

WEST



VALLEY

NEWSLETTER

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This Newsletter is published monthly by the West Valley Track Club of San Jose. It is a publication that serves as a communication media for WVTC members and all Northern California runners in general. Editorial matter and race results should be sent to Editors: Jack Leydig & Marcel Hetu, 603 So. Eldorado St., San Mateo, Cal., 94402 - Phone 342-3181. This paper's success depends on you, the readers, so please send us any pertinent information on the Nor Cal running scene that you would like to have printed. College, high school, age group and AAU material is welcome. Our publication is printed by Bill Mackey and Frank Cunningham. Photographers are Terri Mejia, John Marconi, and Larry Winward, although some photos are taken by others.

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IN MEMORY OF RON HOLMES WE DEDICATE THIS ISSUE.....

Ron Holmes, fellow runner and friend, died in the Napa Valley Blossom Time Run on March 8, 1970. He was 37.

Ron had been running for two years and quite regularly in many AAU runs for the past year. He trained regularly and had a complete physical examination recently in which he was told he was in excellent health. Some of the runs that we remember him from were Walnut Creek, Fort Baker, the Dipsea, Berkeley-Moraga, and Searsville Lake. At the Searsville Lake Run Ron experienced strong dizziness during the first lap, expressed doubts

about completing the course and walked the remainder. For the rest of the day he felt great; and he continued his daily training program of 4 miles up to the Napa Race. The autopsy reports showed that Ron had had a heart attack within the last month, which he was unaware of as such and which very well may have been at Searsville Lake. The autopsy reports cause of death as cardiac dysrhythmia.

Ron's widow, Mrs. Florence Holmes, lives with her three children at 1322 Fig Place, Davis, Calif; telephone: 753-2663. She wants to let other runners and the public-at-large know that what happened to Ron should not be any negative reflection on running; that she feels the same loyalty and friendship to runners that Ron did; that her children will continue to run and that she is grateful to all the runners who assisted her husband at the run and her during and after the run. Her son Robin, who has run in AAU races with his dad told her, "If Dad had to die, it's best that it happened when he was doing something he really loved." Her two daughters, Allisyn and Kelly, completed the 1½ mile run Saturday.

I talked with Dr. John Hutchinson, a San Francisco cardiologist and Northern California Seniors Track Club runner about what happened to Ron Holmes; and he said that he feels a personal obligation to explore this whole area of cardiac difficulties, physical examinations, etc. for all the runners and for running in general. John may write an article for The Runners World in which he might elaborate on some of the complexities of these problems.

Whatever we runners may learn as an outgrowth of the loss of Ron Holmes, it will not help him. However, I can't help but feel that he would want us to learn more from his death. The loss of a fellow running companion saddens all of us. We will miss him.

- Clarence J. Hall

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WEST VALLEY'S NEW MEMBERS....

Our newest high school runner is John Marconi of Burlingame High School. John is only 16 but is already becoming a seasoned road runner. Recently he finished as the first high school runner in the PA-AAU 30 kilo Championships and the week before he was the second high school runner at Napa. In the 30 kilo he finished 7th overall. John comes to us from the San Francisco Olympic Club and thus has to wait four months to officially run for West Valley. His best track times include a 4:40 mile (1970), a 9:45 two mile and a 15:22 three mile (both in 1969). John's immediate goals are to break 2:30 in the marathon, 30 minutes for 6 miles, 9:20 for two miles, and 4:25 for the mile, all before he graduates from high school (he is a junior). John lives at 1810 Elmwood Rd., Hillsborough (Phone: 342-5490).

Another recent addition to West Valley is ex-Athens AC star, Richard Delgado. Rich is 30 years old and holds some excellent track times: 9:06 two mile (1967), 14:02 three mile and 14:31 for 5000 meters (same race in 1968), and 29:10.6 for six miles (1967). His best road races include his recent second place finish in the PA-AAU 30 kilo (1:39:26) and his winning effort in the PA-AAU 20 kilo in January (1:03:20+). He figures he can continue to improve his marks for at least another 3 to 5 years. Rich is a teacher and lives at 142 Redwood Drive in Woodacre (Marin County). His mailing address is P.O. Box 396, Woodacre (Phone: 454-4692).

Two other recent additions who have not yet sent in their applications for membership (so we can't list their best marks) are Frank Donohue and Dan McKenna. McKenna is a junior at Balboa High in San Francisco and recently did a 4:25 mile. He also placed fifth at the Athens Indoor in the high school mile run in 4:27.5 or thereabouts. More information on these two fine runners in next issue.

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THIS & THAT....

Jim Bowles, who recently got over a knee injury and has been running good track times (4:18.4 the day before the 100 miler and 9:47 the day after the Regional Marathon in Rocklin), has reinjured his leg and has been forced to cut his training drastically. It should be at least several weeks before he tries to resume normal training.

Another injury, this time to rising West Valley star Charlie Harris. He was driving home from a workout on March 30th when another car went through a red light and hit him broadside, causing his car to be almost totally demolished. Charlie suffered a fractured clavicle and is thus forced to stop his training for an indefinite period. Our best wished for a speedy recovery.

The following club members owe \$5.00 to treasurer Keith Kruse (14434 Lenray Ave., San Jose) for their 1970 dues. All checks should be made payable to West Valley Track Club. --- Mario Beekes, Gordon Blackwell, Chris Buck, Bill Buckley, Paul Cunningham, Richard and Chris Clark, John DeQuisto, Rich Dunn, Wayne Hopp, Mark Ebrahimiam, Grant Garber, Wayne Glusker, Mike Haswell, Ray & Dave Hernandez, Bill Jones, Jeff Keltner, Dave Kopp, Homer Latimer, Martin Minasian, Phil Moore, Junior Morgan, Sean O'Riordan, Ben Rogers, Ed Silva, and Jim Sullivan. --- Come on you guys, West Valley's sinking treasury needs your \$\$\$.

A correction to last month's Newsletter. Ted McRice, one of West Valley's new high school runners, does not run for Fremont High as was stated. Ted runs for Mission High in San Jose. Sorry about that...

Bill Mackey and Frank Cunningham are now printing The Runner's World in addition to our beloved West Valley Newsletter. Notice the superior quality of last month's issue (with Jerome Drayton on cover)! Nice going guys.

Announcing the 82nd Annual USA Track and Field Championships of the AAU. Place: Memorial Stadium, Bakersfield, Calif. Time: June 26-27, 1970. For entry blanks write to: Meet Director Gil Bishop, 2105 24th St., Bakersfield, Cal., 93301. Qualifying marks are as follows: 100 - 9.4; 220 - 21.0; 440 - 46.8; 880 - 1:48.7; mile - 4:02.8; 3 mile - 13:49.4 (or 8:55 two mile); 6 mile - 29:56.4 (or 30:50 for 10,000 m); steeplechase - 8:56.8; 120 HH - 13.9; 440 IH - 51.4; 2 mile walk - 15:20; Discus - 187'; Shot Put - 59'9"; Javelin - 243'5"; High Jump - 6'10 3/4"; Long Jump - 25'2"; Triple Jump - 50'3"; Hammer Throw - 188'11"; Pole Vault - 16'3 1/2".

Dateline Kuala Lumpur, Malaysia (UPI) - When none of the 43 participants in a cross country race Sunday had appeared at the finish line two hours after it had begun, waiting officials set out in automobiles to track them down.

The officials found all of the runners six miles away, sprinting in the wrong direction.

Officials said the race, sponsored by the Malaysian Amateur Athletic Association, was to have been over a seven mile course. Many of the runners had covered 10 miles, however, before they were found.

The association secretary, A.J. Rogers, said the mixup apparently occurred when the lead runner took a wrong turn at the fifth check point and the rest followed him. Rogers declared the event "no race". (March 23, 1970).

Attention all those interested in running an invitational two mile race to be held in conjunction with the El Cerrito Relays on April 25. The AAU and El Cerrito Coach Hale Roach have agreed to have an open two mile race at the annual high school El Cerrito Relays. The race will probably be sometime on Saturday afternoon (time not definite yet). If you have run 9:40 or better for two miles and are interested, write to the editors of this paper immediately. As yet we have no sponsor for the race. We are hoping that some club that hasn't sponsored a meet this year will step forward and offer to sponsor it. In this way we could obtain a free sanction from the AAU. Otherwise, West Valley will have to sanction the race at a cost of \$15. If your club might be interested in sponsoring this race, contact me immediately.

There has been a lot of talk going around the Association recently concerning raising money to send Darryl Beardall to the London to Brighton Race next fall. The editors think this is a great idea since Darryl is certainly the most consistent ultra-distance man in our area and possibly the country. Soon, West Valley TC will announce (in next issue) the date of a club fund raising pot luck dinner with running films to be shown (probably one or more of the following: Dipsea, Bay to Breakers, 1968 Olympiad). Our club will donate up to 25% of the profits to Darryl's travel fund. The editors are setting up this fund now and any donations (individual, club, or other) should be sent to the editors of this paper. Let's have a PA runner at the London to Brighton next year!! Each month a total will be printed in the Newsletter so that everyone can see how the fund is coming along.

To make the race for the Pacific Association cross country team interesting, we have decided to print unofficial monthly point totals based on 10 points for first, 9 for second, ... , 1 point for 10th. These totals will be based on all PA-AAU road and cross country races since (and including) Lake Merritt. If two races are held in conjunction with each other as in the Lake Merritt Races, then the longer race will be used in the figuring. Also, out of the Association races will not count (Culver City, Las Vegas, Seaside, etc.). Our unofficial figuring shows Marin AC's Darryl Beardall with a big lead as of the end of March (including Regional Marathon). His 96 points put him a big 23 points ahead of West Valley's Jack Leydig who is second with 73. Others with more than 30 points are: Rich Delgado (WVTC) - 59, Byron Lowry (SFGC) - 54, Jose Cortez (RCS) - 51, Alvaro Mejia (WVTC) - 50, Chris Miller (WVTC) - 41, Doug Butt (MAC) - 35, Steve Dean (unat.) - 34, Doug Rustad (unat.) - 33.

West Valley's UCLA runner, Mike Duncan, is getting back into shape after about an 8 month layoff. As of late February he was averaging about 50 miles a week and was competing in Southern California road races about once a week. His best to date was a 25th place finish over 10 miles in 58 minutes. He was aiming at breaking an hour so was satisfied. Mike plans to run in the Bay to Breakers race for the team in late May.

A special thanks to San Jose State coach Bud Winter for having open six mile races in his dual meets. This really helps out area athletes who are trying to get qualifying times for the Nationals in Bakersfield this June.

Announcing the Mt. Diablo Disturbance Handicap Race sponsored by Jack Kirk (the Dipsea Demon). Eligibility: AAU Registered Athlete, male, over 21 years of age, must have finished at least two (2) Dipsea races. No entry fee. Place: Mt. Diablo State Park. Directions: Take North Entrance to Mt. Diablo State Park, NOT the south entrance. Take freeways to north of Walnut Creek. Go east on Ygnacio Ave. Follow signs to Mt. Diablo State Park. Fifteen miles of 15 MPH steep winding mountain road. Allow lots of time. Post entries will be accepted. If interested, write to Jack Kirk, St. Rt. 4, Mariposa, Calif., 95338. Date of race: April 26, 9:00 a.m.

Bad news...our Boston group fare deal fell through because not enough individuals responded. We finally got 10 from Northern California and about 9 from LA, but we needed 25 to take advantage of the group rate. So...we'll try again next year, a little more in advance.

Results of Sr. Mile at San Diego Indoor meet, about a month or so ago - no date available. 1 - Fitzgerald - 4:35.5; 2 - Mundle - 4:36.1; 3 - Wood (Marin AC) - 4:44.4; 4 - Kleinsasser - 4:47.4.

WEST VALLEY PORTRAITS

Keith Kruse

Keith is treasurer of the West Valley Track Club for the second year in a row and is currently a senior at Camden High School in San Jose. He just turned 18.

Keith lives at 14434 Lenray Ave. in San Jose (Phone: 377-6277) and has been running for West Valley for over two years.

Although lacking in speed, Keith has all the makings of a star distance runner at 3 miles and up. This past fall he was second ranked Northern California three miler in the postal competition with a 14:48.8. This time ranked him ninth nationally. Just recently, after a case of the flu, he ran 9:42 for two miles to take fifth in the Andrew Hill Invitational. This was a personal best.

Although his track times are notable, Keith's accomplishments on the roads are even more impressive. At the age of 16 he finished 12th place in the gruelling Ocean to Bay Marathon in an excellent 3 hours and 12 minutes. His best marathon came at Petaluma last fall (2:58). He finished as the first high school runner in the Emerald Hills Race last fall and was 11th overall. Keith also played an instrumental part in leading West Valley to victory at Lake Tahoe last fall when he grabbed the lead that West Valley kept. Keith was also on the All-Northern California high school cross country team last fall.

His goals are high as he hopes to become West Valley's top runner at some time in the future and go on to become the best distance runner in the nation. If he improves like he's doing now, he may realize these goals sooner than he expects.

Bob Mignosa

Bob is West Valley's current secretary. He is attending San Jose State as a sophomore and is carrying a 3.0 GPA. Bob is 20 years old and has been running for WVTC for about three years.

Bob's present address is 2833 Quinto Way in San Jose (Phone: 269-2964).

Bob has good speed but still likes the distances better. His best track times include a 23.6 in the 220 (1968), a 57.0 in the 440 (1966), 4:46 for the mile (1967), and 10:35 for two miles (1968). Bob's best road and cross country races have been Tiburon (1969), 52:16; Lake Merritt - 18:57; Felton - 60:07; and a 2.9 mile turkey trot at San Jose State in 17:06.

The three most exciting moments in Bob's running career are when he finished his first marathon in 1966 at Point Reyes, when he finished his first 32 miler in 19th place and beat his first marathon time on the way by over 20 minutes, and making West Valley's second team at Lake Tahoe last August.

Bob's goal is to become a good marathon runner and consistently finish in the top 10 in local road races. Eventually he would like to run around 2 hours and 30 minutes for the marathon.

In addition to running and going to school, Bob also works as an assistant manager for United Artist Theaters and as a reader for a professor at San Jose State.

What Bob lacks in ability he more than makes up for in club spirit as he is consistently at area road races, despite having to travel by motorbike most of the time.

The first time that I read that all finishers of the 50 mile race, except John Pagliano, were sidelined with foot and ankle trouble after the race, I let it pass.

But seeing this in print for the second time, I'm reacting. Somebody reports that 15 of the 16 finishers were sidelined; I wasn't and neither were three friends with whom I checked. I have no idea of the condition of the others ---but on the basis of my quick-check, I suspect some half-baked reporting by whoever peddled you the info.

Just as Syd Kronenthal's statement that, prior to this year, no one ever strayed off course at Culver City is a bending of the truth. Three years ago when I ran Culver I took the wrong turn at that Y and, in doing so, was following four other guys. In time, I learned my error and wound up with a 29½ mile marathon.

- Paul Reese

Paul - I can't remember who gave me the information on the 50 miler but I suspect that he was jumping to conclusions after seeing several of his friends sidelined. I have no personal knowledge of what happened and would appreciate any further comments on the subject. I was not aware that the meet directors at Culver City would be so careless as to not "patch up the Y" after previous errors. This makes the problem last year appear even worse. Maybe this is why the Nationals are in Iowa this year. Let's hope Byron doesn't get lost in Redfield, Iowa -- what a place to get lost!!

The AAU organization is good down here (Southern Cal). They have a couple of ideas they could use in Northern California. There is a race every weekend apparently the entire year, and there are no early entry blanks to send in. Everyone signs in at the race (no late fee). They don't give out numbers either; instead everyone is assigned 3 letters (I'm PUC), and you wear the same card every week. I guess you can see how much time this saves and how much easier it is giving out awards afterwards.

Results are sent out to all long distance runners in the SPAAAU and copies are available at the next weeks race. There is also a contest covering all the races, based on points. Each race finished is worth 5 points, then 10 points for being in the top 10%, 9 for being in the next 10%, etc.

If you want the weekly results (or if anyone else does) let me know and I will send them to you.

- Mike Duncan

Mike - Sounds like real good organization down your way. I think that the numbering (letters) is a real good idea. Do they hand out new cards each week or do you keep the same ones (made out of cloth?). I'd appreciate it if you'd send me the weekly results and a schedule. Incidentally, I've seen one of the earlier schedules and it sure beats ours up here. They have directions, types of facilities (showers, etc.), divisions, records, etc. In short, everything you need to know about a race is supplied to all runners without having to send in an entry blank. This also saves on money for postage and lost money by individuals who have sent in their race fee and find out at the last minute they won't be able to make it. I'm sure we can use these ideas to great advantage up our way. Thanks.

EDITORIALS

Age Group Goof! - It seems that poor communication is not just limited to AAU road racing. As four of my age group boys prepared for the Redwood City Invitational (March 7), I informed them of the time and place of the meet. It was to be held at Redwood City at 10 a.m.. Little did I know that the meet was changed to Milpitas. It was not until the night before that I heard that the meet was changed. So my boys and their parents changed plans and went to Milpitas. Upon arrival there at 8:45, they were confronted with an empty track field and only 2 or 3 other baffled competitors. It wasn't until 10:30 that they discovered the meet was postponed.

Needless to say, only two of my boys remain with me. The other boys understood, but their parents had had enough. I can't really blame them.

Something definitely has to be done about the communication problems in our Association. We are going to lose many athletes and coaches if we continue at the present pace.

- Marcel Hetu

The weather was nice, a bit dry and warm, but otherwise perfect for record setting conditions. The place, Sacramento State College at the Sacramento Invitational on March 28. The event, a 10,000 meter race walk. This was the first track event of the meet although most of the race was to be completed off the track. The competitors included Tom Dooley and Bill Ranney, two of the nation's better race walkers. The gun went off and Dooley quickly assumed command with Ranney in hot pursuit. As they left the stadium it looked like a sure record pace. Some 40 minutes later Dooley reappeared, seeming to have a national record in the bag. As Tom crossed the finish line the timer stopped his watch, glanced at it, and then promptly decided to zero his trusty timepiece. Because of this hasty act, Dooley's time was not official as no one else seemed to have "officially" recorded his record walk. Tom's time was approximately 43:45, well under the American record. A lot of good that does. It would seem to me that an official at a top class meet such as this would have the common knowledge to know that you're not supposed to reset your watch until the official decision has been made as to what the time should really be. Sure Tom knows that he set a record, and so do a lot of other people. But it will never go into any record book. What kind of "officials" are we getting at our good meets anyway? Funny thing, the second place finisher, Bill Ranney, got his time officially - 45:45. I wonder what the record books will say about this.

- Jack Leydig

Recently, after the Regional Marathon to be exact, a group of Pacific Association runners gathered at Jim O'Neil's Sacramento home to relax their aching bodies in Jim's nice warm (82 degrees he says) pool. Some of those in attendance were Flory Rodd, Jack Leydig, Byron Lowry, Jim Bowles, Pax Beale, Elaine Pederson, Doug Butt and maybe a few more. After the soreness had subsided somewhat, a rather heated discussion developed over the handicap system of the Dipsea Race. Rather than summarize what was said, I would like to invite our readers to send us suggestions on ways to improve the handicap system since there obviously needs to be a change, primarily from the danger standpoint of handicappers getting run over by scratch runners. Let's have some spirited ideas and maybe we can improve this year.

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ADVERTISING

The response to our pleas for advertising material has been virtually disgusting. Outside of about three or four people, our classified section has been a big zilch. Since it costs us about \$6 per page of pictures and this is not even including paper (just film), it seems that only two alternatives are left, assuming that our advertising response doesn't pick up very drastically. Number one, we will have to cut out the picture pages and use only printed material. This is probably the worst idea because the pictures are a major attraction to our Newsletter. The other thing we can do is to charge a minimal rate for our paper. But rather than force people to pay we will simply have a jar or can at road races where 10 to 25 cents (or less) in donations can be made so that we can maintain and hopefully improve the quality of our publication. We would like to have twice as many pictures but at present this is obviously out of the question. So, beginning with this issue, we will ask our readers to help us out by "buying" the Newsletter. We will not force anyone to pay, but please donate something if you would like to keep our picture section alive and see it improve. Thanks.

Advertising rates are still the same. 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. Special rates for extra large ads. All advertising should be sent to the editors of this paper (not the publishers) at least a week before the end of each month to insure space in the following month's issue. We will bill you on a monthly basis or something more convenient if desired. Checks should be made payable to West Valley Track Club. Help us out and make this Newsletter a continuing success. You are not only helping yourself but amateur athletics as well.

RUNNING UNLIMITED (Tiger Distributor): Pete League, 1515 Cornell St., Berkeley, Calif., 94702. 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. Pete gives unusually fast service if he does not have your size in stock and will request the So. Cal. distributor to mail you your order directly.