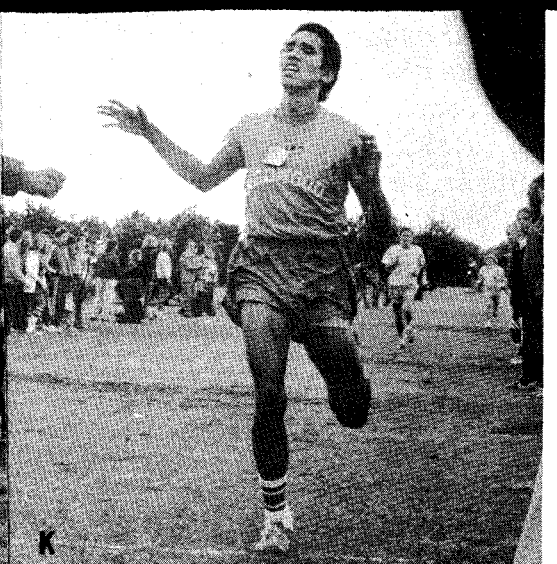


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VALLEY TRACK AND FIELD

Dec. / Jan. 1973-4 Vol. 3, No. 2

35¢



December / January, 73-74 Vol. 3, No. 3
PUBLISHED BY PACIFIC COLLEGE

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ON THE COVER:

- A) Mike Denny hands off to Dave Taylor to bring Merced Track Club home victorious in the Roeding Park 5 Man 15 Mile Relay.
- B) John Muir JHS 8th Grade Boys: (L to R) Leon Castenada, Johnny Rodriguez, Alvin Saenz, Manuel Perez, Gilbert Franquez, Manuel Guirre.
- C) Eddie Cadena leads from the start in winning the Fresno Road Race.
- D) Fresno City JHS 9th grade champ, Mike Saddler.
- E) East's Brian Thompson winning Valley JV title.
- F) Sammy Garcia winner of USTFF Junior Division.
- G) Coach DeWitt and Madera High VALLEY CHAMPS.
- H) Fresno State University PCAA CHAMPIONS.
- I) Mike Jurkovich(R) and Jim Huebner, featured in "Meet Valley Athlete."
- J) Was there a fight at the Valley Meet? No, just a pile-up in the chute.
- K) Juan Garcia 1972 & 1973 VALLEY CHAMPION.

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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MEET VALLEY COACH

Bob Clemensson, Arvin High School: In 1965, T. Oliver, now the cross country coach for Foothill High School in Bakersfield, started cross country at Arvin High School. When Ted left Arvin for Foothill, the school was going to drop Cross Country as a sport until Bob said he would coach the team. Bob has coached cross country every year since 1965 and has also been the assistant track coach since 1971.

Bob attended Drake University and it is here where Bob started running. He wasn't on any cross country team, but ran to just relieve tension. He graduated in 1964 with his B.S.B.A. in Business Administration. He later attended Northern Arizona University where he got his M.A. in 1969. It was at Flagstaff where Bob worked out Jim Ryan and others who were training for the Mexico Olympics.

Bob still runs for pleasure. He runs 3000 meters every morning at 5 a. m. before coming to school, and runs a mile with his cross country and track teams as warm-ups. He also rides his bike over 20 miles a weekend, and swims 1/2 mile every morning after running, until October. He also plans to start cross country skiing this year. If you haven't guessed it yet, Bob is still single.

Bob's record at Arvin is very impressive. His teams were South Sequoia League Varsity Cross Country Champions in 1968, 1969, 1970, 1971, 1972, and East Yosemite Champions in 1973. His sophomore teams were league champions in 1968, 1970, and 1972. With the emphasis changing from Fresh-Soph to JV, his JV team took the league championships in 1973. His 1973 team placed 6th in the Valley. Also his JV team qualified for the Valley. His 1973 team was probably his best team. The 1973 team tied with East in the Kern County Invitational for first place. Arvin placed second to Highland in the Area Meet, missing the championships by only 4 points.

When asked who were Bob's standouts on this year's team he replied, "I have the best group of boys a coach could ask for! I had 15 boys and 3 girls on the cross country team--none dropped out and it was only one more than was needed for the two cross country teams and the girl's team of three. At Arvin we have quality not quantity! Jesse Garcia was our outstanding runner (he is a sophomore) but his times were not that good (9:58). Junior Reyes, Isaac Salcido, Bobby Castro, Jesse Rodriguez, and Reggie Medina all ran together and were the heart

of the team--not fast but consistent and together (just like Madera, but not as fast)." It should be pointed out that Bob is only losing two seniors this year and will be a threat again next year.

Who were Bob's outstanding runners in previous seasons? His first standout was Ernesto Contreras (1965-66) who was in the top ten in the Valley as a sophomore and a junior, but who quit school. Next was Sergio Rodriguez (1970-71) who set a school record for the two mile in 9:31.9 and was the first school representative at the State Track Meet in 14 years. Next was Richard Rodriguez (1969-1972) who broke Sergio's record and also set a school record in the 880 with a time of 1:58.

When asked what kind of training his team follows, he replied, "My basic theory is that a team that is in the best physical condition to run can and will win most of the time. Workouts are distance twice a week 5 to 8 miles, and speed workouts (440's and 880's twice a week). We run in deep dirt or sand, up and down "sandhills" where we had our home meets until a complaint by an EYL school stopped us for future use of our course (the course was too difficult for them). I work on a 70 second quarter-mile as being the best pace but only the top two or three runners can keep this up. Practice and distance running has to be fun and so the team and I have an enjoyable time at most practices. I also try to have them run 60 seconds for the last quarter on the miler. I also believe in L.S.D. workouts at the beginning of the season and Short Fast Distance at the end."

When he was asked how a student will benefit from a cross country program he replied, "Athletics help a student know themselves. Cross country is the best sport in high school or college because the student can compete at this sport all his life--unlike baseball, football or basketball. The student learns that he must not give up and keep trying--distance running proves to a runner that anyone can improve if they keep running during the summer and comeback and really try--distance runners must run year round (. . . as we all know)."

Coach Clemensson also has some ideas on how to improve high school cross country. First, he would like to see girls run against girls only, like they do in Bakersfield. He also feels that all cross country races should be lengthened to 3 miles. He feels that 2 miles is too short. He points to the Valley Meet and the confusion at the finish with over a 100 runners within a 60 second interval.

After discovering the times of his runners, when asked what his best times are he replied, "I won't tell."

MIKE JURKOVICH of Bullard High School in Fresno. Senior, 6-0, 150 pounds. Born in Fresno, California, September 16, 1955.

BEST MARKS: Two mile 9:22.5 (State Meet '73); two mile cross country, 9:14.

TRAINING: Twice a day, six days per week, 9 months per year. 55 miles a week. Morning workouts medium to long distance at a comfortable pace. Afternoon workout for quickness and speed. Coached by Will Olds.

Mike won the Fresno City Cross Country meet, the NYL meet and the North Area Divisional--he placed second in the Valley Championships. He won the Valley Two-mile track title last season. His 9:22.5 is the Bullard High record.

For a favorite event, Mike finds it hard to choose but feels he likes distances of two miles or more. He likes to stay in top shape all season rather than pointing and peaking for one particular race. His favorite strategy is to take over one fourth of the way through the race and carry it on in. Training rules include 8-10 hours of sleep and plenty of Vitamin "C".

Mike isn't sure yet where he will go to college next year but plans on attending an institution with an outstanding track program, so he would be able to compete at a high level.

Coach Will Olds is, understandably, proud of the accomplishments of Mike and says, "Mike works out twice a day and once on weekends. He averages about 50-55 miles each week. His morning workouts are on his own, usually 3 to 5 miles. His afternoon workouts at school are more quality workouts, usually 2-5 miles at a 75 second pace and faster. He runs a lot of short runs, 100 to 200 yards, at a fast pace.

"Mike is a very competitive person. He is driven by a fierce personal pride. He's serious toward his running and achievements in running. Mike carries a 3.6 G. P. A. and also has a part-time job

"His best marks as a sophomore were 4:30.8 in the mile and 9:29 in the two-mile. As a junior his mile was 4:26 and two-mile, 9:22. His best mark is his 9:23.8 on a slightly hilly cross country course which is considered a medium to slow course. This mark held up through the valley meet.

"This year in track, Mike will run many miles in meets, but likely settle on the 2 mile for the valley. Mike is just beginning to run his 2 mile like he should. He hopes to be in the top 10 in the State Meet this year. From a coaches standpoint, Mike is an excellent runner to coach."

JIM HUEBNER of Bullard High School in Fresno. Senior, 6-0, 155 pounds. Born in Fresno, California on July 20, 1956.

BEST MARKS: 440 -- 51.6 ('73); 880 -- 156.4 ('73); Mile -- 4:19.0 ('73); 2 Mile -- 9:51 ('72); 3 Mile-- 15:25 ('73); 6 Mile -- 31:49 ('73); discus -- 102-6 ('73).

TRAINING: Twice a day, six days a week, eight months a year. 50-60 miles a week. Mornings consist of 5-6 miles with Mike Jurkovich. Monday and Wednesday afternoon--hard, fast runs mostly on the grass. Tuesday--weights and two repeat miles under 4:30. Thursday--light weights and easy run. Saturday and Sunday--long runs. Coached by Will Olds.

Jim may appear to play second fiddle to Mike, however, that isn't the case at all. Jim has many honors and credits himself. He was voted "Most Outstanding" in both cross country and track in both 1972 and 1973. He placed second in the Valley mile in 72-73 as well as finishing third in the Valley Cross Country Championships.

Jim competes in track, "...because the work you have to put into it makes the winning, or just improving, seem like the best thing in the world." The racing strategy most frequently used is to hang on and kick. He hopes to run around 1:52, 4:14 and 9:25 this coming track season and would eventually like to break 4 minutes. For college he plans to major in business as well as continue his track career. He feels Stanford has the good business program and Fresno State the track program.

Jim is a humble champion and quick to say, "The biggest assets to my running career were my parents Coach and Jurkovich."

Coach Olds says of Jim, "Jim came to Bullard as an excellent tennis player with no background of running. During his sophomore track season his first 2 mile race was 9:57. That was his first track meet with only a weeks work. His best time was 4:23.8 as a sophomore. His junior year he was 3rd in the Valley in cross country. During track he had a 4:19 and a 1:56 half-mile. This year Jim will take a good look at the half before he decides what race to run in the Valley.

"Jim has a variety of talents, he is a top tennis player also a fine basketball player and skier.

"Jim has a happy carefree personality. He is easy to work with and eager to compete. His biggest weakness was lack of experiences in races. Now he is a seasoned competitor and a tough runner to beat. Jim does about the same type of workout as Mike. Both runners plan on running in college."

VALLEY VIEWS

On Sunday, December 16, two Valley athletes participated in the First Rim of the Pacific Marathon held in Hawaii. Fresno Pacific's Don Gregory placed seventh with a 2:47:30 in the field of over 150. Dr. Jeff Stone placed 120th in just over four hours. Gregory led through the first five miles before being forced to search out rest rooms on two different occasions. The eventual winner was Duncan McDonald in 2:37:34.

CLUB MEMBERS it's time to renew your memberships. If you are not running for a team now would be a good time to join. High Sierra Track Club contact Dave Bronzan, Box 271, Fresno 93708. Phaeton Track Club contact Larry Lung, 3356 N. Monroe, Fresno 93705.

Both Fresno State and Fresno Pacific enjoyed their best cross country seasons ever. State won the PCAA at UC Santa Barbara (led by Guy Arthurholt's outstanding first place finish). Pacific placed third out of 20 teams in the district NAIA championships (paced by Darrel Cox's 9th place finish).

A fun run, the original Big Dipper will take place Saturday, February 2, 1974. For more info. contact Larry Lung (see address above). Larry also reports the dates of the 1974 Bunion Derby: July 6, July 20, Aug. 3, and Aug. 24.

Mt. Whitney coach Doug Rudolf reports junior, Robert Jolley recently won the Mt. Whitney three mile postal run on the track with his 16:15.4. He also sent word that former Whitney star, Zenas Moreno, is enjoying himself running for BYU. Other Valley athletes enjoying cross country away from home are Dave Taylor at University of Oregon, Bryan Patterson at Occidental, Greg Hall at UC Berkeley, Steve Hall at University of Nevada (Reno), Dale Campbell at University of Nevada (Las Vegas), Cliff Rees at Oregon State, Bruce Caputo at Lassen JC, Ron Vogt at Hancock JC, Rich Lozano, Dan Villalobos, and Eddie Granillo at Northridge.

Art Fernandez thanks all of those who helped make the Westside Road Race a success. He plans to make it an annual affair and promises the 1974 race will be even better. Thank you, Art, for putting on this event - it won't be long and the Valley will have a wide variety of long distance runs; one on every weekend.

January 19 & 20 is the American River Tenthack Seminar. Contact Al Baeta at American River College. February 1 & 2 is the Annual FSU Track & Field Clinic. Contact Dutch Warmerdam at Fresno State University.

1973 LONG DISTANCE POINTS

by Dave Bronzan

The first year of the long distance point totals is completed and the winners are listed below. The first seven in each division are nominated to the ALL VALLEY TEAM and will receive certificates certifying their selection. Congratulations. A new point race has started for 1974. Remember participation is almost as important as performance.

name (# of races)	total pts.	ave plc.	POINTS
<u>OPEN</u>			
Curt Elia (10)	27	2.7	.27
Mike Denny (4)	4.5	1.1	.28
Dave Bronzan (10)	40.5	4.0	.40
Craig Elia (10)	46.5	4.6	.46
Rich Lozano (2)	2	1.0	.50
Don Gregory (7)	26	3.7	.53
Cliff Rees (8)	39	4.8	.60
<u>SENIORS</u>			
Len Thornton (21)	22	1.0	.05
Sid Toabe (11)	28	2.5	.23
Harry Harder (17)	85	5.0	.30
Bob Stout (6)	13	2.1	.36
Gene Lynch (10)	37	3.7	.37
Bob Reynaga (7)	22	3.1	.44
Ron Gates (10)	63	6.3	.63

COMING EVENTS

January 26 (Saturday) THE BIG DIPPER RACE 6.0 miles at Woodward Park; 2:00 pm. This is a HANDICAP race. Entry fee \$1.00 before Jan. 25; \$1.50 after. To receive your handicap contact Larry Lung, 3356 N. Monroe, Fresno, CA 93705. phone 266-5915.

February 2 (Saturday) ORIGINAL BIG DIPPER. Contact Larry Lung. See address above.

February 9 (Saturday) REEDLEY KINGS RIVER RUN. 4.0 miles and age group runs at Reedley College. Contact Bob Lehman at Reedley College, Reedley, CA 93654.

February 16 (Saturday) IVANHOE ROAD RACES No information has been received on this year's Ivanhoe races. Contact Jerry Hobbs, 15616 Ave. 328, Ivanhoe, CA 93235. 6.0 miles and age-group runs.

HILL AND DALE RUN

OR

THE HART PARK LARK ALL IN THE DARK--RACE?

by Len Thornton

Great field--over 140 runners--what a field! Tracy Smith, Granillo, Sam Garcia, Bob Price, Ed Cardena, Juan Garcia, plus a top high school team from Arcadia. Weather 40°---fog 1st mile--first group 4:35--I went by at 5:00 (tail end of first group). Then we started to climb--for a 1/2 mile--very steep--with switch backs. You could see the leaders in the fog above you. After 1 mile of hills you jump a fence--then run up more hills--at about 2 1/2 miles the leaders were a good 440 ahead of us (Smith, Price, Cardena, Garcia, Granillo). Then things started to change fast--Cox was 60 yards ahead of me with Huebner--White of Roosevelt was 30 yards behind me--someone yelled, "We're going the wrong way!" (All kinds of things were thought and yelled). The front group was still going on, they didn't stop until they came to a dead end. PANIC. Front leaders now were last--1/2 mile back. The tail end was now the HEAD! So like a large wave they started coming down the hill with the tailenders now the leaders running like "hell" trying to keep the lead and other smarter runners trying to run just to stay away from the "cloud of dust" of arms and legs coming down the hill after them. So now a race of 6 miles was now a race of 6-7-8 or 9 miles depending on where you were when they sounded the "PANIC" button. (I must have been about 20th when we were turned around and I ended up in 11th place at the finish.) My time for .6 miles? or whatever was 42:40.

Funny things that happened: (1) When someone yelled "You're going the wrong way - the turn was a mile back" one runner said, "Don't tell anyone - we'll just turn around and start back" and another, "Tell every one they have to touch the fence."

(2) Another one yelled, "Line up the way you are in now - we'll stay the way we are now until we get back to the turn we missed."

(3) Someone said, "The heck with it and just started walking back."

(4) But cooler heads prevailed. Everyone just took off down the hill like a bat out of Hades!

I must have passed 20 runners by the time we got back to the right turn off. I caught White and Huebner

was on my tail. I was trying to run as hard and as fast as I could - thinking all the time Tracy and crew took the RIGHT turn and they were miles ahead. When I got to the last down hill spot, about a mile and a half from the finish I could see Villalovous and Woessener about 200 yards ahead and no one in front of them. I thought, then, that Tracy and crew were finished, dressed, and on their way back to L. A., I only prayed that the judges would still be there to get our times.

With a half mile to go son Scotty yells, "get it on, Dad, you're in 10th place." That's when "super charger" Huebner kicked it in. When the dust settled I finished in 11th place. I went to my car, put on my sweats, and walked back to finish to check on son Mike; here comes Tracy Smith 51st., and Juan Garcia 55th, as well as many other top runners behind my 11th place (Granillo 15th, Price 24th, Cardena 25th.). That's how it was the day I beat Tracy Smith, world record holder indoor three mile.

The post race awards dinner yielded superb food and all free. It was a great handicap race. Next year I'm going back and should do better, because I now know the course - 6, 7, 8, 9 mile. It won't matter which course they run - I'll know them all!

PCAA CHAMPIONSHIPS November 10 UC Santa Barbara

1.	Guy Artherholt	FSU	30:26
2.	James Sweeney	CSULB	30:28
3.	Dan Gruber	SJSU	30:41
4.	Dave Garcia	FSU	30:45
5.	Robert Ebert	SJSU	30:53
6.	Jeff Huber	CSULB	30:57
7.	Pat Dunning	FSU	31:11
8.	Tom Phillips	CSULB	31:20
9.	Tom Howell	UCSB	31:23
10.	Rudy Crause	SJSU	31:24
11.	Tom Chavez	FSU	31:24
16.	Julio Rosa	FSU	31:44
17.	Barry Boub	FSU	31:47
25.	Mike Russler	FSU	32:04

34 finishers

Team Scores: Fresno State 39, Long Beach 46, San Jose 51, UC Santa Barbara 88, San Diego State 133.

HAMILTON JUNIOR HIGH INVITATIONAL MEET

9th Grade Boys (Fresno City Schools)

1. M. Sadler(Sierra) 6:56.0; 2. P. Rodriguez (Wawona) 7:00; 3. M. Oicotti(Tenaya) 7:07; 4. St. L. rnett(Tioga) 7:10; 5. J. Grieco(Ahwahnee) 7:11; 6. D. Allen(Kings Canyon) 7:11; 7. B. Bean(Fort Miller) 7:14; 8. D. Goerzen(Fort Miller) 7:16; 9. J. Huebner(Wawona) 7:18; 10. R. Fuentes(Sequoia) 7:18. Team Scores: Sierra 78, Tenaya 89, Ahwahnee 90, Sequoia 94, Hamilton 96, Wawona 99, Kings Canyon 110, Irwin 202.

8th Grade Boys (County Schools)

1. M. Perez(John Muir) 7:02; 2. A. Gonzales Tenaya-Merced) 7:18; 3. K. Stork(Clark) 7:18; 4. G. Salcido(Planada) 7:21; 5. G. Franquez(John Muir) 7:23; 6. J. Craido(McCabe) 7:23; 7. M. Aguirre(John Muir) 7:27; 8. L. Rodriguez(Planada) 7:32; 9. E. Contreras(Planada) 7:33; 10. A. Saenz (John Muir) 7:36. Team Scores: John Muir 43, Planada 53, Clark 56, McCabe 74, General Grant 124, Washington 168.

8th Grade Boys (Fresno City Schools)

1. M. Castillo(Tioga) 7:01; 2. E. Little(Ahwahnee) 7:05; 3. S. McDannell(Ahwahnee) 7:10; 4. B. Rowen(Wawona) 7:17; 5. N. Stockton(Ahwahnee) 7:21; 6. D. Adney (Ahwahnee) 7:27; 7. A. Verdugo (Wawona) 7:30; 8. A. Marez(Yosemite) 7:31; 9. J. Clark(Wawona) 7:33; 10. J. Guarnerro(Ahwahnee) 7:34. Team Scores: Ahwahnee 15, Sierra 75, Hamilton 87, Kings Canyon 96, Tenaya 115, Fort Miller 127.

7th Grade Boys(County Schools)

1. R. Ramirez(John Muir) 7:33; 2. D. Rhoan(Tenaya-Merced) 7:36; 3. J. Ashman(Tioga-Merced) 7:37; 4. G. Rivera(Clark) 7:39; 5. M. Blair(Clark) 7:42; 6. J. Gonzales(Tioga-Merced) 7:47; 7. A. Sotelo(Clark) 7:49; 8. N. Ferguson(Clark) 7:50. 9. T. Lopez(McCabe) 7:53; 10. R. Yeager(Clark) 7:54. Team Scores: Clark 29, Tenaya-Merced 31, McCabe-Mendota 74, Washington-Sanger, Nipomo 156, General Grant-Reedley 160.

7th Grade Boys (Fresno City Schools)

1. S. Thornton(Ahwahnee) 7:20; 2. R. Dobbs(Hamilton) 7:38; 3. B. Morgan(Tioga) 7:40; 4. R. Walker(Hamilton) 7:41; 5. M. Klein(Hamilton) 7:46; 6. J. Doherty(Tenaya) 7:48; 7. C. Gomez(Hamilton) 7:51; 8. J. Rodriguez(Jefferson) 7:52; 9. S. Garcia (Sierra) 7:56; 10. M. Towne(Sierra) 7:57. Team Scores: Hamilton 26, Tenaya 64, Ahwahnee 78, Sierra 84, Wawona 129, Kings Canyon 143, Sequoia 221.

8th & 9th Grade Girls

1. C. Laslo(Clark) 8:29; 2. R. Escamilla(John Muir) 8:39; 3. S. MCPerson(Clark) 8:42; 4. Garza (General Grant) 8:45; 5. D. Baker(Clark) 8:54; 6. R. Florws(John Muir) 8:56; 7. C. Contreras (Clark) 9:08; 8. M. Dunn(Clark) 9:12; 9. N. Castro (Clark) 9:19; 10. N. Bien(Washington) 9:27. Team Scores: Clark 24, Washington 85, Jefferson-Madera 88.

7th Grade Girls

1. I. Jaramillo(Clark) 8:26; 2. L. Adcox(Hamilton) 8:47; 3. E. Cano(Washington) 8:47; 4. C. Dow (John Muir) 8:48; 5. M. Toabe(Wawona) 8:48; 6. S. Petersen(Clark) 8:49; 7. R. Crawley(John Muir) 8:52; 8. J. Spatafore(John Muir) 8:55; 9. J. Coronado(Washington) 8:56; 10. D. Remm(Clark) 8:59. Team Scores: Clark 42, John Muir 55, Nipomo 68, Washington 76, McCabe 140.

SOUTH SEQUOIA LEAGUE MEET

November 2

Wasco

Varsity

1. Garcia(Wasco) 9:27.8 course record; 2. Duran (Coalinga) 9:42; 3. White(Shafter) 9:43; 4. Solario (Corcoran) 9:53; 5. Stephens(Coalinga) 9:57; 6. Bergman(Shafter) 9:59; 7. Meyer(Shafter) 10:03; 8. Bowen (Coalinga) 10:05; 9. Keeler(Taft) 10:10; 10. Saenz(Corcoran) 10:15; 11. Delira(Coalinga) 10:16; 12. Balderam (Corcoran) 10:17; 13. Rameriz(Corcoran) 10:18; 14. Keeley(Shafter) 10:19; 15. Shambaugh(Wasco) 10:20. Varsity Team Scores: Coalinga 44, Shafter 46, Corcoran 64, Wasco 76, Taft 134.

Junior Varsity:

1. Westcott(Coalinga) 10:39; 2. Garcia(Corcoran) 10:41; 3. Barbosa(Wasco) 10:49; 4. Jones(Wasco) 10:54; 5. Tatum(Wasco) 10:55; 6. Garcia(Shafter) 10:58; 7. Bishop(Shafter) 11:01; 8. Guerrero(Corcoran) 11:03; 9. Duran(Coalinga) 11:06; 10. Soliz(Shafter) 11:08. J.V. Team Scores: Shafter 47, Wasco 53, Coalinga 65, Corcoran 68, Taft 184.

Frosh-Soph:

1. Torres(Coalinga) 10:46; 2. Lopez(Wasco) 10:57; 3. Munoz(Wasco) 10:59; 4. Willingham(Taft) 11:05; 5. Bell (Wasco) 11:06; 6. Dillard(Wasco) 11:07; 7. Tovar(Wasco) 11:07; 8. Rodriguez(Coalinga) 11:08; 9. Trumbly(Coalinga) 11:11; 10. Sabala(Wasco) 11:11. Frosh-Soph Team Scores: Wasco 23, Coalinga 41, Taft 72.

SOUTH YOSEMITE LEAGUE CHAMPIONSHIPS

November 2

Hart Park, Bakersfield

Girls (1.5 miles):

1. Anderson	South	8:55
2. Oldfield	North	9:11
3. Hearn	East	9:17
4. Paterson	West	9:21
5. Scatena	East	9:22
6. Opper	East	9:27
7. Duran	South	9:39
8. Muller	West	9:55
9. Alderete	South	9:55
10. Juarez	Foothill	9:56

29 finishers

Team Scores: East 12, South 28, Bakersfield 29, Foothill 39, North 41, Highland 47.

Varsity (2 miles):

1. Elieff	Highland	9:36
2. Hendrick	Highland	9:37
3. Bray	North	9:40
4. Shanklin	Foothill	9:42
5. Edwards	East	9:48
6. Hinzo	West	9:50
7. Lewis	East	9:53
8. Shoffner	Highland	9:55
9. Weinmann	East	9:58
10. Lucero	Foothill	9:58
11. Elieff	Highland	10:05
12. Zaragosa	Foothill	10:08
13. Weinmann	East	10:08
14. Hernandez	East	10:08
15. Epears	North	10:11

Team Scores: Highland 46, East 48, Foothill 64, North 95, West 104, Bakersfield 168, South 188.

Junior Varsity (2 miles):

1. Thompson(East) 10:27; 2. Feick(West) 10:29; 3. Lorez(Foothill) 10:29; 4. Glenn(East) 10:36; 5. Armendariz(Foothill) 10:41; 6. Zaragoza(Foothill) 10:42; 7. Phillip(East) 10:44; 8. Hewman(Foothill) 10:45; 9. Dalke(Foothill) 10:47; 10. Lucero(Foothill) 10:50.

Team Scores: Foothill 31, East 41, Highland 79, West 98, North 166, Bakersfield 180.

Frosh-Soph (2 miles):

1. Sisk(Foothill) 10:28; 2. Rodarte(South) 10:36; 3. Fernandez(Foothill) 10:46; 4. Cordes(BHS) 10:49; 5. Estrada(South) 10:49; 6. Brown(Foothill) 10:54; 7. Ruiz(East) 10:58; 8. Urain(BHS) 10:59; 9. Reyes(Foothill) 11:00; 10. Hays(Foothill) 11:01.

Team Scores: Foothill 29, Bakersfield 52, South 56, East 97, Highland 137, North 149.

WEST YOSEMITE LEAGUE CHAMPIONSHIPS

November 2

Hickey Park

Varsity

1. Juan Garcia(Redwood) 9:22; 2. Bob Gillett(Lemoore) 9:55; Frank Ducor(Redwood) 9:59; 4. H. Garcia(Redwood) 10:00; 5. F. Sandoval(Reedley) 10:01; 6. Robert Jolley(Mt. Whitney) 10:11; 7. Ralph Garcia(Redwood) 10:16; 8. Bill Stevenson(Lemoore) 10:17; 9. Alex Balderas(Redwood) 10:18; 10. R. Contreras(Reedley) 10:21; 11. R. Estrada(Reedley) 10:23; 12. A. Bejarano(Redwood) 10:24; 13. Greg Bozzo(Mt. Whitney) 10:26; 14. J. Martinez(Redwood) 10:28; 15. R. Zavala(Reedley) 10:32.

Team Scores: Redwood 24, Lemoore 68, Reedley 69, Mt. Whitney 80, Hanford 134, Sanger 168.

Junior Varsity

1. Higginbotham(Redwood) 10:33; 2. Garcia (Redwood) 10:35; 3. Gayton(Redwood) 10:38; 4. Turner(Lemoore) 10:42; 5. Gonzales(Redwood) 10:45; 6. Jones(Lemoore) 10:51; 7. Esquivel(Reedley) 10:53; 8. Cohl(Lemoore) 10:58; 9. Ramirez(Redwood) 10:59; 10. Ochoa(Reedley) 11:01.

Team Scores: Redwood 20, Lemoore 41, Reedley 63, Mt. Whitney 109, Hanford 135.

Frosh-Soph

1. Medrano(Sanger) 10:17; 2. Sandoval(Sanger) 10:33; 3. Medina(Hanford) 10:39; 4. Chapa(Hanford) 10:43; 5. Smith(Hanford) 10:44; 6. Escobar(Sanger) 10:44; 7. Aquinaga(Redwood) 10:46; 8. Cassonova(Sanger) 10:47; 9. McDonald(Mt. Whitney) 10:52; 10. Mixon(Hanford) 10:54.

Team Scores: Sanger 28, Hanford 34, Redwood 88, Lemoore 100, Mt. Whitney 109.

Frosh

1. Lupercio(Hanford) 11:06; 2. Huder(Hanford) 11:08; 3. Natividad(Hanford) 11:14; 4. Gonzales(Hanford) 11:19; 5. Callahan(Sanger) 11:20; 6. Moreno(Sanger) 11:25; 7. Childs(Sanger) 11:33; 8. Pereira(Hanford) 11:37; 9. Braz(Hanford) 11:37; 10. Dyer(Sanger) 11:41.

Team Scores: Hanford 18, Sanger 40, Redwood 114.

Junior High

1. Mark Powell(Divisadero) 5:31; 2. Dan Lopez(Del Rey) 5:32; 3. Adrian Juarez(Div) 5:39; 4. Paul Johnson(Div) 5:49; 5. Bill Shard(Wilson) 5:53; 6. Don Rhea(Engvall) 5:54; 7. Eddie Perez(Wilson) 6:20; 8. Steven Todd(Del Rey) 6:26; 9. Oscar Luna(Del Rey) 6:26; 10. Galvan Valdemar(Wash.) 6:27; 11. Hector Orosco(Wash.) 6:28; 12. George Gaffney(Engvall) 6:29; 13. Frank Sierra(Wash.) 6:41; 14. Guy Morrison(Wash.) 6:42; 15. Carlos Silva(Del Rey) 6:46.

SOUTH AREA DIVISIONAL MEET

November 9 Hart Park, Bakersfield

Varsity

1. Alex Hinzo	West	9:40
2. Sammy Garcia	Wasco	9:45
3. Tom Elieff	Highland	9:46
4. Ken Hendrick	Highland	9:50
5. J. Garcia	Arvin	9:52
6. Robert Bray	North	9:53
7. R. Gonzales	Monache	9:55
8. D. Shoffner	Highland	9:55
9. M. Edwards	East	9:55
10. J. Lucero	Foothill	9:58
11. J. Karrasco	McFarland	9:59
12. T. Lewis	East	10:00
13. J. Reyes	Arvin	10:01
14. R. Zaragoza	Foothill	10:05
15. R. White	Shafter	10:06
16. J. Weinmann	East	10:07
17. F. Elieff	Highland	10:10
18. Z. Spears	North	10:11
19. I. Salcido	Arvin	10:14
20. S. Farley	North	10:15
21. B. Sisk	Foothill	10:16
22. J. Rodriguez	Arvin	10:17
23. R. Bergman	Shafter	10:19
24. A. Myer	Shafter	10:20
25. J. Esqueda	East	10:20

Team Scores: Highland 81, Arvin 85, East 97, Foothill 110, North 124, West 125, Shafter 175, Monache 218, Porterville 238, Wasco 263, Bakersfield 288, South 331, Delano 367, McFarland 389.

Junior Varsity

1. M. Miles	Foothill	10:22
2. D. Smithey	Foothill	10:28
3. J. Newman	Foothill	10:34
4. J. Roux	East	10:36
5. T. Zaragoza	Foothill	10:39
6. I. Lucero	Foothill	10:40
7. J. Armendariz	Foothill	10:40
8. M. Day	Monache	10:41
9. G. Estrada	Shafter	10:43
10. F. Rodart	Shafter	10:43

Team Scores: Foothill 17, East 69, Arvin 121, South 141, Wasco 143, West 153, Highland 174, Bakersfield 212, Monache 239, North 246, Shafter 262, Porterville 318, Delano 374.

Frosh-Soph

1. Medina (Porterville) 10:42; 2. Brown (Foothill) 10:47; 3. Hernandez (Foothill) 10:53; 4. Reyes (Foothill) 10:54; 5. Valenzuela (Foothill). Team Scores: Foothill 20, Porterville 35, Wasco 118, Highland 144, East 145, Monache 188, Shafter 200.

WESTSIDE ROAD RACE

November 10 Firebaugh

OPEN DIVISION (6 miles):

1. Curt Elia	Phaeton TC	33:38
1. Craig Elia	Phaeton TC	33:38
3. Randy Boub	Fresno State	34:12
4. Mark Hemphill	Phaeton TC	34:23
5. Miguel Mireles	Fresno State	34:31
6. Dave Bronzan	High Sierra TC	34:50
7. Greg Lyon	Phaeton TC	35:22
8. Bruce Tharp	Phaeton TC	35:28
9. Dennis Ikda	Phaeton TC	35:35
10. Rick Jensen	High Sierra TC	35:55
11. Unidentified		36:14
12. Kevin Stevens	Westhills College	38:51
13. Unidentified		39:15
14. Larry Lung	Phaeton TC	39:53
15. Unidentified		41:43
16. Pat Lynch(13)	Unatt.	45:31

30-39 DIVISION (5 miles):

1. Fernie Montanez	Phaeton TC	36:19
2. Richard Petersen	High Sierra TC	36:38
3. Bill Peck	Unatt.	37:03
4. Gary Self	High Sierra TC	41:18
5. Dan Montague	High Sierra TC	44:07
6. Terry Semrau	Unatt.	50:03
7. Darrell Darnell	Unatt.	56:29

40-49 DIVISION (6 miles):

1. Len Thornton	High Sierra TC	34:37
2. Sid Toabe	High Sierra TC	38:12
3. Gene Lynch	High Sierra TC	42:19

Over 50 DIVISION (6 miles):

1. Lee Scott	High Sierra TC	45:59
2. Harry Harder	High Sierra TC	49:04
3. Paul Burch	Unatt.	53:02
4. Lee Thomas	High Sierra TC	53:03

HIGH SCHOOL DIVISION (4 miles):

1. Frank Salcido	Madera	25:28
2. Ruben Acosta	Dos Palos	25:28
3. Ramero Calderon	Dos Palos	26:22
4. Alfred Luna	Madera	26:58
5. Manuel Martinez	Madera	27:04
6. Joe Rodriguez	Dos Palos	27:07
7. Anthony Herrera	Madera	27:54
8. Peter Galvin	Madera	28:47
9. Danny Williams	Madera	31:19
10. Ernest Doyal	Dos Palos	32:26

GIRLS DIVISION (4 miles):

1. LeNell Southern	Westhills College	35:06
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THIRD ANNUAL FRESNO ROAD RACE

December 1, 1973

Open Division (Six Miles):

1. Ed Cadena	Cal Poly TC	30:09
2. Curt Elia	Phaethon TC	30:22
3. Craig Elia	Phaethon TC	30:31
4. Pat Phelan	Phaethon TC	30:57
5. Jim Hartig	High Sierra TC	31:03
6. Pat Dunning	Phaeton TC	31:13
7. Mike Russler	Phaeton TC	31:38
8. Dave Bronzan	High Sierra TC	31:56
9. Jim Dowdall	Phaeton TC	32:21
10. Mark Hemphill	Phaeton TC	32:38
11. Bruce Tharp	High Sierra TC	32:43
12. John Noonan	High Sierra TC	33:01
13. Al Lomelli	Phaeton TC	33:44
14. Larry Lung	Phaeton TC	34:22
15. Rick Fierro	Phaeton TC	35:10
16. Tom Avery	Phaeton TC	35:29
17. Kevin Stephens	West Hills TC	35:59
18. Paul Martin	Unattached	36:23

High School Division

1. Jim Huebner	31:49	31. Dean Prueitt	39:00
2. George White	32:18	32. Larry Fleming	40:09
3. Ed Taylor	32:58	33. Patrick Lynch	40:12
4. Brian Foley	33:11	34. Sal Blanco	40:17
5. Jesse Martinez	33:17	35. Phil Trumbley	40:43
6. Frank Frausto	33:27	36. David Shaw	40:44
7. Paul Petty	33:33	37. Mike Garcia	40:50
8. Richard Mead	33:50	38. Carl Larson	41:20
9. Mark Southwick	34:08	39. John Baltierra	41:49
10. Isaias Luna	34:15	40. Dennis Nielsen	44:14
11. Bill Stephenson	34:56	41. Richard Matthews	45:11
12. John Wagner	35:03	42. Dave Pitts	45:50
13. Eddie Rivera	35:04	43. Randy Harabedian	50:35
14. Scott Thornton	35:05	44. Kent Klassen	51:02
15. Frank Salcido	35:07		
16. Guy Holman	35:08		
17. Brian Bowen	35:35		
18. Ernie Ramirez	35:48		
19. Mike Thornton	35:58		
20. Jim Grieco	36:27		
21. Gary Carrasco	36:28		
22. Steve Zeibak	36:29		
23. Ron Esquivel	36:45		
24. Mike Skow	37:13		
25. Ray Guzman	37:18		
26. Brian Hall	37:26		
27. Bill Saugez	37:27		
28. Larry Martin	37:33		
29. Paul Hentz	37:54		
30. Marty Klein	38:49		

Women's Division

1. Patty Cervantes	40:49
2. Dawna Douglas	41:34
3. Rosemary Escamilla	44:28
4. Jocelyn Sinsson	46:38
5. Dorothy Thomas	50:30
6. La Nell Southern	51:01
7. Nancy Krumbein	58:02
8. Evelyn Krumbein	58:03

Seniors II Division (Ages 50+)

1. Sid Toabe	35:50
2. Bob Lehman	39:20
3. Lee Scott	40:06
4. Alvin Wiggins	41:44
5. Lee Thomas	45:56

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6. Harry Harder	46:01
7. Paul Buch	47:28
8. Carlton Douglas	49:29
9. Jim Martin	55:34
10. Bill Albright	63:49

Seniors I (Ages 40-49)

1. Len Thornton	32:48
2. Bob Stout	34:31
3. Don Thomas	37:59
4. Gene Lynch	38:00
5. Donald Hughes	38:26
6. Franz Weinschenk	39:12
7. Brent DeMonte	42:40
8. Dewey Jan	46:17
9. Carl Randall	46:18
10. Ron Gates	46:44

Seniors Jr. (30-39)

1. Rich Peterson	33:34
2. Fernie Montanez	34:07
3. Gary Self	36:02
4. Dave Peacher	36:06
5. Dave Duerksen	36:07
6. Frank Delgado	38:23
7. Joe Herzog	39:02
8. Joe Delgado	39:46
9. Bob Monague	39:52
10. Roger Brandt	39:53
11. Bert Woodruff	39:54
12. Ray Douglas	41:27
13. Ray Carrasco	42:05
14. Terry Semrau	44:06

FRESNO CITY JUNIOR HIGH CROSS COUNTRY
CHAMPIONSHIPS

November 16 Woodward Park, Fresno

Girls (1.0 mile):

1. Huebner	Wawona	6:27
2. Toabe	Wawona	6:37
3. Adcox	Hamilton	6:40
4. S. Halper	Ahwahnee	6:46
5. Oaxaca	Hamilton	6:48
6. Garcia	Hamilton	6:51
7. Bien	Wawona	6:55
8. Brink	Cooper	6:59
9. Salinas	Cooper	7:04
10. Kalmeta	Kings Canyon	7:06

Team Scores: Hamilton 23, Kings Canyon 33.

7th Grade Boys (1.45 miles):

1. Thornton	Ahwahnee	7:54.3
2. Klein	Hamilton	8:12
3. Gomez	Hamilton	8:13
4. Doherty	Ft. Miller	8:19
5. S. Garcia	Sierra	8:23
6. Walker	Hamilton	8:28
7. Alcorn	Tioga	8:29
8. Rodriguez	Sierra	8:30
9. Morgan	Tioga	8:32
10. C. Garcia	Hamilton	8:33
11. Towne	Sierra	8:36
12. Cavazos	Yosemite	8:39
13. Matthews	Wawona	8:43
14. Hara	Kings Canyon	8:44
15. M. Garcia	Hamilton	8:45
16. Neri	Ahwahnee	8:49
17. Perry	Yosemite	8:50
18. Gadebusch	Tenaya	8:51
19. Sanderson	Wawona	8:52
20. Hernandez	Cooper	8:53

Team Scores: Hamilton 33, Sierra 62, Tioga 98,
Kings Canyon 111, Yosemite 114, Wawona 126,
Ahwahnee 142.

8th Grade Boys (1.45 miles):

1. Castillo	Tioga	7:40.0
2. McDannald	Ahwahnee	7:41
3. Little	Ahwahnee	7:49
4. Marez	Yosemite	7:51
5. Rowen	Wawona	7:54
6. Adney	Ahwahnee	7:56
7. Acosta	Wawona	7:57
8. Djabian	Ahwahnee	7:57
9. Fuarnera	Ahwahnee	7:59
10. Bean	Sierra	8:06

11. Reinke	Sierra	8:07
12. Kalmeta	Kinga Canyon	8:13
13. Nurcanyan	Ahwahnee	8:13
14. Ellis	Tenaya	8:14
15. O'Banion	Sierra	8:18
16. Valverde	Sequaia	8:19
17. Vartanian	Tioga	8:21
18. Hunter	Irwin	8:21
19. Verdugo	Wawona	8:22
20. White	Tenaya	8:22

Team Scores: Ahwahnee 25, Sierra 78, Wawona
100, Tenaya 125, Kings Canyon 139, Tioga 161,
Adams 162, Hamilton 164, Irwin 181.

9th Grade Boys (1.65 miles):

1. Sadler	Sierra	8:48
2. Greco	Ahwahnee	8:52
3. Rodriguez	Wawona	8:56
4. Bean	Ft. Miller	9:00
5. Barnett	Tioga	9:01
6. Shaw	Hamilton	9:02
7. Goerzen	Ft. Miller	9:06
8. Ross	Ahwahnee	9:07
9. Picotti	Tenaya	9:07
10. Fuentes	Sequoia	9:07
11. Heubner	Wawona	9:09
12. Ramirez	Tioga	9:10
13. Valett	Tenaya	9:11
14. Dennis	Kings Canyon	9:18
15. Medina	Cooper	9:18
16. McClean	Sierra	9:19
17. Almarea	Sequoia	9:21
18. Flores	Sierra	9:22
19. Hall	Hamilton	9:24
20. Ribera	Tenaya	9:26

Team Scores: Tenaya 85, Sierra 87, Hamilton 90,
Wawona 112, Sequoia 122, Ahwahnee 133, Kings
Canyon 138, Tioga 144, Cooper 191.

VALLEY WANDERINGS
by Stan Rosenfield

The cold rainy weather kept Valley runners, for
the most part close to home. Several Porterville
distance men did, however, participate in the
Santa Monica Marathon,

17. Rich Reynaga	High Sierra TC	2:52:4
40. Sam Marquez	unatt	3:07:3
47. Tony Buelna	Porterville HS	3:11:48
212 finishers		

1973 VALLEY CROSS COUNTRY CHAMPIONSHIP

November 16

Varsity: (2 Miles)

1.	Juan Garcia	Redwood	9:24.4
2.	Mike Jurkovich	Bullard	9:28
3.	Jim Hubner	Bullard	9:32
4.	John Avila	Avenal	9:40
5.	Brian Foley	Hoover	9:42
6.	Alex Hinzo	West	9:50
7.	Ed Taylor	Tulare Union	9:51
8.	Sammy Garcia	Wasco	9:51
9.	Tom Elief	Highland	9:52
10.	Ken Hendrick	Highland	9:52
11.	Jesse Garcia	Arvin	9:54
12.	Joe Duran	Coalinga	9:55
13.	Joey Frausto	Madera	9:57
14.	Isaias Luna	Tulare Union	9:57
15.	Tom Lewis	East	9:58
16.	Martinez	Madera	9:58
17.	Bob Gillett	Lemoore	9:59
18.	Juan Lucero	Foothill	10:00
19.	Larance Carranza	Madera	10:00
20.	Robert Jolley	Mt. Whitney	10:01
21.	George White	Roosevelt	10:02
22.	Louis Greco	Hoover	10:02
23.	Hector Garcia	Redwood	10:03
24.	Rob Bray	North	10:03
25.	Art Villarreal	Madera	10:03
26.	Art Cazares	Madera	10:05
27.	Jon Weinmann	East	10:06
28.	Ralph Garcia	Redwood	10:07
29.	Mark Southwick	Hoover	10:07
30.	R. White	Shafter	10:07
31.	Rob Brenner	Clovis	10:08
32.	Oberman	Clovis	10:08
33.	J. Reyes	Arvin	10:08
34.	M. Edwards	East	10:10
35.	Frank Sanoval	Reedley	10:11
36.	Paul Petty	Roosevelt	10:11
37.	Esquivel	McLane	10:11
38.	Edwards	Bullard	10:12
39.	Bob Kinsey	Bullard	10:12
40.	Robert Estrada	Reedley	10:13
41.	Frank Duran	Redwood	10:15
42.	Mead	Hoover	10:15
43.	Winter	Hoover	10:16
44.	D. Shaffner	Highland	10:16
45.	Stephans	Coalinga	10:17
46.	Nunez	Roosevelt	10:17

47.	J. Kawasco	McFarland	10:18
48.	R. Gonzales	Monache	10:19
49.	Z. Spears	North	10:19
50.	C. Weinmann	East	10:20
51.	I. Salcido	Arvin	10:20
52.	A. Castro	Arvin	10:21
53.	Betancourt	Kingsburg	10:21
54.	John Martinez	Redwood	10:21
55.	Ron Canales	Tulare	10:22
56.	Harlan Shanklin	Foothill	10:22
57.	Abel Buarano	Redwood	10:22
58.	Oaxeca	Fresno	10:23
59.	Harvey Fajardo	Central	10:24
60.	Brian Bowen	Coalinga	10:24
61.	Zulario	Corcoran	10:25
62.	I. Rodriquez	Arvin	10:26
63.	Espitallier	Hoover	10:26
64.	Marquez	Roosevelt	10:26
65.	Bill Stevenson	Lemoore	10:26
66.	Randy Wright	McLane	10:30
67.	Mike Zapata	Selma	10:31
68.	Paul Contreras	Reedley	10:32
69.	B. Sisk	Foothill	10:33
70.	Rivera	Roosevelt	10:33
71.	Louis Zarala	Selma	10:35
72.	R. Zaragoza	Foothill	10:35
73.	Pickett	Clovis	10:36
74.	Jim Martinez	Selma	10:36
75.	Feilix Elieff	Highland	10:37
76.	Mario Garza	Central	10:38
77.	Wright	McLane	10:39
78.	Albert Balderas	Redwood	10:39
79.	R. Bergman	Shafter	10:40
80.	John Laird	East	10:41
81.	R. Myer	Shafter	10:42
82.	S. Farley	North	10:43
83.	Hatton	Clovis	10:43
84.	Tortes	Selma	10:44
85.	T. Newcome	Foothill	10:44
86.	Pishione	Clovis	10:44
87.	Grumbles	North	10:45
88.	Borec	Hoover	10:45
89.	R. Medina	Arvin	10:46
90.	Hernandez	East	10:46
91.	Fernando Garcia	Kingsburg	10:47
92.	Lozano	Roosevelt	10:48
93.	Rudy Peng	Coalinga	10:49
94.	J. Esquedo	East	10:50
95.	Lesley	Clovis	10:51
96.	R. Jones	North	10:51
97.	Rich O'Rourke	Lemoore	10:52
98.	M. Pena	Coalinga	10:53
99.	Soutbey	Foothill	10:55
100.	Wagoner	Coalinga	10:55

125 finishers

VALLEY CHAMPIONSHIPS TEAM SCORES

1. Madera	72
2. Hoover (Fresno)	124
3. Redwood (Visalia)	130
4. Bullard (Fresno)	159
5. East Bakersfield	175
6. Arvin	180
7. Roosevelt (Fresno)	203
8. Highland (Bakersfield)	206
9. Clovis	252
10. Coalinga	261
11. Foothill (Bakersfield)	272
12. North Bakersfield	284
13. Reedley	317
14. Lemoore	331
15. Selma	343

2nd ANNUAL JOHN MUIR CROSS COUNTRY MEET
November 3

8th Grade Boys (1.25 mile):

1. Eddie Flores	Coalinga	6:15
2. Manual Perez	John Muir	6:18
3. Kevin Knox	Wasco Wildkats	6:30
4. Lupe Calistro	Mulcahy	6:34
5. Kevin Stork	Clark	6:37
6. Gilbert Franquez	John Muir	6:39
7. Steven McDonald	Ahwahnee	6:41
8. Anthony Gonzales	Tenaya	6:44
9. Eddy Escobar	Mulcahy	6:47

Team Scores: John Muir 38, Clark 45, Mulcahy 60, Morro Bay 112, Coalinga 131, Engvall 144.

7th Grade Boys (1.0 mile):

1. Ramon Ramirez	John Muir	5:16
2. Don Rhoan	Tenaya	5:22
3. Mark Blair	Clark	5:25
4. Victor Cruz	John Muir	5:29
5. Greg Rivera	Clark	5:31
6. Abraham Sotelo	Clark	5:32
7. Joe Gonzales	Tenaya	5:33
8. Ned Ferguson	Clark	5:33
9. Tony Nush	Tenaya	5:34
10. Albert Toralez	John Muir	5:36

Team Scores: Clark 33, Tenaya 46, John Muir 52, Engvall 110, Morro Bay 147.

8th and 9th Grade Girls (1.25 mile):

1. Rosemary Escamilla	John Muir	7:47
2. Carol Dow	John Muir	7:54
3. Denise Baker	Clark	7:57
4. Sandy McPherson	Clark	8:01
5. Charity Laslo	Clark	8:04
6. Rosemary Flores	John Muir	8:05
7. Mary Dunn	Clark	8:14
8. Julie Spatafore	John Muir	8:15
9. Carol Contreras	Clark	8:20
10. Rose Ortiz	John Muir	8:27

Team Scores: John Muir 27, Clark 28.

7th Grade Girls (1.0 mile):

1. Isabel Jarmillo	Clark	5:59
2. Shelly Petersen	Clark	6:19
3. Denise Renn	Clark	6:24
4. Carla Baker	Clark	6:25
5. Chawn McKinzie	John Muir	6:27

Team Scores: Clark 16.

5th and 6th Grade Boys (1.0 mile):

1. Jackie Kent	Wasco Wildkat	5:53
2. Robert Romero	Bret Harte	6:14
3. Mark Carrol	Nippomo	6:15
4. Dago Navarro	Fremont	6:17
5. Mark Hernandez	Nipomo	6:19

Team Scores: Nipomo 15

5th and 6th Grade Girls (1.0 mile):

1. Jennifer Heaton	Clark	6:04
2. Lenore Laslo	Clark	6:06
3. Nora Corona	Nipomo	6:30
4. Michelle Baldiva	Nipomo	6:34
5. Jan Dill	Clark	6:40

Team Scores: Nipoma 27, Clark 28.

1st and 2nd Grade Boys (.75 mile):

1. Lawrence Barco	Bret Harte	5:05
2. Jimmy Crawley	Bret Harte	5:20
3. Tony Burns	Nipomo	5:29
4. Stan Defrance	Fremont	5:40

1st and 2nd Grade Girls (.75 mile):

1. Tricia Stinson	Fremont	5:27
2. Sherri Clark	Bret Harte	5:47
3. Suzette DeMure	Bret Harte	5:58

UNITED STATES TRACK AND FIELD AND FIELD
FEDERATION WESTERN CROSS COUNTRY

CHAMPIONSHIPS

November 17

College-Open Division (5.75 miles):

1. Domingo Tibaduiza	Nevada	29:05
2. Hans Minet	Nevada	29:07
3. Carl Smith	Northridge	29:25
4. Keith Falla	Nevada	29:50
5. Mark McConnell	Stanford TC	29:55
6. Ron Zarate	Nevada	29:59
7. John Beaton	Cal Poly TC	30:01
8. Jeff Clenard	Northridge	30:04
9. Charlie Horn	Northridge	30:07
10. Mike Denny	US Air Force	30:08
11. Eddie Cadena	Cal Poly TC	30:09
12. Mark Casanova	Northridge	30:11
13. Mike Dagg	Nevada	30:14
14. Cary Simons	LA State	30:18
15. Gil Gonzales	Nevada	30:31
16. Dale Horton	Cal Poly TC	30:22
17. Art Brown	Stanford TC	30:24
18. Frank Boutin	Stanford TC	30:26
19. Neel Hitchcock	Unatt.	30:27
20. Jim Warrick	Cal Poly TC	30:34
21. Frank Britton	LA State	30:38
22. Tony Nunez	Cal Poly TC	30:40
23. Bill Seaver	WVTC	30:41
24. Rich Cross	Nevada	30:48
25. Russ Walline	Cal Poly TC	30:50
26. Curt Elia	Phaethon TC	30:51
27. Rich Walline	Cal Poly TC	30:51
28. John Burns	Cal Poly TC	30:52
29. Jim Huebner	Unatt.	30:55
30. Barnard	WVTC	30:56
31. Dave Joseph	Cal Poly TC	30:57
32. Ed Brown	Nevada	30:59
33. Steve Lough	LA State	31:00
34. Conrad Gonzales	Northridge	31:00
35. Paul Wright	Northridge	31:00
36. Alan Cummings	Stanford	31:05
37. Rich Mahee	Nevada	31:07
38. Jeff Niland	Cal Poly Tc	31:11
39. Craig Elia	Phaethon	31:14
40. Kevin Gerace	LA State	31:17
41. Humberto Hernandez	WVTC	31:24
42. Ken Schultz	Northridge	31:29
43. Randy Mysliviec	Cal Poly Tc	31:39
44. Steve Hall	Nevada	31:41
45. Rado Gordon	Cal Poly TC	31:42

46. Bruce Wolfe	Stanford TC	31:45
47. Miguel Morales	Phaethon	31:47
48. Mark Hemphill	Phaethon	32:02
49. Randy Boub	Phaethon	32:08
50. Bob Haymon	Stanford TC	32:00
51. Terry Smith	Northridge	32:18
52. Dale Fuller	Sac State	32:23
53. Eric Olsen	Cal Poly Tc	32:25
54. Jim Santomier	Unatt.	32:26
55. Bruce Tharp	Phaethon	32:29
56. Bob Lyons	Cal Poly TC	32:32
57. Mark Lund	Unatt.	32:34
58. Alex Fierros	Phaethon	32:39
59. Brian Tracey	Cal Poly TC	32:47
60. Stan Lee	Cal Poly TC	33:03
61. Jim Dowdall	Phaethon	33:05
62. Bruce Deeter	Cal Poly TC	33:15
63. Bill Herbert	Phaethon	33:23
64. Don Carlson	Cal Poly TC	33:24
65. Dennis Iida	Phaethon	33:33
66. Robert Lopez	Sac State	33:45
67. Wyne Latta	Sac State	33:49
68. Richard Campbell	Sac State	33:53
69. John Noonan	High Sierra	34:05
70. Pete DeLosReyes	LA State	34:24
71. Tom Avery	Phaethon	34:45
72. Fernie Montanez	Phaethon	34:46
73. Cheryl Bridges	Los Angeles TC	35:21
74. Cliff Ford	CS Bakersfield	35:46
75. Evan Carlos	CS Bakersfield	36:01
76. Steve Lawry	Stanford TC	36:04
77. Dennis Ward	Unatt.	37:43
78. Mike Candelas	Unatt.	38:00
79. Joe Delgado	Unatt.	40:25

Senior Division (5.75 miles):

1. Peter Mundle	Santa Monica TC	32:33
2. Tom Sturak	Beverly Hills Str	32:56
3. Len Thornton	Fresno Seniors	33:17
4. John Storm	Beverly Hills Str	34:10
5. Bill Fitzgerald	Seniors TC	34:55
6. Sam Nicolson	Seniors TC	34:59
7. Dick Durand	Seniors TC	35:25
8. Bob Stout	Fresno Seniors	35:46
9. Sid Toabe	Fresno Seniors	35:50
10. Mauro Hernandez	Santa Monica TC	36:04
11. Gay Gil	Seniors TC	36:22
12. Don Thomas	Fresno Seniors	37:10
13. Jim Oleson	Santa Monica TC	37:16
14. Sam Glasser	Santa Monica Tc	38:32
15. Rob Reynaga	Fresno Seniors	39:40

16. Mike O'Rourke	Seniors TC	39:46
17. Gene Lynch	Fresno Seniors	39:58
18. Jim Thaxter	Fresno Seniors	40:20
19. Skip LaChance	Fresno Seniors	40:30
20. Ed Halpin	Seniors TC	40:32
21. Ray Mahannah	San Diego TC	41:27
22. Lee Scott	Fresno Seniors	42:05
23. Dick Jackson	Seniors TC	42:08
24. Harry Harder	Fresno Seniors	46:23
25. Don Arturas	Dolphin TC	47:10

High School Division (3 Miles):

1. Sam Garcia 16:10; 2. Jose Rentelia 16:19; 3. Robert Gillett 16:21; 4. Joey Frausto 16:25; 5. Louis Frieco 16:29; 6. Jesse Martinez 16:30; 7. Frank Frausto 16:32; 8. Isaias Luna 16:33; 9. Paul Petty 16:34; 10. Ray Rubio 16:35; 11. David Garza 16:35; 12. Ralph Garcia 16:37; 13. Art Villarreal 16:42; 14. Bill Stevenson 16:55; 15. Ron Esquivel 16:57; 16. Cazarus 17:01; 17. Rob Espana 17:05; 18. Tim O'Rourke 17:27; 19. Paul Contreras 17:30; 20. Rick O'Rourke 17:32; 21. David Shaw 17:35; 22. Fred Benz 17:40; 23. Guy Holman 17:43; 24. Mark Edward 17:56; 25. Ron Burgman 18:03; 26. Frank Salcido 18:07; 27. Efrain Balderas 18:17; 28. Arman Torre 18:20; 29. Greg Drloff 18:34; 30. Brian Hall 18:38; 31. Ross Williams 18:40; 32. David Wright 18:40; 33. Dennis Morley 18:43; 34. Garry Carrasco 18:43; 35. Steve Reibak 19:13; 36. Scott Hall 19:29; 37. John Baltierra 19:34; 38. Paul Hentz 19:39; 39. Rich Perez 20:18; 40. Edmond Pena 21:21.

Open Division Team Scores:

1. University of Nevada at Reno	25
2. Cal State University, Northridge	57
3. Cal Poly (San Luis Obispo)	70
4. Stanford	98
5. Phaethon Track Club	154

Central Area Team Scores:

Varsity: Redwood 48, Reedley 95, Coalinga 106, Selma 114, Lemoore 129, Kingsburg 180, Mt. Whitney 195, Hanford 204, Tulare Union 208, Avenal 241, Sanger 266.

Junior Varsity: Redwood 25, Selma 81, Coalinga 88, Reedley 88, Lemoore 93, Hanford 138, Mt. Whitney 236, Kingsburg 239, Sanger 285.

Frosh-Soph: Sanger 17, Mt. Whitney 67, Lemoore 84, Hanford 124, Coalinga 178, Redwood 86.

Freshman: Sanger 20, Hanford 48, Mt. Whitney 70, Redwood 107.

CENTRAL AREA DIVISIONAL MEET

November 9 Avocado Lake

Varsity

1. Juan Garcia	Redwood	9:17.8
2. John Avila	Avenal	9:34
3. Ed Taylor	Tulare Union	9:42
4. Bob Gillett	Lemoore	9:44
5. Isaias Luna	Tulare Union	9:45
6. Frank Ducar	Redwood	9:48
7. Robert Jolley	Mt. Whitney	9:49
8. Joe Duran	Coalinga	9:52
9. Frank Sandoval	Reedley	9:56
10. Robert Estrada	Reedley	9:57
11. Ron Canales	Tulare Western	9:59
12. Ralph Garcia	Redwood	10:02
13. B. Betancourt	Kingsburg	10:03
14. Hector Garcia	Redwood	10:06
15. Jim Solario	Corcoran	10:08
16. Mike Zapata	Selma	10:09
17. Ron Zavala	Reedley	10:15
18. Mike Stephens	Coalinga	10:17
19. Albert Balderasm	Redwood	10:18
20. Louis Zavala	Selma	10:19
21. John Martinez	Redwood	10:19
22. Dan Saenz	Corcoran	10:21
23. Able Bejarano	Redwood	10:22
24. Bill Stevenson	Lemoore	10:23
25. Brian Bowen	Coalinga	10:23

Frosh-Soph

1. Pedro Medrano	Sanger	10:02
2. Lee Sandoval	Sanger	10:27
3. Fernando Escobar	Sanger	10:30
4. John Arriola	Tulare Western	10:32
5. Jose Alafa	Mt. Whitney	10:38
6. Ruben Casanova	Sanger	10:43
7. Roy Salas	Sanger	10:47
8. Frank Silva	Sanger	10:48
9. Felipe Cazarez	Redwood	10:51
10. Eric McDonald	Mt. Whitney	10:54

Junior Varsity

1. Marty Higginbotham	Redwood	10:12
2. Jesse Gayton	Redwood	10:29
3. Lawrence Garcia	Redwood	10:37
4. Bruno Quintana	Selma	10:38
5. Fred Torres	Coalinga	10:39
6. Dana Westcott	Coalinga	10:40
7. Ricardo Duran	Coalinga	10:42
8. Robert Jones	Lemoore	10:42
9. Albert Flores	Redwood	10:43
10. K. Baker	Selma	10:44

ROEDING PARK 5 MAN 15 MILE RELAY

November 24, 1973 (Roeding Park, Fresno, California): The weather was wet, cold, and foggy, however, it failed to dampen the spirits of the many who turned out to take part in the second running of the Roeding Park 5 Man 15 Mile Relay. Both the quantity and quality of the meet was markedly improved over the previous year. Over one hundred runners participated, and the first three teams all ran under the old course record of 78:24.4 which was established in 1972 by the Merced Track Club. After the first exchange High Sierra Track Club appeared to be ready to dethrone the defending champs with a two second lead over the Merced club. Merced took over the lead at the second exchange but High Sierra got it back on the third. After the third leg it was all Merced as Mike Denny and Dave Taylor ran the two fastest legs ever to bring their team in a full two minutes ahead. The high school race was a well fought battle between East Bakersfield and Madera with East holding the lead until the final leg when Madera surged to the front for the win. The Seniors proved their toughness as three of their members had just finished running in the open three mile run (Fries, Stout, Harder).

This was a fun meet and ran off very smoothly. Thanks to all of the participants whose help, positive attitudes, comments and suggestions make the meet what it is. Special thanks to all of the volunteers who so willingly froze as officials and helpers: Don Gregory and Steve Ward who lined the course; Judy Pauls and Ethel Buller who ran check-in; timers Tony Rotella, Mark Ford, Larry Lennemann, and Darrel Smith; calculations Tom Metry; clean-up Dave Bronzan, Don Chapin, and Bruce Tharp. Next year promises to be even better. See you in '74.

Bill Cockerham/meet director

ALL-COMERS THREE MILE RUN

1.	Sam Garcia	Wasco	15:32.7
2.	Ken Hendrick	Bakersfield	15:45
3.	Paul Petty	Fresno	15:52
4.	Eddie Taylor	Tulare	15:58
5.	Isaiah Luna	Tulare	16:01
6.	Alex Hinzo	Bakersfield	16:36
7.	Bob Fries	Fresno	16:39
8.	Bob Stout	Fresno	17:14
9.	Frank Salcido	Fresno	17:19
10.	Richard Duran	Huron	17:23
11.	Tim Helms	Lafayette	17:25
12.	Bruce Greenway	Visalia	17:31
13.	Dave Peacher	Fresno	17:34
14.	Jim Maher	Merced	17:39
15.	Daniel Williams	Madera	17:45
16.	Martin Simpson	Fresno	17:46
17.	Steve Zieback	Tulare	18:03
18.	Bobby Fries	Fresno	18:10
19.	Mike Thornton	Fresno	18:13
20.	Larry Flemming	Fresno	19:45
21.	Harry Harder	Reedley	20:55
22.	Tom Metry	Fresno	21:06
23.	Chuck Weinmann	Bakersfield	22:28
24.	Sandy Briscoe	Stockton	23:06
25.	Ron Gates	Fresno	23:20

JUNIOR HIGH 1 1/8 MILE RUN

1.	Jim Grieco(15)	Ahwahnee, Fr	5:54.1
2.	Scott Thornton(12)	Ahwahnee	6:01
3.	Kenny Flores(15)	Sierra, Fres	6:20
4.	Mike Picotti(15)	Tenaya, Fre	6:24
5.	Terry Turner(13)	Palo Verde, Tu	6:25
6.	Ralph Walker(13)	Hamilton, Fr	6:38
7.	Robert Taylor(13)	Palo Verde	6:38
8.	Burke Weinmann(14)	Chipman, Bak	6:42
9.	Mike Garcia(12)	Hamilton	7:20
10.	Randy Habedin(14)	Kings Canyon	7:27
11.	Tom Fries	Unatt.	7:59
12.	Janet Taylorgrassi	Sequoia, Fre	8:27
13.	Mark Guardado(12)	Hamilton	8:49

OPEN DIVISION

1.	Merced Track Club	75:18.4
	Rich Maher 15:05	
	Ray Cerankowski 15:13	
	Rich Bega 15:48	
	Mike Denny 14:38	
	Dave Taylor 14:34	
2.	High Sierra Track Club - Gold	77:20
	Jim Hartig 15:03	
	Zenas Moreno 15:29	
	Juan Garza 15:15	
	Jim Huebner 15:27	
	Bruce Tharp 16:06	
3.	Fresno Pacific College	78:18
	Darrel Cox 15:35	
	Mike Lennemann 15:25	
	Dave Salcido 15:44	
	Don Gregory 15:34	
	Steve Ward 16:00	
4.	High Sierra Track Club - Blue	80:49
	Don Chapin 15:53	
	Rick Jensen 16:15	
	David Bronzan 16:06	
	Rich Reynaga 16:35	
	Mark Southwick 16:00	

5.	Lemoore chapter FCA	86:30
	Dick O'Rourke 16:51	
	Guy Holman 17:07	
	Greg Bright 18:09	
	Ross Williams 17:38	
	Bill Stevenson 16:45	

PICK-UP TEAM DIVISION

1.	Phaethon Track Club "A"	80:09
	Steve Hall 15:23	
	Scott Fertig 16:06	
	Jim Dowdall 15:57	
	Miguel Moreles 16:09	
	Ned Baird 16:35	
2.	Coalinga	85:12
	Alex Basurto 16:26	
	Mike Stephens 17:13	
	Rick Fierro 16:46	
	Kevin Stephens 17:30	
	Mike Storm 17:17	
3.	Phaethon Track Club "B"	87:30
	Dennis Ward 17:12	
	Mark Barsaleau 17:52	
	Tom Avery 17:32	
	Jim Grieco 17:58	
	Larry Lung 16:56	
4.	Rough Riders	88:45
	George White 16:30	
	Ron Esquivel 16:28	
	Fred Benz 17:21	
	Sal Blanco 20:14	
	Mike Skow 18:12	

HIGH SCHOOL DIVISION

1.	Madera Striders	81:26
	Frank Frauesto 16:09	
	Joey Frauesto 16:39	
	Jose Renteria 16:13	
	Jesse Martinez 16:16	
	Laurence Carranzal 16:09	
2.	East Bakersfield	82:00
	Terry Lewis 16:00	
	Jon Weinmann 16:21	
	Brian Thompson 16:21	
	Cregg Weinmann 16:30	
	John Laird 16:43	
3.	Hoover	84:19
	Alfred Lara 17:16	
	Richard Mead 16:44	
	Dean Espitallier 17:39	
	Brian Foley 15:53	
	Louis Grieco 16:33	
4.	Coalinga	85:38
	Mike Pena 16:55	
	Jon Wegener 17:02	
	Phil Trumbly 18:09	
	Brian Bowen 17:02	
	Joe Duran 16:30	

JUNIOR HIGH DIVISION

1.	Hamilton - Fresno	93:08
	Dave Shaw 17:21	
	Paul Hentz 18:52	
	Gary Carrasco 17:54	
	John Baltiere 19:08	
	Brian Hall 19:53	

SENIOR DIVISION

1.	Valley Seniors	97:15
	Bob Nestor 20:15	
	Bob Fries 17:37	
	Bob Stout 18:18	
	Bob Reynaga 18:50	
	Harry Harder 21:51	

A TEAM IS BORN

This year is the first year for John Muir ever having a full cross country team, and also has proved to be an outstanding team for the size of the school, especially the 8th grade team. In the past John Muir has had a few good runners such as Patsy Cervantes who ran a 5:12 mile in the state meet placing first. Carla Irvine also running in the state meet placed third in the 880 in 2:24 as a 7th grader. Bill Hill ran a 55.8 and John Orosco a 4:45 last season. But this is in the past. This year Muir has the largest team (24 runners) it has ever had from a student body of only 430.

The 8th grade boys didn't form a team until October; and then they started rolling. They were undefeated in league meets (San Joaquin Junior High Cross Country League) and tied Clark of Clovis in the league championship. Coach Jim Arriaga feels they would have won the league meet had their number three man not been injured in Pop Warner football. They did place first in the Nipomo Invitational,

the Hanford Invitational, the Hamilton Invitational; the Kings County Championships, the John Muir Invitational, and the Clovis Relays. The outstanding runner on this 8th grade team was Manuel Perez. He ran exceptionally well considering this was his first year of running. He was the individual champion at the Nipomo Invitational, Hamilton Invitational and the Kings County Championships. His only defeat to a Valley runner came at the hands of Eddie Flores of Coalinga at the Muir Invitational. He later defeated Flores by 17 seconds over a 1.2 mile course. His time at the 1 mile in that race was 4:51.

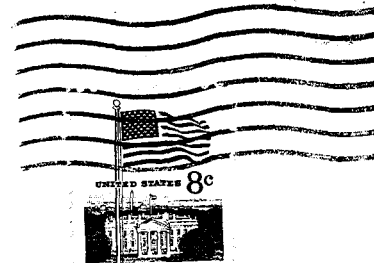
Another outstanding runner from John Muir is Ramon Ramirez, a 7th grader. His first race ever was the 9th Fresno Invitational where he placed third. He was undefeated in league meets and won the league championship by 10 seconds. He won the Hamilton Invitational, Muir Invitational and Kings County Meet. As a 13 year old runner he is expected to do very well when track rolls around.



COMING:

BIG DIPPER - Jan 29

KINGS RIVER RUNS
Feb 9 - Age Group



Gene Red Estes
Athletic Dept
Fresno State Univ.
Fresno, CA 93710