

WEST



VALLEY

# NEWSLETTER

Pg. 1

1st Year, No. 3 \*\*\*\*\* January 1970 \*\*\*\*\* 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 Editors: Jack Leydig & 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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## WEST VALLEY NEWSLETTER HITS SO. CAL.

A few copies of the Newsletter were taken to the Culver City Marathon on December 7th and it proved to be an instant hit among those who read it. The Los Angeles Seniors TC puts out a similar publication and we are now on an exchange basis with them. This is a good way of exchanging information between Northern and Southern California long distance runners. We will print any information that they send us that is of pertinence to Nor Cal runners. Again, we need the help of our readers in compiling many race results. This issue is lacking several. Don't hesitate to send material. Any photos that are sent will be returned the week after publication. Black & white glossy photos are best for reproduction, but color shots and newspaper clippings will be reproduced if possible. HELP MAKE THIS A SUCCESSFUL VENTURE AND SEND US MATERIAL!!!

## OLYMPIAN JOINS WEST VALLEY TC!!!

West Valley's most recent addition was on Nigeria's 1968 Olympic team at Mexico City. He is Martins Ande, currently attending Occidental College in Los Angeles. He plans to continue his education and do graduate work, probably in the Bay Area. Ande is 23 years old and has run two very good marathons in the past year. At Boston he ran 2:26 in April and then only about a month later he placed 2nd in the rugged Palos Verdes Marathon with a personal best of 2:24:02. He was only a minute behind Santa Barbara's stellar Chuck Smead. Ande now becomes West Valley's second Olympian. Alvaro Mejia ran in both the 1964 and 1968 Olympic Games for Colombia, finishing 10th in the 10,000 meters in 1968.

Another recent member is Harold DeMoss, 34, whose best marks include a 4:41.2 mile (1968) and a 10:31 two mile (1969). Harold is employed as a pilot for Pan American and lives in Sunnyvale (745 So. Bernardo). He was a graduate of Kansas Univ. in 1957. Recently he finished 30th in the Berkeley to Moraga 14 miler with a good time of 1:23:50.

Steve Parker (Reno, Nevada) has decided to remain with Alameda TC and will not run for West Valley. Best of luck to Steve in the future.

Anyone who is not currently running for a club and is interested in more information concerning West Valley, please contact Jack Leydig at the above address or talk with one of our members.



THIS & THAT

Alvaro Mejia has recovered from a leg injury and is running well. He is scheduled to run in the two mile event at the S.F. Examiner All-American Indoor Meet at the Cow Palace as this paper goes to the presses. Marcel Hetu has finally shaken an ankle injury and is training again. He will probably return to his old form sometime in February. Jim Bowles will be out of action for a month or so after having water removed from his knee. His last race before he had the water removed was the Petaluma marathon. Best wishes for a speedy recovery.

Anyone interested in joining a jogging club who does not have the desire to join a racing club of any type is invited to contact Carl Martin, 4641 Venice Way, San Jose. Although members of this club are frequently seen in local road races, they are not to be confused with members of the West Valley TC. The West Valley Joggers Club has team workouts every Saturday morning at 8 AM at Westmont High School on the west side of Santa Clara Valley. Everyone is invited to this group who can't quite match the speed of racing clubs, or who just like to jog.

Anyone who is a good swimmer and a good runner is encouraged to try out for the modern pentathlon. If you can run and swim well, or you know of someone who can, contact Bob DeCelle, 276 Beach Rd., Alameda, Cal. You may be able to qualify for the Olympic team.

Congratulations to Stan Wright, Head Track Coach at the Sacramento State College and 1968 assistant Olympic Coach, for his appointment as the National A.A.U. Chairman for Track & Field. Also, congratulations to Bob DeCelle, Sr. for his appointment as National Vice-Chairman for long distance running. Bob will also serve as Chairman of the National Selection Committee.

The West Valley Newsletter has had several requests recently for mail orders of our paper on a monthly basis. While we do not discourage this, we will have to charge a fee of \$1.00 per year to cover mailing costs. Also, we would rather not have to do this at all unless it is necessary. Our circulation is now about 250 per month and there are usually Newsletters available at all area road races (while they last). So if you run only one race a month you should still be able to pick up a copy. However, if your racing schedule doesn't permit it, we will

be happy to put you on our mailing list. Also, if your club puts out a similar publication, we would be glad to exchange papers on a regular basis.

A helpful hint to avoid blisters: Recently Chris Miller of the San Francisco Olympic Club gave me a helpful hint that I have found to work. I had always been hesitant to use Tiger Marathon shoes in any race over 10 miles because I would develop an acute case of blisters. Chris told me to buy some Dr. Scholl's Moleskin and apply it to my feet the night before a race. Moleskin is strongly adhesive but is very soft on one side. It stretches easily to mold with your feet. By morning it adheres to your feet so closely that it's like a second skin. I first tried Chris' suggestion at the Culver City marathon and got no blisters at all where I had applied the Moleskin. However, I did get several blisters on the tips of my toes where I did not put it. I also ran the race in Tiger marathon flats. The week after I tried it again in the Petaluma marathon with similar results. I highly recommend this preventive measure against blisters. (Jack Leydig)

Anyone interested in going to the Boston Marathon in April please contact the editors of this paper. We are trying to get some idea of how many Northern California runners would like to go. If we can get enough people interested in going then perhaps we can get a charter flight and cut down on expenses. If anyone has any ideas or suggestions on this, we would appreciate hearing from you.

West Valley's Willie Cronin is vacationing in Ireland over the holidays.

Two West Valley runners made the SF Examiner All-American Indoor Meet on Jan. 3. Alvaro Mejia will run in the open two mile event against such stars as Gerry Lindgren, Steve Prefontaine, Frank Shorter, Kerry Pearce, Bob Waldon, Greg Brock, Chuck Menz, and several others. Bill Mackey will carry West Valley's colors in the Senior Mile. Bill took 4th last year with a 4:56 effort and qualified for this year's race with a 5:01 behind Marin AC's Dr. Peter Wood who ran an excellent 4:51 over a windswept track at the College of San Mateo.

Club dues are payable now to our treasurer, Keith Kruse, 14434 Lenray, San Jose. If you have not paid for 1970, please do so immediately. New members pay \$5 and continuing members pay \$3, although we are considering raising all dues to \$5. This will be voted on at the Jan. 11 meeting.



All-Comers meets: Continuing through February 7th, the Northern California Track & Field Association will hold all-comers meets at the College of San Mateo on every Saturday. Field events start at 11:30 am. On the 31st of January the Women's Western Regional Championships will be held in conjunction with the regular meet at CSM. \*\*\*\* The Alameda Track Club is also sponsoring an all-comers program continuing through January 24 (every Saturday). The meets begin at 9 am at Cal State, Hayward.

- January 18 - PA-AAU 20 km. Championships, Woodside, Calif. (10 am); Pete League, 603 E. 15th St., Oakland, Calif., 94606.
- January 31 - 20 mile cross country, Woodside, Calif. (10 am); Redwood City Striders, Mike Ipsen, Box 868, Redwood City, Cal.
- February 6 - Athens Invitational Track & Field Meet, Oakland Coliseum.
- February 7 - 9 mile Channel to Lake Run, Vallejo, (10 am); Solano Track Club, Greg Chapman, 117 Springs Rd., Vallejo, Calif.
- February 7 - Las Vegas Marathon (travel permits necessary), (12 noon); Don Murray, P.O. Box 14462, Las Vegas, Nevada, 89114.
- February 14 - 5th Annual Clam Beach Run, Trinidad, Cal. (2 pm); Dr. Ford Hess, P.O. Box 47, Trinidad, Calif., 95570.
- February 21 - Searsville Lake Run (7.6 miles), Woodside, Cal. (10 am); Stanford Running Club, J. Spurr, 636 College Ave., Palo Alto, Calif., 328-8117.
- February 28 - 8 mile run, Martinez, Cal. (10 am); Northern Cal. Sr. TC, Luka Sekulich, 534 Darlene Dr., Concord, Cal. - 685-5185.
- March 13 - 100 mile run (3 days, 33 1/3 miles per day), Sacramento, (9 am); Paul Reese, 2789 17th St., Sacramento, Calif., 443-1549.
- March 14,15 - 100 mile run (continuing).
- March 22 - PA-AAU Championship 30 km. run, Pacific Grove, Cal. (9 am); Peter O. Mattei, 1000 North Point St., San Francisco, Cal.
- April 4 - 5 mile run, Lake Merced, San Francisco, Cal. (Seniors only, over 40) (10 am); Northern Cal. Sr. TC, John Boitano, 3875 21st., San Francisco, Calif., 94114.
- April 11 - 14 mile run and barbeque, El Dorado, Calif. (11 am); Peter O. Mattei, 1000 North Point St., San Francisco, Calif.
- May 9 - 22 mile Sacramento to Woodland Captain Freeman Memorial Race (10 am); Woodland Chamber of Commerce, 520 Main St., Woodland, Calif., 662-7327.
- May 16 - 8 mile road run and 4 mile senior road run, Golden Gate Park, San Francisco (10 am); Peter Mattei, 1000 North Point St., San Francisco, Calif., 94109.
- May 24 - Bay to Breakers Race, 8 miles, San Francisco, Cal. (10 am); F. Geis, Suite 601, 942 Market St., San Francisco, 94102.
- May 31 - First Annual Golden Gate Marathon, Tiburon to SF (9 am); Rich Perry, 330 Gonzalez Dr., SF, Cal. 94132 (593-2155).

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\*\*\*\* ADVERTISEMENT \*\*\*\*

RUNNING UNLIMITED (Tiger Distributor): 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 shorts, singlets, etc.



WEST VALLEY'S EDDIE SILVA WINS SALINAS 20 MILER

(December 6): Running superbly over a 20 mile course, West Valley's and Watsonville High School's Eddie Silva ran away from the field of some 30 runners to win by 14 minutes in the Salinas Bicentennial Cross Country Road Run (from the Monterey Fairgrounds to Hartnell College). The course was rolling with only one hill about 12 miles out. The last eight miles were flat. The weather was perfect, cloudy most of the time, with the sun coming through at the right spots to warm up the runners. No accurate times were available but Silva ran an excellent 1:45. Second place went to Jeff Berryessa of Hartnell JC in 1:59. He was followed by Dan Dills (M.P.C.) in 2:04 and team mate Phil Garcia in 2:05. Hartnell easily took the JC division in the team standings with 2-4-14. Alisal took the high school division by placing 7-8-22. There are no results in the team standings in the open race.

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BILL SCOBEY RUNS AWAY WITH SAC 20 MILE RACE

(December 6): Humboldt State's Bill Scobey took a decisive victory over the Olympic Club's Chris Miller and Sacramento State's Steve Dean, who made it a close battle for second place. Only the first three runners broke 1:50 over the flat course, but 16 broke 2 hours. No team scores are available.

1 - Bill Scobey (Humboldt St.)	1:45:40	9 - Pete League (Marin)	1:57:54
2 - Chris Miller (SFOC)	1:47:27	10 - Mark Horman (Sac)	1:58:11
3 - Steve Dean (Sac. St.)	1:47:31	11 - Jim Gallon (SFOC)	1:58:18
4 - Darryl Beardall (Marin AC)	1:51:27	12 - Bob Giles (Sac HS)	1:58:40
5 - Howard Labrie (PHTF)	1:52:15	13 - Ray Darwin (CCAC)	1:58:42
6 - Curt Schroers (Davis)	1:56:43	14 - Dave Koepke	1:59:11
7 - Tom Cathcart (unatt.)	1:57:27	15 - Joe Lenz	1:59:46
8 - Jose Cortez (R.C. Strid.)	1:57:43	16 - Bob McGuire	1:59:56

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WEST VALLEY'S JACK LEYDIG RUNS SECOND IN WESTERN HEMISPHERE MARATHON

(December 7): Ex-Minnesota star Tom Heinonen ran off with the 22nd Annual Western Hemisphere Marathon and 1969 National A.A.U. Sr. Marathon Championships at Culver City in a time of 2:24:43. Surprise second place finisher and only other runner to break 2:30 was West Valley Track Club's Jack Leydig in 2:28:52. But the tragic thing about the race was the fact that the three leaders (Fred Ritcherson - So. Cal. Striders, Byron Lowry - SF Olympic Club, and Chuck Smead - Santa Barbara A.A.) were running around a 2:20 pace at 21 miles when they came to a confusing and unpoliced "Y" intersection and made a wrong turn. They went miles out of their way before realizing that they had made a wrong turn and only Chuck Smead finished the race in a poor 2:46:01 (but actually a very good time considering all the extra mileage he ran). By the time Heinonen reached the intersection, the others were out of sight (luckily) and he had to make a decision also. He chose right (luckily for Leydig and those following) and ran on to a four minute victory as Leydig faded over the last 5 miles with stomach trouble. Santa Barbara still won the team title over the San Diego TC and Southern California Striders, despite Smead's wrong turn. The scores were: 18-23-24. The only Northern California team was Marin AC who finished 10th with 88 points. Another Northern California runner who ran into trouble was Bob Deines who was running with Heinonen and Leydig at 14 miles when he had to pull up with leg trouble. He later dropped out at about 20 miles. Splits for Lowry, Ritcherson, and Smead for the first 20 miles: Lowry (28:08, 54:36, 1:21:09, 1:47:07), Ritcherson (28:09, 54:16, 1:21:09, 1:47:07), Smead (29:48, 54:36, 1:21:11, 1:48:59). Below are the top 15 and their splits:

1 - Heinonen (SDTC)	28:08	54:36	1:21:12	1:50:46	2:18:13	2:24:43
2 - Leydig (WVTC)	27:50	54:45	1:21:12	1:51:21	2:22:22	2:28:52
3 - Dave Waco (SCS)	28:09	54:45	1:21:30	1:51:21	2:23:37	2:30:07
4 - Bill Anderson (SBAA)	27:56	55:39	1:25:05	1:54:43	2:24:14	2:30:44
5 - Jim Davis (unatt.)	27:52	55:28	1:24:28	1:53:29	2:24:24	2:30:54
6 - Bill Gookin (SDTC)	28:08	55:51	1:24:28	1:53:29	2:25:24	2:31:14
7 - John Brennand (SBAA)	28:12	58:25	1:27:30	1:54:43	2:25:24	2:31:24
8 - Phil Camp (SCS)	29:58	60:35	1:30:04	1:57:35	2:25:34	2:31:28
9 - W. VanDellen (HSTC)	28:09	57:05	1:27:00	1:55:00	2:24:28	2:31:36
10 - Ed Streichman (SDC)	28:09	57:05	1:25:46	1:54:43	2:24:36	2:31:55
11 - Richard Raya (GTC)	28:09	56:08	1:24:28	1:54:43	2:24:55	2:33:05



12 - Roger Seymoor (unat.)	28:09	57:05	1:25:46	1:54:43	2:26:05	2:33:14
13 - Jerry Caine (unat.)	28:09	57:05	1:25:46	1:54:43	2:26:14	2:33:48
14 - Phil Carlon (STC)	28:12	57:19	1:27:00	1:56:39	2:26:48	2:33:50
15 - Larry Pontinen (SBAA)	28:08	58:25	1:27:32	1:56:58	2:26:50	2:34:06
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21 - Mike Spino (Otherways)	28:12	58:25	1:27:31	1:57:46	2:29:24	2:36:54
24 - Ed Spurr (Stanford RC)	29:58	60:23	1:31:00	2:01:47	2:31:14	2:38:24
59 - Lee Holly (Marin AC)	32:14	63:37	1:35:16	2:07:16	2:43:41	2:51:11
99 - Ray Menzie (Marin AC)	37:49	73:07	1:48:07	2:24:12	2:56:12	3:03:42
106 - Joe Henderson (Marin)	37:49	73:50	1:43:50	2:25:12	2:57:14	3:05:14

(editor: some of the above splits are no doubt in error but these were all that were available from the Culver City Recreation & Parks Dept.)

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STEVE DEAN WINS PACIFIC ASSOCIATION MARATHON IN 2:29:59

(December 14): Running a come-from-behind race until he took command with only 4 miles to go, Sacramento State's Steve Dean won the PA-AAU marathon championship race at Petaluma over a tough course with many rolling hills. Starting fast off last week's second place finish in the Culver City Marathon, West Valley's Jack Leydig took the lead and began to pull away from the pack at 3 miles. Passing 5 miles in 27:20 and 10 miles in 53:57, he lost the lead at 12 miles to the Olympic Club's Richard Delgado who held the lead until about 17 miles when Leydig again took over after coming from 200 yards behind at 15 miles. Delgado dropped out at 20 miles and then fast-closing Dean caught tiring Leydig with only 4 miles left. Marin's Darryl Beardall also closed fast to take third, only 45 seconds behind. Marin AC easily took team honors over West Valley and the Redwood City Striders by running 3-4-7. Marin also had the first high school runner in Ron Elijah, who finished an excellent 4th. At press time we had not received complete results of this race, but we do have the top 10 placers and their times:

1 - Steve Dean (Sac. State)	2:29:59	6 - Jose Cortez (RC Strid.)	2:43:19
2 - Jack Leydig (WVTC)	2:34:25	7 - Don Makela (Marin AC)	2:43:59
3 - Darryl Beardall (Marin)	2:35:11	8 - Bill Peck (unatt.)	2:47:07
4 - Ron Elijah (Marin AC)	2:41:22	9 - Mike Knott (??)	2:47:39
5 - Bob Price (AAA)	2:42:53	10 - Ray Darwin (Culver City)	2:48:15

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CHRIS MILLER WINS LOS ALTOS MIDNITE RUN

(January 1): San Francisco Olympic Club's Chris Miller ran off with his 7th or 8th consecutive victory (he can't remember himself) in the Los Altos Midnite Run. We don't have complete results and will publish more in next issue. The course record of 30:53.2 still stands (for 10,000 meters) but Chris came close with 31:03.6 (30:02.4 at 6 miles). About 200 runners started and about an equal number of spectators came out to witness the race. The Redwood City Striders ran off with the team prize (no point score available). The top 5 runners and their times:

1 - Chris Miller (SFOC)	31:03.6
2 - H. Labrie (PHTF)	31:28
3 - C. Frosolone (Oregon)	31:39
4 - G. Rezowalli (Maranon)	31:49
5 - C. Baldwin (E. Mich.)	31:53

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EXAMINER GAMES TRIALS

(December 20): A strong wind kept down the times in the high school two mile, but the competition was fierce. North Coast Section Champ Tom Hale of Campolindo (Moraga) won in 9:35.8 followed by: Randy Stahl (Homestead) 9:45.4, Bill Frank (Vanden) 9:46.0, Bob McCarty (St. Francis) 9:48.6, Chuck Mork (Wash., Fremont) 9:49.0, Art Collins (Willow Glen) 9:51, Kevin Pusser (Redwood) 9:53, Guy Arthurhold (Modesto) 9:54, Hans Templeman (Carlmont) 9:54.6, Mike Casarez (Alisal) 9:58.

In the Senior Mile qualifications the only two places and times available are Dr. Peter Wood (Marin AC) 4:51 and Bill Mackey (West Valley TC) 5:01.



We are still lacking results for the Colfax Carnival and Alameda TC Cross Country Carnival. Readers: if any of you have partial or complete results for these races, we would appreciate them so we can put them in February's Newsletter. Also, we are lacking complete results in the Petaluma marathon and Los Altos Mid-night runs. PLEASE send results.

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To cut down on reproduction costs we have been forced to put all of our pictures on one page (or two) instead of spreading them throughout the paper. If you have any good quality (black and white glossy preferred) photos, please send them to us for consideration. All photos and articles will be returned upon request as soon as they have been published.

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Alvaro Mejia (West Valley TC) and Darryl Beardall (Marin AC), 1-2 finishers in the Daly City Hill Run.



S.F. Olympic Club's winning team at PA-AAU Sr. X-Country Meet: (bottom, left to right) Jim Gallon, Jack Bettencourt, Jim O'Neill, Paul Carmichael, Don Pickett (top row) Bill Haslam, Mike Skelly, Byron Lowry, Doug Rustad, Chris Miller, and Richard Delgado. (Photo by Jack Leydig)



Winner of PA-AAU Marathon at Petaluma, Steve Dean, Sac. St. (Photo by Terri Mejia)



Marin AC's winning team at Petaluma (Darryl Beardall, Don Makela, Ron Elijah) - (Photo by Jack Leydig)





West Valley's Keith Kruse leads Oceana's Ribera in the Central Coast Section Finals (only a few yards from the finish) - Photo by Larry Winward



Some of West Valley's representatives in the CCS Finals in Belmont (Eddie Silva, Watsonville; Keith Kruse, Camden; Grant Garber, Camden) - Photo by Larry Winward.



West Valley's Jack Leydig with a big lead at 10 miles in the PA-AAU marathon. He finally finished second. (Photo by Terri Mejia)

WEST VALLEY RELAY TEAM INVITATED TO COMPETE IN ATHENS INDOOR MEET.

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A relay team consisting of the four Mackey brothers; Jim, John, Bob and Bill will compete in the Senior relay at the Athens Invitational Track and Field Meet Feb. 6. in the Oakland Coliseum.