



HOLY CITY SUMMIT RUN

WEST VALLEY

NEWSLETTER

Pg. 1

1st Year, No. 4 ***** February 1970 ***** Editor: 603 So. 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. Our publishers are Bill Mackey and Frank Cunningham. Photographers are Terri Mejia and Larry Winward, although some photos are taken by others.

WEST VALLEY'S NEW MEMBERS....

We have a sprinter of top caliber who is just about to enter the Senior category. His name is Ed Smoot (39) and he is presently living at 18830 Casablanca in Saratoga. At present we don't have Ed's best track times except in the 440 where he has done :53.0, and he was 39 at the time! Ed is sure to represent West Valley in the sprints at the National Senior Championships in a year if he continues to run like this.

Our newest high school runner is Chuck Mork of Washington High in Fremont. Chuck is only a junior and already owns some pretty fantastic track times. On January 24 he ran a very good early season 4:19.6 in the

mile while qualifying for the Athens Indoor Meet at the Oakland Coliseum. In the process of qualifying, he edged out Campolindo's stellar Tom Hale who was also timed in 4:19.6. Chuck also owns a two mile best of 9:22.0 which he ran in an All-Comers meet late in 1969. The Washington ace also runs well in cross country as he finished second to Hale in the NCS finals this year over a three mile course in 14:17. Although only a novice at road racing, Chuck shows good potential as he ran 55th in last May's Bay to Breakers race. He puts his goals high as he hopes to run a sub-4:15 mile and sub-9:00 two mile by the end of track season this year. Chuck's address is 38359 Alta Drive, Fremont (Phone: 797-7799).

West Valley's most recent addition, although not eligible to run for the club until May, is ex-Olympic Club runner, Chris Miller. Before he ran for SFOC, Chris ran for the Oregon TC and Athens AC. Chris's best track times are as follows: 51.7, 1:53.6, 4:05.3, 8:48.7, 13:43.4, 28:53.8, 29:50.4 (10,000m), 50:31.7 (10 mi.), 11 mi., 1110 yds. (1 hour), 9:00.2 (steeplechase). His best road and cross country races include a 2nd place finish recently over 20 km. in 1:04:10, a 19:12.8 in the NAIA Dist. #2 race in 1966 (4 miles), and a 2:22:09.4 in the Spanish Natl. Marathon in 1967. Chris now lives at 659 Kendall Ave., Palo Alto, 94306, (Phone: 328-1236). He is 26.

A sincere welcome to all our new members!

THIS & THAT....

For those West Valley members who could not make the last meeting on Jan. 11, the following important matters were discussed. Club dues were raised to \$5 per year for all members instead of the usual \$3 per year for continuing members. The increase was passed by a 2/3 vote from those present. The extra two dollars a year is not that much and will help West Valley to send a team to the National AAU cross country championship next fall. Also, Wayne Glusker was elected publicity agent for the club. However, Wayne is going to Boston for several months and so we are going to need a good alternate while he is away. Any volunteers? Wayne is going to run extra hard over the next few months to get in shape for the Boston Marathon. Hopefully, West Valley will have a full team there since Leydig has already decided to go and Martins Ande might also. He finished 12th last year in 2:26. In the past West Valley has been exclusively a long distance Club; at the meeting we decided to accept all track and field athletes for membership. Larry Winward took a partial club picture at the meeting and also individual running shots of all those present. The club photo will be available soon.

Marcel Hetu has volunteered his services and connections in trying to help West Valley runners get invitations to the upcoming big meets (indoor and outdoor). He has contacted the meet director at the San Diego Indoor (Feb. 20) to try and get bids for Mejia and Miller in the three mile. We are waiting to hear from them. Bill Mackey also has a good chance to run in the Senior mile at the same meet.

Quote of the month: "Winning isn't everything, wanting to win is."
-Vince Lombardi

Willie Cronin has returned from a month long vacation in his native Ireland and brought back a nice case of the flu bug that is sweeping Europe. However, he is now over it and is beginning to train hard again. While in Ireland, Willie ran in the Kerry County Novice Cross Country Championships (his home county) and finished a good second place, only about 120 yards behind the winner over a four mile course. The weather was a frigid 28 degrees at race time and this hampered him somewhat. The course was rolling and the winning time was 22:05 (his time is not available).

Alvaro Mejia was unable to compete in the S.F. Examiner All American Games on January 3 because of a pinched nerve in his neck. He had trained over 100 miles a week for the two weeks preceding the race but woke up the morning before the meet and was hardly able to turn his head. He went to the Cow Palace anyway in hopes that the trainer could help him a little. But finally Al decided he would not run at all since he did not want to run a sub-par race. About 4 days later he was able to train again and is now in top shape.

At the time this paper goes to the presses, West Valley has six representatives in the Athens Indoor Meet on February 6. A team consisting of the four Mackey brothers: Jim, John, Bob and Bill will compete in the Senior Relay. Two of our high school runners also qualified in the mile run. They are Chuck Mork and Eddie Silva. Mork led all qualifiers with a 4:19.6 and Silva finished fifth in 4:26.8. For a complete list of high school mile qualifiers, see the race results in this issue. Marcel is currently in the process of trying to get invitations for Mejia and Miller.

Our apologies to Sacramento State runner Steve Dean. In our January issue we put a picture of what we thought was Steve Dean on the second to last page. Actually, the runner is Ron Elijah of the Marin AC, the first high school finisher at the Petaluma Marathon.

For the records: Mike Duncan, West Valley's UCLA student, has changed his address to 1440 No. Kings Rd., L.A., 90069. Fred Corregan's phone number is (408) 252-2350. Harold DeMoss also has a phone: 739-7598.

Jim Bowles is recovering from a knee operation and is now planning on the 100 miler in March. Just for the heck of it, Jim, Paul Reese, and Peter Mattei and anyone else who really cares to, are going to try 100 miles (all at once) on the 14th of March. This is not in conjunction with the three day run. If anyone else is interested, contact Jim Bowles, Box 286, CMR, Mather AFB, Sacramento. Jim plans to go to New York on February 9 for about 20 days and hopes to compete at least once, but it all depends on how his knee is progressing.

Chris Miller, West Valley's newest member, ran a very good two mile on the track on Jan. 10 at an all-comers race in Redding. His time was 8:53.7, third best ever for him. He covered his last mile in about 4:20!

Starting next month, the Newsletter will run a story on two West Valley members each month. This will be a sort of "know your club" column. We will throw everyone's name into a hat and randomly draw two names at the beginning of each month. We will then contact these members and ask them to supply certain information about themselves. March will feature our editors: Jack Leydig and Marcel Hetu.

West Valley is selling small dog repellent sprayers at \$2.00 apiece to help build up the club treasury. These are similar to the type that mailmen carry and are very effective against dogs and people. They are very small and weigh much less than an ounce. They are pressurized and will spray a fine mist over a wide area. I have used mine two or three times and found them to be quite effective. They are probably good for about 15 "attacks". I ran with one in the Petaluma marathon and it saved me a lot of trouble with one dog at about 15 miles. These will be available at most road races beginning in mid-February and can be purchased from most West Valley runners.

In the current Track & Field News (January 1970), two West Valley runners made the top 15 for best marathoners in 1969. However, Martins Ande did not actually make the list because he is not an American. He would have placed 6th behind Ken Moore, Ron Daws, Jay Dirksen, Bob Deines, and Chuck Smead with his 2:24:02 at the Palos Verdes Marathon. Jack Leydig just missed being mentioned (only the top 13 were listed) and would have placed 14th among Americans with his 2:28:52 at Culver City last year (not including Ande).

Again, we are interested in getting a list of everyone in the Northern or Southern California area who is interested in going to the Boston Marathon in April. If we can get enough runners together 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 as soon as possible. We received some charter information (preliminary only) from one of our readers recently (Ric Geimer). The rough figure is about \$250 per person, roundtrip, for groups of 10 or more people. This is a discount of approximately \$60 from the normal coach fare of \$310 (both figures include tax). In addition to the fare discount, United Airlines will offer special bag tags for all luggage to ensure that it all travels together, special boarding for the group, and will make hotel reservations if desired. We will have a lot more information in the next issue. Let us hear from you.

Marcel Hetu is contacting The Southern California Striders and Pacific Coast Club, as well as a few good colleges in an attempt to get a four mile relay in the West Coast Relays on May 9. If there is enough interest in getting the event, then there is a good possibility that it will be run. West Valley now has numerous good milers (sub-4:10) in Mejia, Hetu, Miller, Likens, and Leydig is getting close. We are hoping to send a team this year if the event is held. Chances appear good since Pacific Coast Club would have a possible shot at the world record with the likes of Lawson, Mason, Scott and company.

Please send us material and race results so that we can keep up the quality of our Newsletter. Articles on training, diet, weight lifting, etc. are welcome and we will try and print at least one interesting article each month. Also, we appreciate criticism since this is the way we can become a better voice of the athlete. Send all material to our editors (see front page).

* * * * * ADVERTISEMENT * * * * *

* 1970 MARATHON HANDBOOK *Now Ready* Complete information on the 1970 * marathons (race contact, entry fee, 1969 winner, course record, etc.); * training information on six great marathons; five outstanding articles * by such writers as Joe Henderson, Ted Corbitt, Dave Costill and Tom * Sturak that are both interesting and informative; plus a look at the * times (1969 U.S. list--all times under 2:40 listed, world list and all- * time lists). Then we have ten photos (a couple full pagers and one * two pager). All this for just \$1.50 (56pp. Ill. 1970). From: The * Runner's World, Box 366, Mountain View, Calif. 94040 (Phone (415) - * 948-6567). Our new office is located at: 95 Main Street in Los Altos - * come by and see us. * * * * *

- 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, Cal.
- February 28 - 8 mile run, Martinez, Cal. (10 am); Nor. Cal. Sr. TC, Luka Sekulich, 534 Darlene Dr., Concord, Calif. - 685-5185.
- March 13 - 100 mile run (3 days, 33 1/3 miles per day), Sacramento, (9 am); Paul Reese, 2789 17th St., Sacramento, Cal. - 443-1549.
- March 14,15 - 100 mile run (continuing)
- March 22 - PA-AAU Championship 30 km. run, Pacific Grove, Cal. (9 am); Peter Mattei, 1000 North Point St., San Francisco, Cal.
- April 4 - 5 mile run, Lake Merced, San Francisco, Cal. (Seniors only, over 40) (10 am); Nor. Cal. Sr. TC, John Boitano, 3875 21st., San Francisco, Calif., 94114.
- April 11 - 14 mile run and barbeque, El Dorado, Calif. (11 am); Peter 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.

****Although nothing is definite yet, the PA-AAU will probably hold its Regional National Marathon Race on March 7th or 8th at Mather AFB (near Sacramento), but possibly in conjunction with the 100 miler on the following weekend. As we understand it, the winner of each of 6 regionals will be sent 75 days or so later to run the Nationals in Iowa. It is supposed to be flat, 3 laps, and very well policed - mostly open roads. Our next issue will probably not be out in time to say anything definite about the race, so we are just letting everyone know that the race exists. Get details from the AAU.

****The following is tentative and more will be said in next issue. The Millbrae Lions TC (women) is holding the Lions Relay Carnival on April 25 at Mills High School (Millbrae). Field events start at 9:30 and track events an hour later. Tentatively, an open 5000 meter race will be held during this meet. It is hoped that in this way some Bay Area runners can get qualifying times for the Nationals if they are unable to anywhere else. The race will probably be by invitation or time standard but we don't know yet. More next issue.

RACE WALKING SCHEDULE

- February 22 - San Francisco State track 10 mile walk, and 7 mile under 18 (10am)
- March 13-15 - 100 mile race in conjunction with running race (see above sched.)
- March 22 - Pacific Grove, Cal. - 30 km. walk (see above sched.)
- April 5 - Northgate--San Rafael course--7 mile open, and under 18. (10 am)
- April 12 - 40 km. walk -- location to be announced later.
- April 25 - Mills High School. 5 mile track championships (see above note on Lions Relay Carnival).
- May 3 - Sunnyvale High track walk - 10 km. (10 am)
- May 9 - Sacramento to Woodland walk (see above sched.) (10 am)
- May 16 - Mills High School. 2 mile championships (separate awards)

****For further information and details on the above race walking schedule, contact Bill Ranney, One Barker Ct., Fairfax, Cal. 94930 (456-2641).

****Upcoming National Championship walks in California are as follows: Jr. Natl. 50 km. - Los Angeles on March 14; Jr. Natl. 20 km. - Lakewood on April 19.

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ADVERTISEMENT

RUNNING UNLIMITED (Tiger Distributor): Pete League, 603 E. 15th St., Oakland, Calif., 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.

Due to the increase of the Age Group boys membership on many of the PA-AAU clubs, the editors of this paper feel that there is a definite need to include their 1970 schedule.

- February 21 - Winter Championships, DeAnza JC, 10 am.
- March 7 - Redwood City Open, Sequoia High School, Redwood City, 10 am.
- March 21 - Salinas vs. San Jose at San Jose, 10 am.
- Redwood City vs. Milpitas at Sequoia High School, 10 am.
- April 5 - San Jose Open at Leigh High School, San Jose, 10 am.
- April 18 - Salinas Track Meet at Alisal High School, Salinas, 10 am.
- April 25 - Herbert Hoover Relays (no site yet).
- May 2 - San Jose State Invit. (relays only?), San Jose CC, 10 am.
- May 3 - Mill Valley Open, Mt. Tamalpias High School, 10 am.
- May 9 - San Jose vs. Redwood City at Sequoia High School, R.C., 10 am.
- May 16 - St. George Track Club, Stockton, 10 am.
- May 30 - PA-AAU Age Group Championships, Milpitas, 10 am.
- June 6 - State Championships, Redwood City, 8 pm.
- June 27 - Natl. Invitational Track Meet (site not available).

****The age group divisions are: 9 and under, 10-11, 12-13, and 14-15 yrs. In the nine and under division, the maximum running distance is an 880, the 10-11 group can run up to a mile, and the other groups can run up to 2 miles. There will be an 880 walk in the 9 and under division and a mile walk in the other divisions. Please mail entries 2 to 3 weeks in advance. The entry fee will be \$1.00 for the championships and 75¢ for other meets. Late entries (day of meet) will cost \$1.25. Please contact Gary Gallego, c/o San Jose Yearlings, 3682 Bridgeport Ct., San Jose, Calif., 95117, for more information concerning the above schedule. Mike Ipsen of the Redwood City Striders will also be of help concerning these meets (no address available at time of publishing); he is usually at most area road races.

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****ADVERTISING****

The West Valley Newsletter has received permission from the Pacific Association of the AAU to advertise in our paper so that we may cover publication costs and thereby increase our circulation and improve our paper by printing more information and more pictures. To date, Bill Mackey and Frank Cunningham were footing the publication costs on their own and this is a welcome aid to our publication. We will advertise for anyone as long as it's pertinent to track and field and long distance running or walking. Our rates are very minimal considering the select group of people who read our publication. We charge 50¢ per line (about 7 to 7½ inches) per month and 50¢ per square inch for reproduction of photos, sketches, large printing, etc. Sports distributors, track magazines, trophy houses, anyone, --- help us out and make this Newsletter a real success. You are not only helping yourself but helping amateur athletics as well. All advertising should be sent to the editors of this paper at least a week before the end of each month to ensure space in the following month's edition. We will bill you on a monthly basis or something more convenient if desired. Checks should be payable to West Valley Track Club. Special rates for large ads.

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RACE WALKING RESULTS

Results of Stow Lake 15 kilo race walk held at Golden Gate Park on Jan. 25, 10 am. The course consisted of 8 mile loops (actually more than 8) with 364 ft. tacked on the end of each loop. First went to Tom Dooley in 69:51.2. He was followed closely by Bill Ranney in 72:24.7. Third and fourth places went to high school runners Jerry Lansing (87:22) and Jerry Heinwright (88:14). In a special distance, Miss Jackie Dooley (14) race walked 59:26 over 5 miles. She ranks high in the U.S.

Several PA-AAU running events were entered by walkers recently. In the Petaluma marathon, Tom Dooley finished a pre-arranged 25 miles in 3:38 (approx.) while Bill Ranney, a few minutes behind, continued to record a 3:58:06 for the full distance. In the PA 32 miler on Jan. 4, Bill Ranney walked to a 4:51:13 and a 19th place finish (22 finished), passing 50 km. in 4:43. Fifteen year old Jerry Lansing recently walked a track one mile in 7:33!

(November 29): In the open 10.3 mile race at the Colfax Cross Country Carnival, Marin's Don Makela ran away from the field and won easily by almost two minutes over the University of Nevada's Jim Bissonnette and Pat Busbee, running attached. Busbee won the open division and Makela took the college division and overall best time. In the over-40 division, Ross Smith took top honors, followed by Alex Koenig and Peter Mattei. Smith's winning time was 65:04. We realize that these results are a bit late, but we wouldn't have gotten them at all except for Bryan Gieser of the Redwood City Striders who heard our plea for race results in January's Newsletter.

1 - Don Makela (Marin AC)	54:40	11 - Bill Peck (High Sierra TC)	59:45
2 - Jim Bissonnette (U of N)	56:35	12 - Ed Brady (unat.)	60:08
3 - Pat Busbee (unat.)	57:07	13 - Steve Parker (unat.)	60:31
4 - Joe Dabill (unat.)	57:38	14 - Mike Vanderford (unat.)	60:52
5 - Tim Taylor (unat.)	57:43	15 - Walt Lange (unat.)	61:27
6 - Tim Jordan (EGA)	58:18	16 - Darryl Beardall (Marin AC)	61:38
7 - Tom Beck (unat.)	58:47	17 - Tom Bagley (unat.)	63:09
8 - Mike Busbee (unat.)	58:52	18 - Nicholas Vogt (S.C.)	63:10
9 - Pete Hanson (unat.)	59:16	19 - Herb Fernandez (unat.)	63:54
10 - Greg Chapman (Solano TC)	59:25	20 - David Blinkinsop (unat.)	64:04
---23 - Jim Bowles (West Valley TC)		64:22	

In the high school 4 mile division (short course I hope) Marin AC's Ron Elijah took a 30 second victory over Howard Frank of Vanden High School. The top 10 finishers and their times:

1 - Ron Elijah (Marin AC)	18:09	6 - Jose Cortez (RC Striders)	19:14
2 - Howard Frank (Vanden High)	18:38	7 - Dan Drechsel (unat.)	19:17
3 - John Weed (unat.)	18:51	8 - Guy Artherboit (unat.)	19:18
4 - Bryan Gieser (RC Striders)	18:52	9 - Dave Morgan (unat.)	19:22
5 - Rich Langford (STC)	19:07	10 - Mike Stansbery (unat.)	19:23

The junior high school division (2 miles?) was won by Esequel Covarrubias. Hope we spelled that right! He took a close two second victory over Mike Wilson, who was another second ahead of Erik Muller. The top 10:

1 - Esequel Covarrubias	9:41	6 - Dan Udoutch	10:03
2 - Mike Wilson	9:43	7 - Mike Kellen	10:19
3 - Erik Muller	9:44	8 - Rod Johnson	10:21
4 - Kelly Lawson (RCS)	9:51	9 - Mike Crevelt (RCS)	10:23
5 - Frank Cortez (RCS)	10:01	10 - Terry Hughes	10:25

In the boys 10-11 age group (3/4 mile?), Ted Peterson of the San Jose Yearlings took an 8 second victory over Nick Sakelarios. The top 10:

1 - Ted Peterson (SJY)	5:45	6 - Brad Bell (unat.)	6:13
2 - Nick Sakelarios (unat.)	5:53	7 - Ricky Hill (Colfax)	6:15
3 - Shawn Shambaugh (W.W.)	6:00	8 - Ed Healy (T.R.R.)	6:16
4 - Chris Clark (unat.)	6:03	9 - Tim Killeen (unat.)	6:24
5 - Russ Thomas (RCS)	6:12	10 - David Crevelt (RCS)	6:28

The 9 and under race found Kevin Knox edging out teammate Robert Nunoz in a time of 4:52.6 over a 3/4 mile course (hopefully not the same as the 10-11 course). The top 10 finishers are:

1 - Kevin Knox (W.W.)	4:52.6	6 - Mike Boitano (S.R.C.)	5:22
2 - Robert Nunoz (W.W.)	4:57	7 - Sammy Monaco (RCS)	5:30
3 - Mitchell Burkhardt (unat.)	5:00	8 - Eddie Lujan (W.W.)	5:38
4 - Tony Sharp (W.W.)	5:07	9 - Chris Meyer (RCS)	5:39
5 - Todd Knox (W.W.)	5:08	10 - Ricky Crevelt (RCS)	5:41

There were several girls' races too, but we are going to limit our coverage to boys and men for the time being. Hopefully someone will start a newsletter for girls and women in the PA-AAU. As we expand in the future, we will undoubtedly cover at least the major events for women in the long distances.

(December 14): We had only partial results of the Petaluma (Pacific Championship) Marathon in our last issue and so this time we are going to print those other finishers in the top 30 that we didn't mention last time. For the top 10, see January's Newsletter (with story of race).

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|------------------------------|---------|-----------------------------|---------|
| 11 - Pete League (Marin AC) | 2:50:05 | 21 - Greg Lyon (unat.) | 3:01:57 |
| 12 - D. O'Halloran (Maranon) | 2:51:29 | 22 - Terry Pintane (SRJC) | 3:02:43 |
| 13 - Lee Holley (Marin AC) | 2:52:08 | 23 - Mike Basham (RCS) | 3:03:35 |
| 14 - Jim Gallon (SFOC) | 2:54:14 | 24 - Randy Lawson (RCS) | 3:03:54 |
| 15 - Steve Parker (unat.) | 2:57:18 | 25 - Bob Stephenson (WVTC) | 3:04:21 |
| 16 - Keith Kruse (WVTC) | 2:58:56 | 26 - Bryan Gieser (RCS) | 3:04:33 |
| 17 - Ken Napier (WVTC) | 2:59:16 | 27 - Bruce Tharp (Modesto) | 3:04:54 |
| 18 - Tom Cathcart (unat.) | 2:59:41 | 28 - T.A. de Lusignan (MAC) | 3:04:58 |
| 19 - Ray Menzie (Marin AC) | 3:00:50 | 29 - Tom Mann (Fillmore W.) | 3:06:15 |
| 20 - Jim Engle (Sun. Stumb.) | 3:00:58 | 30 - Dick Seamans (US Army) | 3:06:44 |

--Other West Valley finishers: (100) - Neil Kruse (4:06:10); (125) - Hunt Corregan (5:35:00). Also, Dick Clark, who will soon be eligible (he switched clubs - ex-San Jose Yearling) to run for West Valley, finished a very respectable 72nd in a good 3:35:40.

First three finishers (40-50) were Peter Mattei (31st in 3:06:47), Ralph Paffenbarger (36th in 3:12:01), and Bob Biancalana (56th in 3:27:55). First 3 finishers over 50 were Paul Reese (32nd in 3:07:39), Tom Tripodes (61st in 3:29:35), and Jack Kirk (113th in 4:23:35). First father and son were Creighton Beyer (63rd) and his father Ernie (110th). First woman was Kaye Hall (107) and the oldest runner was 63 year old Jack Kirk, the "Dipsea Demon". Young (would you believe 67) Mary Etta Boitano finished in 4:27:32 to probably become the youngest person, man or woman, to ever complete a marathon. To top it off, Maryetta led her father John, her mother Lucille, and her brother, Mike, across the finish line.

* * * * *

CHRIS MILLER WINS EIGHTH CONSECUTIVE MIDNIGHT RUN

(January 1): In what must be close to a record for consecutive wins in the same race, The Olympic Club's Chris Miller, in his last race for that club, ran away from a strong field to win his eighth New Year's Eve Midnight Run in a row. He missed his own course record of 30:53.2 for the 10,000 meter course near Foothill College but came close with a 31:03.6. Our apologies for some erroneous results in January's Newsletter about this race. We got them just before the paper went to the presses and were in a bit of a hurry. The Redwood City Striders won the team title with West Valley second. The Striders were led by San Carlos High School ace, Randy Lawson, who was the first high school finisher and 12th overall. Only one thing remains a mystery to the editors and to West Valley. Who is Ward Crary and who does he run for? In the Los Altos paper's results of the race, he was listed as finishing 10th place for West Valley TC. If this was the case, West Valley would have beaten the Striders by a score of 113 to 131. No one on our club seems to know him. If anyone does, let us know to set the records straight. Following are the top 30 finishers:

- | | | | |
|-----------------------------------|-------|----------------------------------|-------|
| 1 - Chris Miller (SFOC) | 31:03 | 16 - Steve Flynn (Maranon) | 33:27 |
| 2 - Howard Labrie (PHTF) | 31:26 | 17 - John Kajiwara (High Sierra) | 33:29 |
| 3 - Charles Frosolone (Maranon) | 31:55 | 18 - Tom Renaghan (unat.) | 33:37 |
| 4 - Kent Rezowalli (Maranon) | 31:58 | 19 - Steve Peth (unat.) | 33:38 |
| 5 - Mick Hamlin (Rainy LakeRRC) | 32:03 | 20 - Art Dudley (unat.) | 34:16 |
| 6 - Dan Cruz (unat.) | 32:15 | 21 - Frank Hagerty (Alameda) | 34:25 |
| 7 - Ronald Gee (unat.) | 32:21 | 22 - Bob Gormley (Marin AC) | 34:50 |
| 8 - Jim Howell (West Valley TC) | 32:21 | 23 - Jeff Ruble (unat.) | 34:53 |
| 9 - Bill Johnson (unat.) | 32:27 | 24 - Joe Henderson (Marin AC) | 34:54 |
| 10 - Ward Crary (WVTC??) | 32:27 | 25 - Chuck Waldman (unat.) | 34:54 |
| 11 - Sean O'Riordan (WVTC) | 32:44 | 26 - Martin Estrada (unat.) | 35:20 |
| 12 - Randy Lawson (RC Striders) | 32:45 | 27 - Harold DeMoss (WVTC) | 35:27 |
| 13 - Jose Cortez (RC Striders) | 32:53 | 28 - Don Sawyer (OtherwaysAC) | 35:30 |
| 14 - Chuck Baldwin (BurlingtonTC) | 32:53 | 29 - Jackson Williams (RCS) | 35:35 |
| 15 - Bruce Johnson (OtherwaysAC) | 33:22 | 30 - Ben Sanchez (High Sierra) | 35:39 |

----Other West Valley finishers: 57 - Bob Mignosa (39:46), Keith Campbell (41:02 for 64th)

(January 3): West Valley had two representatives in the Examiner Games that were held at the Cow Palace on an 11 laps to the mile board track. In the Senior Mile, veteran Bill Mackey raced to a 6th place finish against a tough field to a personal indoor record of 4:52.2. Bill Fitzgerald of the LA Senior Track Club outsprinted Santa Monica's Pete Mundle in an exciting dash off the last curve to win handily, 4:35.2 to 4:35.7. Marin AC's up and coming Senior ace Peter Wood slipped into third place with a good 4:40.6 to lead Northern California entrants. Gene Haynes of the AAU Officials took 4th in 4:43.2 while the San Francisco Olympic Club's Don Pickett came in with a 4:50.4 for fifth place. West Valley's Jim Howell anchored Foothill's mile medley relay but was unable to move up on the leaders after he took the baton in last place. Alvaro Mejia was scheduled to run in the open two mile but was forced to scratch because of a pinched nerve in his neck. The race was won by UTEP's and Australia's Kerry Pearce in a good 8:39.4. He was followed in by Oregon's frosh ace Steve Prefontaine (8:46.8) and the Pacific Coast Club's George Scott (8:56.2). Only other sub-9:00 finisher was Stanford's Greg Brock at 8:59.4.

The high school two mile race was a runaway from the very beginning as Campolindo's Tom Hale broke loose from Chuck Mork (Washington of Fremont) in the early stages. Passing the mile in a very quick 4:29, he slowed to a final clocking of 9:19.2, but still enough for a 20 second victory over Mork and Bob McCarty (St. Francis) as both were timed in 9:39.8. Mork is now running for West Valley. Other finishers: Randy Stahl (Homestead) 9:41.8; Howard Frank (Vanden, Travis AFB) 9:43.4; Hans Templeman (Carlmont) 9:53.2. Also, no times available (Kevin Pusser, Redwood of Larkspur; Mike Casarez, Alisal of Salinas; and Art Collins, Willow Glen of San Jose).

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BEARDALL NIPS SPURR IN PACIFIC AAU 32 MILE CHAMPIONSHIPS

(January 4): Defending his title successfully was Marin AC's Darryl Beardall who won in a close race over Ed Spurr of the Stanford Running Club. The race was again held in Santa Rosa on a nice day. 31 started the race and 22 finished, including walker Bill Ranney who beat three runners in the process. The battle for first might have been a bit closer, but third placer Jose Cortez and Randy Lawson (plus a few others) took a wrong turn and ran more than a mile extra. Also, somehow Jim Engel came across the finish line from the wrong direction!! The Redwood City Striders just nipped Marin AC for the team title, 16 to 18. Surprise third place team was the newly formed Napa Valley Road Runners, led by Darren George in 6th. They finished with 33 points. Results below thanks to Peter Mattei:

1 - Darryl Beardall (Marin AC)	3:18:05	12 - J. Conrad (NVRR)	4:16:05
2 - Ed Spurr (Stanford RC)	3:20:46	13 - R. Paffenbarger (NCSTC)	4:16:09
3 - Jose Cortez (RC Striders)	3:29:35	14 - Pat Crevelt (RCS)	4:36:19
4 - Jackson Williams (RCS)	3:37:40	15 - Frank Cortez (RCS)	4:36:19
5 - Lee Holley (Marin AC)	3:38:38	16 - David Cortez (RCS)	4:38:29
6 - Darren George (NVRR)	3:41:30	17 - Clarence Hall (NVRR)	4:39:33
7 - Jim Gallon (SFOC)	3:43:00	18 - G. Waxham (NCSTC)	4:39:59
8 - Heine Hartwig (unat.)	3:51:15	19 - Bill Ranney (walker)	4:51:45
9 - Mike Crevelt (RCS)	3:57:55	20 - Scott Sahota	5:03:43
10 - Randy Lawson (RCS)	3:59:34	21 - Noel Vigil (RCS)	5:11:57
11 - T.A. DeLusignan (Marin AC)	4:06:51	22 - Dave Blinkensop (unat.)	5:15:08

Looks like Mike Ipsen is really developing a bunch of young animals. Eight out of 22 finishers were Striders.

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All-Comers Meet: (Jan. 10 at CSM). Mile - (1) Jack Leydig (WVTC) - 4:18.0; (2) Kent Rezowalli (Maranon) - 4:21.0; Chuck Mork (Washington High, Fremont) - 4:27.0. 3 Mile - (1) Gary Berthiaume (San Jose State) - 14:27.0; (2) Charles Baldwin (Burlington TC) - 14:30.2; (3) Bob Deines (Otherways AC) - 14:30.4; (4) Jack Leydig (WVTC) - 14:57.0; --also Jim Howell (WVTC) 15:27.4, no place available.

BYRON LOWRY FINISHES 7TH AT SAN SEBASTIAN RACE

(January 11): The Olympic Club's Byron Lowry, suffering from dehydration and heat, finished seventh at the annual San Sebastian Race in Venezuela. This was Byron's first international competition. The distance was 18.6 kilometers, all on pavement and hills. The race started at 830 meters and climbed to 1200 meters. It was sunny and very hot. Lowry said he lost 5 to 7 pounds during his South American trip. In our next issue Byron has promised to write a detailed account of his trip. This should make for very interesting reading. Below are the top 10 finishers. Jay Dirksen was the only other American runner in the race and he finished fifth.

1 - Rafael Perez (Costa Rica)	59:21	6 - E. Garzon (Colombia)	63:05
2 - V. Mora Garcia (Colombia)	59:24	7 - Byron Lowry (SFOC)	65:00
3 - Jose Ramirez (Chile)	60:04	8 - Antonio Sifontes (Ven)	65:30
4 - Luis Navos (Venezuela)	61:22	9 - Orlando Contreras (Ven)	66:00
5 - Jay Dirksen (Illinois)	62:20	10 - Luis Osorio (Ven)	68:40

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WEST VALLEY'S BILL MACKEY PLACES 4TH AT SUNKIST INVITATIONAL

(January 17): Bill Mackey greatly improved on his San Francisco Indoor performance by placing 4th at the Sunkist Invitational in Los Angeles with a time of 4:46.5, his second best mile ever and fastest since turning 40. The event was won by Jim VanTatenhove in a superb 4:32.2. Following closely on Jim's heels was Pete Mundle of the Santa Monica AA in 4:33.5. Bill Fitzgerald, winner of the Cow Palace meet two weeks earlier, faltered into third with a 4:38.3. Fifth spot was grabbed by Willis Kleinsasser in 4:52.1.

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All-Comers Meet: (Jan. 17 at CSM). Open Mile - (1) Chuck Baldwin (Burlington TC) - 4:20.8; (2) Jim Howell (West Valley TC) - 4:30.8; (3) Ron Pennington (Cal State, Hayward) - 4:33.8. -- Jim ran his last 440 in about 60. High School Mile - (1) Bill Frank (Vanden) - 4:28.8; (2) Tim Docheff (Ygnacio Valley) - 4:36.8. 3 Mile - (1) Humberto Hernandez (San Francisco CC) - 14:50.8; (2) Geoffrey Henderson (Washington High, S.F.) - 15:25.4; (3) Steve Peth (Willow Glen High, San Jose) - 15:33.6; ---- (6) Jim Sullivan (West Valley TC) - 15:49.0.

With a great deal of regret, the CSM All-Comers meets had to be canceled after this one because of a rash of vandalism and threats against officials and athletes by a bunch of punks. It is really a shame that something like this has to happen when athletics has so much good to offer.

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DELGADO WINS PA-AAU 20 KM. TITLE -- MARIN NIPS WEST VALLEY BY SIX

(January 18): In what proved to be a very fast race, Richard Delgado ran away from Chris Miller over the last 3 miles to win the Pacific AAU 20 kilometer championships in a course record of 1:03:29, breaking Miller's 1:04:53 (last year's race). In fact, the first three runners dipped under the record as fast closing Steve Dean took the third spot from Sweden's Peter Frederikson (vacationing in California until May). The team battle proved to be just as heated as Marin edged out West Valley and the Redwood City Striders (37-43-57). First high school runner across the line was West Valley's and Watsonville High's Eddie Silva who took 8th in a fine 1:08:04. Sequoia's and the Strider's Jose Cortez was close behind in 1:08:21. The first senior runner to complete the race was West Valley's Bill Mackey who had just raced a 4:46 indoor mile the night before in Los Angeles! His time was 1:17:20, good enough for 45th place. Other team scores: Napa Valley Road Runners - 116, and Alum Rock Running Association - 118. To get an idea of just how popular road racing is becoming and just how times are improving, get this. Last year only 8 broke 1:10 on this course; this year twice that many did. Sixteen were under 1:15 last time and 39 did it this year! Registering perhaps the greatest improvement was Jose Cortez (19th at 1:15:22 last year to 9th at 1:08:21 in 1970, an improvement of 7 minutes in one year!) Watch out for Cortez in the near future. He is sure to set a lot of records. See the following page for the top 40.

- | | | | |
|---------------------------------|-------|---------------------------------|-------|
| 1 - Richard Delgado (unat.) | 63:29 | 21 - Mark Norman (Sac. State) | 71:29 |
| 2 - Chris Miller (unat.) | 64:10 | 22 - Bill Ferlatte (Marin AC) | 71:30 |
| 3 - Steve Dean (Sac. State) | 64:47 | 23 - Pete League (Marin AC) | 71:45 |
| 4 - Peter Frederikson (unat.) | 66:05 | 24 - Jim Gallon (SFOC) | 71:46 |
| 5 - Darryl Beardall (Marin AC) | 66:53 | 25 - John Spurr (Stanford RC) | 71:56 |
| 6 - Jack Leydig (West Valley) | 67:10 | 26 - Charlie Baldwin (BTC) | 72:00 |
| 7 - Doug Butt (Marin AC) | 67:45 | 27 - Greg Chapman (Solano TC) | 72:22 |
| 8 - Eddie Silva (West Valley) | 68:04 | 28 - Mike Knott (unat.) | 72:38 |
| 9 - Jose Cortez (RC Striders) | 68:21 | 29 - Ken Napier (West Valley) | 72:43 |
| 10 - D. O'Halloran (Maranon AC) | 68:53 | 30 - Steve Brooks (ARRA) | 73:26 |
| 11 - Pat Busbee (unat.) | 69:00 | 31 - Wayne Glusker (WVTC) | 73:29 |
| 12 - Bryan Giëser (RC Striders) | 69:09 | 32 - Bob Stephenson (WVTC) | 73:39 |
| 13 - Darren George (NVRr) | 69:16 | 33 - Mike Basham (RCS) | 73:46 |
| 14 - Randy Lawson (RC Striders) | 69:22 | 34 - Harold DeMoss (WVTC) | 73:49 |
| 15 - Jim Howell (West Valley) | 69:44 | 35 - Joe Henderson (Marin AC) | 74:07 |
| 16 - Mike Busbee (unat.) | 69:48 | 36 - Bob Gormley (Marin AC) | 74:15 |
| 17 - Gene Gilligan (unat.) | 70:34 | 37 - Tom Cathcart (unat.) | 74:46 |
| 18 - Ray Menzie (Marin AC) | 70:56 | 38 - Bill Bachrack (Alameda TC) | 74:47 |
| 19 - Bob McCarty (Maranon AC) | 71:09 | 39 - George Manriquez (ARRA) | 74:51 |
| 20 - Tom Renaghan (Marin AC) | 71:24 | 40 - David Pascoe (Sac. State) | 75:28 |
- Other West Valley finishers: (41) Jim Sullivan - 75:43, (45) Bill Mackey - 77:20, (57) Mark Ebrahimiam - 80:18, (72) Bob Mignosa - 86:13, (79) Keith Campbell (78:58). **105 finishers**

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WEST VALLEY'S CHUCK MORK NIPS TOM HALE IN 4:19.6

(January 24): Edwards Stadium, UC Berkeley - Trials for Athens Indoor Meet to be held in the Oakland Coliseum on February 6.

In what turned out to be the fastest heat of the day, West Valley's newly acquired Chuck Mork outleaned Campolindo's (Moraga) Tom Hale at the tape as both were clocked in 4:19.6. Both Chuck and Tom fell to the track just across the finish line as they lost their balance. Finishing third in the heat was West Valley's Eddie Silva of Watsonville High. His time placed him fifth overall. In the second heat, San Carlos High's (Redwood City Striders) Randy Lawson edged out Bill Frank of Vanden, 4:26.1 to 4:27.7. The third heat went to Jeff Henderson of George Washington High in San Francisco; he was third fastest overall with a 4:24.1. He is a 1:55 half-miler and this was his first attempt at the longer distance. Looks like he may have found a good distance for himself. Below are listed the ten qualifiers and their times.

- | | |
|--|--------|
| 1 - Chuck Mork (Washington of Fremont) | 4:19.6 |
| 2 - Tom Hale (Campolindo, Moraga) | 4:19.6 |
| 3 - Jeff Henderson (Geo. Washington, SF) | 4:24.1 |
| 4 - Randy Lawson (San Carlos High) | 4:26.1 |
| 5 - Eddie Silva (Watsonville High) | 4:26.8 |
| 6 - Bill Frank (Vanden, Travis AFB) | 4:27.7 |
| 7 - Bob Morris (Riordan, S.F.) | 4:28.1 |
| 8 - Gary Edwards (Highlands, Sacramento) | 4:28.8 |
| 9 - Mike Hart (Willow Glen, San Jose) | 4:28.8 |
| 10 - Dan McKenna (Balboa, S.F.) | 4:30.4 |

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SEND US PICTURES!!! WE WOULD LIKE GOOD ACTION SHOTS OF RUNNERS FOR OUR NEWSLETTER. GLOSSY BLACK AND WHITE PHOTOS ARE BEST BUT COLOR OR NEWSPRINT ARE OK IF CONTRAST IS GOOD. ANY PHOTOS NOT USED WILL BE RETURNED AT ONCE. THOSE USED WILL BE RETURNED AFTER PUBLICATION. ALSO, DON'T BE AFRAID TO SEND US RACE RESULTS THAT YOU HAVE, WE MIGHT BE ABLE TO USE THEM. SPECIFY IF YOU WANT THEM RETURNED OR WE WILL KEEP THEM. HELP US MAKE THIS NEWSLETTER BETTER AND SEND US MATERIAL!!!

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Chris Miller at the finish of his eighth consecutive win at the annual Los Altos Midnight Run on New Years Eve.
(Los Altos Town Crier Photo)



Winning team at the Midnight Run was the Redwood City Striders, led by Randy Lawson (bottom left) and Jose Cortez (bottom center).

(Los Altos Town Crier Photo)



Eight of the top ten finishers at the Pacific AAU 20 km. championships in Woodside: Jose Cortez (Redwood City Striders), Eddie Silva (West Valley TC), Dennis O'Halloran (Maranon AC), Doug Butt (Marin AC), Darryl Beardall (Marin AC), Chris Miller (unattached), Jack Leydig (West Valley TC), and Steve Dean (unat., Sac. State College). Not shown: Richard Delgado (unattached) and Peter Frederikson (unattached, Sweden).

(Photo by Alvaro Mejia)



Marin AC's winning team at the PA-AAU 20 km. race: Ray Menzie, Pete League, Doug Butt, Bill Ferlatte and Darryl Beardall.

(Photo by Jack Leydig)



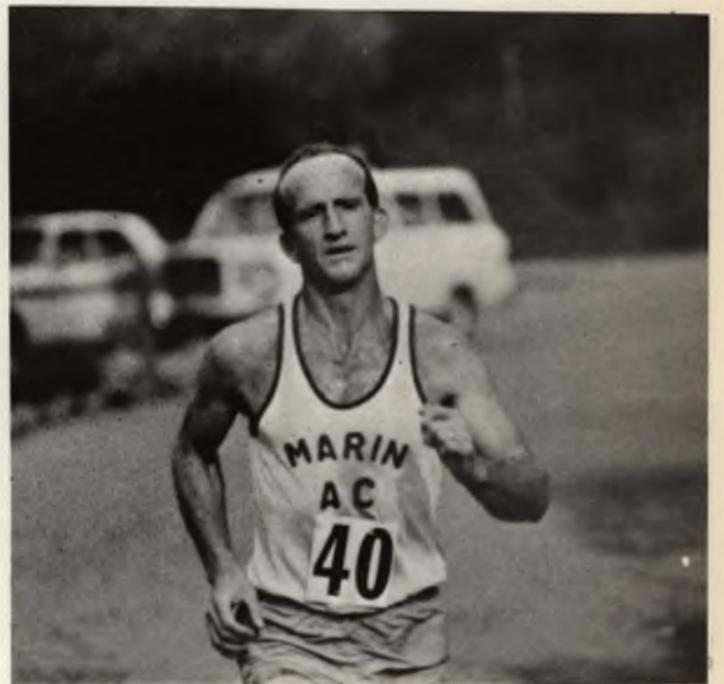
Winner of Pacific AAU Marathon Championships at Petaluma, Steve Dean. Shown here during PA-AAU 20 km. race.
(Photo by Terri Mejia)



Winner of PA-AAU 20 km. Championships at Woodside, Richard Delgado (unattached).
(Photo by Terri Mejia)



Leaders at the 4 mile point in the PA-AAU 20 km. race: Chris Miller, Peter Frederikson, and eventual winner Rich Delgado.
(Photo by Terri Mejia)



Winner of PA-AAU 32 mile Championships, Darryl Beardall, shown here at the end of the 20 km. race.
(Photo by Terri Mejia)



Chuck Mork (Washington, Fremont) and Tom Hale (Campolindo) during early stages of S.F. Indoor high school two mile.
(Photo by Larry Winward)



S.F. Examiner Sr. Mile Race during early stages (Bill Fitzgerald, Bill Mackey, & Pete Mundle).
(Photo by Larry Winward)