

WEST
VALLEY



NEWSLETTER

1st Year, No. 2 \*\*\*\*\* December 1969 \*\*\*\*\* Editor: 603 S. Eldorado, San Mateo

This newsletter is published monthly by West Valley Track Club of San Jose. It is a publication that serves as a communication media for WVTC members and all runners in general. Editorial matter and race results, photos (returned to sender), etc. should be sent to Editor: Jack Leydig and Marcel Hetu, 603 So. Eldorado St., San Mateo, Calif. 94402. This paper's success depends on you, the readers. So please send us any pertinent information on the Northern California running scene that you would like to have printed. College and high school results are welcome as well as AAU events.

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FIRST NEWSLETTER A SMASHING SUCCESS---

Although only a limited number of copies of our first Newsletter (about 100) were made available, it proved to be an instant hit with almost all who read it. In addition to many verbal comments in favor of the paper, we also received quite a few written complements, including one from Walt Stack who helped us a great deal in putting together an article on the 50 miler which is in this issue. With the help of our readers we will do our best to make this the voice of the Northern California distance runner. But don't hesitate to send us track results, race walking results, age group (boys and girls) material, etc. Any photos that are sent will be returned within a week after publication. Black and white photos or newsclippings are preferred because they reproduce better, but color shots will be used if there is good contrast. This time we will try to get out twice as many copies since it is somewhat smaller. As our circulation grows it may be necessary to charge a minimal price to cover the cost of publication. For the time being the Newsletter remains a "free paper" thanks to Frank Cunningham and Bill Mackey, our publishers. **HELP MAKE THIS A SUCCESSFUL VENTURE AND SEND US MATERIAL!!**

NEW WEST VALLEY TRACK CLUB MEMBERS DO WELL

Two recent additions to West Valley have been running well since they have joined and promise to show further improvement. Jim Howell, Foothill JC distance runner, recently became a member and placed 4th in a 10 mile "turkey trot" in Oakland, his first race in WVTC colors. Bob Stephenson, San Jose Stater, placed 15th in the same race. A week earlier Bob ran 43rd in the Pacific Jr. cross country championships at Golden Gate Park, and followed this up with a 36th place finish in a much tougher Sr. championship. Howell was West Valley's second man in the Senior race, coming up with a good 16th.

Another new member, although not yet eligible because he switched clubs (formerly ran for Alameda TC), is Steve Parker of Reno, Nevada. Steve will be able to officially run for the club on March 8, four months after he ran his last race for Alameda. He finished 3rd behind Byron Lowry and Martin McCann in that race (Oakland 10 mile turkey trot). Before becoming a long distance runner Steve was a boxer, and in 1965 was a member of the U.S. team. He won a silver medal (light weight division) at the games in Israel that year.

Addresses of our new members are:

Bob Stephenson  
325 East William  
Apt. 10  
San Jose, Cal.

Steve Parker  
2050 Margot Circle  
Reno, Nevada

Jim Howell  
(address in last issue)

Anyone interested in joining West Valley please write to Jack Leydig or talk to one of our runners.



During the months of October and November, West Valley was without the services of two of its top three runners, Alvaro Mejia and Marcel Hetu. Al injured his calf during a distance workout and was out for several weeks. Slowly he has shaken off the injury and is back into shape, although somewhat off his form of late September. He recently took a 50 second decision over Marin's Darryl Beardall in the Daly City Hill Run. Hetu, however, is only beginning to train again and probably will not race until January. He sustained a torn tendon in his ankle, which seems to be healed. He is running easily on soft surfaces.

For the information of our new members, the shipment of West Valley jerseys should be in shortly, say within 2 or 3 weeks. We have ordered about 10 medium and 2 or 3 small. However, it looks like we'll have to be ordering some more shortly because of a sudden interest in the club by unattached runners in the area. After the first of the year (dues should be paid at or before our next club meeting - probably in January) we will be financially able to send for more jerseys.

Although our club does not supply shorts (only jerseys), it has been suggested that we get a standard color (black or white) at the expense of the members, not from our treasury. We will decide on a color at our next meeting. Shorts (silk) are available for \$3 from Pete League (see advertisement in this issue). It is suggested that they not be used for training (races only) because they have a tendency to wear out at the crotch faster than regular cotton shorts.

An apology to Wayne Glusker. In last issue we stated that he was attending West Valley College. He recently transferred to San Jose State.

A hint for avoiding side cramps and stitches: Alvaro Mejia has started a fad among West Valley runners that seems to work. About 1/2 hour before any competition he chews up several charcoal tablets (Requa's Charcoal Tablets are available at any drug store for about 1¢ apiece) and washes them down with a small amount of water. It makes for a very black mouth and teeth (unless you rinse vigorously) but it seems to absorb gases in the stomach and intestine that are the primary cause of stitches, etc. (ed. - neither Marcel or I have gotten any cramps since we started using them several months ago).

For club members who want to make additions to their list of members:

Silva's phone # is 724-7221.  
Bowles' phone # is 364-9930 or 363-2415,  
(barracks #1234, room 106).

West Valley members: Be sure and send for new AAU cards for 1970. Also, the Newsletter will soon begin a monthly writeup on 1 or 2 club runners (a sort of "know your team" column). To help us out, everyone on the club please send us as much information

as you can about yourself. This should include phone number and address, age, schools attended, jobs (current and past), running background (best times, races, honors, goals), AAU number - for 1970, any photos of yourself (preferably running), most exciting moments of your racing career, and anything else you want to include. Send as much as you can because we want to start a file to draw from for our Newsletter. Try and get this to me by the first of the year.

Whenever our next meeting is (probably January) we will let you know several weeks in advance and will try and make it on a day that everyone can make it (except maybe some of our members that are over 50 miles out of San Jose). Bring your running jersey if you have one (if not there will be enough at the meeting) because we are going to take pictures of everyone (a group picture and individual mug shots).

CLUB DUES: Club dues are coming around again. If your membership card does not say 1970 on it, then \$3 is due by the next meeting. Mail dues to Keith Kruse, 14434 LenRay, San Jose, Calif. If you cannot pay Keith in person, then send all checks, cash, money orders, etc. to the above address. Make checks and m.o.'s payable to West Valley Track Club. Bring dues to next meeting if you cannot pay before. New members should send \$5. This is to cover cost of jerseys. We may take a vote on raising yearly dues to \$5 for everyone at the next meeting so think this over.

The new Pacific Association Track & Field Chairman is Franklin "Pitch" Johnson.

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QUOTE OF THE MONTH----

"The important thing in the Olympic Games is not winning but taking part. The essential thing in life is not conquering but fighting well."

...Baron Pierre de  
Coubertin (The Olympic Creed)

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LATE NEWS: West Valley's newest member, Tony Casillas, has impressive credentials. After a lengthy layoff he is back in training and in his first race (after only a month of running) placed 41st for West Valley in the Daly City Hill Run. Tony attended South San Francisco High and graduated in 1962. From there he went to CSM and Cal State (Hayward). He is currently doing graduate work there. His best track times include a 4:20 mile and a 1:55 half-mile. His address is 23972 Second St., Apt. 1, Hayward, Calif. He is currently training with members of Cal State's cross country team.

Also expressing interest in West Valley is ex-CSM ace (now attending Eastern Kentucky) Ralph Likens. His 4:10 mile time and 9:19 two mile time shows he has good speed and a 2:53 on the Ocean to Bay marathon course indicates endurance. Ralph will be back in the Bay Area in June.



Thanks to Peter Mattei, the Newsletter is able to get off a partial long distance running schedule for the next few months. A complete schedule for 1970 should be in January's issue.

All-Comers Meets: Again, spear-headed by Messrs. Harry Young and George Newlon, the Northern California Track & Field Association is sponsoring the Winter Season of All-Comers Meets to be held at the College of San Mateo (take 19th Ave. Freeway toward Half Moon Bay off Bayshore Freeway). The season starts December 6th and goes every Saturday following through February 8th. On January 31st the competition will also include women. Field events start at 11:30 a.m. and running events at 12 noon. On the 20th of December trials will be held for the San Francisco Examiner Indoor Track & Field Meet to be held Jan. 3, 1970, at the Cow Palace in Daly City (just south of San Francisco). George Newlon may be reached at 746 Nevada, San Mateo, Calif. 94402, phone numbers are: 342-5526 (business) and 344-8804 (home). We have no information on Harry Young.

- December 14 - Pacific AAU Marathon Championships, Petaluma (9:30 am) - Peter Mattei, 1000 North Point, San Francisco, Calif.
- December 20 - Alameda Track Club X-country carnival, Oakland (10 am) - Richard Scott, 2574 17th St., San Pablo, Calif., 94806.
- December 20 - Trials for Examiner Indoor Meet at College of San Mateo (no other information available, sorry).
- December 31 - 10th Annual Midnight Run, Los Altos Hills (near Foothill College), 10,000 meters (12 midnight). Write to: Midnight Run, c/o Town Crier, P.O. Box F, Los Altos, Calif., 94022.
- January 3 - S.F. Examiner Indoor Meet at Cow Palace in Daly City. Write San Francisco Examiner for ticket information.
- January 4 - PAAAU 32 mile championship, Santa Rosa (9:30 am), Peter Mattei, 1000 North Point, San Francisco, Cal.
- January 18 - PAAAU 20 km. championship, Woodside (10 am), Pete League, 603 E. 15th St., Oakland, Cal., 94606.
- January 31 - 20 mile x-country, Woodside (10 am), Mike Ipsen, Box 868, Redwood City, Calif. (Phone: 365-1797).
- February 14 - 5th Annual Clam Beach Run, Trinidad, Calif. (2 pm), 8½ miles; Dr. Ford Hess, Box 47, Trinidad, Calif. 95570.
- February 21 - Searsville Lake Run (7.6 miles), Woodside (10 am); Stanford Running Club, John Spurr, 636 College Ave., Palo Alto (phone 328-8117).
- February 28 - 8 mile road race, Martinez (10 am); Mr. Lukasekulich, 834 Darlene Dr., Concord, Calif. (Phone: 685-5185).

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 (ADVERTISEMENT)  
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Area Tiger Distributer: Pete League, 603 E. 15th St.,  
 Oakland, Cal. 94606 (Ph. 835-2232)

Pete is usually at most area road races with a good selection of racing flats, workout flats, and spikes, as well as racing trunks, singlets, etc. If he doesn't have your size, he will be glad to order for you. Some of the more popular models offered by Blue Ribbon Sports (Tiger Distributors) are shown below.

From top to bottom: TG-4 "Marathon", new all-nylon upper. The lightest, fastest, strongest, most comfortable flat ever made. TG-22 "Road Runner", the ideal racing/training combination shoe. Special sponge midshoes absorb road shock at ball and heel. New long wearing outer sole and sponge cushioned tongue. "Olympiade XIX", All nylon uppers with injected nylon spike plate with 4 detachable spikes. To clean, just throw in washing machine!





After failing in two previous attempts, Athens AC's Skip Houk broke the tape in scoring a convincing triumph over Marin's Darryl Beardall and Nigeria's Martins Ande. The course was changed considerably, ending at Belmont's Marine World. Houk's time was a slowish 2:54:00.2, but this was due to record high temperatures that soared into the 90's over the last half of the race. The starting field of 136 was cut to 89 at the finish due to the torrid heat. Collecting Junior Division honors was Maranon's Charles Frosolone in a time of 3:02:03.8. In the Senior Division, 46 year old Ralph Paffenbarger finished a tremendous 13th place, missing 10th place by only a little more than 3 minutes. The Redwood City Striders ran away with the team prize with a low score of 31 points (3 placers per team). Following is a list of the top 20 finishers, all breaking 4 hours.

1 - Skip Houk (Athens AC)	2:54:00.2	11 - Joel Stein (RC Striders)	3:36:35
2 - Darryl Beardall (Marin)	2:58:00.4	12 - Hans Templeman (Carlmont)	3:37:11
3 - Martins Ande (Nigeria)	3:00:00.8	13 - Ralph Paffenbarger (Berk.)	3:38:13
4 - Charles Frosolone (Maranon)	3:02:04	14 - Randy Lawson (RCS)	3:44:49
5 - Dennis Mathews (Solano)	3:06:24	15 - James Englek (unat.)	3:50:15
6 - George Kirk (RC Striders)	3:10:04	16 - Rich Sorenson (SFOC)	3:53:27
7 - Kurt Schroers (Aggie TC)	3:15:04	17 - Pat Grevelt (RCS)	3:54:57
8 - Edward Spurr (Stanford Running Club)	3:17:10	18 - Jim Simpson (SFOC)	3:58:15
9 - Dennis O'Halloran (Maranon)	3:19:01	19 - Art Dudley (unat.)	3:58:23
10 - Bob Bruner (So.Cal.Striders)	3:35:02	20 - Scott Carvey (Carlmont)	3:59:30
		21 - Greg Patrick (RCS)	4:00:45

(ed. - Sorry we were late with these results: race was on August 2)

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HETU AND RUSTAD WIN LAKE MERRITT COLUMBUS DAY RUNS

West Valley's Marcel Hetu ran a come from behind race in the shorter (5 kilometer) race and finally overtook Chabot's Frank Bautista in the last mile to win in a course record of 14:51. However, Chabot's team easily won the team title with 36 points to West Valley's 80. A few days prior to this race, West Valley's Alvaro Mejia incurred a leg injury while training and was unable to compete. The injury is not too serious and Al expects to be back and racing again within a month or so.

1 - Marcel Hetu (West Valley)	14:51
2 - Frank Bautista (Chabot)	15:01
3 - Darren George (unat.)	15:15
4 - Jack Leydig (West Valley)	15:37
5 - Bill Seaver (Chabot)	15:39
6 - Evencio Hurtado (Chabot)	16:01
7 - ??? (#507)	16:07
8 - Mark Forry (PHTF)	16:14
9 - Pete League (Marin AC)	16:34
10 - Greg Chapman (Solano)	16:35
11 - Chris Arundez (Chabot)	16:39
12 - Joe Seaver (Chabot)	16:40
13 - ??? (#506)	16:41
14 - Don Pickett (SFOC)	16:43
15 - ??? (#525)	17:02
----- 22 - Bob Mignosa (West Valley)	18:57
23 - Keith Campbell (West Valley)	19:12
30 - Frank Cunningham (WVTC)	20:06

Winning his first race since this year's comeback, Doug Rustad beat a good field in a time of 30:30. West Valley's Marcel Hetu, coming off his victory in the 5km., came up for 6th place after only about 15 minutes rest. The race was twice around the lake instead of the once around 5 km. course. The Marin AC narrowly beat the S.F. Olympic Club for team honors, 57 to 62.

1 - Doug Rustad (unat.)	30:30	13 - ??? (#507)	33:32
2 - Byron Lowry (SFOC)	31:01	14 - Bruce Degan (Marin AC)	33:37
3 - Chris Miller (SFOC)	31:08	15 - Willie Cronin (unat.)	33:48
4 - Bill Ferlatte (Marin AC)	31:11	16 - Bill Gillingham (SFOC)	33:51
5 - Mike Spino (unat.)	32:03	17 - Jim Gallon (SFOC)	33:52
6 - Marcel Hetu (West Valley)	32:15	18 - Jeff Kroot (Marin AC)	33:55
7 - Jack Leydig (West Valley)	32:30	19 - Bob Baglan (unat.)	34:33
8 - Dale Severy (SBAA)	32:39	20 - Bill Mackey (West Valley)	34:40
9 - Tom Beck (Marin AC)	32:58	21 - Wayne Glusker (West Valley)	34:52
10 - Ray Darwin (Culver City)	33:06	22 - Lee Holley (Marin AC)	35:01
11 - Eric Brenner (unat.)	33:15	23 - Heine Hartwig (unat.)	35:06
12 - Peter Wood (Marin AC)	33:31	24 - Gerry Haslam (SFOC)	35:09



Attempting the distance for the first time, Bob Deines, 22, running unattached, set a new United States record on October 19 in the third annual Pacific AAU 50 mile run at Rocklin. Bob was clocked in 5 hours, 22 minutes, 55 seconds to better the previous record of 5:38:15 set by Skip Houk in the same race last year. An Occidental College graduate now teaching in Berkeley, Deines was the 1968 Olympic team marathon alternate. Today he started conservatively, passing 10 miles in 68:50, but running his last 10 in a blazing 56:55 and the last 5 in an even more phenomenal 27:15!! Second placer, John Pagliano, 31, of the Los Angeles Senior Track Club, was also under the old record with 5:38:05. Another record fell when Jose Cortez of the Redwood City Striders, only 17, captured 3rd place (first PAAAU finisher) in 5:55:45.



Deines at end of 1968 Culver City Marathon

As expected, records toppled in the senior division. Sacramento's Paul Reese, 52, finished sixth in 6:28:15, setting a U.S. record for the over-40 division. Reese lopped an amazing 69 minutes off his best 50 mile time. He was hard pressed by teammate Dr. Ralph Paffenbarger, 44. Peter Mattei, 45, who had a record senior time in the making until slowed at 40 miles with leg cramps, was eighth in a good time of 6:57:00. Living up to his reputation as the nation's most rugged 60 year old distance runner, Walt Stack, 62, came in 10th in a highly respectable 7:24:10. Winning team was the LA Seniors and the Pacific championship team was the Northern California Sr. Track Club (Reese, Paffenbarger, and Mattei). The Redwood City Striders were the second PAAAU team.

West Valley's new member, Jim Bowles, was running a fine 7th at 35 miles with Peter Mattei when he was forced to drop out (4:18:45). He was West Valley's only representative in the race.

One of the pre-race favorites, Darryl Beardall of Marin AC, was unable to compete because of reoccurring stomach problems. He finished second to Houk last year, losing by less than a minute. Below are the top 10 finishers and their 10 mile splits.

1 - Deines (unat.)	1:08:50	2:15:00	3:21:00	4:26:00	5:22:55 (record)
2 - Pagliano (LASTC)	1:09:00	2:15:00	3:21:00	4:25:30	5:38:05 (record)
3 - Cortez (RCS)	1:21:45	2:37:50	3:47:00	4:47:30	5:55:45
4 - Bill Peck (unat.)	1:10:50	2:22:15	3:30:30	4:46:30	6:14:30
5 - Bob Carmon (LASTC)	1:08:45	2:15:05	3:25:00	4:43:30	6:14:55
6 - Paul Reese (NCSTC)	1:11:45	2:23:55	3:40:40	5:10:15	6:28:25
7 - R. Paffenbarger (NCSTC)	1:10:50	2:24:20	3:39:00	5:09:30	6:39:30
8 - Peter Mattei (NCSTC)	1:10:50	2:22:15	3:36:00	5:09:00	6:57:00
9 - Bruce Dern (LASTC)	1:19:45	2:38:55	3:59:00	5:24:15	7:06:10
10 - Walt Stack (NCSTC)	1:17:00	2:36:20	4:03:30	5:41:05	7:24:10

Other finishers: George Waxham (unat.) - 7:36:30, Frank Cortez (RCS) - 7:48:20, Tom Davidson (unat.) - 8:12:55, Steve Reeder (unat.) - 8:23:07, Mike Ipsen (RCS) - 9:20:15, Pamela Schmidt (Laurel TC) - 10:14:36. Pam is a San Francisco high school senior. She ran unofficially but completed the entire 50 miles and set a PAAAU women's record and probably a national record as well.

(The course was run on a 5 mile loop so that the above splits are over the same distance and terrain.)



Taking the lead from the start, ex-San Jose State distance ace Byron Lowry scored a convincing triumph in the East Bay Road Runners sponsored Berkeley to Moraga run. The weather was cool and ideal for record setting, as was the case with the first three finishers under Darryl Beardall's 1968 record of 1:13:19. This year Beardall finished 4th but is showing signs of returning to form after an injury riddled summer. No team title was at stake. Below are the first 26 finishers and their times:

1 - Byron Lowry (SFOC)	1:11:18	14 - Kent Rezowalli (Maranon)	1:19:37
2 - Gary Rezowalli (Maranon)	1:12:32	15 - Steve Parker (Alameda TC)	1:19:50
3 - Richard Delgado (unat.)	1:13:02	16 - Pete League (Marin AC)	1:20:02
4 - Darryl Beardall (Marin)	1:13:40	17 - Eric Brenner (unat.)	1:20:18
5 - Jack Leydig (WVTC)	1:14:14	18 - Tim Jordan	1:20:30
6 - Tom Cathcart (unat.)	1:16:47	19 - Wayne Glusker (West Valley)	1:20:50
7 - Jim Howell (unat.)	1:17:55	20 - Jim Gallon (SFOC)	1:21:12
8 - Ray Batz (SFFD)	1:18:07	21 - Peter Wood (Marin AC)	1:21:38
9 - John Spurr (Stanford RC)	1:18:11	22 - Gregory Lyon	1:21:55
10 - Jeff Kroot (Marin AC)	1:18:28	23 - Bill Mackey (West Valley)	1:21:56
11 - Jose Cortez (RCS)	1:18:53	24 - Bill Bachrach (Alameda TC)	1:22:00
12 - Willie Cronin (West Vly)	1:19:06	25 - Donald Sawyer	1:22:41
13 - Frank Hagerty	1:19:24	26 - Bruce Degen (Marin AC)	1:23:31

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STANFORD'S BROOK THOMAS WINS PACIFIC AAU JR. X-COUNTRY 10,000 METER TITLE

Over 100 runners started with Stanford's Brook Thomas running away from the field after he took command at about the one mile mark. The course was a new one and very "cross-countryish" with many hazards (water, grass, logs, loose sand, and several short and steep hills that came in the wrong places). The course consisted of three laps but was probably somewhat less than the full 10,000 meters (closer to 6 miles). Second place finisher Jack Leydig led his West Valley team to victory over the Marin Athletic Club after moving from 4th at 2 miles and 3rd at 4 miles to finally edge out Marin AC's Bill Ferlatte in the last mile. West Valley also had the first Senior finisher in Bill Mackey (41) who was the team's fifth man and finished in 26th place. The top 26 finishers and their times:

1 - Brook Thomas (Stanford)	29:52	14 - Bruce Degen (Marin AC)	32:53
2 - Jack Leydig (West Valley)	31:07	15 - Tom Cathcart (unat.)	33:00
3 - Bill Ferlatte (Marin AC)	31:17	16 - Willie Cronin (West Valley)	33:08
4 - Mike Spino (Otherways)	31:34	17 - Steve Adams (Chico State)	33:14
5 - Steve Jones (Stanford)	31:43	18 - Wayne Glusker (West Valley)	33:26
6 - Jose Cortez (Redwood City)	31:49	19 - Joe McDevitt (unat.)	33:33
7 - Bill Seaver (Chabot)	31:51	20 - Ken Napier (West Valley)	34:01
8 - John Martin (Castle AFB)	31:56	21 - Gerald Haslam (SFOC)	34:03
9 - Dale Severy (SBAA)	31:56	22 - Terry Smith (DSE)	34:25
10 - Jim Howell (unat.)	32:17	23 - Bill Bachrach (Alameda TC)	34:28
11 - Wolfgang Schmulewig (unat.)	32:24	24 - Joe Stein (Redwood City Str.)	34:30
12 - Bill Gillingham (SFOC)	32:36	25 - Jim Gallon (SFOC)	34:45
13 - Karl Springer (Chico St.)	32:48	26 - Bill Mackey (West Valley)	34:53
---34 - Neil Kruse (WVTC) - 35:35; 43 - Bob Stephenson (WVTC) - 36:20			
Team Scores: West Valley TC - 82, Marin AC - 106, Redwood City Striders - 184, San Francisco Olympic Club - 209.			

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BYRON LOWRY WINS SECOND ANNUAL 10 MILE TURKEY TROT

(Nov. 8) - The Olympic Club's Byron Lowry took the lead and held it, winning in a time of 58:03, short of Chris Miller's course record of 56:25 (in 1968). His roommate Martin McCann, ex-Carlmont High ace, was second in 58:47. Turkeys went to Byron Lowry (open), Martin McCann (college), Peter Mattei (Senior), Mark Forry (high school), Jim Howell (Jr. College), Liz Healy (girls), Sandra Jones (women), Cam Bettencourt (boys), and Walt Stack (61), (super-senior). Below are the top finishers in the open division.

1 - Byron Lowry (SFOC)	58:03	11 - Tom Mann (unat.)	69:33
2 - Martin McCann (SJS)	58:47	12 - Bob Berg (unat.)	69:43
3 - Steve Parker (Alameda TC)	61:45	13 - Tom Pinckard	69:51
4 - Jim Howell (West Valley)	62:00	14 - Peter Mattei (NCSTC)	70:04
5 - Wayne Glusker (West Valley)	62:50	15 - Bob Stephenson (West Valley)	70:52
6 - Chris Steers (Toronto OC)	65:48	16 - T.A. de Lusignan (Marin AC)	71:15
7 - Bruce Johnson (Alameda TC)	68:07	17 - Art Dudley (unat.)	71:21
8 - Frank Uher (unat.)	68:23	18 - Clarence Hall (unat.)	72:27
9 - Jim Engle (unat.)	68:32	19 - Al White (unat.)	72:56
10 - Bill Uher (unat.)	69:08	20 - Don Sommer (Dolphin Club)	74:07



P.A.A.A.U. X-COUNTRY CHAMPIONSHIPS WON BY CLARK AND S.F. OLYMPIC CLUB

(Nov. 15) - The Olympic Club sponsored Pacific Sr. X-country championships turned out to be a short 10,000 meters (probably a little over 5 1/4 miles) but was nonetheless a very challenging course through scenic Golden Gate Park. The race consisted of three equal laps near the Polo Field. Approximately 100 runners started at 9:30 a.m. and Lt. Cliff Clark from Castle Air Force Base in Merced turned up the winner in a very strong field. The team title was a runaway as the powerful S.F. Olympic Club swept four out of the first six places on the strength of newly acquired Doug Rustad and Richard Delgado. Chico State placed second and West Valley, running without two of their top three runners (Alvaro Mejia and Marcel Hetu, both out with leg injuries), still managed to pick up third place. The top 30 finishers:

- |                                      |         |
|--------------------------------------|---------|
| 1 - Lt. Cliff Clark (Air Force)      | 25:28.8 |
| 2 - Doug Rustad (SFOC)               | 25:51   |
| 3 - Byron Lowry (SFOC)               | 25:57   |
| 4 - Anthony Risby (Univ. of Nevada)  | 26:08   |
| 5 - Richard Delgado (SFOC)           | 26:21   |
| 6 - Chris Miller (SFOC)              | 26:27   |
| 7 - Paul Bateman (Univ. of Nevada)   | 26:29   |
| 8 - Duwayne Ray (Chico State)        | 26:31   |
| 9 - Jack Leydig (West Valley TC)     | 26:41   |
| 10 - Bill Ferlatte (Marin AC)        | 26:49   |
| 11 - John Martin (unat.)             | 26:59   |
| 12 - Bill Kelley (unat.)             | 27:17   |
| 13 - T. O'Connor (Chico State)       | 27:28   |
| 14 - Ray Batz (SFFD)                 | 27:30   |
| 15 - Bill Gillingham (SFOC)          | 27:42   |
| 16 - Jim Howell (West Valley TC)     | 27:47   |
| 17 - Jose Cortez (Redwood City Str.) | 27:57   |
| 18 - Bruce Degen (Marin AC)          | 27:59   |
| 19 - Chris Steers (Toronto OC)       | 28:14   |
| 20 - K. Soringer (Chico State)       | 28:14   |
| 21 - Willie Cronin (West Valley TC)  | 28:29   |
| 22 - Greg Chapman (Solano TC)        | 28:30   |
| 23 - Wayne Glusker (West Valley TC)  | 28:32   |
| 24 - S. Adams (Chico State)          | 28:33   |
| 25 - D. Mulloy (Chico State)         | 28:37   |
| 26 - A. Jiminez (Kentfield H.S.)     | 28:40   |
| 27 - Ray Darwin (Culver City AC)     | 28:53   |
| 28 - Gary Haslam (SFOC)              | 29:00   |
| 29 - R. Baglan (unat.)               | 29:08   |
| 30 - B. Peck (Serra H.S.)            | 29:12   |
| -----                                |         |
| 34 - Ken Napier (WVTC)               | 29:21   |
| 36 - Bob Stephenson (WVTC)           | 29:23   |
| 38 - Bill Mackey (WVTC)              | 29:47   |
| 43 - Jim Sullivan (WVTC)             | 30:12   |
| 82 - Bob Mignosa (WVTC)              | 33:26   |
| 86 - Frank Cunningham (WVTC)         | 34:04   |



LT. CLIFF CLARK

Team Scoring ---

S.F. Olympic Club	31
Chico State	90
West Valley Track Club	109
Marin AC	142
Redwood City Striders	209
Lassen Track Club	239

\* \* \* \* \*

MEJIA RETURNS TO CAPTURE DALY CITY HILL RUN

After sustaining an early October leg injury, West Valley's Alvaro Mejia finally returned to competitive running on November 22 in impressive fashion by taking a 50 second victory over Marin's ace, Darryl Beardall. The course was a very trying one as it traversed San Bruno Mt. (1300 feet) and all on asphalt. University of Nevada's Peter Duffy started out fast and held the lead for the first four miles. Then Mejia took over and won going away. No official team scores were kept but West Valley had a low point total of 64 (1-5-9-24-26). The last four miles of the 8.2 mile race was all downhill and there were many complaints of sore legs for days afterwards. West Valley's Jack Leydig had achilles tendon trouble going up the hill but managed to work it out on the way back down, moving from 8th at the top of the mountain to 5th at the finish. The top finishers:

- |                                  |       |                                       |         |
|----------------------------------|-------|---------------------------------------|---------|
| 1 - Alvaro Mejia (West Valley)   | 42:11 | (Other WVTC finishers:)               |         |
| 2 - Darryl Beardall (Marin AC)   | 43:01 | 24 - Bob Stephenson                   | 48:39   |
| 3 - Martin McCann (San Jose St.) | 44:24 | 26 - Wayne Glusker                    | 49:06   |
| 4 - Peter Duffy (U. of Nevada)   | 44:31 | 41 - Tony Casillas                    | 50:59*  |
| 5 - Jack Leydig (West Valley)    | 44:42 | 96 - Bob Mignosa                      | 57:56   |
| 6 - Ray Batz (SFFD)              | 45:10 | 110 - Richard Clark                   | 60:15** |
| 7 - M. Casarpicz (sp?)           | 45:25 | * New member                          |         |
| 8 - R. Lawson (San Carlos High)  | 45:28 | ** Not yet eligible to run for WVTC   |         |
| 9 - Jim Howell (West Valley)     | 45:46 |                                       |         |
| 10 - Ed Brady (Modesto High)     | 45:52 | (More Daly City results on next page) |         |
| 11 - Jose Cortez (Sequoia High)  | 46:20 |                                       |         |
| 12 - Willie Eashman (Cal State)  | 46:55 |                                       |         |
| 13 - Greg Chapman (Solano TC)    | 47:02 |                                       |         |



Although the race was run in one heat, there were five divisions. Mejia, Beardall, and McCann took the open division while Lawson, Brady and Cortez took top honors in the high school section. In the 40 and over group (seniors) Dr. Peter Wood of the Marin AC made a runaway of it in 48:35 to beat runner up Peter Mattei (NCSTC) 51:01 and Robert Biancalana (also Marin AC) 51:19 by a wide margin. Mary Cortez (Redwood City Striders) took top honors in the women's race with a good 62:20, followed by tiny (7 year old) Mary Boitano (South End Rowing Club) in 68:07 and Sandra Jones (unat.) in 70:25. In the Daly City sponsored meet, the first two hometown finishers were Bill Posdell - 50:40, and Mike Tracy (Westmoor H.S.) - 54:17.

\* \* \* \* \*

LINDGREN NIPS RYAN FOR THIRD NCAA CROSS COUNTRY VICTORY

Gerry Lindgren closed his collegiate career today (Nov. 24) by winning the NCAA cross country title for the third time. He also won in 1966 and 1967. The 23-year-old senior from Washington State won the title over New York's Van Cortland Park course in a superlative 28:59.2. The defending champion, Mike Ryan of the Air Force Academy, finished strongly, just missing Gerry in a time of 29:01. He came from 100 yards back to finish only 12 yards off the pace. Steve Prefontaine, a freshman at Oregon was coughing blood during the opening half mile but still finished a good third, another 60 yards behind in 29:12. The University of Texas at El Paso upset defending champion Villanova by a score of 74-88 with Oregon third at 113. Oregon was the Pacific 8 winner at Stanford only 10 days earlier. In that race, Lindgren shaded Prefontaine as they both ran identical times of 28:32.4. Stanford's Greg Brock was Northern California's top finisher in 9th at 29:46. Stanford did not take a team to the meet as they finished 3rd in their conference meet. The top individual's and their times:

1 - Lindgren (Wash. St.)	28:59	16 - McGuire (Iowa St.)	30:00
2 - Ryan (Air Force)	29:01	17 - Richey (Pittsburgh)	30:00
3 - Prefontaine (Oregon)	29:12	18 - Breen (UTEP)	30:02
4 - Bednarski (UTEP)	29:17	19 - Riley (Wash. St.)	30:02
5 - Dulong (Holy Cross)	29:27	20 - Walsh (Manhattan)	30:03
6 - Bjorkland (Minnesota)	29:27	21 - Harris (Western Mich.)	30:04
7 - Michael (William & Mary)	29:28	22 - Dextras (Ohio St.)	30:05
8 - Schrader (Maryland)	29:42	23 - Garcia (Lamar Tech)	30:06
9 - Brock (Stanford)	29:46	24 - Moore (So. Illinois)	30:07
10 - McKillip (UTEP)	29:51	25 - Gray (Arkansas St.)	30:08
11 - Walsh (Villanova)	29:56	26 - Bertelsen (Ohio Univ.)	30:09
12 - Sink (Bowling Green)	29:57	27 - Devine (Oregon)	30:10
13 - Misner (Florida St.)	29:57	28 - Ortiz (Western Kentucky)	30:12
14 - Silvious (Eastern Kentucky)	29:58	29 - Timm (Minnesota)	30:13
15 - McClendon (Oregon)	29:59	30 - Wattle (Bowling Green)	30:14

Team Standings -

1. Texas (El Paso) 74; 2. Villanova 88; 3. Oregon 113; 4. Washington State 187; 5. Illinois 203; 6. Western Michigan 222; 7. Minnesota 295; 8. Pennsylvania 299; 9. Bowling Green 335; 10. Penn State 352; 11. Connecticut 356; 12. Houston 382; 13. Miami of Ohio 401; 14. Manhattan 408; 15. Nebraska 420; 16. Providence 420; 17. Long Beach St. 430; 18. Tennessee 445; 19. Cal Poly 463; 20. Princeton 498; 21. Kansas 512; 22. Missouri 543; 23. Georgetown 560; 24. Cincinnati 562; 25. St. Johns (NY) 571; 26. Virginia Poly 575; 27. Murray State 611; 28. NYU 635; 29. Harvard 653; 30. Florida 702.

\* \* \* \* \*

SAN JOSE CITY COLLEGE TAKES GOLDEN GATE CONFERENCE MEET

A very close team battle highlighted the Golden Gate Conference title meet at West Valley College in Saratoga. San Jose City College had none to spare as it edged out City College of S.F. and Chabot (45-52-53). Following were Foothill-91, Diablo Valley-117, San Mateo-147, and Laney-190. Chabot's Frank Bautista fought off SJCC's Baldovinos and his team mate Hurtado in streaking to a course record of 19:30. West Valley Track Club's Sean O'Riordan was second for the winners, finishing at the front of a big pack of runners in 6th. Individual finishers were:

1 - Frank Bautista (Chabot)	19:30
2 - Baldovinos (SJCC)	19:37
3 - Evencio Hurtado (Chabot)	19:41
4 - Hernandez (CCSF)	20:00
5 - Power (CCSF)	20:05
6 - Sean O'Riordan (SJCC)	20:16
7 - ??? (SJCC)	20:18
8 - Navarez (CCSF)	20:19
9 - Chuck Burke (Chabot)	20:20
10 - Maydahl (Diablo Valley)	20:23



Although our results are quite sketchy, we have managed to dig up some of the top meet results in the month of November. Readers: please feel free to make additions, corrections, etc.

Postal Meet Results: In a U.S. Postal Meet in mid-November, two West Valley Track Club runners took top honors over three miles on the track. Going into the last lap, Camden's Keith Kruse had about a 15 yard lead over Watsonville's Eddie Silva, but Silva put on a good kick and went on to win in a good 14:47.2 to Kruse's 14:48.4. In third place was Chamness of Awalt High and Hans Templeman of Carlmont got 4th. Both are only juniors. Their times were 14:49 and 14:51 respectively. These times should rank fairly high in the U.S. Postal Competition rankings which we will try and get out in the next issue. Sorry we have no team results.

North Coast Section Finals: Over a three mile course at Lafayette, Campolindo's Tom Hill ran a good 14:08 in leading his team to a second place finish behind Mt. Diablo High. Finishing second was Chuck Mork of Washington in Fremont (14:17) and getting the third spot was Redwood High's and Marin AC's Kevin Pusser (14:24). Team scores: Mt. Diablo - 63, Campolindo - 93, Pleasant Hill - 108, Ygnacio Valley - 112, Washington (Fremont) - 155, Alameda - 174, Redwood - 180, Tennyson - 225, Sunset - 232, Berkeley - 256, Tamalpais - 305, Eureka - 320, Petaluma - 332. In the Frosh-Soph division, Mt. Diablo again was victorious as it outpointed Redwood and Ygnacio Valley (73-84-115). No individual results are available.

Central Coast Section Finals: (Nov. 26) - Mighty Homestead High failed to place anyone in the top 10 individuals in varsity competition, but still scored a decisive victory over Carlmont, 73-100, to highlight the CCS meet which was held at Carlmont's Hallmark course (2.25 miles of tough hills) in Belmont. Weather conditions were almost ideal except for a heavy blanket of smog. Temperatures were in the low 70's and there was no wind. Bob McCarty of St. Francis High was the individual winner in 11:21, 10 seconds off the course record set by his teammate Bernie Lahde the previous year. Hans Templeman of Carlmont, only a junior, followed with an 11:27 and Randy Lawson of San Carlos High took third in 11:28. West Valley's Keith Kruse (Camden) and Eddie Silva (Watsonville) led their teams to 6th and 4th place finishes respectively. West Valley's and Saratoga High's Gordon Blackwell (a junior) just missed the top 15 as he placed 16th in 12:54. Kruse and Silva ran 6th and 8th individually. Following are the top 16 finishers in the varsity division:

1 - McCarty (St. Francis)	11:21	9 - Kinsella (Soquel) - soph	11:41
2 - Templeman (Carlmont)	11:27	10 - Geiken (Cubberly) - soph	11:45
3 - Lawson (San Carlos)	11:28	11 - Stahl (Homestead)	11:47
4 - O'Halloran (St. Francis)	11:33	12 - Remak (Homestead)	11:50
5 - Bush (Piedmont Hills)	11:34	13 - Tranchina (Soquel)	11:53
6 - Kruse (Camden)	11:36	14 - Haley (Carlmont)	11:53
7 - Ribera (Oceana) - junior	11:38	15 - Davis (Los Altos)	11:53
8 - Silva (Watsonville)	11:40	16 - Blackwell (Saratoga) - junior	11:54

Team Scores: Homestead - 73, Carlmont - 100, Willow Glen - 184, Watsonville - 192, Mt. Pleasant - 194, Camden - 206, Awalt - 208, Riordan - 210, Hillsdale - 230, Soquel - 244, San Carlos - 268, Mills - 284, Los Altos - 308, Oceana - 320, Lynbrook - 332, Monterey - 359, Saratoga - 367, Del Mar - 425. (Homestead: 59:41)

In the Junior Varsity race, the team scoring was switched, as Carlmont upended Homestead in a close battle (29-38). Junior Bill Helbush of Carlmont won the race in 12:27. Other team scores were Cupertino - 38, Lynbrook - 167, Awalt - 170, and Hillsdale - 172 to round out the top six. Carlmont's team time was 63:49. Top individuals were:

1 - Helbush (Carlmont)	12:27	6 - Ayna (Homestead)	12:47
2 - Verrette (Awalt)	12:40	7 - Hayes (Carlmont)	12:50
3 - Gillan (Homestead)	12:42	8 - Fetherolf (Carlmont)	12:52
4 - Fondacabe (Carlmont)	12:45	9 - Zibel (Carlmont)	12:55
5 - O'Toole (Homestead)	12:46	10 - Killam (??)	13:01

In the frosh-soph race, Vern Lewis, a freshman at Homestead High, won in a tremendous 12:04 (22 seconds ahead of the next finisher). Again Homestead dominated with 47 points to edge out Camden (74) for second. The next four teams were: Pacific Grove - 175, Willow Glen - 185, Sequoia - 192, and Lynbrook - 216. Individual results:

1 - Lewis (Homestead)	12:04	6 - Carris (Camden)	12:42
2 - Ehert (Willow Glen)	12:26	7 - DeLaRoche (Camden)	12:45
3 - Doze (Camden)	12:34	8 - Acosta (Gilroy)	12:46
4 - Donaldson (Mt. Pleasant)	12:38	9 - Focha (Homestead)	12:47
5 - Bailey (??)	12:39	10 - Barraya (Pacific Grove)	12:47

In winning, Homestead posted a team time of 63:24 to runnerup Camden's (64:14).



In the freshman division, Homestead again trampled all opponents to make it almost a clean sweep of all four divisions. Again, Carlmont was runnerup by a score of 43-69. Next came Terman with 76, Burlingame - 149, Camden - 207, and San Carlos - 208, to round out the top six. Terman's MacMitchell staged a close dual with Burlingame's Brown but came out the victor by 4 seconds. Homestead's winning team time was 65:41 to Carlmont's 66:44 and Terman's 66:05. Individual results for the top 10 runners:

1 - MacMitchell (Terman)	12:18	6 - Johnson (Leigh)	12:58
2 - Brown (Burlingame)	12:22	7 - Lawson (Terman)	13:03
3 - Church (Homestead)	12:51	8 - Rodrigues (??)	13:06
4 - Catterin (Carlmont)	12:57	9 - Tooke (Sunnyvale)	13:09
5 - Gazlay (??)	12:57	10 - Carty (Homestead)	13:09

Notes of Interest: Although it was basically a two team race in the varsity division between Homestead and Carlmont, it is interesting to note the team times of the top six. Homestead (59:41), Carlmont (59:58), Willow Glen (61:28), Watsonville (61:19), Mt. Pleasant (61:23), and Camden (61:16). If team times had been used, Camden would have finished 3rd and Willow Glen sixth. Otherwise the places would have remained the same. The fast team time is attributed to Kruse's 6th place finish, while Willow Glen had no runner in the top 15.

Other News: Keith Kruse of Camden and Gordon Blackwell of Saratoga ran 1-2 in their league finals as their respective teams also ran 1-2. Blackwell is only a junior and will be back next year, hopefully to win his league and improve on his 16th placing in the CCS meet. Camden also swept the other three divisions in their league meet. Eddie Silva won his league meet. In the regionals, Keith Kruse placed second behind Bush (Piedmont Hills) and Blackwell got 7th. Kruse went on to take a 6th in the CCS finals, again finishing just behind Bush. Some more postal times from current or future West Valley runners: Grant Garber - 16:11.2, Phil Claussen - soph - 15:48, Benson - soph - 15:53.2. (All are running for Camden High; Garber is currently a WVTC member). In the CCS varsity meet, we have the following results for Camden's 6th place team: Claussen - 12:03 (26th), Benson - 12:26 (53rd), Tolbert - 12:35 (71st), Garber - 12:36 (75th), and Strong - 12:37 (78th).



BOB McCARTY

Winner of Central  
Coast Section



Jack Leydig - on way to 9th place finish  
in PAAAU Sr. X-country Championships.

(Photo by Don Leydig)