby champ), Mark Southwick (last year's 9th grade city champ while at Ahwahnee JHS), and Robert Borec (7th in Valley A Mile). But also a most important part of this team is David Cords, the coach.

Dave Cords was born in Alberta, Canada, but his running career began in Fresno when he attended and ran for Bullard High School. While he was at Bullard he set the school record for the mile as well as the cross country record. The Bullard team of which he was a member also left its mark in the annals of Valley cross country history by placing second in the Valley Championships. After High School he attended Fresno State where he trained under Red Estes. While at Fresno State he became an All-American in Cross Country as well as conference champ in cross country and the three mile run. His times and records at Fresno State were: 2 mile - 8:59, 3 mile - 14:05, 4 mile - 8:51, 5 mile - 24:54, steeplechase - 9:24. Of his achievements the two that stand out the most are his winning the two mile against Stanford in which he broke 9:00 and set the school record of 8:59 (which was a 27 year old record); and winning the three mile run at the West Coast Relays in 100<sup>0</sup> heat.

At present Dave is in his third year as coach at Hoover. Before coming to Hoover he coached at Clovis High School. So far in his short coaching career he has compiled an impressive 22-3 dual meet won-loss record. Last year's team won the Fresno City Championship and finished up fourth in the Valley Meet. Since coming to Hoover what has been the greatest thrill for Dave as a coach? Well, he can point to two events: Winning the City Cross County Meet last year and Hoover's victorious two mile relay team at last years version of the West Coast Relays. This year he hopes to make it three events with the addition of winning the North Yosemite League Meet; which will be no easy task with the likes of always powerful Madera and a much improved Roosevelt.

When looking a Dave's brief coaching history, we find that he has worked with many outstanding prep athletes. They include: Bruce Caputo (2 mile - 9:31), Mark Hull

(mile - 4:23, 880 - 1:58.5), Randy Stephenson (880 - 1:57.5), Keith Ory (880 - 1:59), Steve Stafford (high jump - 6-6), Matt Thomas (high jump 6-5). During track he coaches the high jumpers as well as the distance men.

Are there any cross country training secrets that might be responsible for the success Hoover distance men have enjoyed. Coach Cord's training methods include long distance, especially in the off-season. Dave, firmly, believes his runners need a good, solid foundation of distance. The more miles each runner voluntarily runs over the summer the better that particular runner will be. His training also includes running hills once a week. During the season the recipe calls for a blend of two days of intervals or repeats stressing "pact" running. The basic Cords interval training philosophy is to gradually increase the volume of the repeats and also decrease the time between intervals. Also important to Dave is that each runner knows why he is training the way he is. The more knowledge the runner has on running, the better the runner will become. As a coach he feels that a runner's training should accomplish the following nine items: (1) to get in better shape, (2) to learn or develop pace judgement, (3) To develop mental toughness, (4) to learn to handle a fast face and oxygen debt, (5) to be able to pick up the pace when it is needed, (6) to work on the start middle or end of the race, (7) to develop speed, (8) to develop pack running, (9) to develop confidence.

What about Dave's running philosophy? The two most important items are to do your best and to enjoy what you are doing. To do this each member of the team needs to do all he can ask of himself and expect the same from everyone else. Otherwise, the athlete will be letting down both the team as well as himself. They should think of team unity and team pride. They should have a positive attitude and think before they act. They should develop individual pride and self confidence. The members of the team should also study hard in their class work - after all that is the number one reason why they are in school. It is hoped that each team member will be able to carry over into his everyday life those lessons learned as a result of having been a member of the Hoover cross country team.

## VALLEY WANDERINGS

Stan Rosenfield

Valley athletes often compete in meets outside of the Valley and usually do very well. It's hard to get results of all the races in areas surrounding the Valley, but Stanley Rosenfield from San Luis Obispo is willing to give it a try. Thanks and good luck, Stan.

AAU National Marathon, June 17, 1973, San Mateo; 37. Don Gregory(Fresno Pacific) 2:40:59; 48. Martin Urias(Fresno Pacific) 2:45:49; 61. Barry Boub(Unatt) 2:50:13; 62. Doug Gates(High Sierra TC) 2:50:15; 80. Fernie Montanez(Phaethon TC) 2:56:20; 89. Len Thornton(High Sierra TC) 2:58:53; 99. Rich Reynaga(High Sierra TC) 3:01:23; 100. Rich Petersen(High Sierra TC) 3:01:23; 128. Sam Marquez(High Sierra); 3:09:33; 189. Bob Reynaga(High Sierra TC) 3:25:52; 222. Don Zarin(High Sierra TC) 3:38:39; DNF Mike Thornton(High Sierra TC) (20 miles-2:31:47); DNF Harry Harder(High Sierra TC) (20 miles-2:50:02). 413 starters, 304 finishers. Teams: 5. Fresno Pacific, 11. High Sierra TC, 28 teams finished.

Palos Verdes Marathon, June 9, 1973: 39. Rich Reynaga(High Sierra TC) 3:01:21.

1973 AAU Masters Marathon Championship, July 8, San Diego: 34. Gene Lynch(High Sierra TC) 3:15:54; 46. Sid Toabe(High Sierra TC) 3:25:10; 55. Don Zarin(High Sierra TC) 3:35:19. 75 finishers. High Sierra TC placed 5th in team scoring.

1973 Morro Bay to Cayucos Run: 9. Jim Heubner (Fresno) 34:45; 11. Len Thornton(Fresno) 35:48; 12. Fernie Montanez(Fresno) 35:48; 13. Mark Southwick(Fresno) 35:51; 14. Rich Reynaga(Porterville) 35:59; 15. Scott Fertig(Fresno) 36:13; 16. John Lopez(Bakersfield) 36:19; 20. Doug Gates (Fresno) 36:55; 24. Mike Thornton(Fresno) 37:29; 26. Sid Toabe(Fresno) 38:10; 30. Julio Borquez (Bakersfield) 38:42; 32. Scott Thornton(Fresno) 38:45; 33. Gene Lynch(Fresno) 38:51; 36. Sam Marquez(Porterville) 39:00; 39. Fred Mendoza (Porterville) 39:39; 44. Mike Orosco(Porterville) 40:14; 61. Dan Montague(Kerman) 42:39; Mike Martin(Selma) 42:51; 67. Harry Harder(Reedley) 43:39; 89. John Rodriguez(Shafter) 47:48; Paul Buck(Fresno) 49:09; 98. Pat Lynch(Fresno) 49:53; 106. Joe Lopez(Bakersfield) 50:53; 119. Allen Marcum(Fresno) 52:52; 121. Dorothy Thomas 54:28; 122. Lee Thomas(Fresno) 54:28; 134. Linda Strong(Bakersfield) 59:11; 146. Bill Albright(Fresno) 71:12; 147. Nancy Krumbein(Clovis) 73:10.

## LONG DISTANCE POINT TOTALS

Dave Bronzan

We're coming down the home stretch in the race to determine the "All Valley" Road Racing Teams. The 1973 team will be determined December 31. Remember, your points are figured by dividing your average place by the number of races you have run here in the Valley. This makes participation almost as important as performance. Len Thornton appears to be out of reach for the top Senior spot, but it's still a tight race in the Open Division with Mike Denny holding a slight edge right now. The totals below are everything up to but not including Reedley Road Race or Porterville. For the Fresno State Invitational and USTFF Meet only Valley runners will count in determining places.

	# of Races	Ave. Place	Points
<u>Open Division</u>			
1. Mike Denny(Merced TC)	3	1.37	.39
2. Rich Lozano(Unatt)	2	1.0	.50
3. Don Gregory(High Sierra TC)	6	3.3	.55
4. Dave Bronzan(HSTC)	6	3.4	.56
5. Cliff Reese(Flying Sq. TC)	8	4.7	.58
6. Mike Russler(Phaethon TC)	6	4.5	.75
7. Rich Petersen(HSTC)	10	8.6	.86
8. Curt Elia(PTC)	4	3.7	.92
9. Carl Swift(PTC)	5	5.4	1.08
10. Greg Hall(FSTC)	4	4.5	1.12
11. Fernie Montanez(PTC)	8	10.0	1.25
12. Bruce Pendleton(PTC)	6	7.5	1.25
13. Larry Lung(PTC)	7	9.8	1.40

### Senior Division

1. Len Thornton(HSTC)	13	1.08	.079
2. Harry Harder(HSTC)	11	4.3	.39
3. Sid Toabe(HSTC)	6	2.6	.43
4. Gene Lynch(HSTC)	7	3.3	.49
5. Bob Reynaga(HSTC)	5	3.0	.60
6. Ron Gates(Unatt)	9	6.0	.66
7. Bob Fries(Unatt)	3	2.0	.66
8. Dewey Jan	5	4.4	.88

## VALLEY CROSS CROSS ROUNDUP

The biggest isn't always best, but this year if you were to put every cross country team in the Valley into one giant race, odds are that the biggest school would come out on top. That school, of course, is Fresno State University. Although State has lost more dual meets than ever, they are a much better and more balanced squad than ever. The Bulldogs don't really shine until the big meets and then the bigger the meet the better. Leading the pack is returnee Dave Garcia. Dave only ran 4 races for the Dogs last cross country season because of an injury, but this year he is making up for it. Surprise newcomers, both from Modesto J. C., are Guy Artherholt and Barry Boub. FSU recently won the Pleasant Hill Invitational and now pose a serious threat to Long Beach for the Conference crown.

Across town, Fresno Pacific College is having a better than average season. After getting off to a slow start, they have recently won the Reedley Road Race, placed second in the Chapman Invitational, and third in the Davis Invitational. Leading the pack for the Vikings is newcomer Darrel Cox, a transfer from Bakersfield College. Right on Darrel's tail is Mike Lennemann and Don Gregory.

Cal State College Bakersfield is getting together a solid cross country program. Cliff Ford has been pacing the way for Coach Charly Craig's Roadrunners.

In junior college action the biggest improvement for any team is that demonstrated by Reedley College. Two Madera standouts, Joe Cazares and Louis Ravisconi are now there, plus Reedley High additions of Mike Montoya and Alan Kawakami. However, veteran Manuel Hernandez remains number one man. The Tigers show victories over Merced and COS plus a 4th place finish in the Santa Barbara Invitational.

Fresno City has a somewhat smaller team than usual but have shown the traditional Ram toughness in dual meets. Illness has kept them from putting it all together in the big meets yet. Veteran Jim Hartig and newcomer Ned Baird have been leading the way.

COS is having a building year but letterman Juan Garza is showing much potential and will place in the money for the Giants in the big meets. West Hills is being led by two freshmen: Frank Rodriguez and Kevin Stephens. Both have been number one man on different occasions. So far the Falcons have won 5 and lost 3 dual meets.

Injuries have plagued Bob Covey's Renegade runners at Bakersfield College during the early part of the season. After a second place finish at the Mt. SAC they are back on the road. Top team men have been Matt Woessner, Tim Anderson and Sergio Rodriguez.

Porterville Junior College has been paced by Don Christensen and Tony Buelna.

The high school picture is coming into view as the big one--the Valley meet is just around the corner. In the Bakersfield area East and Arvin are coming on strong. Foothill and Highland, the preseason favorites, have been very strong

in dual meets but have yet to put it together in the big ones. Top individuals so far have been: Kenny Hendricks and Tom Elieff (Highland), Alex Hinzo (West), Harlan Shanklan (Foothill), Mike Edwards (East), Sammy Garcia (Wasco), Robert Bray (North), Juan Garcia (Arvin) and freshman Randy White (Shafter).

The central part of the Valley is being led by Redwood and Tulare Union and Selma. Top individuals include Juan Garcia (Redwood), Eddie Taylor (Tulare Union), and Robert Jolley (Mt. Whitney). Sanger has a very promising sophomore in Pedro Medrano who has been number one man.

The northern part of C. I. F. Central Section is more powerful than ever. Madera is very strong, as usual, and there is only one senior on the Wolfpack team. Hoover, however, beat Madera in the dual meet and appears the best bet to beat Redwood for the valley title. Roosevelt has a much improved team and even tied Madera in the dual meet. Bullard High doesn't have as strong a team as in the past but does have two of the fastest individuals in Mike Jurkovich and Jim Heubner. Other outstanding individuals are Brian Foley (Hoover), George White (Roosevelt), Mario Garza (Central), Louis Carranza (Madera) and Paul Keel (Madera).

Some way-out Valley Meet predictions, just for fun, might go something like: Redwood, Hoover, Madera, Highland, East, Roosevelt, Arvin, Tulare Union. Individual leaders: Juan Garcia, Mike Jurkovich, Jim Heubner, Sammy Garcia, Louis Carranza, Brian Foley, Ken Hendricks, Alex Hinzo, Tom Elieff and Robert Jolley.

Only one thing is for sure and that is that nothing is for sure when it comes to the Valley Meet. There are always plenty of surprises and this year will prove no exception.

## Valley Track Photos

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## FOURTH ANNUAL WOODLAKE RUNS

October 28, Woodlake;

4 Mile Race(about 400 yds. short)

1. Craig Elia(Fresno) 19:31; 2. Curt Elia(Fresno) 19:52; 3. Charles McCarty(Porterville) 20:23; 4. Bruce Tharp(Fresno) 20:26; 5. Fernie Montanez (Fresno) 20:30; 6. Larry Lung(Fresno) 20:38; 7. Howard Santillan(Porterville) 21:55; 8. Tony Buelna(Porterville) 21:59; 9. Stan Rosenfield(San Louis Obispo) 22:10; 10. Harry Harder(Reedley) 25:34(age 56).

25 Kilometer Race

1. Mark Hemphill(Madera) 1:30:34; 2. Len Thornton(43) (Fresno) 1:31:13; 3. Dave Bronzan(Three Rivers) 1:32:29; 4. Bill Peck(Wasco) 1:33:41; 5. John Noonan(Visalia) 1:38:09; 6. Stan Rosenfield (SLO) 1:58:25; 7. Bob Reynaga(Porterville) 2:00:13.

Junior High Mile

1. Neil Stocton(Fresno) 5:14 ties record; 2. Scott Thornton(Fresno) 5:15.

# COMING EVENTS

## WESTSIDE ROAD RACE

November 10 --- Saturday

Firebaugh

6 Miles --- Open, 30-39, 40-49, 50 and over divisions  
3 Miles --- High School and Girls divisions

For more information contact: Art Fernandez, 1611 "N" Street, Firebaugh, Ca. 93622

## USTFF WESTERN REGIONALS

November 17 --- Saturday

Woodward Park, Fresno

6.0 Miles --- Open Division      3.0 Miles --- Junior Division

For more information contact: Gene "Red" Estes, Athletic Department  
Fresno State University, Fresno, Calif.

## ROEDING PARK 5 MAN 15 MILE RELAY

November 24 --- Saturday

Roeding Park, Fresno

Open, Senior, High School 5 Man 15 Mile Relay --- All Comers 3 Mile Run  
Junior High 5 Man 5 Mile Relay --- Junior High 1 Mile Run

For more information contact: Bill Cockerham, 1717 South Chestnut Ave., Fresno 93702

## THIRD ANNUAL FRESNO ROAD RUN

December 1 --- Saturday

Kearney and So. Fruit, across from Chandler Airport

High School, Open, 30-39, 40-49, 50 and over, Women's Divisions

For entry blanks and more information contact: Fernie Montanez  
3053 W. Alamos, Fresno, Calif. 93705

## HILL AND DALE RUN

December 8 --- Saturday

Bakersfield

For more information contact: Coach Weinmann, East Bakersfield High School  
Bakersfield, Calif. 93305

or

Ted Oliver, 2716 Pomona, Bakersfield, Calif. 93305

## OTHER VALLEY EVENTS:

February 1 & 2 -- Annual FSU Track and Field Clinic---  
Tentative main speaker is Jim Bush. April 9 & 10 --  
USTFF Decathlon Championships at Ratcliffe Stadium.  
FOR THOSE WHO REALLY PLAN AHEAD: September 14,  
1974 --- Fresno Watermelon Race. October 5-- Fresno  
State Invitational Cross Country Meet. November 16, 1974--  
USTFF Western Regional Cross County Meet. Contact  
Red Estes for more information on these.



## MADERA INVITATIONAL

October 13, Madera: Coach Dee DeWitt decided to host a cross country invitational and with the help of the local Elks Club produced a very successful Madera Invitational. Not only did the Madera coach put on the meet, but his team won three of the four divisions. Bullard's Jim Huebner floated to victory in the Varsity race followed by fast finishing Paul Keel and Robert Jolley.

Varsity: 1. Jim Huebner(Bullard) 9:44; 2. Paul Keel(Madera) 9:48; 3. Robert Jolley(Mt. Whitney) 9:50; 4. Rob Brenner(Clovis) 9:53; 5. Elias Cazares(Madera) 9:54; 6. Art Villareal(Madera) 9:57; 7. R. Eszrada(Reedley) 9:58; 8. Jesse Martinez(Madera) 9:59; 9. Ray Rubio(Madera) 9:59; 10. Louis Zauala(Selma) 9:59; 11. Mike Zipata(Selma) 10:01; 12. Frank Frausto(Madera) 10:04; 13. Tunio Ruiz(Arvin) 10:09; 14. Russ Pilkett(Clovis) 10:15; 15. Joey Frausto(Madera) 10:19; 16. Isaac Salcido(Arvin) 10:24; 17. Greg Bozzo(Mt. Whitney) 10:29; 18. Ron Zauala(Reedley) 10:30; 19. Alberto Castro(Arvin) 10:30; 20. Steve Lesley(Clovis) 10:36. Team Scores: Madera 30, Clovis 92, Arvin 99, Selma 105, Mt. Whitney 114, Reedley 137, Bullard 138, Sanger 201.

Frosh-Soph: 1. Carranza(Madera) 9:40, 2. Garcia(Arvin) 9:58; 3. Rodriquez(Arvin) 10:00, 4. Medrano(Sanger) 10:02; 5. Ranteria(Madera) 10:15; 6. Pishone(Clovis) 10:20; 7. Medina(Arvin) 10:21; 8. Alafa(Mt. Whitney) 10:21; 9. Sandoval(Sanger) 10:24; 10. Contreras(Reedley) 10:27. Team Scores: Madera 47, Clovis 88, Sanger 90, Arvin 101, Selma 116, Mt. Whitney 131, Reedley 137, Bullard 160.

Freshmen: 1. Postler(Clovis) 10:52; 2. Brenner(Clovis) 10:52; 3. Robles(Clovis) 11:05; 4. Villareal(Clovis) 11:07; 5. Moreno(Sanger) 11:07. Team Scores: Clovis 17, Sanger 60, Madera 61, Mt. Whitney 147.

Junior Varsity: 1. Vega(Madera) 10:22; 2. Garza(Madera) 10:23; 3. Espana(Madera) 10:27; 4. Greer(Madera) 10:39; 5. Luna(Madera) 10:45. Team Scores: Madera 15, Clovis 112, Mt. Whitney 119.

## FRESNO INVITATIONAL

October 6

High School Girls (1.1 mile) 1. Anderson(Clovis) 6:36; 2. Cooper(Clovis) 7:22; 3. Slinkard(Hoover) 7:22; 4. Hill(Clovis) 7:24; 5. Swanberg(Hoover) 7:27.

7th Grade Girls (1.1 mile) 1. Jarmillo(Clark) 6:38; 2. Huebner(Wawona) 6:49; 3. Duram(Grant) 6:58; 4. Coronado(Washington) 7:06; 5. Dow(Muir) 7:09.

8th & 9th Grade Girls (1.1 mile) 1. Halper(Ahwahnee) 6:20; 2. Laslo(Clark) 6:30; 3. Baher(Clark) 7:00; 4. Contreras(Clark) 7:02; 5. Garza(Grant) 7:04. Team Scores: Clark 17, Washington 55, Hamilton 62.

7th Grade Boys (1.1 mile) 1. Thornton(Ahwahnee) 5:44; 2. Klein(Hamilton) 5:52; 3. Ramirez(Muir) 5:55; 4. Dobbs(Hamilton) 5:58; 5. Flores(Clark) 5:59; 6. Blair(Clark) 6:04; 7. Rhoan(Tenaya) 6:07; 8. Rivera(Clark) 6:08; 9. Walker(Hamilton) 6:10; 10. Nush(Tenaya) 6:16. Team Scores: Clark 47, Hamilton 49, Tenaya 53, Ahwahnee 86, Sierra 174, Engvall 187, Washington 195, Grant 246.

8th Grade Boys (1.1 mile) 1. Knox(Wasco) 5:28; 2. Flores(Coalinga) 5:32; 3. Little(Ahwahnee) 5:36; 4. Stockton(Ahwahnee) 5:41; 5. McDaniel(Ahwahnee) 5:42; 6. Franquez(Muir) 5:44; 7. Marez(Yosemite) 5:45; 8. Agirre(Muir) 5:47; 9. Gonzales(Tenaya) 5:54; 10. Narkanyan(Ahwahnee) 5:55. Team Scores: Ahwahnee 22, Clark 74, Mulcahy 105, Sierra 109, Hamilton 145, Coalinga 158, Ft. Miller 161, Washington 176.

Div. II Frosh Soph (2.2 miles) 1. Welbert(Lemoore) 11:47; 2. Maldonado(Selma) 11:52; 3. Coboa(Selma) 12:01; 4. Jones(Lemoore) 12:03; 5. Martinez(Selma) 12:10. Team Scores: Selma 23, Lemoore 32.

Div. I Frosh-Soph (2.2 miles) 1. Medrano(Sanger) 11:17; 2. Martinez(Redwood) 11:23; 3. Sandoval(Sanger) 11:25; 4. Pishione(Clovis) 11:27; 5. Ketner(Fresno) 11:35; 6. Gayton(Redwood) 11:40; 7. Kilsey(Bullard) 11:40; 8. Alfaro(Clovis) 11:48; 9. Toler(Clovis) 11:49; 10. Cheney(Redwood) 11:53. Team Scores: Clovis 49, Redwood 52, Sanger 74, Fresno 94, McLane 109, Hoover 111.

Div. II Jr. Varsity (2.2 miles): 1. O'Rourke(Lemoore) 12:06; 2. Chavez(Selma) 12:18; 3. Cohl(Lemoore) 12:24; 4. Turner(Lemoore) 12:27; 5. Bright(Lemoore) 12:29. Team Scores: Lemoore 19, Selma 38.

Div. I Jr. Varsity (2.2 miles): 1. Pickett(Clovis) 11:26; 2. Lozano(Roosevelt) 11:33; 3. Mead(Hoover) 11:37; 4. Winter(Hoover) 11:38; 5. Nunez(Roosevelt) 11:41. Team Scores: Roosevelt 33, Hoover 35, Clovis 65, Bullard 97, Redwood 130.

## HUME LAKE RUNS

September 1, Hume Lake:

Open Division(10,000 meters): 1. Mike Denny(Merced TC) 33:02; 2. Wayne VanDellen(High Sierra TC) 33:10; 3. Carl Swift(Phaethon TC) 34:03; 4. Cliff Recse(Flying Squirrel TC) 34:21; 5. Jim Hartig(HSTC) 34:26; 6. Ray Cerankowski(MTC) 34:35; 7. Bruce Pendleton(PTC) 34:45; 8. Juan Garza(HSTC) 35:09; 9. Bruce Tharp(West Valley TC) 35:41; 10. Larry Lung(PTC) 35:53; 11. Len Thornton(HSTC) 36:06; 12. Fernie Montanez(PTC) 36:50; 13. Richard Bega(MTC) 37:21; 14. Sam Marquez(HSTC) 38:40; 15. David Sanchez(Unat) 38:41; 16. Gary Self(Unat) 38:49; 17. Scott Thornton(HSTC) 40:50; 18. Ray Douglas(Unat) 44:48; 19. Jerry Douglas(Unat) 44:48; 20. Rick Wade(MTC) 47:21. Team times: High Sierra Track Club 1:42:45(new record), Merced Track Club 1:44:58, Phaethon Track Club 1:46:46.

High School Division(5,000 meters): 1. Louis Grieco(Phaethon TC) 17:15; 2. Robert Borec(PTC) 17:23; 3. Mark Southwick(High Sierra TC) 17:47; 4. Richard Reynaga(HSTC) 18:24; 5. Richard Quiroz(HSTC) 18:38; 6. Bill Stevenson(Fellowship of Christian Athletes) 18:51; 7. Mike Thornton(HSTC) 18:56; 8. Jim Grieco(PTC) 19:30; 9. Tim Wilson(FCA) 20:06; 10. Ross Williams(FCA) 20:21; 11. Guy Holman(FCA) 20:43; 12. Richard Reynoso(FCA) 21:30; 13. Wayne Cohl(FCA) 21:33; 14. Randy Hicks(PTC) 21:37. Team times: Phaethon Track Club 54:08, High Sierra Track Club 54:49, Fellowship of Christian Athletes 59:18.

Senior Division(40 and over)(10,000 meters): 1. Bill Flodberg 40(Solano TC) 39:39; 2. Harry Harder(HS TC) 43:35; 3. John Liston(Unat) 49:35.

Women's Division(10,000 meters): 1. Dawna Douglas(Unat) 53:40.

### KERN COUNTY

### INVITATIONAL

Oct. 27 Hart Park  
VARSITY

S. Garcia (W) 9:41.9; Hendrick (H) 9:48; Hinz (W) 9:50; Edwards (E) 9:51; Bray (N) 9:53; J. Garcia (A) 9:55; White (Shafter) 9:56; Lewis (E) 9:56; T. Elieff (H) 10:00; Brenner (C) 10:09; F. Elieff (H) 10:12; Oberman (C) 10:15.  
Team Scores: Arvin 83, East 83, Highland 92, Clovis 105, Foothill 121, West 145, North 176, Shafter 205, Reedley 221, Wasco 222, Bakersfield 252, South 330.

#### JUNIOR VARSITY

Hernandez (EB) 10:34.6; Thompson (EB) 10:35; Allan (EB) 10:43; Smith (B) 10:44; Newman (F) 10:45; Suniga (EB) 10:46; Armendarez (E) 10:46; Zaragoza (F) 10:48; Lesley (C) 10:52; Robinson (F) 10:53.  
Team Scores: East 27, Foothill 41, Highland 83, Clovis 117, Bakersfield 126, Reedley 190, West 202, Wasco 221, Arvin 246.

#### FROSH-SOPH

Toler (C) 10:32; Pishione (C) 10:33; Rodarte (S) 10:41; Fernandez (F) 10:50; Hays (F) 10:58; Reyes (F) 10:59; G. Estrade (S) 11:01; Brown (F) 11:06; D. Estrada (S) 11:07; Morley (C) 11:12.  
Team Scores: Clovis 36, Foothill 40, South 65, Shafter 93, Highland 130, Wasco 155.

#### FRESHMAN

Postler (C) 11:03; Venezuala (F) 11:04; Robles (C) 11:13; Lopez (W) 11:16; Gutierrez (F) 11:29; Waite (S) 11:34; Maranda (S) 11:35; Tovar (Wsc.) 11:36; Dillard (Wsc) 11:38; Brown (F) 11:38.  
Team Scores: Clovis 46, Wasco 52, Foothill 54, South 61.

#### GIRLS

Anderson (C) 8:57.6; Duran (B) 9:17; Hearoon (EB) 9:23; Patterson (Wst) 9:32; Oldfield (N) 9:35; Opper (EB) 9:39; Alderette (Sth.) 9:44; Cooper (C) 9:45; Baehr (B) 9:52; Muller (W) 9:57.  
Team Scores: Clovis 17, Bakersfield 20, North 37, East 37, Foothill 43, South 53, Highland 56, Arvin 62.

#1 Man Race(2.2 miles): 1. Juan Garcia(Redwood); 2. Mike Jurkovich(Bullard) 10:22; 3. Brian Foley(Hoover) 10:58; 4. Roy Gonzles(Monache) 11:02; 5. George White(Roosevelt) 11:06; 6. Mario Garza(Central) 11:11; 7. Bob Brenner(Clovis) 11:12; 8. Bob Gillett(Lemoore) 11:13; 9. Mike Zapata(Selma) 11:18; 10. Bob English(Riverdale) 11:48.

#2 Man Race: 1. Huebner(Bullard) 10:45; 2. Grieco(hoover) 11:02; 3. Garcia(Redwood) 11:11; 4. Oberman(Clovis) 11:12; 5. Rivera(Roosevelt) 11:17; 6. Garza(Central) 11:19; 7. Wilson(Lemoore) 11:32; 8. Zavala(Selma) 11:33; 9. Salazar(Fresno) 11:55; 10. Costa Dos Palos 12:07.

#3 Man Race: 1. Balderas(Redwood) 11:02; 2. Borac(hoover) 11:03; 3. Esqueda(Roosevelt) 11:27; 4. Stevenson(Lemoore) 11:34; 5. Torre(Fresno) 11:42.

#4 Man Race: 1. Garcia(Redwood) 10:59; 2. Southwick(Hoover) 11:07; 3. Petty(Roosevelt) 11:12; 4. Torres(Selma) 11:46; 5. Hollmen(Lemoore) 11:53.

#5 Man Race: 1. Espitallier(Hoover) 11:17; 2. Ducao(Redwood) 11:17; 3. Zapata(Selma) 11:45; 4. Rivas(Roosevelt) 11:46; 5. Serna(Dos Palos) 12:07.

Team Scores: Division I (Large): Redwood 54:37, Hoover 55:37, Roosevelt 56:38, Bullard 57:54, Clovis 59:10, Sanger 65:46. Division II (Small): Lemoore 58:29, Selma 59:16, Dos Palos 60:37, Central 60:54, Riverdale 63:51.

Open Division (6 miles): 1. Tibadizua(Nevada) 29:57; 2. Minet(Nevada) 30:01; 3. Sandoval(Stanford) 30:35; 4. Bellah(Stanford) 31:16; 5. Lozano(Unatt.) 31:49; 6. Artherholt(Fresno State) 31:50; 7. O'Connell(Stanford) 31:50; 8. Gonzales(Nevada) 31:51; 9. Brown(Stanford) 32:06; 10. Brown(Nevada) 32:10; 13. Garcia(Fresno State) 32:29; 17. Julio Rosa(Fresno State) 32:46; 21. Cox(Fresno Pacific) 32:57; 22. Russler(Fresno State) 32:59; 26. Elia(Phaethon) 33:03; 27. Chavez(Fresno State) 33:08; 29. Buob(Fresno State) 33:24; 31. Greg(Fresno Pacific) 33:38; 32. Lennemann(Fresno Pacific) 33:45; 38. Buob(Fresno State) 34:08; 40. Lomeli(Fresno State) 34:16; 45. Olmstead(Fresno State) 34:38; 48. Chapin(high Sierra) 34:45; 49. Mirades(Fresno State) 34:46; 50. Elia(Phaethon) 34:56. Team Scores: Nevada(Reno) 29, Stanford 32, Fresno State 69, Cal Poly TC 122, Fresno Pacific 151, Phaethon Track Club 178, High Sierra TC 188. Leaders splits: 1 mile - 4:44(Tibadizua) 2 mile - 10:00(Tibadizua), 3 mile - 14:59(Tibadizua), 4 mile - 19:58(Sandoval), 5 mile - 25:07(Tibadizua), 6 mile - 29:57(Tibaduzua).

# RESULTS OF THE SECOND ANNUAL BASS LAKE HALF MARATHON

DATE Saturday, September 8, 1973. DIVISIONS Open, H.S., 30-39, 40-49, 50+.  
 TIME Start 9:00 AM; Check-in 8:00 AM. TEMP. In the 70's.  
 START The Pines Village, Bass Lake. SPONSORS Fresno Pacific College  
 DISTANCE 13 1/4 miles. Valley Track and Field  
 DISCRPTION Once around the lake. Mostly High Sierra Track Club  
 paved, some dirt roads. Hills. MEET DIR. Bill Cockerham

OVERALL PLACE	NAME - AGE - HOME	DIVISION PLACE	2 MILE SPLIT	5 MILE SPLIT	10 MILE SPLIT	FINAL TIME 13 1/4 MILES
1.	Mike Denny(24), Merced	1 Open	10:53	27:10	56:14	1:15:52.2
1.	Dave Taylor(18), Merced	1 Open	10:53	27:10	56:50	1:15:52.2
3.	Martin Urias(21), Madera	3 Open	11:35	28:30	57:57	1:16:31
4.	Mark Southwick(16) Fresno	1 H.S.	11:30	28:50	59:20	1:18:59
5.	Rick Jensen(19), Madera	4 Open	11:35	28:30	58:46	1:19:12
6.	Len Thornton(42), Fresno	1 40-49	11:14	28:37	59:20	1:19:20
7.	Bruce Pendleton(20), Fresno	5 Open	11:14	28:37	60:20	1:22:30
8.	Mike Thornton(15), Fresno	2 H.S.	12:12	30:40	62:32	1:22:53
9.	Matt Console(16), Atwater	3 H.S.	11:31	30:02	62:46	1:24:14
10.	Eddie Taylor(17), Tulare	4 H.S.	11:27	30:01	66:00	1:29:38
11.	Isaias Luna(16), Tulare	5 H.S.	11:24	30:33	66:50	1:30:11
12.	Greg Ambrosini(28), Atwater	6 Open	11:50	31:04	66:10	1:30:43
13.	Richard Bega(17), Merced	6 H.S.	11:05	29:00	66:12	1:32:03
14.	Stewart Cramer(42), Mariposa	2 40-49	12:23	32:11	68:09	1:34:09
15.	Bob Shirley(15), Oakhurst	7 H.S.	13:00	34:15	73:20	1:38:15
15.	Steve Zeibak(13), Tulare	7 H.S.	13:00	34:15	73:20	1:38:15
17.	Masayuki Cramer(13), Marposa	9 H.S.	13:25	35:30	75:32	1:41:35
18.	Jim Fucillo(15), Atwater	10 H.S.	13:37	36:10	76:30	1:42:22
19.	Gerd Pokorra(16), Oakhurst	11 H.S.	13:18	34:26	75:34	1:45:05
20.	Doug Blankenship(15), Atwater	12 H.S.	13:48	36:10	77:16	1:45:21
21.	John Lemmen(17), Atwater	13 H.S.	12:15	70:50	32:04	1:48:27
22.	Tony King(15), Atwater	14 H.S.		81:02	37:07	1:49:49
23.	Randy Hicks(17), Fresno	15 H.S.	12:47	35:30	85:40	1:59:23
24.	Ross Gentry(27), Tulare	7 Open	13:51	39:35	91:16	2:00:35
25.	Ruperto Salinas(15), Tulare	16 H.S.	13:48	39:35	91:16	2:09:19

The Second Annual Bass Lake Half Marathon was almost as much success as the first edition of the event. The course was the same; run around the lake starting and finishing at the Pines Village. The first eight miles are relatively pleasant compared to the tough up and downs of the last five. Several runners thought it might be best to run it in the reverse order next year so as to get the hardest part over first. Times were given at two, five, and ten miles which proved very helpful as did the water stations.

WASCO INVITATIONAL  
Oct. 6, 1973

**VARSITY**  
 Tom Elieff (HD), 9:31.7; Carranza (MD), 9:33; Peterson (MB), 9:36; Garcia (W), 9:37; Bray (N), 9:37; Taylor (T), 9:40; Hendrick (H), 9:41; Shanklin (F), 9:44; Isaias (T), 9:52; Weimann (E), 9:53; Edwards (E), 9:53; Jolley (MW), 9:53; Shofner (H), 9:55; Hinz (W), 9:56; Keel (M), 9:56; Elieff (H), 10:01; Martinez (M), 10:03; Ogle (MB), 10:05; Duran (C), 10:08; Reyes (A), 10:11.  
 Team scores: Madera, 74; Highland, 94; Foothill, 140; East, 162; San Luis Obispo, 166; Coalinga, 217; West, 221; Mt. Whitney, 234; North, 246; South, 267; Wasco, 337; Bakersfield, 342; Shafter, 349; Tulare, 350; Hanford, 356; Delano, 435.

**JUNIOR VARSITY**  
 Richard Vega (M), 10:26.6; Garza (M), 10:31; Espana (M), 10:40; Luna (M), 10:42; Zaragoza (F), 10:47; Greer (M), 10:47; Robinson (F), 11:03; Morel (F), 11:04; Armandarez (F), 11:06; Menez (M), 11:08.  
 Team scores: Madera, 16; Foothill, 44; East, 121; San Luis Obispo, 134; Mt. Whitney, 215; Coalinga, 226; BHS, 257; Shafter, 305.  
**FROSH**  
 Danny Lozano (BHS), 11:01.7; Chavez (BHS), 11:04; Ursin (BHS), 11:06; Lopez (W), 11:13; Brown (F), 11:17; Zamora (M), 11:20; Garrett (F), 11:23; Gordon (F), 11:23; Tovar (W), 11:25; Rodriguez (M), 11:29.  
 Team scores: Foothill, 60; BHS, 77; Madera, 87; Wasco, 95; Hanford, 123; South, 191; Highland, 231.

**FROSH-SOPH**  
 Jesse Garcia (A), 9:51.5; Aguerrie (SLO), 9:52; Weaver (SLO), 9:55; Thoma (SLO), 9:56; Lewis (E), 9:56; Rodriguez (A), 9:58; White (S), 10:03; Carrasco (Mc), 10:14; Thompson (E), 10:16; Meyer (S), 10:18.  
 Team scores: San Luis Obispo, 112; Coalinga, 153; Madera, 156; Shafter, 162; Foothill, 166; Arvin, 184; BHS, 196; West, 200; Reedley, 213; East, 233; Hanford, 234; South, 255; Highland, 257; Mt. Whitney, 306; Wasco, 323; Tulare, 246; Delano, 513.