

WEST VALLEY

HOLY CITY SUMMIT RUN

NEWSLETTER

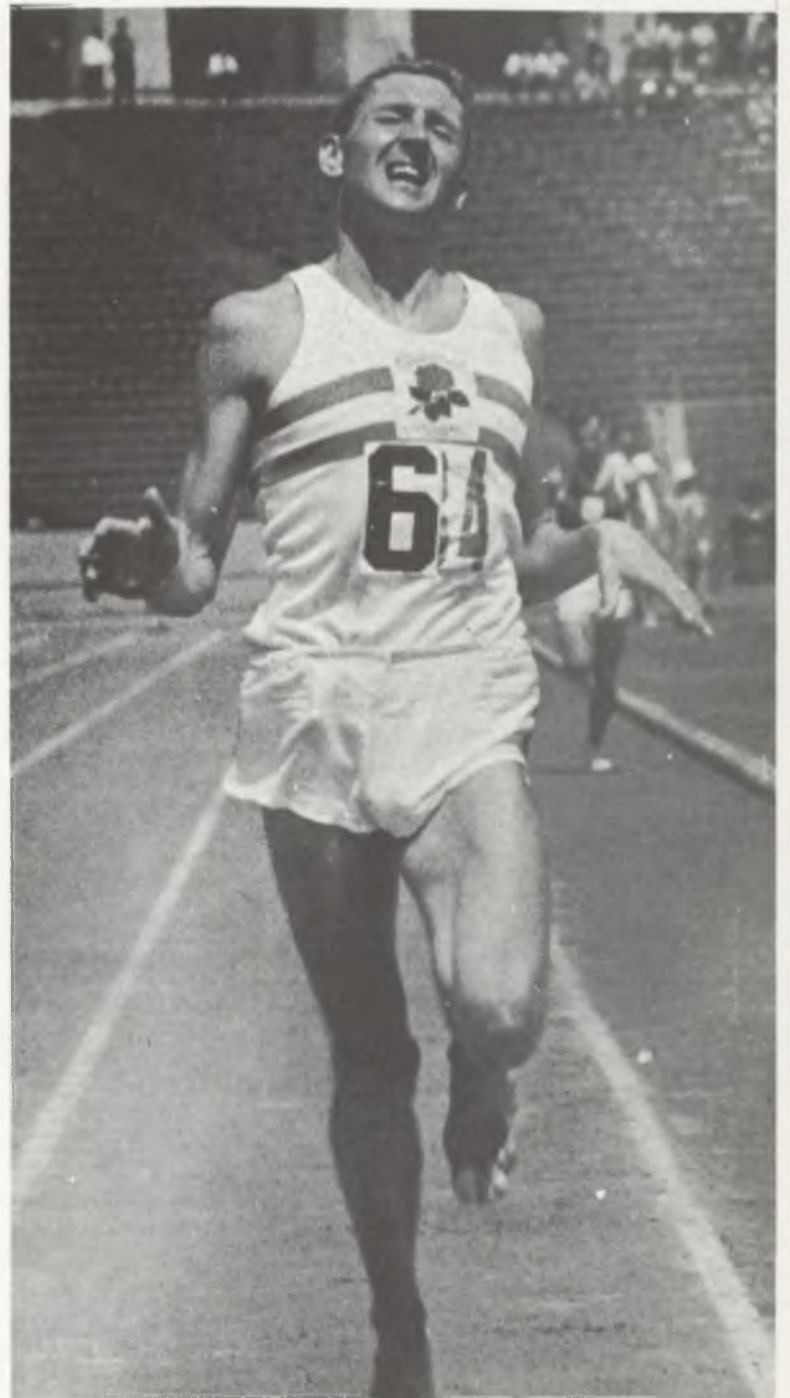
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This Newsletter is published on a monthly basis by the West Valley Track Club of San Jose. It is a publication that serves as a communication media for WVTC members and all Northern California runners in general. Editorial matter, pictures, and race results should be sent to the Editor: Jack Leydig, 603 So. Eldorado St., San Mateo, Calif., 94402. Phone No. 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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NEWSLETTER NOW COSTS 25¢ PER ISSUE...

Up until this issue, the West Valley Newsletter has been a free publication, being supported solely by club funds and advertising. However, the response to advertising has been extremely disheartening. We are down to about \$5 or less a month. We were left with two possible alternatives: (1) discontinue our picture pages, or (2) charge a minimal fee so that we could keep up the quality. After discussing this matter with many area runners, we decided on the latter. Newsletters will still be available at most road races but for a 25¢ charge. Subscription rates are \$3.50 a year, a slight savings considering mailing.



Ron Hill, winner of 74th Annual Boston Marathon in 2:10:30. See complete Bay Area results in this issue.

(Distance Running News Photo)

We have two new age group runners, both from San Jose. Stephen Ertman lives at 4108 Carola Ct. (Phone: 241-1822) and is 13 years old. In 1968 he ran the Dipsea course in 70:57 and Holy City in 65:59 the same year. Last year he also ran 44:10 at the Walnut Festival race. Our other new age-grouper is Paul Anderson of 4903 Vanderbilt Drive (Phone: 378-7966). Paul is also 13 and just started running so we don't have any marks for him.

We have a new senior runner in Carl Martin of 4641 Venice Way in San Jose (Phone: 253-5782). We have no further information on Carl at present, more next time.

West Valley's latest addition is Doug Rustad of 2503 Whitewood Dr. in Santa Rosa (Phone: 546-8695). Doug is 29 years of age. Formerly Doug ran for the Golden Gate Track Club (1964-67) before going to Jamaica for several years. Some of his best track times are: mile - 4:14 (1963), 2 mile - 8:57 (1965), 3 mile - 13:52 (1965), and six mile - 28:44 (1965). Doug is sure to be a big help in West Valley's attempt in the National AAU cross country meet next fall.

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#### THIS & THAT....

West Valley's Chuck Mork seems to be recovering from leg problems and appears headed back to his 4:19 form of January and February. He still thinks he can come around in time to make the State high school meet this June.

Bob Stephenson has a phone number for those of you who want to add to your club address and phone list: 286-5763.

ANNOUNCING a fund raising banquet on June 19 (Friday). The purpose of this banquet is to help send Marin AC's Darryl Beardall to the London to Brighton Run next fall. Plans are still a bit sketchy and we will know more soon as to location and exact time. We will guarantee to donate 25% of the profits from the banquet to Darryl Beardall's travel fund. The cost of the affair will be \$2.50 per person or \$1.50 for 12 years and under. There will be food and drink (plenty to make a full meal), the Dipsea film, possibly the Bay to Breakers film, and most likely a guest speaker or two. Bring your friends, wives, children, etc. and make this thing a big success. We will have full details shortly and will make them available at road races and also through all the area track clubs. In addition to the money we get from the banquet, the Newsletter is setting up a fund for Darryl. We welcome donations from individuals, clubs, etc. All contributions should be sent to the West Valley Newsletter, 603 So. Eldorado St., San Mateo, 94402. Each month a total will be printed in the Newsletter so that everyone can see how the fund is coming along. Let's have a PA runner at the London to Brighton next fall!!

A correction to April's Long Distance Racing Schedule. The Golden Gate Marathon will be on May 30, Saturday and not May 31 as previously indicated. See Racing Schedule in this issue for complete details.

In accordance with Article XI, Section I (e) of the Pacific Association By-Laws, 50% from the Entry and Service Fees collected shall be credited to the Sport from which was received, if the expenses as listed in budget have been assured. The Financial Report for the term October 1, 1968 to October 1, 1969, shows a surplus of \$5,780.03. Therefore, each Sport will receive a refund of 50% of fees collected. For Long Distance Running this total amounts to \$129.97 and for men's track and field a total of \$110.98. A full report may be obtained from the Pacific Association of the AAU in S.F.

Due to his victory at the Rocklin Regional Marathon on March 29, the Olympic Club's Byron Lowry will have his expenses paid to the National AAU Marathon in Redfield, Iowa on June 7. His winning time at Rocklin was 2:28:56.

West Valley's Holy City Race will not have a shorter Novice Race this year but we are planning on having one in 1971.

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., Bakerfield, Calif., 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".

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, Boston, etc.). Our unofficial figuring (except for the Alameda TC cross country carnival, which we never got results for - send them to us if you have them) shows Marin's Darryl Beardall with a big lead as of the end of April. 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 through the end of April are: Rich Delgado (WVTC) - 59, Byron Lowry (SFOC) - 54, Jose Cortez (RCS) - 51, Alvaro Mejia (WVTC) - 50, Doug Butt (Marin AC) - 45, Chris Miller (WVTC) - 41, Steve Dean (unat.) - 34, Doug Rustad (WVTC) - 33.

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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 \$8 a page for our pictures (and this doesn't include paper costs, only film) we are being forced to start selling our previously free publication that we had hoped to keep free through advertising. The only other choice we had was to completely eliminate our photo section. Most of the people we talked to conceded that it would be better to keep the pictures and charge 25¢ an issue to offset publication costs. So beginning with this issue we will charge 25¢ and \$3.50 a year for those who desire mailed subscriptions.

Advertising rates are still the same. We charge 50¢ per line (about 7 to 7 1/2 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 ensure space in the following month's issue. We will bill you on a montly 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 (Phone: 524-5205). 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.

CAN AMBY BURFOOT BE WRONG? Or Bob Deines, Tom Osler, Ed Winrow, and many others? They are all LSD addicts (Long Slow Distance, that is). They have found long slowish daily runs the way to improved performance and more all-around enjoyment from the sport. Read all about it in LONG SLOW DISTANCE: The Humane Way to Train, by Joe Henderson. 64 pages. \$2.00 from Track and Field News, Box 296w, Los Altos, Calif., 94022. Ask for free booklist of over 200 books.

DOG REPELLANT: West Valley TC is selling small dog repellent sprayers at \$2 each 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 about an ounce. They are pressurized and will spray a fine mist over a wide area. They are probably good for about 15 "attacks". These will be available at most area road races from Jack Leydig. No mail orders please as it is illegal to mail these in California.

## WEST VALLEY PORTRAITS

Seán O'Riordan

Sean is a native of Ireland and has run for West Valley since the fall of 1968. He presently attends San Jose City College and lives at 167 Ferrari Ave., San Jose (294-2994). He is 25 years of age.

Before coming to West Valley, O'Riordan ran for Univ. of Chicago TC, Los Angeles TC, US Army, Queen Park Harriers (London), and the Santa Clara Valley Youth Village.

Some of Sean's best times are as follows: mile - 4:31.2, 2 mile - 9:40 (both on same day in 1970), 4 miles (cross country) - 20:16, 10 miles - 53:26, 20 miles - 1:53:41, and the marathon - 2:40:31.

His most exciting moment in running came last fall when his San Jose City College cross country team won the Golden Gate Conference title for the first time in 7 years.

He hasn't set himself any personal goals in athletics but hopes to get his Master's Degree in psychology and then return home to help his countrymen. Among his other goals is to get married, have many friends, and 25 children! Well....

Sean believes in free love and no babies. He must be West Valley's answer to population explosion except for wanting 25 kids of his own.

While serving in the US Army, O'Riordan was a psychiatric corpsman in Thailand, the Philippines, Korea, and Japan. He offers his services to anyone who needs being "psyched up" as he is a licensed Psychiatric Technician.

Recently, Sean came off his track running and placed very well (7th) in the rugged Searsville Lake Race. See the picture section of this issue for a picture of him crossing a river on this course.

O'Riordan continues to be one of the most spirited runners on our club and shows signs of significant improvement in the coming years.

Willie Cronin

Willie is West Valley's second Irish runner and has been running for the club since fall of last year. He currently works at Kaiser Aluminum Company in So. San Francisco and lives at 2001 - 17th Ave., San Francisco, (681-2769). Willie is 31 years of age, married, and has no children.

Before coming to West Valley, Cronin ran for the Millstreet A.C. in Ireland (1957-59) and the Box Hill A.C. of Melbourne, Australia (1967).

Cronin claims he is much better at long distances, and moreso on the roads and cross country than on the track. Last fall he returned to Ireland for a vacation and placed second in his county (Kerry) Novice cross country championships over a rugged four mile course in 30° temperatures. His time was 22:30. More recently he has run well at our local Martinez and Napa road races. In the former he ran 24th in 45:18 and in the latter he finished 10th in 45:37; both are 8 mile courses.

His most exciting moments in his running career were his second place finish in the Kerry County Novice cross country race, his win in the Armed Forces Day Mile at Ft. McClellan, Alabama in 1962, and his being on West Valley's winning team in the PA-AAU Junior cross country race last November.

Willie sets his goals high and claims to be just finding himself in running. He wants to represent Ireland in the 1972 Olympics and become a world class marathon runner. Upon returning home to Ireland this summer, he hopes to help his Kerry County team to a win in the All-Ireland cross country race.

In his quest to become a great runner, Willie considers himself very privileged to have gone on training runs with Olympians Ron Clarke, Gerry Lindgren, and Alvaro Mejia. Before leaving West Valley for Ireland, we are sure than he will help us a lot in upcoming races.

You ask for ways to improve the Dipsea handicap system. First though, may I ask for some of the poison oak to be pulled out? I've had to go to the doctor two years running. My medical expenses on poison oak exceed all my other running costs put together.

On handicapping, Ernie Marinoni can remember when the Dipsea was started at one minute intervals! This would relieve all but the scratch runners of jamming at the steps. Starting a couple of hundred yards further back would thin out the scratch runners a bit, but not enough. So I suggest dividing the runners into two classes: the faster and the slower in each age group. The faster would start first. The oldest age group of slower runners would start about 2 minutes after the faster scratch runners had started out. Thus the race would become two races, with the times put together on one list after the race is over.

I don't know what handicaps Marinoni used. I would suggest these: 35-6 (1 min.), 37 (2 min.), 38-39 (3), 40 (4), 41-2 (5), 43-44 (6), 45-46 (7), 47-48 (8), 49 (9), 50-1 (10), 52-3 (11), 54-5 (12), 56-7 (13), 58 (14), 59-60 (15), 61-2 (16), 63-64 (17), 65-66 (18), 67 (19), etc.

-Tertius Chandler

In response to Mike Duncan's letter in last month's Newsletter, I think that having a contest covering all the races of one year is a great idea. This would add a lot of incentive to train harder and to compete weekly for most of the runners like myself who have no chance at a high place finish in a particular race. I would think that the interest in this sort of contest would increase the number of entries in the races sufficiently to more than offset the cost involved in tabulating the weekly results. (The tabulation of these results would be made much easier by Mike's other suggestion of having the runners wear the same numbers weekly). I would make one addition to the point awards of 5 points for finishing a race, 10 points for being in the top 10%, 9 for being in the next 10%, etc. In order to separate those runners who consistently finish in the top 10%, an additional 10 points could be given for first place, 9 for second, etc. Maybe a sign-up sheet or some sort of a petition could be placed at a few races so that other runners could express their interest in this. In closing I would like to congratulate West Valley for the good job they're doing on this Newsletter.

-Bob Baglan

#### EDITORIAL

It seems very apathetic to me that more runners don't show up to specialized races that have been set up because of early season demands. In particular, West Valley went to quite a bit of trouble lately to try and organize a few open track events at local meets. The 5000 meter race at Millbrae and the two mile at the El Cerrito Relays both fell through for lack of interest. In short, not enough people showed up to even make the race worth running. We certainly notified enough people to the fact that these races were to be held. During the winter months I was quite often confronted with people wondering about how they were going to compete on the track with very few races being held. So we set up two good chances at big meets and what happens? Only 4 or 5 show up. Both were cancelled to save face as each was "supposed" to feature some good competition. If either had been run, they would have had very strung out fields.

I wonder what will happen next year when we try to approach these same meet directors and have them try and include a special event for "all those people" who want to try to improve their track marks. I certainly wouldn't blame them for turning us down. Our apologies to all those that wanted to run in these races but couldn't because others didn't really care. Also our apologies to Ray Batz and the S.F. Firefighters who graciously sponsored the El Cerrito Relays two mile and wasted their 1970 free sanction in doing so. I certainly hope that there is a little more interest next year if we try and get these races scheduled again.

-Jack Leydig

Comments on our editorials and letters to the editor are encouraged. We will gladly print anything you have to say concerning the running scene in Northern California. Make your grievances heard. A copy of the Newsletter goes to the PA-AAU office each month so you will be heard.

- May 16 - 8 mile road run and 4 mile senior road run, Golden Gate Park, San Francisco, Cal., 10 am, Peter Mattei, 1000 North Point, San Francisco, Cal., 94109.
- May 24 - Bay to Breakers Race, 8 miles, San Francisco, Cal., 10 am; Frank Geis, Suite 601, 942 Market St., San Francisco, 94102.
- May 30 - First Annual Golden Gate Marathon, Tiburon to SF, 9 am; Rich Perry, 330 Gonzalez Dr., SF, Cal., 94132 (593-2155). Entries close on May 24 - definitely no late entries).
- June 6 - 10 am - Northern Calif. Seniors TC track meet - place to be announced.
- June 6 - 8 mile Novice and 17 mile runs, Monterey, Cal., 10 am. Wes L. Hessler, 2147 Trapani Circle, Monterey or Mr. L. Figen, Monterey Peninsula Athletic Club, 525 Hartnell St., Monterey. (This is listed on AAU schedule as 8 mile race in Monterey).
- June 7 - 50th Annual Statuto Races (4 and 8 miles), San Francisco, 9 am.; San Francisco Athletic Club, 1630 Stockton St., SF, Calif.
- June 7 - Senior Natl. AAU Marathon, Redfield, Iowa, 7 am. Write Dr. T.C. Peace, Redfield Hospital, Redfield, Iowa, 50233 (Tel. 515-833-2301). Entries close May 30.
- June 13 - Novato 6.5 mile road race, Novato, Cal., 10 am; Marin AC, John Woodman, 705 Hacienda Way, San Rafael, Cal., 94903 (479-5768).
- June 21 - Woodminister 9.3 mile handicap race, Oakland, Cal, 10 am; EB-RRC, Chas. MacMahon, 855 Glendome Circle, Oakland, Calif.
- June 27 - 8 mile race, Redding, Calif., 10 am; Greater Redding Chamber of Commerce, John Gray, 4220 Oro St., Redding, Calif., 96001.
- June 27 - Northern Cal. Srs. TC track meet, 10 am, site to be announced.
- June 28 - Holy City 8 mile road race, Holy City (near San Jose), Cal., 9:30 am; West Valley TC, Bill Mackey, 5112 Rafton Dr., San Jose, Calif.
- July 5 - 5½ mile Wagon Train Day Race, Placerville, Calif., 9:30 am; Chuck Marks, 2879 Molly Lane, Placerville, Calif. 95667.
- July 12 - 9 mile road race, Felton, Cal., 9 am; R. Brown, Felton Businessmen's Association, P.O. Box 458, Felton, Calif. 95018.

UPCOMING AAU SANCTIONED TRACK & FIELD MEETS

- May 23 - California Relays, Modesto, California.
- May 30 - Kennedy Games, Berkeley, California.
- June 6 - Compton Invitational, Compton, California.
- June 13 - PA-AAU Track & Field Championships, Sacramento, Cal., (5 km., 10 km., steeplechase, etc.); A. Baeta, 4700 College Oak Dr., Sacramento, Calif., 95841.
- June 18 - Senior Olympics, Los Angeles Memorial Coliseum (100,200,400,800, to 21 1500, 5000, 10000, plus 400 and 1600 meter relays and long jump, high jump, triple jump, discus, pole vault, javelin, hammer, shot put, and marathon). Age groups 40-49, 50-59, 60-64, 65-69, 70+. Information and entries from: Senior Olympics, Helen Hall, 8760 Venice Blvd., Los Angeles, Cal. 90034.
- June 26 - Natl. AAU Track and Field Championships, Bakersfield, Cal., Meet & 27 Director Gil Bishop, 2105 24th St., Bakerfield, Cal., 93301.
- July 2 - Third Annual US Masters Track & Field Championships, San Diego. to 5 Entry information available from Flory Rodd, Sec-Treas., Nor. Cal. Senior TC, 1816 Harvard Dr., Alameda, Cal. 94501. Entries close June 29th. Competition is divided into 3 divisions: 40-49, 50-59, 60+. Open competition in walks, sextathalon, marathon, and relays. This year there will not be any pick up relay teams - only accredited teams entered by the closing date may compete.

RACE WALKING SCHEDULE

- May 16 - Mills High School, 2 mile championships with a major track meet, separate awards.
- May 17 - Golden Gate Park Tennis Courts, 5 mile road walk, 10 am.
- June 7 - Proposed North-South Calif. Championships. Five men from each area to be selected in a trials announced later. Golden Gate Park Tennis Courts.
- June 13 - Pacific Ass'n. Championships, Sacramento, 5 km.

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

AGE GROUP SCHEDULE

- 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, Sequoia High, 8 pm.
- June 27 - National Invitational Track Meet (site not yet available).

\*\*\*\*Please contact Gary Gallego, c/o San Jose Yearlings, 3682 Bridgeport Ct., San Jose, 95117, for more information concerning the above schedule. Mike Ipsen of the Redwood City Striders will also be of help concerning these meets. Mike is usually at most area road races or at Sequoia High in the afternoons.

HIGH SCHOOL MEETS

- May 23 - Region II Trials and Finals @ San Jose CC or SJS, 9:30 am.
- May 30 - CCS Trials and Finals @ Foothill College, Los Altos, 9:30 am.
- June 5,6 - State Meet Trials (5th) and Finals (6th) @ UC Berkeley, 9 am on the 5th and 1 pm on the 6th.

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MISCELLANEOUS RACE RESULTS

West Valley runners have been doing well in high school meets. Keith Kruse of Camden ran a 9:44 two mile to take 2nd place behind Homestead's Remak at the Blossom Hill Invitational on April 18. Remak was timed in 9:41. Dan McKenna, only a junior at Balboa High in SF, has turned in some sparkling performances in the mile, his best being a Nor Cal leading 4:18.9 which netted him first place at the Sacramento Invitational over a strong field. Dan has also turned in a 9:35.0 and 9:37.8 in the two mile to lead the AAA (SF High Schools). We have also heard that Eddie Silva of Watsonville won a mile race at Pacific Grove in 4:28 but this is not yet confirmed. Chuck Mork led off and gave his team a lead in the two mile relay at El Cerrito on April 25. His leadoff leg was about 2:05 but Washington lost by about a second on the last leg.

Other good high school marks include Dave Montoya's 9:28.8 two mile on a windy track on April 14 vs. Westmoor. He was third in 4:19.5 at the Sacramento Invitational mile and first in 4:21.0 at Blossom Hill on consecutive days. He is only a junior at Burlingame High. Tom Hale ran a very impressive 9:08.0 at the Sacramento meet to win by 10 seconds over Bill Frank of Vanden, Vacaville. Frank also recorded his best time by about 6 seconds.

Chico State's and the Redwood City Striders' Mike Dailey ran a very good steeplechase in 9:04.9 recently, ranking him quite high nationally. Peter Fredrickson of Sweden and a familiar face at area road races this past winter, ran a good 14:17 for 5000 meters to win the Mt. San Antonio College Relays last month.

On March 15, Balboa's Dan McKenna ran a good 25:40 for five miles at Lake Merced to win a DSE sponsored run. He beat Ray Batz (25:50) and West Valley's Wille Cronin (26:05) in the process. On March 29, Cronin won another DSE six mile beach run in a good 32:23 over Jim Gallon (unat.) who clocked 32:48. The others were far back.

Please send us results from these races we don't hear about. It's the only way we can communicate the results to others.

(April 18): Olympian Goetz Klopfer walked away from the rest of the field in the Millbrae Lions sponsored 5 miler at Millbrae. The race was on the track and Goetz got a good 37:02 to Bill Ranney's second place 38:18. Other finishers were Jim Lopes (41:31), Jerry Heidenreich (45:43), and Bill Mackey (West Valley TC) in 49:08. This was Bill Mackey's first attempt at race walking and perhaps the last. He is recovering from a slight ankle fracture and cannot run, so he tried walking.

(April 25): In a special 5 mile walk to determine the best high school walker in Northern California and send him to the State Championships in Southern California, Jerry Heidenreich destroyed the rest of the field (next place was about 6 laps back!) to clock a 44:45 at the S.F. State track. In an open race held at the same time, Bill Ranney improved a minute over his previous week's effort to win in a very good 37:17. Steve Lund was second in 40:31, followed by Jerry Lansing in 42:06. Lansing is a 15 year old high school athlete but couldn't officially enter due to C.I.F. school rules. Heidenreich is also 15 years old and is a classmate with Lansing at San Rafael High School.

(April 25): At the Sonoma State vs. Cal. Davis meet, Bill Ranney won his second walk in the same day in 29:41 over Jim Lopes (31:52) and Jerry Heidenreich (35:20) and Steve Lund (39:45). Heidenreich and Lund were also competing for the second time on the same day.

Tom Dooley has been sidelined a few weeks with a bad cold and should be back in racing form shortly after his superb effort at Sacramento in late March.

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PETER WOOD WHIPS FIELD AT SENIOR FIVE MILE RUN

(April 4): On a hot and sunny day at Lake Merced, Marin AC's Dr. Peter Wood outclassed the rest of the field over a five mile course to win handily in 27:35. Wood has just recently entered the senior bracket and is one of Northern California's senior hopes in the U.S. Masters meet this July. The Northern California Senior TC took second and third and put their first five in the top ten finishers to easily take the team title. The over-50's came through strongly as Ed Preston (53) and Alan Waterman (51) took third and fourth respectively. The first over-60 finisher was Ernie Marinoni (64) in 34th place at 35:51. Walt Stack was second over-60 finisher in 47th (38:36). There were 62 official finishers and one unofficial late start (Jim O'Neil of the Olympic Club in 28:46). West Valley's Bill Mackey walked into 61st place in 54:49. Top 30 finishers:

1 - Peter Wood (Marin AC)	27:35	16 - Wayne Boutell (NCSTC)	33:08
2 - Frank Harrison (NCSTC)	28:19	17 - Harry Williams (unat.)	33:17
3 - Ed Preston (NCSTC)	29:28	18 - Rex Dieterich (unat.)	33:32
4 - Alan Waterman (Stanford RC)	29:56	19 - Jim Killeen (unat.)	33:39
5 - Ross Smith (unat.)	30:10	20 - Ray Minkel (PAL)	33:49
6 - L.E. Hoyt (Marin AC)	30:25	21 - Emmett Smith (NCSTC)	33:54
7 - Peter Mattei (NCSTC)	30:37	22 - John Boitano (SERC)	34:02
8 - Bob Cort (NCSTC)	30:47	23 - William Roay (Dolphins)	34:11
9 - Phil Paulson (NCSTC)	31:36	24 - Paul Kummrow (unat.)	34:11
10 - John Getas (Dolphin Club)	31:56	25 - John Orcutt (SequoiaYMCA)	34:20
11 - Ray Talavera (Dolphin Club)	32:10	26 - John Satti (Marin AC)	34:32
12 - Stanley Sprague (unat.)	32:13	27 - George Green (Fire Strds)	34:34
13 - Don Lucero (unat.)	32:22	28 - Larry Fox (NCSTC)	34:36
14 - Frank Cuzzillo (NCSTC)	32:29	29 - E.A. Sells (NCSTC)	34:38
15 - Eugene Santos Jr. (PHTC)	32:35	30 - Eugene DeSoto Jr. (unat.)	35:25

First woman across the finish line was Mary Lucille Boitano (46) of the South End Rowing Club who placed 56th in 44:37. Eris Hill (45) was 2nd woman in 59:19 for 62nd place. -- Results thanks to John Boitano, Race Director, who finished 22nd.



(April 11): Culver City AC's Ray Darwin, who is currently teaching in the Bay Area, ran an intelligent race in very windy conditions as about half the field dropped out. His winning time in the six mile track run preceding the San Jose State vs. Athens AC meet was a good 30:59.3. He ran barefoot as usual on San Jose's tartan track. Other finishers were far back and included Baldovinos (SJCC) - 33:29.0, Willie Cronin (West Valley TC) - 33:41.8, and Jim Gallon (SFCC) - 34:03.0.

With even a stronger wind blowing, Bob Price took the mile in the same meet with a slow 4:18.4 followed by Bill Gillingham (4:21.4) and Doug Rustad (4:23.0). Doug had just finished running about 4 miles of the six mile run in about 20 minutes. He had about 20-30 minutes rest.

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MARIN'S DOUG BUTT TAKES EL DORADO 14 MILE RUN FROM SKIP HOUK

(April 11): Under fairly warm, dry conditions Marin AC's Doug Butt ran a good 1:21:58 to beat Athens ace Skip Houk by about a minute. Houk is just returning to form after a long winter leg injury. Rich Delgado's course record of 1:16:41 remained intact. This year 62 runners finished the race as compared to 45 last year. The course is mostly on rolling dirt roads with a good three mile grind toward the end of the race. Bob DeCelle had his yearly barbeque for all the runners afterwards. In the team race, Marin had a runaway with 52 points to Solano's suprising second place with 93. The Napa Valley Runners were next with 122 and the Northern California Senior TC had 133. Following are the top 25 finishers (reported by Peter Mattei):

1 - Doug Butt (Marin AC)	1:21:58	14 - Joe Henderson (Marin AC)	1:34:31
2 - Skip Houk (Athens AC)	1:22:51	15 - Steve Parker (Alameda)	1:35:22
3 - Dennis Matthews (Solano)	1:24:29	16 - Valencia (Solano TC)	1:35:30
4 - Bob Stephenson (WVTC)	1:24:48	17 - O'Brien (unat.)	1:35:47
5 - Greg Chapman (Solano)	1:25:44	18 - Peter Mattei (NCSTC)	1:35:50
6 - Jeff Kroot (Marin AC)	1:26:18	19 - J. Newhaus (Marin AC)	1:36:07
7 - Doness (Santa Barbara AC)	1:26:52	20 - Taylor (Marin AC)	1:37:32
8 - Heine Hartwig (unat.)	1:27:31	21 - Woodman (Marin AC)	1:38:30
9 - Clark (unat.)	1:28:53	22 - J. Brennand (SERC)	1:41:13
10 - C. Marshall (1st H.S.)	1:29:53	23 - Berg (Napa Valley RC)	1:42:05
11 - Pete Hansen (unat.)	1:29:52	24 - Koerner (??)	1:42:35
12 - Lee Holley (Marin AC)	1:31:28	25 - Clarence Hall (NVRC)	1:43:34
13 - Jim Engle (NVRC)	1:32:18		

First senior runner was Peter Mattei of the Senior TC and second senior was Koerner (24th).

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SAN JOSE STATE VS. SO. CAL. STRIDERS

(April 18): The Striders walked over San Jose State by a score of 95-50 in what turned out to be an All-Comers meet thanks to San Jose State Coach Bud Winter. In the distance events Eck of the Striders won the mile in 4:13.6 over San Jose's Buck Black (4:14.1) and Risby (unat.) in 4:15.0. The two mile saw Harrison of the Striders pull away on the last lap to a victory over Duffy (unat.-Nevada) in a time of 9:03.3 to 9:04.4. West Valley's Alvaro Mejia took third in 9:11.4. Thomas of Stanford and Hansen of San Jose State were further back.

\* \* \* \* \*

ENGLAND'S RON HILL SETS RECORD 2:10:30 AT BOSTON

(April 20): European champion Ron Hill, a 31-year-old English research chemist who came to settle a score with Canada's Jerome Drayton, set a blistering pace in a steady downpour yesterday (from Boston paper) to win the 74th Annual Boston AA Marathon in a record 2:10:30. Drayton dropped out at about the halfway point. Second placer was Eamon O'Reilly of the Athens AC, Northern California's top finisher. His time of 2:11:12 was an American record by over two minutes. Hill broke last year's record of 2:13:49 set by Yoshiaki Unetani of Japan by over 3 minutes!

Flying a large "Republic of California" flag with a huge Golden State bear, 19 Bay Area runners marched on the Hopkinton Gym for the 74th running of the Boston Marathon. With 1011 competitors milling about at the start, the prominently displayed flag served as a rallying point for the widely scattered Northern Californians.

The winner Hill claimed he could run in any kind of weather, but said he didn't think he would be back. One Boston is enough. He didn't mind the rain but the cold was too much. It was in the upper 30's and low 40's with a headwind and steady downpour for the entire race. The cold took its toll on many runners, especially the Japanese and Latin Americans who placed well back.

Topping the Northern California contingent of course was O'Reilly, who was actually closing on Hill over the last part of the race. Next came Bob Deines (Other Ways AC) with his usual fast finish for 15th place. West Valley's Jack Leydig was running in the top 20 with two miles to go when the cold took its effect and cramped his legs, forcing him to a walk and slow jog. He wound up 34th. Steve Dean also came on strong in the last 8 miles to record his second best effort in 19th. Doug Butt of Marin AC just missed the top 50 with his very good 53rd place finish.

Byron Lowry had leg problems with the cold from the start of the race and barely managed to finish in 159th place with severely cramped muscles. Ralph Paffenbarger of the Northern California Seniors finally dipped under 3 hours (and in grand fashion) with his 199th place finish and a 2:52:56. West Valley's Harold DeMoss, in only his second marathon attempt, slashed 10 minutes off his previous best with a 2:48:42 and a 149th place finish. A tremendous job was done by all Northern California runners in the race.

Hours after the groups champagne victory party at the Lenox Hotel (at the courtesy of Flory Rodd), everyone drifted to the Half-Shell, a Boston clam house, for dinner (about 10 p.m.). Ralph was still smiling!

Below are the top 50 finishers and below that, all Bay Area finishers:

1 - Ron Hill (England)	2:10:30	26 - Peter Stipe (BAA)	2:28:31
2 - Eamon O'Reilly (Athens AC)	2:11:12	27 - Bob Fahy (Toronto OC)	2:28:35
3 - Pat McMahon (BAA)(Ireland)	2:14:53	28 - Gary Muhrcke (Millrose)	2:28:47
4 - Pentti Rummakko (Finland)	2:14:59	29 - Jim McDonagh (Millrose)	2:28:49
5 - Kalle Hakkarainen (Finland)	2:19:42	30 - M. Adams (Nor Car TC)	2:29:09
6 - Ken Moore (US Army)	2:19:47	31 - Tom Derderian (N Medfd)	2:29:09
7 - Bob Moore (Toronto OC)	2:20:07	32 - Ray Will (Canada)	2:30:08
8 - Andy Boychuk (Toronto OC)	2:21:06	33 - Gar Williams (Wash SC)	2:30:23
9 - Bill Clark (Phila AC)	2:22:17	34 - Jack Leydig (WVTC)	2:30:52
10 - Wayne Yetman (Toronto OC)	2:22:32	35 - Phil Ryan (Boston AA)	2:31:07
11 - Garry Harrison (Vancouver)	2:23:18	36 - John Mowatt (Jamaica)	2:31:14
12 - Ed Walkwitz (Mt. Park AC)	2:23:26	37 - Ken Mueller (Boston AA)	2:31:16
13 - Kerry Ragg (New Zealand)	2:23:45	38 - Bill Harvey (NYPC)	2:31:27
14 - Bill Speck (Providence Coll)	2:24:43	39 - Paul Bernstein (BAA)	2:31:47
15 - Bob Deines (Other Ways AC)	2:24:50	40 - Louis Paul (Cambridge)	2:31:57
16 - Amby Burfoot (C Conn AA)	2:25:27	41 - Gerald Teal (Canada)	2:32:00
17 - Kunio Fujita (Japan)	2:25:50	42 - N. Coville (Canada)	2:32:21
18 - Griff Balthis (Del T&FC)	2:27:29	43 - Terry Gallagher (NMC)	2:32:27
19 - Steve Dean (Sac. State Coll)	2:27:37	44 - Ken Cling (S Jersey TC)	2:32:31
20 - Jose Garcia Gaspar (Mexico)	2:27:42	45 - Eric Walther (SABC)	2:32:38
21 - Rafael Perez (Costa Rica)	2:28:06	46 - Vic Lopez (Guatemala)	2:32:44
22 - Jim Colvin (Swarthmore Coll)	2:28:09	47 - Ron Daws (Twin Cit TC)	2:33:04
23 - Moses Mayfield (Phila PC)	2:28:14	48 - Carl Hereford (N CarTC)	2:33:09
24 - Fred Best (C Jersey TC)	2:28:20	49 - Carlos Cuque (Guatemala)	2:33:31
25 - Virgil Yehnert (Akron RRC)	2:28:27	50 - Alan Haas (unat/Calif)	2:33:35

#### Other Northern California finishers:

53 - Doug Butt (Marin AC)	2:34:19	199 - R. Paffenbarger(NCSTC)	2:52:56
92 - Ray Menzie (Marin AC)	2:41:34	257 - Tom Mann (F. West)	2:58:20
104 - Pete League (Marin AC)	2:43:53	294 - Peter Mattei (NCSTC)	3:02:36
135 - Bob Gormley (Marin AC)	2:47:34	??? - Wayne Glusker (WVTC)	3:04:??
139 - Flory Rodd (NCSTC)	2:47:49	510 - Tom Tripodes (NCSTC)	3:25:42
140 - Lee Holley (Marin AC)	2:47:59	516 - Wayne Boutell (NCSTC)	3:26:03
149 - Harold DeMoss (W. Valley)	2:48:42	??? - Jim O'Neil (SFOC)	3:38:00
159 - Byron Lowry (SFOC)	2:49:36	also - Mike Spino (Otherways AC, (no time or place available))	

Despite the falling through of West Valley's group fare deal, most everyone went anyway. Next year we will start a little earlier in getting names and maybe those going can save \$60 each. We only got 19 names and needed 25.

JACK KIRK WINS FIRST ANNUAL MT. DIABLO DISTURBANCE RUN

(April 26): On a cold and overcast Sunday morning, the first annual Mt. Diablo Disturbance Run was staged. This was the brainstorm of Jack Kirk, The Dipsea Demon, and involved a gruelling three mile uphill climb to the summit of Mt. Diablo followed by four steep miles downhill to the finish. The 18 entries were handicapped according to past Dipsea performances. Apparently Jack took on more than he could handle, and what resulted was 18 individual 7 mile races, with no two runners traveling the same route. Pax Beale was found near the summit, crawling through some brush, and search parties were able to locate all other wayward participants before dark. The 18 winners are listed according to the order of their arrival at the finish line. Man, can that Kirk run downhill! (Reported by Jim O'Neil)

Kirk	65:37	Mattei	70:24	Carmichael	84:24
George	67:17	Brennan	72:55	Schnapp	84:45
O'Neil	68:12	Satti	73:15	Lloyd	91:30
Nelson	68:17	Williams	75:25	Marinoni	N.T.
Sekulich	69:26	Boitano	76:38	Beale	N.T.
Whitehead	69:50	Harrison	78:13	Woodman	N.T.

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DOUG RUSTAD QUALIFIES FOR AAU MEET WITH 29:39.4

(May 2): On a very hot day (85°), West Valley's Doug Rustad fought off the furnace-like conditions of San Jose State's tartan track to win easily in a meet and track record at the San Jose State Invitational. The old track and meet record was held by the Olympic Club's Byron Lowry in 1969 (29:52.1). Running by himself after the mile mark, Doug set a torrid pace (4:52, 9:43, 14:41, 19:37, 24:47) before blasting his last mile in 4:52. He dipped under the AAU National qualifying time of 29:56.4 under very hot conditions, indicating that he is probably ready for an effort in the low 29 minute range on a cooler day. Doug's best is 28:44, set in 1965. Other finishers were far back: John Loeschhorn (USAF) - 30:59.5, Bernie Lahde (unat.) - 31:02.0, Tom Plumb (unat.) 32:29.0, Gary Rezowalli (San Jose State) - 32:39.0.

The mile went to McBurney of the Air Force in 4:13.4, followed closely by Kent Rezowalli (SJS) - 4:13.8. Third went to Hall (USAF) in 4:18.1. The two mile was won by Hansen of San Jose State in a personal best of 9:08.8, second going to Darold Dent (SJS) in 9:17.0.

In the Senior 100 yard dash, George Rhoden tied his own world record for seniors (over 40) with a very quick 10.4. George was a 1952 Olympian. Second was Alphonse Julliard (11.3), followed by Al Guidet (11.4), and West Valley's Bill Mackey (11.9). This was only the second time Bill has dipped under 12 seconds flat. His foot seems to be healing well but he still cannot run too long on it.

\* \* \* \* \*

BEST NOR-CAL PREP DISTANCE MARKS THROUGH APRIL

880

Mile

Henderson (Wash SF)	1:53.0	McKenna (Balboa SF)	4:18.9
See (Del Valle)	1:53.9n	Schoenrock (La Sierra)	4:19.0n
Brown (Los Altos)	1:54.6	Montoya (Burlingame)	4:19.5n
Scott (Sacramento)	1:55.1n	Mork (Washington, Fremont)	4:19.6
Looney (Woodland)	1:55.5n	Hale (Campolindo, Moraga)	4:19.6n
Young (Kennedy, Sac'to)	1:55.5n	Hart (Willow Glen)	4:19.6
Van Ellswick (Burbank)	1:55.8	Bush (Piedmont Hills)	4:19.8
Nicholas (Reedley)	1:56.1	Palomino (El Cerrito)	4:19.9
Jackson (Bakersfield)	1:56.3	Bravo (Reedley)	4:20.8
Davis (Los Altos)	1:56.5n	Smith (Mills)	4:21.0

Two mile

Hale (Campolindo, Moraga)	9:08.0	Edwards (Highlands)	9:21.8n
Frank (Vanden, Travis AFB)	9:17.9n	Mork (Wash., Fremont)	9:22.0n
Lopez (Sanger)	9:19.0	Palomino (El Cerrito)	9:26.0
McCarty (St. Francis)	9:19.2	Montoya (Burlingame)	9:28.8
Mathers (La Sierra)	9:20.5n	Stansberry (Elk Grove)	9:31.7
	Schoenrock (La Sierra)	9:32.0	



Doug Rustad has run 29:39 for six miles this year. Shown leading Fredrickson, Mejia, and Jones at Sac'to 3 mile.  
(Photo by Terri Mejia)



Bill Ranney has been doing some good race walking as of late, including a 37:17 for 5 miles on the track.  
(DRN Photo)



San Jose State's Kent Rezowalli has run 4:12.8 for the mile this year. Shown here leading Bair, Scott, Lawson and Jobaki (all Pacific Coast Club) in the SJS-PCC dual last month.  
(Photo by John Marconi)



Ralph Paffenbarger (Nor Cal Senior TC) and Lee Holley (Marin AC) both ran well at Boston. Shown here during the Regional Marathon at Rocklin.  
(Photo by Bob Anderson)



Tom Hale (Campolindo) and Bill Frank (Vanden) have the two best prep 2 mile times in Nor Cal so far. Shown during Examiner Indoor Meet in January.  
(Photo by Larry Winward)



Willie Cronin, featured in this issue's West Valley Portraits.  
(Photo by Terri Mejia)



Sean O'Riordan, featured in this issue's West Valley Portraits.  
(Photo by Terri Mejia)



Marin AC's Doug Butt, winner of the El Dorado 14 miler, shown during Regional Marathon at Rocklin.  
(Photo by John Marconi)



Other Ways AC's Bob Deines, 15th at the Boston Marathon, shown here at the Rocklin Regional Marathon.  
(Photo by John Marconi)