

WEST



VALLEY

NEWSLETTER

Pg. 1

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November 1969

Editor: 603 S. Eldorado, San Mateo

PURPOSE OF THE WEST VALLEY NEWSLETTER---

The West Valley Newsletter is primarily a means of communicating club news and activities to all of our members on a regular (monthly) basis. Since club meetings are normally scheduled only about 4 times a year, there is a definite need for communication between them. It is hoped that the Newsletter will fill the gaps.

However, a secondary purpose of this paper is to provide partial race results when West Valley Track Club members are involved. In fulfilling this secondary goal, it is hoped that the paper will not only serve as a means of communicating race results to W.V.T.C. members but also to other runners in the Pacific Association. A limited number of Newsletters will be made available at various road races to anyone who wants them. West Valley runners will receive their copies through the mail for the most part.

To edit and publish a newspaper requires quite a bit of effort, but no amount of effort will get the job done if we don't have information to put in print. All of our readers are encouraged to write to the editors (Jack Leydig and Marcel Hetu) at the above address so that we can provide you with a better publication. We welcome race results and write-ups, criticisms of our articles, corrections to our race results, and any other pertinent information. West Valley members that are now running for various high schools and colleges and cannot presently compete for us are encouraged to send us race results. Remember, this paper depends on our readers.

NEW CLUB OFFICERS ELECTED---

On October 1, West Valley Track Club had a meeting, the primary purpose of which was to elect new club officers. They are: Jack Leydig - Pres., Marcel Hetu - V.P., Bob Mignosa - Sec., & Keith Kruse - Treas.

Incidentally, Keith Kruse was also Treasurer last year. Congratulations to our new officers and Frank Cunningham who has volunteered to be the publisher of our newspaper.

WEST VALLEY RUNNER SERIOUSLY INJURED IN CAR ACCIDENT; IS IMPROVING---

Kirk Cunningham, son of Frank Cunningham (also a West Valley runner) was involved in an auto accident this summer while on Hiway 17 (from Santa Cruz to San Jose). He is paralyzed in the lower half of his body and has partial use of his hands. Kirk has been faithfully keeping up with the club's activities these past few months and even went to San Francisco recently with his dad to see a pair of movies on the Bay to Breakers and Dipsea races. He would certainly enjoy having visitors from West Valley or any other club. Contact Frank Cunningham for more information concerning the hospital location and visiting hours. See address pages at rear of this issue.

FOUR WEST VALLEY RUNNERS NOMINATED FOR ALL NOR-CAL X-COUNTRY TEAM---

Our Alvaro Mejia, Jack Leydig, Marcel Hetu, and Bill Mackey were all recently nominated for the Pacific Association of the AAU Cross Country team for 1969. Others receiving nominations were Darryl Beardall, Byron Lowry, Chris Miller, Doug Butt, Skip Houk, and Richard Delgado. Joining Bill Mackey for the Senior runner nominations were Don Pickett and Dr. Peter Wood. One other runner was chosen among the Seniors but we don't know who. We would appreciate it if someone would write and let us know. The voting was conducted at the recent Lake Merritt Columbus Day Races. Incidentally, Bill Mackey made the 1968 team as best Nor-Cal Senior runner. Best of luck for this year too. (Late addition: Peter Mattei was the 4th senior runner nominated).

To be nominated for the team, a runner must place high in many cross-country and road races in the Pacific Association. These four runners have done just that and are to be congratulated for their success. West Valley had more runners nominated than any other club this year. Marin AC and the S.F. Olympic Club had three each.

A recent West Valley addition also made an All-Northern Cal team in 1968. He is Richard Clark, formerly of the Yearlings, who made the boys age group team for 10 and 11 year olds.

WALKER JOINS WEST VALLEY TRACK CLUB---

Vice-President Marcel Hetu recently talked with Phil Moore, a walker, who is now a club member. Phil used to walk for the Santa Clara Valley Youth Village, but after the team became defunct, he walked unattached. After little success at trying to form a walkers' club, Phil heard about our club and decided to join. We will now be represented in another important even in track and field. Anyone that is interested in race walking and is not presently on another team please contact one of our club officers.

QUOTE OF THE MONTH----

" If everyone in the world were an athlete, we would have a much better chance for peace. We would break records-- not each other's heads."

--Vasily Kuznetsov
Honored Master of Sport of
the U.S.S.R.

LARRY WINWARD RECOVERING FROM BACK INJURY---

Ex-Brigham Young Univ. two-miler and West Valley Track Club member Larry Winward is currently undergoing treatment for a pinched nerve in his back that has been aggravated by running. Only about 18 months ago Larry ran an excellent two miles on the track in 8:53.2, finishing only a few seconds behind Olympian George Young and even closer to Arizona State's Jerry Jobski. However, since that time his pinched nerve has forced him to severely limit his training. But now he is sure that he will be back and running within a month or so. Best wishes for a fast recovery.

*****ATTENTION*****

Anyone interested in joining West Valley Track Club should contact one of our officers (preferably) or any club member. Our only membership requirement is that you enjoy running and will support our team in as many races as you are able. Dues are \$5 a year for the first year and \$3 a year thereafter.

HIGH SCHOOL AND COLLEGE RUNNERS DOING WELL--

At press time we had very little information concerning our high school and college runners but we do have some scanty reports for this issue. Please send us more race results!!

Eddie Silva has had some problems with injuries but is running quite well and improving rapidly. After the Lake Tahoe Relay in which Ed ran a superb 5th leg, he returned to his home in Watsonville. He is now Watsonville's lead runner and was instrumental in helping his team to a second place finish in the large school division at the Terra Nova Invitational. Only powerful Homestead High was better, and by a mere 5 points, 60 to 65. Eddie finished 3rd in the race in a time of 9:15. On the 4th of October he placed 7th in the Sunnyvale Invitational.

From the San Jose area we have word that Keith Kruse of Camden High is leading their team in a down-to-the-wire team battle in the West Valley Athletic League. At last word the title was a toss up between Camden, Del Mar, and Saratoga. Keith took first place in the West Valley Invitational and 5th in the Camden Invitational. No times are available. Gordon Blackwell of Saratoga High finished 10th in the Camden race and is rapidly improving after a summer in L.A. Wayne Hopp of Los Gatos High, Paul Medeiros of Campbell, please let us know how you are doing.

From the college scene our results are even scantier. The major development is coming out of San Jose City College where West Valley's and Ireland's Sean O'Riordan is rapidly getting back into shape after a rather lazy (so he tells me) summer in Ireland. Sean finished a sparkling 5th at the Sacramento Invitational several weeks ago in a field that included the best Jr. Colleges in Northern California and one of the best in the south, Santa Ana JC, who won the team title. The field was also composed of college freshmen. Chabot won the NorCal team title. In a dual meet with the College of San Mateo, Sean finished 4th only about a week after his Sacramento race.

Wayne Glusker, running for West Valley College, is rounding into good shape. He recently finished 21st in the 10,000 meter Lake Merritt road race in a time of 34:52. Let's here some more news from the college scene.

A special thanks to Terri Mejia, wife of West Valley's Alvaro Mejia, for her help at many of the recent road races. Many of the results on the following pages would not be possible had it not been for her accurate timing, especially at the Lake Tahoe Relay and the Pacific 25 Km. Championship. Perhaps the local AAU officials have benefitted as much from her services as the runners have. Thanks from all of us for a job well done.

PACIFIC ASSOCIATION OF THE A.A.U. LONG DISTANCE RUNNING SCHEDULE

Following is a list of the remaining road races and cross country meets for 1969. The Newsletter will publish racing schedules each issue for the benefit of those who do not have access to these by any other means. The December issue will probably not have any racing information for early 1970 since the Pacific Association does not usually publish their Track & Field Schedule until close to the end of December. However, any information that we can obtain about races for January and February we will include in next issue.

- November 8 - Turkey Trot Races, Oakland (12 noon) -- 8 turkeys, 8 sections
Peter O. Mattei, 1000 North Point, San Francisco
- November 15 - Pacific AAU Sr. X-Country Championships, 10,000 meters (10 a.m.),
Golden Gate Park (Polo Field)
P.V. Carmichael, S.F. Olympic Club, 524 Post St., San Francisco
- November 22 - Daly City Hill Race, 8.2 miles - starts at 500 Valley Rd., Brisbane
(10 a.m.) according to schedule, (11 a.m.) according to entry form;
suggest those interested show up early in case.
Write to Daly City Reereation Dept., Daly City
- November 29 - Colfax Carnival X-Country Races, Colfax (10 a.m.)
J. Heeker, P.O. Box 827, Colfax, Calif.
- December 14 - Pacific AAU Marathon Championships, Petaluma (10 a.m.)
Peter O. Mattei, 1000 North Point, San Francisco
- December 20 - Alameda Track Club X-Country Carnival, Oakland (10 a.m.)
Richard Scott, 2574 17th St., San Pablo, Cal. 94806
- December 31 - 10th Annual Midnight Run, Los Altos Hills (Foothill College),
10,000 meters (12 midnight)
Midnight Run, e/o Town Crier, P.O. Box F, Los Altos, Calif. 94022

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PACIFIC ASSOCIATION OF THE A.A.U. RACE WALKING SCHEDULE

An additional service of the Newsletter will be to publish a race walking schedule in each issue. The early 1970 meets may not be published in next issue, depending on their availability.

- November 2 - Stow Lake, Golden Gate Park, 15 km. handicap (10 a.m.)
- November 16 - Northgate 15 mile road championships (10 a.m.)
- December 4 - San Francisco College Pacific Association Championships, 20 km.,
(10 a.m.)
- December 21 - Pacific Association 25 mile championships (9 a.m.)

For further information (like location of races and where to get entry forms) write to Mr. William Ranney, One Barker Court, Fairfax, Calif. 94930 (Tel. 415-456-2641). The Pacific Track & Field Schedule does not have any more information than that given above.

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In either our next issue or in January's issue we will also publish a Boys Track and Field Schedule for 1970. These meets are for boys up to the age of 13 and there are three categories (9 and under, 10-11, and 12-13).

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USEFUL ADDRESSES

- Long Distance Running Commissioner: Peter O. Mattei, 1000 North Point, San Francisco, Calif. 94109 (Phone: 415-474-2380).
- Men's Track & Field Commissioner: James M. Coleman, 1000 Mandana Blvd., Oakland, Calif. 94610 (Phone: 415-451-1723).
- Age Group (Men & Women) Commissioner: Edward Parker, 684 Turnstone, Foster City, Calif. 94404

THE WEST VALLEY TRACK CLUB STORY FOR 1969

The West Valley Track Club is currently having its most successful year, both as a team and from the standpoint of outstanding individuals. W.V.T.C. has dominated in every road race it has entered as a team effort and placed individuals high in meets even when a complete team was lacking. West Valley took team titles this year at Searsville, the Statuto Jr. race, Holy City, Tahoe Relay, Emerald Hills, Walnut, and just recently took the PAAU 25 and 15 kilometer championships. In addition, the team won an unofficial title (no team award given) at Tiburon. Add to this a 4th place finish in the PAAU 20 km. championships (when we entered only a token team) and a 5th place finish in the Bay to Breakers. At Ft. Baker no team title was at stake either but West Valley ran off with 3 out of the first 4 places (1-2-4). We entered incomplete teams at two Junior National runs (hour on the track and 30 km.) but placed all our individuals high. On the following pages is a complete summary of all the important races that the West Valley Track Club competed in either as a team or from an individual standpoint. Admittedly, some of the results are incomplete. The editors would appreciate any further information from our readers.

BILL MACKEY RUNS 4TH IN EXAMINER ALL-AMERICAN INDOOR SR. MILE

On January 4th in San Francisco, West Valley's Bill Mackey ran a good 4th place in the Examiner's All-American Indoor Track & Field Meet. His event was the Senior Mile (40 years and over). In strong contention the entire race, Bill could not muster his usual strong kick and fell back on the last 440. Bill hopes to be invited to the meet again this year. Below are two photos of the race with complete results for the first five runners.



(Above) Master's Mile at the "Cow" Palace with 440 to go. No. 9=Bill Fitzgerald (1st) with 4:51.2. No. 2=Don Picket (3rd) with 4:55.7. No. 3=Bill Mackey (4th) with →



4:56.0. Not shown Gene Haynes (2nd) with 4:54.0. John Cherry was fifth also under 5:00 - 4:58.8. (Above) Start of the race in San Francisco. Photos by Jeff Kroot

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1969 PACIFIC ASSOCIATION AAU 20-KILOMETER CHAMPIONSHIP

The San Francisco Olympic Club ran away with the team title by finishing four in the top 7 as West Valley ran only a token club and still finished 4th. Leydig was finally shaking off his achilles tendon injury that had plagued him since the 1968 Santa Barbara Marathon and finished 12th behind West Valley's lead man, Sean O'Riordan. Second and third place teams were Redwood City Striders and Marin AC with 55 each behind SFOC's 29. WVTC had 98. Chris Miller's winning time was a course record.

1 - Chris Miller (SFOC)	64:53.6	11 - Pete League (MAC)	71:46
2 - Byron Lowry (SFOC)	66:35	12 - Jack Leydig (WVTC)	71:59
3 - Jack Lawson (RCS)	66:36	13 - Joe Henderson (MAC)	72:12
4 - Darryl Beardall (MAC)	67:08	14 - Tom Bales (RCS)	72:35
5 - Bob Darling (SFOC)	68:13	15 - John Larson (unatt.)	73:20
6 - Rich Delgado (unatt.)	68:17	-----	
7 - Jim Tracy (SFOC)	69:21	20 - Ken Napier (WVTC)	76:16
8 - Sean O'Riordan (WVTC)	69:26	40 - Keith Campbell (WVTC)	89:37
9 - Jeff Kroot (MAC)	71:00	41 - Bruce Campbell (WVTC)	89:47
10 - Mike Dailey (RCS)	71:36		

WEST VALLEY TAKES TEAM TITLE AT SEARSVILLE

In what must have been the wettest and muddiest race in the history of the PAAU, West Valley Track Club displayed good team depth in putting all of its finishers in the top 16. The course wound through the hills around Searsville Lake in Woodside and traversed a rain-swollen creek three times, much to the disliking of the runners. Two new West Valley members were instrumental in leading the team to its win. They were Mike Duncan (now attending UCLA, and formerly from College of San Mateo and Hillside High School) and Marcel Hetu (formerly of Arizona Univ., College of San Mateo, and Hillside High School). Complete results of the race are not available but if anyone has them we would be glad to publish next month. No times are available, but Richard Delgado and Darryl Beardall ran 1-2, while West Valley's Sean O'Riordan ran a sparkling 3rd, although he didn't look so sparkling after the race. WVTC's team score was 54 on the strength of Sean O'Riordan (3rd), Mike Duncan (10th), Marcel Hetu (11th), Jack Leydig (14th), and Ken Napier (16th). Below is a photo of that team. Left to right: Hetu, O'Riordan, Leydig, Napier, Duncan. *** Date - February 22.



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GOLDEN GATE PARK ROAD RUNS (MAY 17)

Although no team awards were at stake, West Valley placed runners high in both the open 8 mile race and Senior 4 mile race. In the Senior race, Bill Mackey started strong as usual and wound up the victor (no time available). West Valley's Keith Campbell ran one of his better races in finishing 5th in the same race. In the open division the race was close for 4 miles but then Chris Miller moved strongly away from the rest of the field to win in 42:21. The weather was cool and foggy, ideal conditions for a fast race.

1 - Chris Miller (SFOC)	42:21
2 - Roger Ritchey (SFOC)	43:14
3 - Jack Leydig (WVTC)	43:35
4 - Jim Sullivan (WVTC)	44:04
5 - Herb Potter (SFOC)	44:45
6 - Pete League (Marin AC)	44:55
7 - Greg Chapman (Solano)	45:05
8 - Ken Napier (WVTC)	45:45

U.S. ARMY WINS 59TH ANNUAL BAY TO BREAKERS RACE

Defending champion Ken Moore led his Fort McArthur team across the finish line in 1, 2, 7, 9, and 13 place style for 32 points and the team championship. Don Makela, an 18-year-old Novato High School senior running for the Marin AC, clocked 42:33 to gain the prep championship. Paul Reese, 52, running for the Northern California Senior TC, and his son Mark, 20, both of Sacramento, were awarded the Father-Son Trophy. Mark clocked 43:59 for 75th and Paul was timed in 46:49 for 200th. A record 1262 runners started the 7.7 mile race and 1233 finished. Moore failed to beat the record he set last year (38:15). West Valley Track Club, running at below full strength, finished 5th in the team standings with 228 points. Sean O'Riordan dropped out due to a severe case of poison oak and this hurt the club badly. Considering none of the team members were really in top shape, it was a respectable finish.

Team standings: US Army (1-2-7-9-13) - 32; Marin AC (20-21-42-43-54) - 180; SF Olympic Club (14-28-34-39-91) - 206; Cal Aggie TC (23-25-50-51-60) - 209; West Valley (26-32-41-47-82) - 228.

1 - Ken Moore (Army)	38:40	26 - Jack Leydig (WVTC)	41:22
2 - Doug Wiebe (Army)	38:55	27 - Jan Day (unatt.)	41:23
3 - Skip Houk (Athens)	38:55	28 - Bob Darling (SFOC)	41:40
4 - John Mason (PCC)	39:01	29 - Jack Lawson (RCS)	41:44
5 - Mike Manley (SCS)	39:09	30 - Jos. McDevitt, Jr. (unatt.)	41:44
6 - Byron Lowry (SJS)	39:17	31 - Rich Hunter (RCS)	41:55
7 - Bill Norris (Army)	39:29	32 - Marcel Hetu (WVTC)	41:58
8 - Andy Vollmer (SJS)	39:34	33 - Bob Crow (UC)	42:00
9 - Dick Sharkey (Army)	39:37	34 - Roger Ritchey (SFOC)	42:04
10 - Ray Hatton (Athens)	39:38	35 - Dale Severy (SBAC)	42:08
11 - John Lawson (PCC)	39:48	36 - Terry Donnley (Army)	42:11
12 - Rich Delgado (unatt.)	39:55	37 - Terry Pintano (unatt.)	42:13
13 - Rich Dugan (Army)	40:10	38 - Wilhelm McGarr (SRC)	42:14
14 - Chris Miller (SFOC)	40:17	39 - Herb Potter (SFOC)	42:15
15 - Phil Darnell (unatt.)	40:29	40 - Bebe Rutledge (TAC)	42:19
16 - Mike Mahler (PCC)	40:31	41 - Jim Sullivan (WVTC)	42:22
17 - Gary Berthiaume (SJS)	40:37	42 - Ray Menzie (MAC)	42:25
18 - Greg Bagby (unatt.)	40:44	43 - Don Makela (MAC)	42:33
19 - Mark Tomlinson (PHTC)	40:47	44 - Steve Noland (SFS)	42:34
20 - Wes Hildreth (MAC)	40:52	45 - Gary Rezowalli (unatt.)	42:39
21 - Darryl Beardall (MAC)	41:01	46 - Dave Reese (UC)	42:41
22 - Lt. Cliff Clark (USAF)	41:04	47 - Gordon Blackwell (WVTC)	42:44
23 - Byron Spradlin (ATC)	41:15	48 - Ben Sanchez (unatt.)	42:45
24 - John Celms (Athens)	41:19	49 - Joe Belton (RCS)	42:48
25 - Ed Haver (ATC)	41:20	50 - Bill Roth (ATC)	42:59

Other West Valley TC finishers: Ken Napier (82nd) - 44:12; Bill Mackey (84th) - 44:14.

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WEST VALLEY WINS JUNIOR STATUTO RACE

Although no individual results or team scores are available, West Valley TC won the Jr. Statuto race held in San Francisco on June 1. The team ran without O'Riordan, Leydig and Hetu and still won. A poorer than usual turnout was due to the rescheduling of the race only a few weeks before with a resultant partial boycott by many runners as a protest. No results are available for the longer senior Statuto race either.

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MACKEY, LEYDIG AND HETU RUN IN PAAU TRACK AND FIELD CHAMPIONSHIPS

On June 7 the Pacific Association of the AAU staged its track and field championships in Sacramento with an international field present in many of the events. The meet was nationally televised and one world record was set - in the pole vault by John Pennel at 17'10 $\frac{1}{4}$ ". West Valley's Bill Mackey ran a strong first place in the Senior mile in a good time of 4:47.8. In the open 6 mile, Leydig and Hetu did not have quite as much luck but did come through with some fairly respectable times. The race was won in a rather unusual manner. Skip Houk was ahead at the end of the 6 miles but the officials miscounted laps and the runners had to go one more circuit. Houk, thinking that he had finished and won, pulled up only to find that the eventual winner (Ferraro, sp.?) was sprinting on past him. By the time Skip had realized what was happening and started to give chase, the race was won and Houk had to settle for a 2nd place at 6 $\frac{1}{4}$ miles. Houk's time at 6 miles was about 29:53. Chris Miller took 3rd place. West Valley's Marcel Hetu ran 7th in 30:42 and Jack Leydig got 9th with a 31:10 (corrected 6 mile times).

WEST VALLEY TAKES SWEEPING VICTORY AT ITS OWN HOLY CITY SUMMIT RUN

AND SEAN O'RIOURAN

Running at full power except for Gordon Blackwell, West Valley runners took a convincing 41 to 122 victory over runnerup Marin. This year the course was changed and Cliff Clark of the Air Force established a fine record to beat in the years to come. His 48:35.6 was almost a full minute better than West Valley's 2nd place finisher, Marcel Hetu. The course was run over a rugged 8½ miles of hills in the Santa Cruz mountains. Third place team was the Maranon Track Club with 149 points.

1 - Cliff Clark (USAF)	48:35.6	16 - John Shane (BYU)	53:01
2 - Marcel Hetu (WVTC)	49:32	17 - Bob McCarty (MTC)	53:24
3 - Bruce Runcie (NTC)	49:55	18 - Joe Belton (RCS)	53:33
4 - Darryl Beardall (MAC)	50:28	19 - George Blanchard (STC)	53:54
5 - Jack Leydig (WVTC)	50:46	20 - George Kirk (RCS)	53:55
6 - Howard Labrie (PHTC)	50:56	21 - Ken Napier (WVTC)	54:09
7 - Eddie Silva (WVTC)	51:08	22 - Frank Valencia (una.)	54:23
8 - Charles Frosolone (MTC)	51:18	23 - T.H. Cathcart (una.)	54:28
9 - Doug Butt (MAC)	51:36	24 - Bill Mackey (WVTC)	54:33
10 - Steve Flynn (MTC)	51:45	25 - Hans Templeman (CAC)	54:41
11 - Bill Peck (HSTC)	52:23	26 - James Howell (EBRR)	54:56
12 - Jim Sullivan (WVTC)	52:32	27 - Dennis Mathews (STC)	54:57
13 - Randy Lawson (SCTC)	52:41	28 - Pete League (MAC)	55:19
14 - Greg Chapman (STC)	52:49	29 - Wayne Glusker (WVTC)	55:25
15 - Keith Kruse (WVTC)	52:50	30 - Chuck Mork (una.)	55:25

Other West Valley Finishers:	38 - Bill Jones	56:42
(190 finishers)	62 - Dave Kopp	59:05
	68 - Chris Buck	59:41
	70 - John Mullis	59:46
	72 - Gordon Currie	60:06

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WVTC'S BILL MACKEY SCORES HIGH IN 2ND ANNUAL U.S. MASTERS CHAMPIONSHIPS

On July 3-6 at San Diego's Balboa Stadium, the A.A.U. staged its second annual Masters Track & Field Championships. Our Bill Mackey competed in Division I (40-49) and placed high in two events. In the 6 mile he finished 5th in a time of 34:30 behind winner Richard Packard's 33:29.5. Don Jones of the Seniors Track Club was 2nd in 34:12.3. Bill also ran on the second place mile relay team, showing that our distance runners have a little speed too! Incidentally, Bill's brother, Jim, also ran on that same second place team. Don Pickett of the S.F. Olympic Club ran a fine second in the two mile (10:26.0) and a good 3rd in the 3 mile (15:58.8). In Division III, Paul Carmichael of the Olympic Club scored a 2nd in the 3 mile and a 3rd in the 6 mile (23:32 & 47:28). Division III is for 60 years and over. Walter Stack of the S.F. Dolphin Club ran a 2nd place in the same 6 mile as Paul and was timed in 44:18.2. Two members of the Northern Calif. Seniors TC placed high in the marathon in the same meet. They are Flory Rodd (45) - 2:55:10 and Paul Reese (52) - 2:58:10. Flory placed 4th overall, despite a wrong turn that cost him several minutes. Paul ran a superlative 7th overall and 2nd in Division II. Northern California was thus well represented at the meet. Congratulations to all.

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WEST VALLY RUNNERS TAKE 1-2-4 AT 15 MILE FT. BAKER RACE!!

Although no team awards were given, WVTC had a field day nonetheless by taking three out of the first four places. The course was extremely hilly and quite warm for a good portion of the race. However, the low-hanging fog by the ocean seemed to appear at just the right moments. Darrold Dent's one year old course record remained intact due to the warmer weather. His time last year was 1:25:16. Silva, only 17 years old, improved almost 3½ minutes over his time last year. Watch out for him next year.

(93 finishers)	1 - Marcel Hetu (WVTC)	1:27:46
	2 - Jack Leydig (WVTC)	1:28:37
	3 - Darryl Beardall (MAC)	1:31:05
	4 - Eddie Silva (WVTC)	1:31:50
	5 - Mathews	1:31:56
	6 - Doug Butt (MAC)	1:32:53
	7 - Greg Chapman (STC)	1:33:10
	8 - Don Makela (MAC)	1:34:01
	9 - Mark Tomlinson (PHTC)	1:34:04
	10 - Elijah (MAC)	1:34:15

Other WVTC finishers: Keith Kruse (29) - 1:47:21, Keith Campbell (44) - 1:58:11, Bob Mignosa (64) - 2:07:49. Campbell was the 4th senior runner to finish.

WALDON WHIPS HOUK AT TIBURON ROAD RACE

On July 26 over a very scenic and somewhat hilly course on the Tiburon peninsula, the University of California's Bob Waldon set a hot pace and streaked to a 17 second victory over Athens' and Reno's Skip Houk. The pace was so fast that the first three runners were under the old record (42:47??) set by Chris Miller the previous year. This year Miller finished 4th. The race was held under perfect conditions and is supposedly 8.9 miles long but is probably more like 8.5. No team awards were given, but West Valley placed two runners in the top 10. Most of the teams of the area used this race to determine who would run on the 7 man relay teams at Lake Tahoe (Aug. 9). Results for this race are somewhat incomplete, including results for West Valley's runners. Anyone who has more complete results please send them to the editor of this paper.

1 - Waldon (UC)	41:30.4	7 - Leydig (WVTC)	43:46
2 - Houk (Athens)	41:47	8 - Hetu (WVTC)	43:55
3 - Berthiaume (SJS)	42:45	9 - Darling (SFOC)	44:05
4 - Miller (SFOC)	43:10	10 - Rezowalli (MTC)	44:20
5 - Mejia (una.)	43:11	11 - Day (una.)	44:22
6 - Crow (Solano)	43:38	12 - Butt (MAC)	44:24

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OCEAN TO BAY MARATHON - READERS PLEASE SEND IN RESULTS!!

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LAKE TAHOE RELAY: WEST VALLEY TRACK CLUB WHIPS PACIFIC COAST CLUB, MARIN AC

Running a come-from-behind race until midway through the race, West Valley TC displayed great team depth in winning the 4th annual Lake Tahoe (around the lake) Relay which is some 72 miles. The relay is broken up into legs of from about 9½ to 11 miles. Despite the heat, WVTC set a new record by a slim 7 seconds. This record is for the counterclockwise course. West Valley also holds the record for the clockwise direction (7:13:16) which was abandoned in 1967 because of traffic problems.

Thanks to Terri Mejia, wife of West Valley's newest member, Alvaro Mejia, we have a complete list of splits for the runners on the first four teams, however, we do not have the names of the runners except in a few instances. Marin AC ran into a bit of bad luck on the third leg when Ray Menzie accidentally took a wrong turn and blew a 4 minute lead. The time lost by Menzie (probably at least 2 or 3 minutes) made the difference between a second and third place finish and a 1-2 sweep for the two Northern California teams over Southern Cal's Pacific Coast Club. In the opinion of the editors, the best leg of the day was run by Marin's Doug Butt who covered his leg in 54:22. Below is a running tally of the race for the top four teams:

<u>West Valley TC</u>		<u>Pacific Coast</u>		<u>Marin AC</u>		<u>High Sierra TC</u>	
Mackey	1:12:40		1:12:00	Waldon	1:05:49	Clark	1:09:45
Hetu	2:11:50		2:10:22	Beardall	2:05:39	??	2:09:35
Sullivan	3:13:55		3:17:14	Menzie	3:13:14	??	3:13:44
Kruse	4:15:40		4:16:37	League	4:19:33	??	4:17:01
Silva	5:14:16		5:17:04	??	5:17:28	??	5:19:50
Mejia	6:12:33		6:18:35	Makela	6:22:05	Dunbar	6:19:25
Leydig	7:11:53		7:15:12	Butt	7:16:27	??	7:22:53

West Valley had the fastest splits on the 3rd and 6th legs. Bob Crow of Solano TC had the fastest time on the rugged second leg.

A total of 14 teams started the race (including an all senior team) and West Valley placed its second team in 8th with the following runners (Bob Mignosa, Neil Kruse, John Mullis, Wayne Glusker, Grant Garber, Chris Buck, and Mark Ebrahimian).

After the race the club went to have a barbecue at Frank Cunningham's house, only about a mile from the start and finish of the race. A good time was had by all thanks to Frank's generosity.

As a point of special interest, West Valley's leadoff man, Bill Mackey, ran the 4th fastest leg, only 40 seconds behind PCC's man and less than 3 minutes behind Cliff Clark, winner of West Valley's Holy City Summit Run. Bill was invited to run on the Senior team (which got an hour head start) but declined because he had already qualified for WVTC's first team, quite an honor for any senior runner. Bill was the only senior runner on any of the top four teams.

On the next page is a picture story of West Valley's victory at Lake Tahoe.



(top to bottom, left to right)

- 1 - Bill Mackey handing off to Marcel Hetu at start of second leg.
- 2 - Eddie Silva handing off to Alvaro Mejia at start of 6th leg.
- 3 - Alvaro Mejia handing off to Jack Leydig on anchor leg.
- 4 - Alvaro Mejia and West Valley's winning team trophy.
- 5 - The winning West Valley team, minus Bill Mackey who had to fly home after his leg (left to right): Alvaro Mejia, Eddie Silva, Jack Leydig, Keith Kruse, Jim Sullivan, and Marcel Hetu.



WEST VALLEY'S MEJIA WINS JR. NATL. AAU ONE HOUR RUN

On August 16 the Pacific Association staged their division of the Jr. National One Hour Run at Mt. Tamalpias High School in Mill Valley. Conditions were somewhat windy and cool with fog, but almost ideal for a fast pace. Mejia, Miller, and Leydig stayed together for 3 miles (15:16) and then Miller and Mejia went on alone. At about 6 miles Mejia became dissatisfied with the pace and took off on his own, pulling away to a victory of 366 yards over Solano TC's Bob Crow who just edged out Chris Miller for second place. Mejia set a new Pacific Association and Columbian national record in the process. Results for the top 5:

- 1 - Mejia (West Valley) 11 mi. 1359 yds.
- 2 - Crow (Solano TC) 11 mi. 993 yds.
- 3 - Miller (SFOC) 11 mi. 990 yds.
- 4 - Delgado (unat.) 11 mi. 480 yds. (??)
- 5 - Leydig (West Valley) 11 mi. 460 yds.

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WANTED: RESULTS OF DIPSEA RACE - PLEASE SEND TO THE EDITORS.

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CHUCK SMEAD WINS JR. NATL. AAU 30 KILOMETER CHAMPIONSHIP

Chuck Smead, a Southern California high school runner (graduated in June) competing for the Santa Barbara AC, pulled away from Richard Delgado shortly after the halfway point and won comfortably over Solano's Bob Crow. The weather conditions were very hot and only 16 of the 24 starters finished. The small field was attributed to the sudden change in date of the race that left many runners "up in the air". The race had been originally scheduled for August 30 but was moved back a day with almost no notification to the runners. There was no team champion because no team had three eligible runners. Leydig and Mackey were on West Valley's winning Jr. Natl. team at the same Santa Rosa race last year and thus could not count in the scoring. The team trophy was thus presented to Smead.

- | | | | |
|---------------------------|---------|---------------------------|---------|
| 1 - Chuck Smead (SBAC) | 1:46:34 | 6 - Chris Henty (Toronto) | 1:57:52 |
| 2 - Bob Crow (Solano TC) | 1:48:02 | 7 - Mike Knott (una.) | 1:58:09 |
| 3 - Rich Delgado (una.) | 1:51:06 | 8 - Bill Mackey (WVTC) | 2:03:19 |
| 4 - Jack Leydig (WVTC) | 1:51:36 | 9 - Ken Young (UCTC) | 2:04:22 |
| 5 - Ray Menzie (Marin AC) | 1:55:02 | 10 - Keith Kruse (WVTC) | 2:05:53 |

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ALVARO MEJIA ENDS CHRIS MILLER'S WINNING STREAK AT EMERALD HILLS



West Valley's 29-year old Olympic veteran from Columbia, Alvaro Mejia, ended Chris Miller's 4 year reign as Emerald Hills Run champion as 191 runners roamed through the Redwood City Hills (Sept. 6). Despite taking several wrong turns that cost him many seconds, Mejia kept coming back and finally outsprinted Miller over the last 440 on Sequoia High School's track.

West Valley won the team title with 42 points to Marin AC's 68. In addition, Keith Kruse won the fastest high schooler trophy. he is now a senior at San Jose's Camden H.S.

- 1 - Alvaro Mejia (WVTC) 37:24
- 2 - Chris Miller (SFOC) 37:29
- 3 - Doug Rustad (una.) 37:57
- 4 - Marcel Hetu (WVTC) 38:03
- 5 - Jack Leydig (WVTC) 38:41
- 6 - Shane (BYU) 39:09
- 7 - Bill Ferlatte (Marin) 39:25
- 8 - Chris Henty (Toronto) 39:47
- 9 - T.H. Cathcart (una.) 39:52
- 10 - Terry Record (una.) 39:57
- 11 - Keith Kruse (WVTC) 40:07
-
- 21 - Ken Napier (WVTC) 42:32

Rustad, Leydig, Mejia, and Miller

WEST VALLEY NIPS MARIN AC AND SF OLYMPIC CLUB IN PAAU 25 KM.

In what turned out to be a fierce team battle as well as a good performance by individual runners, West Valley's Alvaro Mejia pulled away from the rest of the field in the last 5 kilometers to win the Pacific Association's 25 kilometer championship in Golden Gate Park. The race, run on a cool and foggy day, started out fast with the first five runners covering the first three laps (5 laps) in identical times of 16:20, 32:25, and 48:35. Finally, Mejia nosed out Miller by 2 seconds at the fourth lap and had a time of 1:04:38 for 20 km. He continued to win by 39 seconds. The team award was won by Mejia, Leydig, Hetu, Napier, and Campbell of West Valley. Happiest member of the winning team was 42 year old Keith Campbell who, as fifth man, picked up a gold Championship Medal and Patch. Keith was last seen sewing the patch to his sweats. Marin AC finished only 2 points behind with 44 points and the SF Olympic Club got third with 50. Date - Sept. 27.

1 - Alvaro Mejia (WVTC)	80:26
2 - Chris Miller (SFOC)	81:05
3 - Byron Lowry (SFOC)	81:50
3 - Richard Delgado (una.)	81:50
5 - Jack Leydig (WVTC)	82:25
6 - Marcel Hetu (WVTC)	84:07
7 - T.H. Cathcart (una.)	88:00
8 - Doug Butt (Marin)	90:36
9 - Ray Menzie (Marin)	90:50
10 - Ken Napier (WVTC)	90:57
11 - Jeff Krott (Marin)	92:20
12 - Pete League (Marin)	93:00
13 - Bill Bachrach (una.)	93:26
14 - Joe Henderson (Marin)	93:28
15 - Eric Brenner (una.)	94:40
16 - Jim Gallon (SFOC)	95:17
17 - John Woodman (Marin)	96:17
18 - Gerry Haslam (SFOC)	97:07
19 - Lee Holley (Marin)	97:17
20 - John Jamieson (una.)	100:10

40 - Keith Campbell (WVTC)	108:25
50 - Bob Mignosa (WVTC)	121:55

(Picture: Campbell, Napier, Mignosa, Hetu, Leydig, Mejia)



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MEJIA AND WEST VALLEY WIN PAAU 15 KM. CHAMPIONSHIP AT RENO

A field of 22 runners blasted off from the YMCA on Oct. 5. Mejia, Rustad, Houk, and Leydig hung together for the first half mile. Mejia then began to pull away as the hill took their toll. Leydig then fell behind as Houk and Rustad fought it out for second. After 3 miles and many rough hills Rustad took command of second and the finish was in that order. Since no club brought five runners, meet director Skip Houk settled on 3 man teams. West Valley won with Marin second and the Nor-Cal Seniors TC 3rd. West Valley's Bill Mackey was the first senior runner in.

1 - Alvaro Mejia (WVTC)	48:21.8
2 - Doug Rustad (una.)	48:54
3 - Skip Houk (Athens)	49:25.8
4 - Jack Leydig (WVTC)	50:27.1
5 - Chuck Burke (Chabot)	52:01
6 - Ray Menzie (Marin)	53:15
7 - Steve Parker (ATC)	53:17
8 - Ken Napier (WVTC)	54:14
9 - Bill Mackey (WVTC)	55:11.5
10 - Doug Butt (Marin)	55:11.5

(Picture: West Valley's winning team) Mackey, Napier, Mejia, Leydig





Winning West Valley Track Club team
at Emerald Hills Run:

Front: Jack Leydig, Ken Napier.
Rear: Keith Kruse, Alvaro Mejia,
Marcel Hetu.

Team Score: 42 points (1,4,5,11,21)

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MILLER NIPS MEJIA AND HOUK AT 25TH ANNUAL WALNUT FESTIVAL RACE

Running splendidly and avenging his previous week's loss to Mejia, the Olympic Club's Chris Miller displayed a good kick in the home stretch to clip West Valley's top runner by 2 seconds. Reno's Skip Houk was another 4 seconds back, and fast improving Doug Rustad was another 12 seconds off the pace in fourth. Rustad has only recently returned from Jamaica and is intent on returning to his form of several years ago when he ran 28:42 for six miles on the track.

West Valley again ran off with the team championship in the open division and also bested Chabot's score in the Jr. College division. This is the second straight year that WVTC has won the team title.

Team Scores: West Valley - 76, Chabot JC - 91, Olympic Club - 165,
Pleasant Hill T & FC - 169, Marin AC - 287, Northern
Calif. Senior TC - 349, San Jose Yearlings - 658.

Results

1 - Chris Miller (SFOC)	26:56	16 - Bill Seaver (Chabot)	29:37
2 - Alvaro Mejia (WVTC)	26:58	17 - Mark Forry (PHTF)	29:39
3 - Skip Houk (Athens)	27:02	18 - Mark Robinson (PHTF)	29:44
4 - Doug Rustad (una.)	27:14	19 - Chuck Burk (Chabot)	29:45
5 - Rich Delgado (una.)	27:36	20 - Greg Chapman (Solano)	29:46
6 - Chuck Menz (Stanford)	27:46	21 - Evencio Hurtado (Chabot)	29:47
7 - Marcel Hetu (WVTC)	27:50	22 - Kevin Anderson (Chabot)	29:49
8 - Jack Leydig (WVTC)	27:54	23 - Jim Howell (Foothill)	29:57
9 - Bob Crow (Solano TC)	28:13	24 - Ray Batz (SF Firemen)	30:01
10 - Art Heinemann (Athens)	28:30	25 - Dr. Peter Wood (MAC)	30:02
11 - Darryl Beardall (MAC)	28:37	26 - Ken Napier (WVTC)	30:06
12 - Bill Kelly (una.)	28:44	27 - Bruce Keufner (Cal Hay'd)	30:26
13 - Frank Bautista (Chabot)	28:49	28 - Ernest Gamma (Foothill)	30:33
14 - Dick Hunter (Cal Hay'd)	29:26	29 - Jim Gallon (SFOC)	30:34
15 - Willie Eashman ("")	29:35	30 - Tim Docheff (una.)	30:46
		33 - Bill Mackey (WVTC)	30:50

FLASH!!! Results of balloting for All Northern California cross country team.

Just as the first issue of the West Valley Newsletter goes to the presses, we have been given word that the 1969 All Nor-Cal team is as follows:

- Darryl Beardall (Marin AC)
- Skip Houk (Athens AC)
- Chris Miller (SF Olympic Club)
- Alvaro Mejia (West Valley TC)
- Byron Lowry (SF Olympic Club)
- Peter Mattei (No. Calif. Seniors TC)

IN NEXT ISSUE: Results from Lake Merritt, Pacific AAU 50 miler, Moraga 14 miler, Pacific Jr. and Sr. X-Country championships and Daly City Hill Run. Also: any other results that our readers send us. Please help us make this an informative paper for all of Northern California -- send us race results, and anything that you think would be of interest to other runners. West Valley members especially, we need your support, so send us news.

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