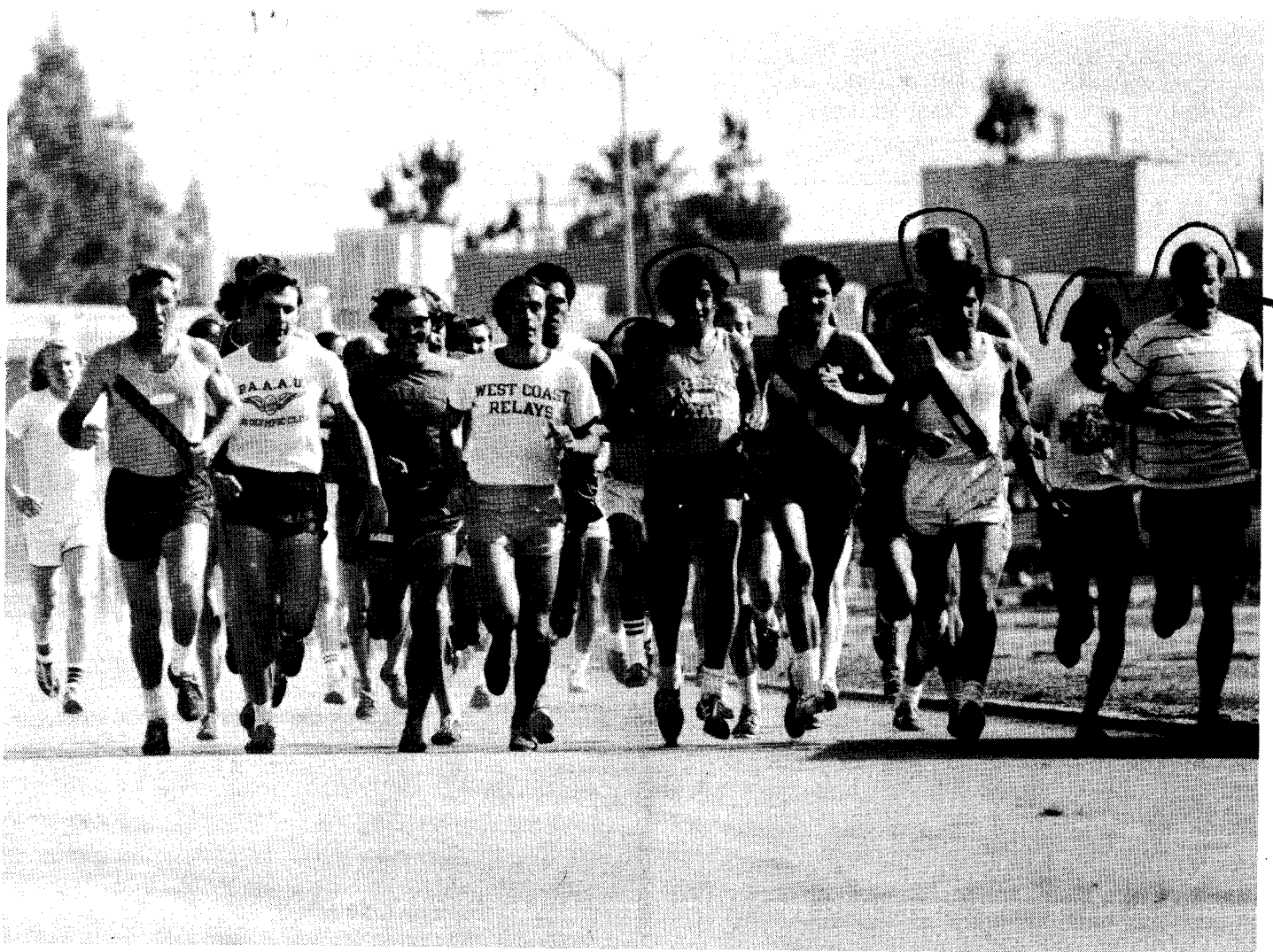


ESTES VALLEY TRACK AND FIELD

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ABOUT AND FOR VALLEY TRACK PEOPLE

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ON THE COVER: A pretty happy crew leads the pack at the Reedley Kings River Run.

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1974

Central California Track Annual

COMPILED BY RON BLACKWOOD

PUBLISHED BY PACIFIC COLLEGE

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MEET VALLEY COACH

JERRY HUHN: of Fresno Pacific College. Coach Huhn can be credited with starting and developing a quality track and field program at Pacific College. Jerry served as head track coach from 1969 to 1973; and during this period produced 15 individual NAIA District III champions, 4 NAIA District III relay champions, 9 NAIA District III records, 5 West Coast Relays champions, 2 NAIA National champions, and 6 NAIA All Americans.

Jerry was born in Orange, California and attended Santa Ana High School, but did not compete in track. He began his track career as a freshman at Westmont College and achieved best marks of 243-8 in the javelin, 148-5 in the discus, 6-1 1/2 in the high jump; a 21-9 long jump and a 10.2 100 yards. While at Westmont he won three District championships, was track captain three years and was the recipient of the graduating senior Dean's Trophy.

As a coach Jerry pursued excellence with the same vigor and wholeheartedness that he put into his own athletic career. As a result many athletes have achieved outstanding performances under his guidance. Just to mention a few: Jim Farmer 9.4, 20 meters, 3 time All American; Larry Sales 9.7, 21.8, 47.6, 52.5 IH; Wayne VanDellen 2:27 marathon; Dennis Anderson 57-11 National champ; Dennis McCave 193-4 hammer, 2 time All American; Roger Trujillo 24-7, 51-0, All American, Mexican National champion; Rick Penner 50.8 IH, All American; Steve Hardison 16-6 1/2, National Champ 3 times.

Coach Huhn literally gave of his life to the Pacific College track teams. Because of the intensity of his selfless giving to Pacific track he became physically ill and had to leave the profession - he could not do it half way and to do it right meant to be ill so he had to leave. Jerry Huhn was much more than just a coach at Pacific College and is greatly missed, but what he accomplished will live on not only in the record books but in the lives of the young track men privileged to work under him.

Jerry lives in Bay City, Oregon with his wife, Dianna and three children, Gary 6, Grant 4, and Cathy 2. He operates a health food store in Tillamook and enjoys lifting weights and fishing in his spare time.

What were his greatest thrills as a coach? Individually it was when four athletes achieved All American in 1972. As a team it was the 1969 team earning third in the District and the 1973 team beating Fresno State.

With all the success he achieved at Fresno Pacific one might be inclined to believe he had some secret training methods. In his words, "I have no special training methods, other than demanding consistent work-out patterns. We try to never miss a work-out even in poor weather. Also, I like to set up each individual with his own daily work-out geared to his development and progress at that time. I'm a strong believer in weight training for all events and Pacific track men spend time in the weight room each year. Most of our runners were very strong and able to bench press over 200 pounds by their junior and senior years.

"I encourage all track men to achieve their maximum potential and hope they graduate from school with the satisfaction of knowing that they reached their maximum level of performance. I also pray that they will all come to know Jesus as the Lord of their lives.

"Track is a great sport where most anyone can find an event that he or she can be successful in. In track there is a good combination between the individual performance and the team effort. It's hard to explain why a man would run a hundred miles a week or throw a sixteen pound ball 50 times a day; maybe that's one of the secrets of track and why 'once a track nut - always a track nut.'"

In typical Huhn-fashion Jerry leaves us with some food for thought: "Every word of God is pure: He is a shield unto them that put their trust in Him. (Proverbs 30:5)

Thank you, Coach Huhn, for a job more than well done. The "Valley" misses you.

Valley Track Photos

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MEET VALLEY ATHLETE

SID TOABE: Senior runner, High Sierra Track Club-Fresno. 5'7", 150 pounds. Born December 23, 1923 in New York, 50 years old.

BEST MARKS: 1 mile-5:09(73); 3 mile-16:53(73); 5,000 meter-17:25(73); 6 miles-35:06(73).

TRAINING: once a day, six days a week, twelve months a year. 30-40 miles per week. Similar workouts all year long. Self coached. Competed for University of Wisconsin 1941-42, 46-47. Typical week's workouts: Monday-10X440 at one mile race pace; Tuesday-1.5 mile, 1 mile, 1320, 880, 440 at ideal six mile race pace; Wednesday-20X110 windsprints; Thursday-6 mile run at seven minute pace; Friday-rest; Saturday-race; Sunday-9 to 12 mile run.

If you follow the Valley road racing circuit you will know who Sid Toabe is; he's the little bald headed guy mowing down the youngsters in the last two miles of a race. Sid is an avid promoter of and competitor in long distance running. He preaches and practices the life-long values of jogging and running; and has even had an article printed in Runner's World on the subject of training.

Sid began his track career at the University of Wisconsin in the early forties. His most notable collegiate performance was placing in the Big 10 Cross Country Championships. After college it wasn't until 1969 (age 47) that he again stepped to the starting line of a race. Just two years later he set American Records for age 49 at two miles, three miles, and 5,000 meters.

His favorite races are the three and six mile events which he likes to contest once a week during the period September thru June. Competition strategy consists of running hard from the beginning of a race until it becomes necessary to revert to a tolerable pace; in a six mile race it usually occurs after three miles. Other than a daily dose of wheat germ oil he follows no special training rules. Immediate goals are to break 5:00 in the mile, 16:30 in the three mile and run under three hours in the Marathon. Sid says he would also, "like to get to the U.S. Masters in Gresham, Oregon this year. I hope to place well in the 5,000 and 10,000 meter races. I did beat the U.S. 5,000 meter champion at the USTF Western Regional Cross Country Meet. ""

Sid competes in races because, as he says, "It's a wonderful feeling to be fifty years old and be able to drive oneself, unafraid, to physical limits that

would be incomprehensible to the average man; That to recover from the effort within two to five minutes. I hope to compete a lifetime."

Sid has a family and keeps his running in proper perspective: "When you are married with a family, it is difficult to get in the amount of training one would like. There is a limit to one's oxygen consumption capacity and when one achieves this limit, the quality of training is more important than the mileage. In the final analysis training must lead to developing the ability to run fast in a relaxed fluid way. I have had junior high runners who performed well on very little training because they seemed to have a relaxed fluid style in their running which seemed to conserve energy. It seems to me that for those of us who were not born with this ability we must train to be able to accommodate a pace we have as a goal in a particular race. For instance, I would like to run a sub 5:00 mile, therefore, I must train to be able to run 75 second 440's on an interval basis, in an even relaxed manner. When I can hit at least 6X440 at this pace, then I feel I might be able to reach my goal. For races 3 to 6 miles I must train in terms of 1320, 1 and 1.5 mile pace intervals, trying to hit a consistent target time. I have only recently been training on this basis, so the results should be interesting.

"I am very grateful for the opportunity for a second sports career. It has brought me a great deal of personal satisfaction and a chance to meet some very fine people. I started back into condition at age 40, but it was not until I was 47(1969) that I entered competition. It was the Father's Day Race and I ran 6 miles in a blazing 42:08. Since that time I have competed in at least 25 races a year from the 880 to the marathon. I have been in three U.S. Masters track meets. It was during the 1973 5,000 meters that I set three age records. However, the age 40-49 group has always been too tough for me. So, running-wise, it's nice to be 50. However, that doesn't mean that I can take it any easier. There are a lot of excellent distance runners over 50. I do have a chance, if I work hard, to be up with the best. I have noticed a steady improvement in my time since 1969. Becoming a 36:00 six miler was really tough to reach, however, I feel that I can still improve a great deal and am looking forward to doing better - and that's a great feeling at 50!

VALLEY VIEWS

Mt. Whitney's Robert Jolley recently won the Lemoore Fourth Annual One-Hour Run with a distance of 10 miles, 432 yards. Meet record is held by former Whitney star, Zenas Moreno at 10-1201. . . . Fresno State will be offering a two unit track and field workshop this summer. Contact Coach Red Estes at FSU. . . . TV Slaves Get Off Yer FATTY ACIDS & Come Join FRESNO JOGGERS. The Fresno Joggers is a new group oriented toward further physical fitness. For more information and membership contact: Mrs. Evelyn Krumbein, 1001 Sylmar #240, Clovis 93612. . . . There will be an open 6 mile race in conjunction with the Pacific College track meets at Radcliff Stadium March 9, and March 16. . . . Sid Toabe reports an 880, mile, and 2 mile will be run April 13 at Radcliff; as well as a 1 mile at the Selma Relays April 18.

Want to run the Boston Marathon April 15th ? West Valley Track Club has made special arrangements for a "package deal" of airfare plus 4 nites hotel lodging for only \$324. Contact Jack Leydig, 603 S. Eldorado, San Mateo 94402. . . . A new track magazine, Lane One, has just come out - main interest is combining track and travel. Published by World Athletic Tours. More info: Lane One, 30777 Mainmast Dr., Agoura, CA 91301. . . . The Annual Mt. Whitney Postal Cross Country Run was won this year by Southwest HS of Minneapolis. The individual winner was Dick Nelson of Southwest in 14:39. 2. First Whitney runner was junior Robert Jolley at 16:15.4, good enough for 35th. . . . Ron Blackwood has come up with so much statistical material it has been printed up into a 70 page book and offered for sale (priced to cover printing, mailing costs only) for \$2.50 from VALLEY TRACK AND FIELD; it's a gold mine of stats and facts - get yours today! . . . Bob Nestor of Bakersfield recently taught a high school class at West High titled "Running - A Human Experience" which was written up in Dec. (73) Runner's World. . . . Fresno State Coach, Red Estes, was one of the speakers at the Gill National Track and Field Clinic. Red spoke on the decathlon. . . . Looking for some distinctive yet inexpensive awards for meets? Modera Plastics in Clovis has some new innovations. Contact Ray Fonseca at 299-9266. . . . Cal State Northridge has started a new meet called the Northridge Relays with Junior College, College, University & Open divisions. Date: March 16, contact Cliff Abel at CSUN.

VALLEY WANDERINGS

by: Stan Rosenfield

Wheaton, Illinois, November 10: NCAA Small College Championships (5 miles): 9. Ed Granillo (Bakersfield/Cal State Northridge) 24:30. Ed also won CCAA Champs.

Spokane, Washington, November 19: NCAA University Championships (6 miles) 168. Dave Garcia (FSU) 175. Pat Dunning (FSU) 31:22, 181. Julio Rosa (FSU) 31:30, 196. Tom Chavez (FSU) 32:02, 201. Barry Boub (FSU) 32:23, 204. Mike Russler (FSU) 32:30. Team Scoring: 22. Fresno State University 584. After winning the PCAA championships, the Bulldogs took on the toughest competition in the country, including Steve Prefontaine and the University of Oregon, both of whom came out winners in this meet. The FSU team performed well even though they weren't up to matching the best collegiate runners in the USA, as Dave Garcia ran close to 5:00/mile pace to lead the way.

Sacramento, California, November 25: Pepsi 20 Miler: A number of Valley runners traveled to the state capitol to compete in this very popular event, which drew 494 starters. This is the largest non-marathon race over 10 miles in the state, with plenty of ribbons, T-shirts, and Pepsi as awards. Placing in the top 75 in this large field, an excellent accomplishment were: 10. Don Gregory (HSTC) 1:53:42, 22. Randy Boub (Modesto) 1:57:11, 51. Bill Peck (HSTC) 2:03:23, 55. Rich Reynaga (HSTC) 2:04:02, 74. Fernie Montanez (Phaethon) 2:07:39.

Culver City, California, December 2: Western Hemisphere Marathon: Valley finishers in this prestigious race, won by a runner from Finland in 2:16 were: 131. Rich Reynaga (HSTC) 3:09:40, 194. Sam Marquez (HSTC) 3:27:35, Bob Reynaga (HSTC) 3:36:37. 278 listed finishers under 4 hours.

Pismo Beach, California, February 23: Pismo Clam Festival Beach Run (5.25 miles): Steve Harney of Santa Maria pulled away in the final mile to score a 100 yard victory over Cal Poly freshman cross country star, Tony Nunez. Ninety-five runners, ranging from seven to seventy-five, started the race and all of them finished. Ray Gil of Lompoc, who finished 15th overall, was the first finisher over 40, while Cheryl Bridges of San Luis Obispo was 10th to capture women's division. Valley runners: 52. Paul Buch (Fresno Joggers) 42:10, 79. Dorothy Thomas (Fresno Joggers) 50:03, 80. Lee Thomas (Fresno Joggers) 50:04.

FRESNO STATE QUAD-TATHLON

February 9, 1974

NAME	School	HAMMER		DISCUS		JAVELIN		SHOT	
		Mark	Points	Mark	Points	Mark	Points	Mark	Points
Art McCollum	UNAT	191-10½	917	169-3½	900			51-6 3/4	830
Ward Sorensen	FSU	170-40	829	130-7½	682				
Mike Giroux	FSU	No Mark							
Greg Blankenship	CSUH	162-10½	798	123-4	637	149-9½	556	31-5¼	429
Doyle Nelms	FSU	163-7½	801	165-9	881	173-10½	673	54-4½	880
Richard Rodarte	FSU	156-2	769	136-10½	719				
Don Dyer	CSUH	125-9½	682	134-4½	704			39-8	608
Dan Schnell	CSUH	91-1	447					42-5	660
Ed Serafino	CSUH	96-11 3/4	480	130-3	680			43-8 3/4	686
Jim Santos	UNAT	83-6½	403	90-1½	415	118-1	429	32-7 3/4	457
Don Sawyer	UNAT	100-11	502	103-5	508	157-2½	605	41-3¼	
Brad Nave	CSUH			167-8½	892	159-4½	614	44-2	694
Steve Frankiewich	Merced JC			149-9½	793	159-0	612	42-7½	664
Bob Salini	CSUH			106-10	531	161-9½	624	39-1½	595
Jim Foster	FSU			110-0	604	125-½	462	41-4	639
Steve Leva	FSU			108-1½	540	166-0	641	32-6	453
Mike Langford	Merced JC					159-3½	613	46-8 3/4	743
Richard Smith	FSU					173-5	671		
Lonnie Powell	FSU					196-2½	759		
Jim Rolden	UNAT					163-11½	633		
Ron Bragg	FSU							47-0	747

KINGS RIVER RUN
 REEDLEY, CALIFORNIA

Feb. 9, 1974

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				Predicted	Actual	Diff.		
				time	time			
<u>9 and under</u>				<u>Jogger's Mile</u>				
1.	Luis Frausto	9	Madera	6:22	1. Terry Semrau	8:08	8:06	2 sec.
2.	J. Salisbury	9	Fresno	6:17	2. Bert Woodruff	7:20	7:18	2
3.	P. Realin (Paul)	7	Reedley	9:14	3. Joe DelGado	7:19	7:06	4
4.	B. Realin	6	"	9:47	4. Ron Gates	8:00	8:05	5
5.	P. Realin (Peter)	8	"	10:10	5. Jack Zenner	5:50	5:55	5
6.	T. Rice	7	"	10:25	6. Ross Gentry	5:45	5:53	8
					7. Brent DeMonte	6:25	6:34	9
					8. Frank Delgado	7:30	7:43	13
<u>10 and 11</u>								
1.	Sam Frausto	11	Madera	6:08	9. Lee Thomas	7:16	7:59	17
2.	R. Rice	10	Reedley	11:02	10. Dorothy Thomas	7:15	7:58	17
					11. Edna Buck	11:07	10:49	18
<u>12 and 13</u>								
1.	Scott Thorton	13	Fresno	5:23	12. Rachel Harder	12:13	12:31	18
2.	Leon Castaneda	13	Corcoran	5:35	13. Virginia Martin	10:30	10:54	24
3.	Albert Toralez	13	Corcoran	5:46	14. Dudley Kinsvater	6:15	7:09	54
4.	Greg Salisbury	12	Fresno	5:57	15. Gladys Lehman	11:30	10:28	1 min.
5.	R. Matthews	12	Corcoran	6:04	16. James Martin	10:01	8:55	1:05
6.	J. Gaffney	12	Clovis	6:21	17. Paul Buch			1:15
<u>14 and 15 and 16</u>								
1.	Hector Garcia	15	Visalia	7:37	<u>30-30 4 mile</u>			<u>TIME</u>
2.	Manuel Perez	15	Corcoran	7:42	1. Fernie Montanez		23:24	
3.	Frank Frausto	16	Madera	7:54	2. Joe Herzog		24:01	
4.	Raul Contreras	16	Reedley	8:01	3. Rich Peterson		24:07	
5.	G. Franques	15	Corcoran	8:04	4. Del Gado		24:09	
6.	J. Frausto	15	Madera	8:08	5. Joe DelGado		25:26	
7.	J. Renteria	16	Madera	8:11	6. Bert Woodruff		26:27	
8.	R. Ramirez	14	Corcoran	8:20	7. Dave Duerksen		27:20	
9.	J. Orosco	15	Corcoran	9:01	8. A. Fernandez		27:42	
10.	M. Aguirre	14	"		9. R. Brandt		28:42	
11.	J. Molina	14	"	9:38	10. T. Semrau		30:59	
<u>17 thru 18 yrs.</u>								
1.	Benton Hart	17	Modesto	10:17	<u>40-49</u>			
2.	Bob Loux	17	Modesto	10:43	1. Len Thornton		22:23	
3.	Joe Castillo	17	"	10:43	2. Gene Lynch		24:19	
4.	Alan Kawakami	18	Reedley	11:39	3. Ron Gates		33:06	
					4. Al Chandler		37:23	
<u>Open 4 mile</u>								
1.	Benton Hart		Modesto	20:21	<u>50-59</u>			
2.	Dave Garcia		Stockton	20:22	1. Ed Preston		24:12	
3.	Jim Hartig		Clovis	20:49	2. Sid Toabe		24:26	
4.	Tom Chavez		Fresno	21:01	3. Harry Harder		28:00	
5.	Juan Garcia		Visalia	21:08	4. L. Thomas		30:26	
6.	B. Martin		Modesto	21:12	5. Mike Inverso		30:51	
7.	Pat Phelan		Sacramento	21:16	6. P. Buch		30:55	
8.	R. Martin		Modesto	21:30	7. J. Martin		37:50	
9.	B. Cords		Fresno	21:32	<u>Open 4 mile (cont)</u>			
10.	S. Ward		Fresno	21:32	15. L. Martin		24:33	
11.	M. Hemphill		Madera	23:09	16. B. Hall		25:04	
12.	I. Lung		Fresno	23:18	17. S. Zoffka		25:26	
13.	D. Shaw		Fresno	23:41	18. M. Simpson		25:44	
14.	A. Kawakani		Reedley	24:21	19. Anderson		25:44	
					20. R. Matthews		32:29	

IVANHOE ROAD RACE
IVANHOE, CALIFORNIA

February 16, 1974

<u>NAME</u>	<u>TIME</u>	<u>CLUB</u>	<u>NAME</u>	<u>TIME</u>	<u>CLUB</u>
<u>Girls-9 and under-1/2 mile</u>			<u>50 and over 6 miles</u>		
1. Leslie Benton	3:31	Outside Creek	1. Harry Harder	41:35.5	H.S.T.C.
<u>Girls-10-11-3/4 mile</u>			2. Paul Buet	44:47.9	Fresno Jogg
1. Debbie Benton	5:19.8	Outside Creek	3. Lee Thomas	44:48	H.S.T.C.
2. Debbie Westerling	5:31.7	Outside Creek	<u>Women's 6 miles</u>		
<u>Boys-9 and under-1 1/4 mile</u>			1. Dorothy Thomas	50:59.3	Fresno Jogg
1. Jeff Salisbury	7:53	Fresno			
2. Raymond Gomez	8:06.5	N.V.T.C.			
3. Bryant Gomez	8:51	N.V.T.C.			
4. Steven CeBallos	8:54	N.V.T.C.			
<u>Boys-10-11-1 1/4 mile</u>					
1. Crisanto Renteria	Lost on course				
2. Dana Gomez					
<u>Boys-12-13-1 1/4 mile</u>					
1. Scott Thornton	6:29.7	H.S.T.C.			
2. Grey Salisbury	7:36.9	Fresno			
3. Jeff Cannon	7:45.5	Fresno			
<u>Boys-14-15-3 mile</u>					
1. Hector Garcia	15:54	Visalia			
2. David Jones	17:30	Vislia			
<u>Boys-16-17-3 mile</u>					
1. Lawrence Garcia	19:28.7	Visalia			
<u>Men's 18-29 6 miles OPEN</u>					
1. Juan Garcia Jr.	30:52.9	Visalia			
2. Curt Elia	31:12	PTC			
3. Craig Elia	31:26	PTC			
4. David Bronzan	32:04	H.S.T.C.			
5. John Noonan	32:05	H.S.T.C.			
6. Oswald While	33:02	PTC			
7. Mark Hemphill	33:32	PTC			
8. Larry Lung	33:49	PTC			
<u>Men's 30-39 6 miles</u>					
1. Bill Peck	34:19	H.S.T.C.			
2. Rich Peterson	34:40	H.S.T.C.			
3. Frank Delgado	35:55	unattached			
4. Joe Delgado	36:55	H.S.T.C.			
5. Bert Woodruff	37:59	Fresno Joggers			
6. Terry Seman	46:54	unattached			
<u>Men 40 and over 6 miles</u>					
1. Len Thornton	33:11.9	H.S.T.C.			
2. Gene Lynch	36:27	H.S.T.C.			
3. Ron Gates	47:07	Fresno Joggers			

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CAL STATE BAKERSFIELD
TRACK & FIELD ALL-COMERS
BAKERSFIELD COLLEGE
February 23, 1974

3,000 Meter Steeple-
chase

1. Gary Johanson (WC) 9:14.8
2. Barry Martin (FSU) 9:46.9
3. Lawrence Salazar (UNAT) 11:05.1
4. Cliff Ford (UNAT) 11:12.4

440 Yard Relay

1. Cal Poly SLO (Simpster, Edwards, Grimes, Prince) 41.7
2. Fresno State (Wallace, Smith, Hardman, Jeffries) 42.2
3. FRESNO PACIFIC (Reimer, Dick, Smith, Trujillo) 42.6
4. Cal State Bakersfield (Scott, Cockrell, Jones, Whitley) 43.1
5. Westmont (Hightower, Davenport, Ratkin, Aмоke) 43.5

Mile Run

1. Rand Thwing (WC) 4:19.1
2. Dale Hurton (SLO) 4:19.8
3. Mike Russler (UNAT) 4:20.0
4. Tim Simonds (UNAT) 4:20.4
5. Dave Koss (WC) 4:21.4
6. Darrel Cox (FPC) 4:21.5(66, 2:11, 3:18, 4:21.5)
- Unplaced: Mike Lennemann (FPC) 4:23.1(65, 2:12, 3:18, 4:23.1)
- Jim Dick (FPC) 4:25.0(64, 2:11, 3:20, 4:25.0)

120 Yard Hurdles
(Heat #1)

1. David Gaeta (BJC) 15.0
2. Mel Wallace (UNAT) 15.0
3. Steve Reimer (FPC) 15.3

120 Yard Hurdles
(Heat #2)

1. Rodger George (UNAT) 15.0
2. Parker (FSU) 15.5
3. Kevin McNamara (SLO) 15.6
4. Jim Foster (UNAT) 15.8
5. Floyd Elam (UNAT) 15.9

Hammer Throw

1. Mike Giroux (UNAT) 198'11"
2. Doyle Nelms (UNAT) 163'8"
3. Warren Shank (WC) 158'9"
4. Louis Jordan (WC) 154'5"
5. Richard Rodarte (UNAT) 150'6"
6. Steve Kroeker (FPC) 137'3"
7. Dennis Bryant (WC) 127'3"
8. Alvino Ramirez (FPC) 114'7"
9. Steve Shehee (SLO) 88'0"

Javelin

1. Tim Oliver (SLO) 212'10"
2. Craig Sterling (WC) 180'2"
3. Robert Morris (UNAT) 174'10"
4. Hamel (CHAP) 174'7"
5. Keckler (CHAP) 158'11"
6. Bob Gordon (SLO) 156'10"
7. Steve Bertolucci (SLO) 154'9"

Long Jump

1. Russell Grimes (UNAT) 22'9 $\frac{1}{2}$ "
2. Rodger Trujillo (FPC) 22'3"
3. Rodger George (UNAT) 22'13'4"
4. Robert Bethea (UNAT) 22'1 $\frac{1}{4}$ "
5. Gary Daulong (CSB) 21'6 $\frac{1}{4}$ "
6. Alvin Bunn (UNAT) 21'43'4"; Unplaced: Charles Miller (Viking T.C.) 18'5 $\frac{1}{2}$ "; Tony Rotella (FPC) no Mark

Shot Put

1. Lamar Anderson (SLO) 55'10"
2. Mike Girouz (UNAT) 53'7"
3. Doyle Nelms (UNAT) 51'11"
4. Warren Shank (WC) 47'9"
5. Ron Bragg (UNAT) 47'7"
6. Dennis Bryant (WC) 47'5"
7. Don Partridge (SLO) 42'3"; Unplaced: Alvino Ramirez (FPC) 35'0"; Ruben Seminario (FPC) 34'6"

440 Yard Dash
Sec. I

1. Steve Campbell (48.8)
2. Kerry Gold (SLO) 49.4
3. Curtis Byrd (SLO) 49.6
4. Stanley Moslany (WC) 50.0
5. Randy Cockrell (UNAT) 50.4

440 Yard Dash
Sec. II

1. Dave Johnson (SLO) 51.4
2. John Prandin (UNAT) 51.5
3. Mike Clark (WC) 53.8
4. Randy Knar (54.4)
5. Steve Converse (SLO) 54.9

100 Yard Dash
Sec. I 1. Ed Jeffries (FSU) 9.9 2. Fraisure Sumpster (SLO) 10.0
3. Ted Whitley (UNAT) 10.1 4. James Davis 10.2 5. Rohrig
(CHAP) 10.3 6. Steve Reimer (FPC) 10.3

100 Yard Dash
Sec. II 1. Clancy Edwards (SLO) 9.8 2. Prince (SLO) 9.8 3. Darrell
Smith (FPC) 9.9 4. Cedric Hardamon (UNAT) 10.0 5. Russ Grimes
(SLO) 10.0

100 Yard Dash
Sec. III 1. Bobby Triplett (UNAT) 10.1 2. Jeff Watson (UNAT) 10.3
3. Charles Wright (SLO) 10.4

880 Yard Run
Sec. I 1. Eric Olsen (SLO) 1:53.5 2. John Davenport (WC) 1:54.8
3. Darryl Smith (FPC) 1:55.1 (57, 1:55.1) 4. Don Chapin
(HSTC) 1:55.5 5. Pete Hughes (SLO) 1:57.6 6. Dave Salcido
(FPC) 1:57.4 (57.5, 1:59.4); Unplaced: Nelson Schwamb (FPC)
1:58.5 (58, 1:58.5)

880 Yard Run
Sec. II 1. Alex Basurto (WHJC) 1:58.3 2. Larry Lennenmann (BJC)
2:01.5 3. Ken Stotts (CSB) 2:02.8 4. Steve Ward (FPC) 2:03.3
5. Paul Lewarton (BJC) 2:04.2

440 Yard Hurdles
Sec. I 1. Rodger George (UNAT) 54.3 2. Steve Reimer (FPC) 56.6
3. Bob Weichert (UNAT) 56.8 4. Len Hightower (WC) 60.3

440 Yard Hurdles
Sec. II 1. Wayne Wallace (SLO) 56.7 2. Bruce Fremd (UNAT) 58.3
3. Jeff Hetherington (FSU) 58.4 4. Eddie Ramirez (FPC) 60.2

High Jump 1. Jerry Hougen (SLO) 6'6 $\frac{1}{4}$ " 2. Bob Gordon (SLO) 6'4 $\frac{1}{4}$ "
3. Rodger George (UNAT) 6'4 $\frac{1}{4}$ " 4. Steve Levoe (WC) 6'4 $\frac{1}{4}$ "
5. Jim Wallace (CHAP) 6'0" Unplaced: Ed Thiesen (FPC) No Mark

220 Yard Dash
Sec. I 1. Clancy Edwards (SLO) 21.7 2. Bob Triplett 22.3 3. Martin
Amoke (WC) 22.5 4. James Davis (SLO) 22.6 5. Rohrig (CHAP)
22.7

220 Yard Dash
Sec. II 1. Jeff Watson 24.0 2. Mike Sides (CSB) 24.8 3. Fred
Thomas (CSB) 24.9 4. Robert Groeling 25.1 5. Jeff Kelety
(WC) 25.5

3 Mile Run 1. Guy Arhurholt (UNAT) 14:08.5 2. Reinsia Clary (WC) 14:09.4
3. Jim Warrick (SLO) 14:18.0 4. John Beaton (SLO) 14:35.7
5. Ed Cadena 14:49.9 Unplaced: Don Gregory (FPC) 15:08.5,
Dave Salcido (FPC) 15:18.0; Steve Ward (FPC) 15:48.0

Triple Jump 1. Robert Reader (UNAT) 49'1" 2. Rodger Tuijillo (FPC) 45'6"
3. Robert Bethea (UNAT) 44'7 $\frac{1}{4}$ " 4. Kent Taylor (SLO) 43'6 $\frac{1}{4}$ "
5. Tony Rotella (FPC) 43'53/4"; Unplaced: Charles Miller (VTC)
41'6"

Mile Relay
Sec. I 1. Fresno Pacific (Dick 49.7, Reimer 50.2, Cox 49.9, Smith 47.6)
3:17.4 2. Cal Poly SLO (Olsen, Hougen, Byrd, Gold) 3:17.4
3. Fresno State (Jeffries, Ray, Weichert, Smith) 3:21.0
4. Cal State Bakersfield (Scott, Jones, Stotts, Cockrell) 3:2
5. Chapman (Rohrig, Taylor, Rojas, Poss) 3:36.7

Mile Relay
Sec. II 1. Cal Poly SLO #2 3:26.5 2. Bakersfield JC 3:38.6
3. Fresno State #2 3:29.6 4. Fresno State #3 3:31.4 5. Cal
Poly #3 3:38.4 6. Pacific "B" Team (Chaping 51.5, Ramirez 54.1
Farkel 57.5, Ward 56.1) 3:39.2

"CENTRAL SECTION" ALL TIME COUNTY T&F MARKS

EVENTS	MADERA 2	FRESNO 25	KINGS 4	TULARE 12	KERN 14
100 yd dash	9.7(61) N.Wood Mad (67) W.Brown Mad (70) M.Owens Chow	9.6(60) Cowings Fow (63) A.Mann Ed (64) P.Reaves Ed (65) S.Davis Ed (68) C.Lansing Fres (68) L.Johnson Wash (69) G.Burks Ed (70) A.Riley Ed (70) L.Childress H (73) G.Hardeman Ed	9.5(56) J.White Cor (63) T.Smith Lem (72) G.Jones Lem	9.7(56) G.Schaff Oro (73) H.Jones T.West	9.5(68) K.Jones Sou
220 yd d (t)	21.4(67)D.Imerte Mad	21.4(69)L.Childress H (69)D.Ward Bul	21.4(67)W.Parmer Lem (72)G.Jones Lem	21.8(67)S.Besse Orosi	21.3(68)K.Jones Sout
440 yd dash	48.4(73)Campbell Chow	47.7(65)W.Jensen Coal	46.6(68)L.Jones Lem	48.4(66)T.Pixler Port	47.8(64)Musgrove Sou
880 yd run	1:57.7(57)Shepard Chow	1:53.5(67)Romero Reed	1:53.0(67)Newton Lem	1:53.5(66)B.Rich Tul	1:49.0(65)Mitchell B
1 mile run	4:21.6(68)R.Yslas Mad	4:08.0(67)Romero Reed	4:24.6(61)Salazar Cor	4:16.5(73)Garcia Redw	4:15.9(70)Granillo E
2 mile run	9:13.8(67)R.Yslas Mad	8:54.6(67)Romero Reed	9:20.9(72)Virden Lem	9:14.4(72)Garcia Redw	9:02.8(70)Granillo E
3 mile run		14:23.(67)Romero Reed			
120 yd HH 39"		13.7(69)J.Wilson Roos	14.0(73)Parmer Lem	13.9(72)J.Rivas Tul	13.6(73)Andrews West
180 yd LH	19.0(61)K.Nance Mad	18.3(63)A.Mann Ed	18.4(65)E.Smith Lem	18.9(72)J.Rivas Tul	18.4(57)Bradford Sha
180 yd LH (t)		(69)J.Wilson Roos	(68)L.Jones Lem	19.1(72)J.Rivas Tul	19.3(73)S.Reimer Was
High jump	6'63/4"(63)Powell Mad	6'10"(71)K.Elder Fres	6'83/4"(67)Denham Ave	6'7 1/2"(73)Thomson Mon	7'1 1/4"(68)Hailey Wasc
Pole vault	13'7(72)Herold Mad	14'11 1/2(68)Rutherford	14'7(68)Schossler Lem	13'9(72)Meadows T.West	14'3(69)Stubbe Shaf
Long jump	24'63/4"(61)Wood Mad	25'9 1/2"(72)Hardeman Ed	24'6(63)T.Smith Lem	24'23/4"(69)Allen Tul	24'8"(70)Thompson Ea
Triple jump	61'13/4"(62)Ridge Mad	52'6 1/4"(70)Tucker SJM	47'10 1/2"(69)Pearce Cor	48'2 1/4"(72)Torrance T.W	49'43/4"(73)Andrews
Shot put	159'11(72)T.Miller Ch	62'3"(68)A.Delerio ClO	58'11"(56)Crow Cor	59'11 1/2"(69)Nelms Port	65'2 1/2"(73)Shelton Ft
Discus		189'3(73)McNaughton	179'6(56) Crow Cor	184'9(71)B.Otto Port	195'5(73)Shelton Ft.
440 yd relay		41.5(68)Edison	42.4(72)Lemoore	42.9(73)T.Western	41.8(68)South
1 mile relay	3:25.1(73)Madera	3:18.2(64)Edison	3:18.3(68)Lemoore	3:19.7(70)Mt. Whitney	3:14.9(71) West

(70)Bakersfield
(70)East

BIG DIPPER HANDICAP RACE
6.0 MILES

The Big Dipper - a very large turnout showed up at the Big Dipper Handicap Race. There were many favorites; with Len and Scott Thornton heavy favorites, with Sid Toabe also considered a threat. As the race got under way, Harry Harder lead the way through Woodward Park, but with the pack slowly gaining on him at the 3 mile mark, he still had a lead, hitting the 3 mile mark at about 12:30 (actually 20:30) with Sid Toabe behind him in second and Len Thornton in third. But in the final mile it was Tim Holmes, Len Thornton and Sid Toabe running against each other. Tim finished first, 14 seconds ahead of Len. Sid finished third in very respectable time. I hope the race was as much fun for the runners as it was for the spectators and the meet director. The race will be run again next year.

	<u>Name</u>	<u>Club, Handicap, Age</u>	<u>Handicap Time</u>	<u>Actual Time</u>
1.	Tim Holmes	Modesto (2:08) 15	30:49	32:49
2.	Len Thornton	HSTC (2:07) 43	31:03	34:03
3.	Sid Toabe	HSTC (2:04) 50	31:10	37:10
4.	Jim Hartig	HSTC (2:10) 19	31:31	31:31
5.	Bob Stout	Fresno Sr. (2:06) 46	31:49	35:49
6.	Fred Arioyo	(2:09) 16	32:16	33:16
7.	Scott Thornton	HSTC (2:06) 13	32:19	36:16
8.	Rich Peterson	HSTC (2:08) 36	33:01	35:01
9.	Mark Southwick	HSTC (2:09) 16	33:06	34:06
10.	Bob Costa	UNAT (2:09) 16	33:19	34:19
11.	Mike Thornton	HSTC (2:08) 15	33:57	35:57
12.	Mike Brazil	Modesto (2:09:30) 17	33:59	34:29
13.	Harry Harder	HSTC (2:02) 56	34:02	42:02
14.	Paul Petty	(2:10) 18	34:07	34:07
15.	Steve Bird	Modesto (2:10) 18	34:24	34:24
16.	Jim Grieco	Phaethon (2:08) 15	34:37	36:37
17.	Eugene Lynch	(2:07) 40	34:42	37:42
18.	David Shaw	Hamilton (2:08) 15	34:48	36:48
19.	Brian Hall	Hamilton (2:07) 14	35:05	38:05
20.	John Swift	Modesto (2:08) 15	35:52	37:52
21.	Joe Herzog	Hamilton (2:09) 32	35:58	36:58
22.	Frank Delgado	F.J. (2:08) 37	36:05	38:05
23.	Joe Delgado	HSTC (2:07) 35	36:13	39:13
24.	Paul Hentz	Hamilton (2:08) 15	36:39	38:39
25.	David Peacher	K.C. (2:09) 31	36:58	37:58
26.	David Lowe	K.C. (2:07) 14	37:20	40:20
27.	Greg Salisbury	Viking (2:04) 12	37:55	43:55
28.	Burt Woodruff	F.J. (2:08) 39	38:07	40:07
29.	Tony Gummarriello	K.C. (2:07) 14	38:14	41:14
30.	Chace Anderson	(2:09:30) 25	38:44	39:14
31.	Martin Simpson	(2:09:30) 25	38:44	39:14
32.	Sal Blanco	K.C. (2:08) 15	39:44	41:44
33.	Paul Buch	F.J. (2:04) 52	39:46	45:46
34.	Doug Pitts	K.C. (2:07) 14	40:20	43:20
35.	Mike Inverso	(2:02) 57	40:21	48:21
36.	Dewey Jan	F.J. (2:04) 50	40:33	46:33
37.	Ernest Reyes	(2:10) 22	40:58	40:58
38.	Flemming	(2:08) 16	41:38	43:38
39.	Richard Mathews	(2:05) 12	44:52	49:52
40.	Ron Gates	F.J. (2:07) 42	46:02	49:02
41.	Jim Martin	F.J. (2:03) 53	47:58	54:58

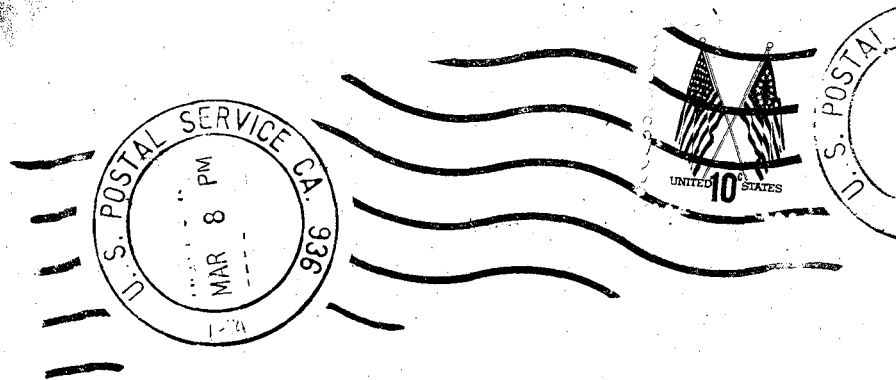
COMING EVENTS

Long Distance Schedule

- January 5 *Pacific 7.0 miler. Open Senior, Junior. Contact Bill Cockerham, 1717 S. Chestnut, Fresno 93702.
- January 26 *Big Dipper Handicap Run. Larry Lung, 3356 N. Monroe, Fresno 93705.
- February 2 *Original Big Dipper. Larry Lung
- February 9 *Reedley King's River Run. All Age Groups. Bob Lehman, Reedley College, Reedley, 93654.
- February 16 *Ivanhoe Six Mile Race. Elementary, Junior High, Open, 40 Plus. Jerry Hobbs, 15616 Ave. 328, Ivanhoe, CA 93277.
- March 2 *Big Creek 10 Miler. Rich Peterson, P.O. 206, Laton 93242.
- April 26 or 27 *Visalia 10 Mile Run. Open, 40 Plus. Dave Bronzan, H.S.T.C. P.O. Box 271, Fresno, CA 93708.
- June 8 *Central Section and National. One Hour Run Championships. High School, Open, 30-39, 40+. Fernie Montanez, 3053 W. Alamos, Fresno 93705.
- June 16 Annual Father's Day Run. Six Miles. Bob Fries, 1501 E. Browning, Fresno 93710.
- July 6, July 20, August 3, August 24 ****Annual Bunion Derbies (4 of them). Girls, Junior High, High School, Open, 40+. Larry Lung, 3356 North Monroe, Fresno, CA 93705.
- August 10 Big Meadows 10 miler. Tahoe Relay preparation. Tentative. Dave Bronzan, H.S.T.C., P.O. Box 271, Fresno, CA 93708.
- August 17 *Mt. Whitney 21 Miler. High School, Open, 40+, Women. Wayne VanDelle 37149 Road 192, Woodlake, CA 93286.
- August 31 *Annual Hume Lake Run. 10,000 meters. High School, Open, 40+. Dave Bronzan, H.S.T.C., P.O. Box 271, Fresno, CA 93708.
- September 7 *Third Annual Bass Lake Half Marathon. Junior, Open, Senior. Bill Cockerham, 1717 S. Chestnut, Fresno, CA 93702.
- September 13 *Selma 4 Miler. Open, 30-39, 40-49, 50+. Gary Self, 2102 Hicks Drive, Selma, CA 93662.
- September 14 Fresno Watermellon Run. Red Estes, Cross Country Coach, Dept. of Physical Education, Fresno State University, Fresno, CA 93710.
- September 28 *NAS 6.5 Miler. Keith Westbay, Recreation Dept., Naval Air Station, Lemoore, CA 93245. Open, Military, College.

- October 5 *Fresno State Invitational. Junior High, High School, College-Open
Date Tentative. Contact: Red Estes - Address above.
- October 19 *Reedley Fiesta Road Race. Elementary, Junior High, High School, Open,
40 Plus. Date Tentative. Cameron Ostrand, Reedley High School,
Reedley, CA 93654.
- October 21 *Porterville Road Run. Date very Tentative. Richard Reynaga,
240 S. Plano St., Porterville, CA 93257.
- October 27 *Woodlake 25 Kilo. Junior High, Open, 40 Plus. Wayne Van Dellen,
37149 Rd. 192, Woodlake, CA 93286.
- November 10 *Westside Road Race. Art Fernandez, 1611 "N" St., Firebaugh, CA 93622
- November 16 *USTFF Western Regionals. High School, Open, Bill Cockerham,
1717 S. Chestnut, Fresno, CA 93702. Seniors contact Sid Toabe,
4566 N. Del Mar, Fresno, CA 93704.
- November 23 Roeding Park 5 Man 15 Mile Relay. High School, Open, 40 Plus.
Bill Cockerham, 1717 S. Chestnut Ave., Fresno, CA 93702.
- November 30 *Fourth Annual Fresno Road Race. High School, Open, 30-39, 40-49,
50 Plus. Fernie Montanez, 3053 W. Alamos, Fresno, CA 93705.
- December 7 *Hill and Dale Run. Ted Oliver, 2716 Pomona, Bakersfield, CA 93305.
- December 14 *Madera Mini Marathon. High School, Open, 40 Plus.
Dee DeWitt, Madera High School, Madera, CA 93637.
- December 14 *Wasco Road Runs. Age Groups. Date Tentative. Brad Tomasini,
P.O. Box 840, Wasco, CA 93280.

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



Gene "Red" Estes 10-73
Athletic Department
Fresno State College
Fresno, CA 93710