



WEST VALLEY

# 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 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 - 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 Frank Cunningham. Photographers are Terri Mejia, John Marconi, and Larry Winward, although some photos are taken by others. Our cartoonist is Marin AC's Lee Holley.

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### WEST VALLEY'S NEW MEMBERS. . . .

More on Mike Whelan, our new age group runner. Mike is 14 and will be in the 9th grade this fall. He lives at 1635-E Marina Ct. in San Mateo (341-4553). He has a best time of 2:13 for the 880 and 6.1 for 50 yds. Our other new age grouper is also 14. His name is Jess Kreyling and lives at 1748 Nash Drive in San Mateo (344-9174). Scott Weaver also recently joined West Valley and will be a Soph at San Mateo High next fall. He lives at 607 So. Eldorado, San Mateo (347-5891) and is 15 years old. Scott recently finished 179th in the Holy City Race, his first attempt at anything over 2 miles. For some age group results, see the age group section of this issue.

A new member from the San Jose area is Mike Sweeney, 27, of 10120 Lyndale Ave. His phone number is 259-0604.

Seamus O'Reilly comes to us from the College of Marin and San Francisco where he lives at 426 Princeton St. (Phone: 584-1684). Seamus is 19 and has a best time in the mile of 4:26.1. His best two mile is 10:03.

We have a crop of new high school runners this month. Dan Stevens (15) lives at 3248 Bruce Dr., Fremont (Phone: 656-3725) and has best times of 5:04.6 and 11:05.0 in the mile and two mile. He ran a 55:28 in the Daly City Hill Run last year. David Hermosillo (18) is a recent graduate of Watsonville High and lives at 217-A Ford St. (Phone: 722-2770). He has best times in the 1, 2, and 3 miles of: 4:36.1, 9:54.2, and 15:21.8. Last year he ran the Ft. Baker Race in 1:56:42. Harvey Sandoval (17) lives in Fremont at 509 Scott Creek Rd. (Phone: 262-7859) and has best times of 4:41 and 10:18. This year he ran 46:16 in the Bay to Breakers Race. Terry Johnson lives at 254 Pinehurst, Los Gatos, (Phone: 356-5648). He has bests of 51.9, 2:02, 4:44, and 9:56. He has also run a marathon in 3:56. John Sheehan will be a senior at Aragon High in San Mateo. He is 16 and lives at 1476 Forge Rd. (Phone: 341-3205). He has a best mile time of 4:26.1 and two mile of 9:56. He ran 45:18 in the Bay to Breakers this year and did 3:35:10 at the Petaluma Marathon.

West Valley's latest addition in the sprints is Herb Ashton (2500 Trousdale Dr., Burlingame; 697-0270). He is 24 and has best times of 21.8 and 47.7 (47.2 relay). Herb also ran 54:31 in the 1967 Bay to Breakers Race.

Starting next month the West Valley Newsletter will feature a monthly column featuring a Pacific Association runner of our choice. This will be a sort of "Meet . . . ." column, featuring best marks and training schedule of well known Association runners.

Darryl Beardall's travel fund now stands at \$28.75 from individual donations only. Contributors in June were: John Gould, Ralph Paffenbarger, Pete League, and John Marconi. We expect this total to go much higher soon with the 25% we're donating from our banquet and from individual donations. We need about a total of \$700 for a round trip ticket for Darryl. If everyone in the area merely sent in \$1.00 each, we would have enough to send him. In connection with the Beardall fund raising drive, the editor wishes to make a correction to last month's Newsletter. I had stated that half of the entry fees from the Tiburon Race would be donated to the fund. This was in error. Pete League told me that he would give the fund 50% of the profits from the shoes he sold at the Tiburon Race and I seemed to have misunderstood him. So if you're planning on buying shoes, wait until Tiburon and help out Darryl in the process. The London to Brighton Race is in late September or early October so there is not too much time left. Come on everyone, let's get some support for Darryl and show the East Coast that we have someone of Ted Corbitt's calibre.

In our unofficial point standings for the Pacific Association cross country team, we have decided to count only AAU road and cross country races that have either been well publicized (Napa Run) or have been on the PA-AAU schedule. We will not count Road Runner's Club races (Mt. Vaca, etc.). We have also had some criticism on the method of allotting points (see editorial comments) and would like our readers to suggest a better way of scoring since it appears obvious that the present method is not really fair. Using our present method of 10 points for first, 9 for second, . . . , 1 for tenth, Darryl Beardall still leads the Association with 141 points. We have included the Alameda TC Cross Country race in this point total (Delgado first, Beardall second) and the Novato results are only partial (first 4). We would appreciate it if one of our readers would send us the complete Novato Race results. So the point total brings us through the end of June (except for Novato - only first 4 included). After Beardall the totals are: Jack Leydig (West Valley TC) 111, Rich Delgado (West Valley TC), 98, Doug Butt (Marin AC) 85, Doug Rustad (West Valley TC) 70, Byron Lowry (SF Olympic Club) 54, Jose Cortez (Redwood City Striders) 51, Alvaro Mejia (West Valley TC) 50, Chris Miller (West Valley TC) 48, Steve Dean (Sacramento State College) 43, Ray Darwin (Culver City AC) 38. -- We are using fast times in handicapped races for our point totals, not placing. We have also decided to include Ray Darwin who is actually registered in the Southern Pacific AAU but lives in the Bay Area and competes regularly.

West Valley's Charlie Harris will be married to Vivian Kisthardt on August 8th at two o'clock at the Congregational Church on Tilton Ave., in San Mateo. A reception will immediately follow the ceremony at the Fireplace Room. All West Valley members have been invited to attend. If you are not planning on going to the Tahoe Relay, then plan on the wedding.

All West Valley TC members: black running shorts (nylon) can be purchased from Pete League for \$2.95. If you don't already have a pair, please do so. This will be our standard color shorts and they are not supplied by your club dues. The \$5.00 per year only covers the jersey and Newsletter.

To all new members who don't have jerseys. We have just sent for two dozen new jerseys (mostly medium with a few small and large) and they should arrive in plenty of time for Tahoe. We'll keep you posted.

At West Valley's last club meeting (June 21), plans were firmed up for the Holy City Race. The race went off with only one mishap. We ran out of patches. Sorry about that. Next year we'll make sure that only the first 200 finishers receive patches. It was also decided at the meeting that all team trophies that are won by the club will go to one runner who participated in the race. The person who receives it will be decided by a drawing. Bob Stephenson won West Valley's second place team trophy at Holy City. Plans for the Beardall fund raising banquet were firmed up and it was decided that club members would bring everything except the hot dish, which will be spaghetti. Tiburon will be the Tahoe qualifying race as usual. If a top runner cannot make the race, the club will have the option of voting him onto the first team so that we can send our strongest possible team.

Culver City AC's Ray Darwin decided to run with shoes for a change at the Monterey 17 miler and found out that it was a big mistake. He got a very bad case of blisters, something he normally never gets. The next day he changed back to his normal barefoot form at the Statuto Race.

Congratulations to the Delgado's on the birth of their first child, Lisa. The Rustad's will be following soon (mid-August).

West Valley will be taking a full team (6-8 paid trips) to the National AAU cross country championships in Chicago this November. The qualifying race will probably be the Pacific Association championships, two weeks before the Nationals. We are also trying to arrange a series of cross country meets with local colleges for this fall. These will be in conjunction with regular collegiate dual meets. This will help sharpen our runners for Chicago.

The world's best over-40 marathoners of 1969 were compiled by the International Association of Veterans Long Distance Runners for its magazine, "Condition." The leading U.S. senior was Jim McDonagh (45) who was fifth on the list with a 2:29:07. Pacific Association star Flory Rodd made 73rd on the list with a 2:55:10. Flory has run 10 minutes better however. In the over 50 category, NCSTC's Paul Reese was fifth with a 2:58:10. He was the second best American in his age category, only a minute out of first. The Dolphin Club's Walt Stack led Pacific Association runners in the over-60 class and finished 12th on the world list with his 3:48:25. Fred Grace was far and away the best for over-70 with his 3:29:12. He finished almost 2 full hours ahead of a West German who was second.

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THE MAN WHO THINKS HE CAN!'

If you think you are beaten, you are;  
If you think you dare not, you don't!  
If you'd like to win, but think you can't,  
It's almost a cinch that you won't.

If you think you'll lose, you're lost;  
For out in the world we find  
Success begins with a fellow's will;  
It's all in the state of mind!

If you think you're outclassed, you are;  
You've got to think high to rise,  
You've got to be sure of yourself  
Before you can win the prize.

Life's battles don't always go  
To the strongest or fastest man;  
But sooner or later the man who wins  
Is the man who thinks he can!

E. James Rohn  
Maurice G. Winters

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(The following is part of an article written by Mike Spino (Otherways AC). It has appeared in several magazines, including This Magazine is about Schools.)

Athletic activities with the environment to enable us to earn a sense of self-mastery by handling and overcoming stress should be the learning experience. Instead, athletics has become a pragmatic business of winning regardless of what it does to the total feeling, thinking person.

Beauty to most coaches means a scored basket or a fast run, even at the price of personal expression or development. They exist in a brutally ordered world, propagated by sex symbols and relegated to commodity selling. To them, winning is success; losing is failure. Profit is either made or lost, business is in the black or the red.

This presents an enormous dilemma. Athletics, instead of enabling students to experience unity of mind and body, compassion for human struggle, and joy through sharing deep emotions, becomes a lesson in conformity and regulation. Inevitably, more students bounce balls, select bats, and run laps with an enthusiasm that is matched by any other subject or discipline. But, physical educators are one group most resistant to change. Young people learn most effectively from close personal contacts; from teachers who experience and share their anxiety. This degree of involvement evolves quite naturally from sports and games, and many people carry with them their whole lives values developed in these activities. For this reason alone, coaches must become cognizant of the morality they transfer by word and action. Coaches could present sports as a doorway from which to examine man's historical struggle to find relevant answers in his search to better the world.

Sensitive students by the dozens are being forced to organize physical activities outside established teams. These youth, who are in most instances honest and idealistic, cannot reconcile their enforced behavior on playing fields with the beginning attempts to find themselves. They refuse to sacrifice their identity to the goddess of victory -- and suffer greatly. In their isolation, they present small obstacles to coaches familiar with the techniques of labeling "undesireables". The students who look and dress differently, or have personal human problems are the first to be turned away. Throughout the United States, the length of one's hair is becoming an issue. Coaches for and against school and societal innovation are taking sides. Will the students have personal rights or will the coaches have dictatorial privileges? Our most important educational decisions may emanate from the hair debate.

A few years back I taught supposedly "emotionally handicapped" junior high school students in Richmond, California. We had a group who ran together almost every afternoon. One day as we were running, the official coach checked the youngsters' eligibility. Two of them had received failing grades and were told they could not be on the field at the same time as the regular team members.

Athletic contests and games present an optimum environment for people trying to come to terms with learning about themselves through physical struggle. Joy means individual awareness and concern for others. As the present programs exist, there is no place for individualists because the focus is upon competition and excellence of the few. The student who wishes to pursue an athletic career must sacrifice his other interests and human values. The main concern must be team unity; any divergence to satisfy a personal ambition or to seek self-knowledge is expendable or disallowed.

It is my hope that in describing the events that led to my own understandings I can help those who, in their love of sport, are being used as pawns in a meaningless game.

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(The following article is taken from the San Diego Track Club Newsletter. It is entitled Heatstroke, and was written by William C. Herrick, M.D.)

Heatstroke (or sunstroke) is an uncommon but serious affliction which requires immediate and vigorous treatment if death is to be avoided. Heatstroke should be differentiated from the other two common syndromes of heat disability, heat cramps and heat exhaustion. The former refers to the painful contractures of voluntary muscles, especially in the extremities and the abdominal wall, resulting primarily from excessive loss of body salt; body temperature is normal. Heat exhaustion covers a wide range of signs and symptoms likewise resulting from excess loss of salt and water from the body. The temperature may be normal or subnormal but is generally slightly elevated and the condition is manifested chiefly by headache, weakness, sweating, vertigo, anorexia and drowsiness. Death is rare in heat cramps and heat exhaustion and the syndromes are easily reversed by the administration of salt and water.

Heatstroke, on the other hand, may carry a high death rate. The general accepted criteria for diagnosis are an adequate exposure to high environmental temperatures, very high fever (between 103.0 and 106.0 degrees), hot, dry skin and central nervous system signs.

Treatment of heatstroke is an emergency and when possible the patient should be gotten to a hospital as quickly as possible. Occasionally one may not be able to get the patient to

a hospital, in which case the following should be performed: The classic treatment of heat-stroke is the rapid cooling method in which the patient's body is submerged in a tub of water and ice to bring the temperature down as rapidly as possible. Lowering the temperature initially below 100.0 degrees has not been recommended since a rapid fall of body temperatures to critical levels may occur if this is done. In addition to the cooling measures, rubbing of the patient's extremities and trunk to increase skin circulation is advised. Ice water enemas also may be used as an adjunctive measure. Some authors suggest using only sponging with water at room temperature and permitting air circulation. The key words of treatment are "cooling measures" and "oxygen" if one is to save heatstroke patients.

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ADVERTISING

Our classified rates are 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 editor of this paper (not the publisher) at least a week before the end of each month to ensure space in the following 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, Cal., 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 Southern California distributor to mail you your order directly. Pete has offered to help support our Darryl Beardall fund raising drive by donating 50% of the profits he incurs from shoe sales at the Tiburon Race on July 25. So if you need some running shoes, hold off until then and you'll be helping to send Darryl to London.

DOG REPELLANT: We are out of dog repellent sprays and are not planning on getting any more in stock. We sold about 100 of these in the past few months but have just plain run out of our supply. If there is enough of a demand, we will order more.

STOPWATCHES FOR SALE: See full page advertisement at the end of this month's issue.

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EDITORIAL

We have had a lot of comments concerning our point scoring system for Pacific Association races in determining a hypothetical all PA-AAU cross country team. In past years the team has been chosen by the same method as I am presently using (I think), that is, 10 points for first, 9 for second, . . . , and finally a point for tenth place. There is a general and well-founded feeling that this system places too much emphasis on the number of races you run and not on the place you finish. For instance, two sixth place finishes currently equal a win! This hardly seems fair. Obviously, the number of races you run in should be an important factor, but not the highest. If a runner runs in only 3 races all year and wins all three, should he be placed on the team? Of course this depends on the calibre of the competition and the race in general. Three wins in minor races should not necessarily equal three wins in major races. There are many things to consider as can be seen. First of all, there must be more of a point spread between each placing. Perhaps 20-15-12-10-8-6-4-3-2-1 would be better. I would greatly appreciate comments and suggestions concerning possible improvements to our system of scoring. Let's have at least a dozen letters by the end of July. Remember, the team is usually chosen at the Lake Merritt Race each year. This is also something that needs to be changed I feel. The best way would be to pass out ballots at a number of races. Or maybe if we can work up a good point system, the balloting could be eliminated completely or at least not play as important a roll. If ballots are to be used, they should be passed out around the first week of September instead of early October when most high school and collegiate runners are no longer racing in AAU meets.

- Jack Leydig

## WEST VALLEY PORTRAITS

Charlie Harris

Charlie is a cost accounting supervisor at Lenkurt Electric Co., Inc. in San Carlos and joined West Valley this spring. He lives at 3752 Rolison Rd., Apt. 4, in Redwood City (no phone), and is getting married to Vivian Kisthardt on August 8th. All West Valley TC members are invited to attend.

Charlie just turned 30 this spring but figures to improve on all his marks and eventually wants to become a top senior runner. Before coming to WVTC, he ran for the Sacramento Athletic Club (1964). He also attended Indiana University (1958-62) and represented Mather AFB (1964). His best track times include a 9:30.1 indoor two mile in 1961 and a 31:47 six mile (1964). He feels that his best racing comes off the track however. While competing for Indiana Univ. Charlie ran 20:10 and 20:11 on two different 4 mile cross country courses, placing 2nd and 3rd respectively. More recently, he ran locally at the Napa Valley Race while returning to his old form, finishing in the top 10. He suffered injuries in an auto accident shortly after and is now getting back into form once more.

Harris' most exciting moments in his racing career were his first good collegiate race (20:10 for 4 miles) and placing 4th, 3rd, and 3rd in the State (Indiana) Collegiate X-Country Championships between his soph and senior years.

In 1962 Charlie ran in the National AAU Cross Country Championships in Chicago and placed 35th. Let's hope he can duplicate this performance for West Valley this fall on the same course. While representing Mather AFB in 1964, Harris placed second in the three mile and 3rd in the steeplechase at the All-Air Force Championships held in Wichita Falls, Texas. He was also the 1967 Indiana AAU 6 mile champion.

The company that Charlie works for is building a new plant in Albuquerque, New Mexico and has been asked if he would be interested in going. He is currently in the process of deciding and there is a good chance that he will go.

Whatever his future plans may be, we are sure that he will continue to be a top notch distance runner.

Ken Napier

Ken is currently employed as material supervisor at Lockheed in Sunnyvale. He has worked there since 1958. Currently Ken is living at 1612 Bearden Dr., in Los Gatos. His phone number is 379-1420. He has been married for 17 years and has two daughters aged 10 and 11. Ken is rapidly approaching the senior category (less than two years) and should be one of the Nation's top distance men for over-40 runners.

Napier attended Bakersfield High, Bakersfield Junior College, and San Jose State. He received his B.A. in education for State in 1961. Before coming to West Valley, Ken ran for the Santa Clara Valley Youth Village between 1957 and 1958.

Ken's running career has been split. He had a 9 year layoff between 1958 and 1967 and finds the second time around more enjoyable. He has some very fast track times that were considered quite high nationally at the time. His 4:10.7 mile record stood as a SJS record for 3 years. He also ran 49.5, 1:52.0 and 9:36 while at State. Since that time he has concentrated more on distance. In the PA-AAU 25 kilo championships last year he ran a very good 1:30:57 while finishing tenth. More recently he has broken 3 hours in the tough Golden Gate Marathon (2:56:19) while placing 12th in a field of over 200 finishers. In the 8 mile Statuto Race he ran to a good 45:08 and 20th place.

His most exciting moments in his running career include his third place finish (4:14) in the race Don Bowden became the first American to break the 4 minute mile. Bowden ran 3:58.7 in that race. His fifth place finish in the State JC Meet at Modesto (4:24) also ranks high on his list. Being a member on three championship West Valley teams in 1969 (scoring member) also has to be one of his greatest moments (PA-AAU Jr. Cross Country, 15 km., and 25 km.).

During 1968-69, Ken was West Valley's President and the club still has its meetings at his house. Ken can hardly wait 20 months more before he can start running as a senior. A 2:45 marathon is certainly <sup>not</sup> out of the question for him since he is only a novice at the distance (two complete marathons). His only sub-three hour performance was on the very difficult Golden Gate course.