

NORTHERN CALIFORNIA RUNNING REVIEW



A WEST VALLEY TC PUBLICATION
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The Northern California Running Review, formerly the West Valley Newsletter, is published on a monthly basis by the West Valley Track Club of San Jose, California. It is a communication medium for all Northern California track and field athletes, including age group, high school, collegiate, AAU, women, and senior runners. The Running Review is available at many road races and track meets throughout Northern California for 25¢ an issue, or for \$3.50 per year (1st class mail). All West Valley TC athletes receive their copies free if their dues are paid up for the year.

This paper's success depends on you, the readers, so please send us any pertinent information on the NorCal running scene that you would like to have printed. We can always use good photos for our publication. If you have any good contrast, preferably black & white, photos, please send them to the editor of this paper: Jack Leydig, 603 S. Eldorado St., San Mateo, CA 94402 (Ph. 415-342-3181). Be sure and give names of those pictured, event being run, and photo credits. Any size print is ok since we can photographically reduce or enlarge your particular picture (no negatives necessary; we can work from the print.).

Our publication is printed by Frank Cunningham; photographers are: Terri Mejia, John Marconi, Larry Winward, and others from time to time. Our cartoonist is Marin AC's Lee Holley. Some of our contributors this month include Harold DeMoss, John Hill, Jim Hume, Fred Baer, Paul Reese, John Brennan, Runners World Magazine, Pax Beale, and many others.

Let us hear from you concerning the form and content of our publication. We can always use helpful suggestions that would improve our coverage. All letters to the editor will be printed but try to keep them under 200 words if possible. We would like to print a special article each issue, so if you have any ideas, written either by you or someone else, please send them to us for consideration. We can always use results. Don't assume we have already received them. Women's, high school, collegiate, and age group results and schedules are needed most. Don't be afraid to send us anything at all concerning the sport.

CLUB NEWS

This section of our publication is devoted to various club news. If your club has any announcements or news that you would like to have printed, please send it to us. As long as the news is pertinent to running and kept to a reasonable length, we will print it, possibly in edited form. We have to keep our issues to 6 sheets or less in order to keep our rates at \$3.50 a year. As long as the news is not "profit-making" in nature, we will print it in this section. Material aimed at selling goods should be put in our Classified section.

WEST VALLEY TC NEWS: During the past month, WVTC gained one new club member. He is Roy Kissin of 215 Loch Lomond Way, Danville, 94526 (Ph. 837-6085). Roy has just turned 14 years old, but already has some very good track times, including 1:48 for 660 yds. and 5:05 for the mile (both after he had just turned 13 last track season). He has done 10:52 for 2 miles this year. More recently Roy has run in the Searsville & Napa road races, but his big surprise came in the Plodder's Marathon on April 17 when he ran 3:28:03 in his first attempt. He finished first under 16 years old in the handicapped event. Roy promises to be a real threat in the longer distances as he gains experience.

Some address changes of our members: Bill Lamb to P.O. Box 2365, Santa Clara, 95051; Herb Ashton to 1240 Capuchino, Burlingame; Harvey Sandoval to 629 Paradise Canyon Rd., Salinas, 93901, (Ph. 663-3372). If you change your address, please be sure and let us know (including phone number).



WEST VALLEY TC'S ALVARO MEJIA WINS 1971 BOSTON MARATHON BY 5 SECONDS IN 2:18:45 OVER PAT MCMAHON. FULL RESULTS IN THIS ISSUE. (UPI TELEPHOTO)

West Valley TC's collegians and high schoolers have been running well this past month. Some of the marks we have heard about are: John Sheehan (Aragon HS) 4:23.8; Seamus O'Reilly (Sacred Heart HS) 4:32; Chuck Mork (Wash. HS, Fremont) 9:23.6; Peter Duffy (Univ. Nevada, Reno) 4:08; Marcel Hetu 14:38 time trial for 3 miles; Bob Crow (Cal) 14:26; Vic Cary (Cal) 9:08.4, 14:11.2. Please send me your times and marks this season if you want to have them printed.

Let's see a good turnout by WVTC athletes at the PA-AAU track championships in Hayward (Cal-State) this June. The meet has been moved from Sacramento this year and so many more of us should be able to make it. Our participation in this event will help our efforts to get financial help from the National AAU office, since they look at the number of athletes we have in these events. If you're interested, write me for more information.

Marks by WVTC athletes that are not listed in road racing results in the race results section of this issue: Colfax Carnival: 17th - Jim Bowles (no time). Vallejo 10 Miler: 36 - Frank Donohue (60:13), 37 - Richard Greer (60:18), 61 - Vern Rose (63:55), 82 - Bob Greer (67:21), 111 - David Causey (72:54). Napa 8.1 Miler: 49 - Frank Cortez (51:26), 99 - Bob Greer (56:08), 155 - Herb Ashton (65:04); 1.2 Miler: 53 - Vivian Harris (7:29), 78 - Barb Reade (8:08), 83 - Ellen Clark (8:24). Plodder's Marathon: 48 - David Causey (4:35:00).

We have tentatively set up a Twilight track & field meet against Alameda TC and Marin AC on July 10 at Cal State, Hayward. More on this later. Next fall will find us meeting Stanford and Pacific Coast Club on Oct. 2 at Stanford for a triangular XC meet. We are also tentatively running Oregon TC; date is open.

IMPORTANT: There will be a regular meeting of the West Valley TC on May 9 at 1 pm (Sunday). Place: Jim Howell's house at 1002 Solana Dr., Mtn. View. This will be probably our most important meeting of the year. On the agenda are the following: organize committees for our upcoming Holy City Summit Run (last week of June); set up committee for rewriting our constitution and By-laws along the lines necessary for obtaining a non-profit corporation status with the I.R.S. This will save us a lot of money this year and especially in the future as we continue to grow; set up a committee that will involve itself with making an attempt to secure the Olympic Marathon Trials for our Burlingame course. Time is growing short for our Holy City Race. We need to get out the entry blanks by the Bay to Breakers Race and so we need to decide on awards. Those who have not yet paid their 1971 dues, please do so at or before this meeting. Our club treasury is operating in the red at present. If you'd like to help out the club by selling NorCal Distance Running Annuals, they will be made available at the meeting.

Larry & Evelyn Winward recently gave birth to a 7 lb. 11 oz. baby girl, Jennifer Lynnae. She was 20 inches long and their second child. Another addition to the growing West Valley family.

Following is an itemized list of income and expenses for the West Valley Marathon. We wound up a total of \$135 in the hole because of unforeseen police protection costs. The San Mateo Dept. informed us only a week before the race that we would probably have to hire off-duty officers because of their lack of manpower. They refused to accept help from other departments in the area, although we had several offers. Thus, we were left with no choice but to purchase our protection. We applied for a waiver of the normal 10% of the entry fees to the Pacific Association and expect to have it granted. Following is a list of our receipts: 191 paid entries at \$3.00 each for \$573 and \$200 from Seven-Up Bottling Co. The expenses: \$129 for police protection; custodial service at high school - \$52; Medals, trophies & T-shirts - \$528; Entry Blanks & Forms - \$18; Publicity - \$15; Miscellaneous - \$166 (included mailing costs, \$60 for race program, \$31 for photos of runners to all finishers, \$25 for refreshments, \$25 for misc. equipment, phone calls, etc.).

No open relay events are being held at the upcoming West Coast Relays in Fresno on May 7 & 8. We had hoped to enter a distance medley team but will not be able to now. Only open events are 5000 meter run and 3000 meter steeplechase. There is also an invitational 2 mile.

THIS & THAT.... There is a new AAU rule concerning travel permits. If you are traveling to another association for competition, you are no longer required to obtain a travel permit. If you are being paid for travel and/or lodging costs by a particular meet director, it is now up to them to send in an itemized account of what has been paid to athletes. Travel expenses and the like that are paid to athletes by their clubs need not be reported.

Don Sommer has informed me that there is a Wednesday nite run from his house on 3524 Webster St. in San Francisco (Marina district). The group takes off at 5:30 pm sharp on relatively long training sessions of up to 24 miles. After these runs they sometimes dine together at a good restaurant. Their favorite is the Basque Hotel on Broadway, which serves a huge five course meal with wine for \$3.00. Regular members of the group currently include: Chuck Hall, Peter Mattei, Bob Biancalana, Pax Beale, Lyndi Beale, Elaine Pederson, Don Pickett, Stu Ruth, Flory Rodd, Gunther Hemmersbach, Harry Cordellos and Don Sommer. Interested individuals should get in touch with Don, or simply show up at 5:30 Wednesday evenings.

As luck would have it, we missed recording the results of some of the finishers at the West Valley Marathon on March 7. Brett Layton of San Jose finished 112th (everyone else should be moved back a place) in a time of 3:41:18; he was completing his first attempt at the marathon distance and finished fourth place in the under-15 division. Another finisher whom we don't have a place on is Theodore H.D. Jones (Univ. of S.F.) who did 4:50 (approximately). We believe this was his first attempt also. Any other finishers whom we may have slighted, please contact us and we will print your name in next issue as a finisher.

In the lost department: Some unscrupulous individual(s) made off with all the late entry fee money (\$275.00) at the Napa 8 Miler on March 28. The meet directors would appreciate it if all runners who made out checks for late registration would cancel them and send a new check. If anyone else has a spare buck, send it to: Clarence Hall, 4516 Dry Creek Rd., Napa, Calif. ---If anyone picked up a bunch of clothing at the Plodder's Marathon that contained (among other things) a pair of black running shorts, a West Valley Marathon T-Shirt, and a long-sleeve turtleneck shirt (black)...please drop the editor a line...they are mine.

We had two Northern visitors at the PA-AAU 30 km. championships in Pacific Grove on March 21. Marcie and John Trent of Anchorage, Alaska are members of the PULSATORS & ROAD RUNNERS CLUB of Anchorage. They wish to announce a marathon race this summer in Alaska. It will be the First Annual Resurrection Pass Trail Marathon, to be run on August 8 at 8 a.m. over forest trails in the most beautiful scenic country in the world. There is about a 2000 foot gradient over the run, making it similar to our own Ocean to Bay Marathon. There are plenty of hotel accommodations in the area. He is planning to have the race AAU certified. Any interested individuals should write to John Trent, 1700 Tudor Rd., Anchorage, Alaska, 99502.

Below are listed the PA-AAU runners who have broken 2:40 for the marathon this year (all times):

Name (Club)	Time(Place)	Place	Date	Name (Club)	Time (Place)	Place	Date
Alvaro Mejia (West Valley TC)	2:17:22 (1)	B'game	7 Mar	Jim Howell (West Valley TC)	2:32:23 (7)	San Diego	9 Jan
Alvaro Mejia (West Valley TC)	2:18:45 (1)	Boston	19 Apr	Dan Drechsel (unatt.)	2:33:46(13)	Seaside	27 Feb
Byron Lowry (SF Olympic Club)	2:22:33 (2)	B'game	7 Mar	Wayne Badgeley (Stockton TC)	2:35:06 (2)	Madera	4 Apr
Bill Clark (West Valley TC)	2:22:38 (1)	San Diego	9 Jan	Jim Howell (West Valley TC)	2:35:11 (6)	Burlingame	7 Mar
Byron Lowry (SF Olympic Club)	2:23:20 (5)	Boston	19 Apr	Randy Lawson (RC Striders)	2:36:45 (7)	Burlingame	7 Mar
Charlie Harris (West Valley TC)	2:23:24 (3)	B'game	7 Mar	Jim Howell (West Valley TC)	2:36:47(46)	Boston	19 Apr
Steve Dean (Sacramento St. College)	2:23:47 (2)	Anaheim	6 Feb	Bob Crow (West Valley TC)	2:37:25(49)	Boston	19 Apr
Bill Clark (West Valley TC)	2:26:19(10)	Boston	19 Apr	Joel Stein (RC Striders)	2:37:36 (8)	Burlingame	7 Mar
Bob Deines (Otherways AC)	2:27:11 (6)	Seaside	27 Feb	Jose Cortez (RC Striders)	2:38:05 (7)	Las Vegas	6 Feb
Howard Labrie (Mad River Runners)	2:27:37 (7)	Seaside	27 Feb	Jose Cortez (RC Striders)	2:38:28 (3)	Tucson	13 Feb
Gary Miller (Mad River Runners)	2:28:12 (9)	Seaside	27 Feb	Ray Menzie (Marin AC)	2:38:47 (9)	Burlingame	7 Mar
Jose Cortez (RC Striders)	2:28:21(11)	Seaside	27 Feb	Ray Menzie (Marin AC)	2:39:03(60)	Boston	19 Apr
Bob Crow (West Valley TC)	2:29:19 (4)	San Diego	9 Jan	Wolfgang Schmulewicz (unatt.)	2:39:12(10)	Burlingame	7 Mar
Chris Miller (West Valley TC)	2:30:52 (4)	B'game	7 Mar	Harold DeMoss (West ValleyTC)	2:39:49(20)	Seaside	27 Feb
Jack Leydig (West Valley TC)	2:32:01 (6)	San Diego	9 Jan	Darren George (Napa Vly RC)	2:40:13(11)	Burlingame	7 Mar
Jose Cortez (RC Striders)	2:32:17 (5)	B'game	7 Mar				

***Please send any corrections or additions to this list to the editor. Above times are through April 19. Top two senior times so far this year are T.A. de Lusignan (Marin AC) 2:42:06, and Flory Rodd (NCSTC) 2:45:43. O'Neil (SFOC) also under 2:50 with 2:48:30.

NEW TOTALS IN 1971 PA-AAU POINT RACE: The point totals below go through the Lake Merced Seniors Run (Apr. 3). However, the top two open finishers in both the El Dorado and DeAnza races were included. We have added senior results to the Chico 10 km. and both open and senior results of the Colfax Carnival. Senior results were also added for the Vallejo 10 miler. We now have all results (open and senior) for every race since Lake Merritt, except the senior results for the Lake Merritt 5 km. (we don't count open results in the shorter of two races held at the same location on the same day). A correction to the open point totals for last issue: Charlie Harris had a 0.76 rather than the 0.95 we reported. This didn't change his standing however. --- Again, for the uninitiated, we figure the relative merit of both open and senior (over 40) runners in the Pacific Association as follows: We take all AAU sanctioned races (road and cross country) in our Association except when there are two runs on the same day at the same place, in which case we take the longer race for open competition and both for senior competition. Points are figured for any runner only when he finishes in the top 10 (top 6 for seniors). This doesn't penalize a person if he has a bad day. The ratings are figured by taking the average placing of a runner and dividing it by the number of races he has run (since 1970 Lake Merritt Races), thus giving a measure of both quality and quantity. *** West Valley TC's Alvaro Mejia took a victory at the Napa race to increase his lead over Marin AC's Darryl Beardall (0.194 to 0.253). Actually, Darryl dropped 0.003 points because of his 8th place finish at Napa. Mejia was 0.240 last month. Bill Clark moved onto the top 15 with a first and second place during the past month. He is currently 9th on the list. Another newcomer to the list is Doug Butt (14th) after two seconds at El Dorado and DeAnza. Bill Scobey and Peter Duffy dropped off the list. Rich Delgado, trying to regain the title he held last year, climbed from eighth to fifth after victories at El Dorado and DeAnza. In the senior race, Bill Mackey of the West Valley Joggers continued his attempt to set a new PA record by closing to within 0.011 of Peter Wood's 1970 record of 0.107. The top five remained unchanged in order, although Jim O'Neil closed the gap somewhat in second place. Dave Stevenson (Stanford RC) dropped from the top 9 and as Mackey's teammate Ross Smith took over 9th. Below are the top 15 open competitors and top 9 senior runners. All interested individuals should check their totals if listed below. Those not on the list can keep their own scores and see if they improve from year to year. All additions and corrections should be sent to the editor:

SENIORS

<u>Runner/Club (# of races run)</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>Aver. Place</u>	<u>Rating</u>
Bill Mackey/West Valley J & S (12)	8	3	1	0	0	0	1.42	.118
Jim O'Neil/SF Olympic Club (14)	2	6	3	2	0	1	2.64	.189
T.A. de Lusignan/Marin AC (10)	4	2	2	1	1	0	2.30	.230
Don Pickett/SF Olympic Club (14)	1	2	6	1	2	2	3.50	.250
Peter Wood/Marin AC (7)	3	2	0	1	1	0	2.29	.327
Peter Mattei/NCSTC (9)	2	1	2	2	0	2	3.33	.370
Bob Malain/NCSTC (5)	2	1	0	1	1	0	2.60	.520
Floory Rodd/NCSTC (6)	0	2	1	3	0	0	3.17	.528
Ross Smith/West Valley J & S (5)	1	0	3	1	0	0	2.80	.560

OPEN

<u>Runner/Club (# of races run)</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>	<u>9th</u>	<u>10th</u>	<u>Aver. Place</u>	<u>Rating</u>
Alvaro Mejia/West Valley TC (6)	5	1	0	0	0	0	0	0	0	0	1.17	.194
Darryl Beardall/Marin AC (15)	2	3	3	1	3	1	1	1	0	0	3.80	.253
Byron Lowry/SF Olympic Club (8)	1	5	2	0	0	0	0	0	0	0	2.12	.266
Ray Darwin/Culver City AC (10)	0	2	2	2	2	2	0	0	0	0	4.00	.400
Rich Delgado/West Valley TC (7)	3	1	2	0	0	0	0	0	1	0	2.86	.408
Duwayne Ray/unatt. (4)	2	1	1	0	0	0	0	0	0	0	1.75	.438
Steve Dean/Sac'to State (2)	2	0	0	0	0	0	0	0	0	0	1.00	.500
Jose Cortez/RC Striders (7)	2	0	1	1	1	1	0	0	0	1	4.29	.612
Bill Clark/West Valley TC (4)	2	1	0	0	0	1	0	0	0	0	2.50	.625
Charlie Harris/West Valley TC (6)	1	0	1	2	1	0	1	0	0	0	4.00	.667
Bob Deines/Otherways AC (2)	1	1	0	0	0	0	0	0	0	0	1.50	.750
John Loeschhorn/Hamilton AFB (2)	1	1	0	0	0	0	0	0	0	0	1.50	.750
Chris Miller/West Valley TC (4)	0	1	1	2	0	0	0	0	0	0	3.25	.812
Doug Butt/Marin AC (7)	0	2	0	0	1	0	2	1	1	0	5.71	.816
Adam Ferreira/Travis RR (7)	1	0	0	1	0	1	1	1	2	0	6.29	.898

EDITORIAL

Again, just wondering why certain clubs in our Association seem to have been neglected when it comes to \$\$\$\$. I am not sure whether the Millbrae Lions TC or the Redwood City Striders applied for an AAU grant in 1970, but they, along with West Valley TC, and several other good clubs in our Association, received zilch from the multi-thousand dollar fund the AAU TV series had produced. A list of the clubs in our area that received AAU grants: Athens AC (\$1000), Wills Spikettes (\$300), Laurel TC (\$100), San Jose Cindergals (\$100), Orinda TC (\$60). You will note that Athens was the only men's club that received anything, and they received the maximum amount. I read in Track & Field News several months ago where approximately 100 clubs throughout the country applied for grants. Of those, I believe 66 received some kind of financial aid. What happened to West Valley TC? Somehow we were overlooked. It seems that with the number of quality athletes we have, some sort of aid could have been rendered. But it isn't only our club that has been slighted. Look at the Redwood City Striders. Sure, they are an age-group club, but where do our top athletes of that future come from? With the rich clubs (Athens, Pacific Coast, SC Striders) getting richer and the poor club athletes poor, how does the AAU expect to improve the club system? To me, the entire process of deciding which clubs get grants is a big political game. I believe that it's time that the AAU looked at athletes for their abilities and potentials. -- Jack Leydig (Comments are welcome).

ADVERTISING

We have changed our advertisement rates slightly since last month: Rates per line remain the same (50¢ per line per month, based on a 7½ inch line, normal type, 12 characters per inch). For reproduction work, the rates per square inch are: 25¢ for black and white, and 50¢ for half-toning (shades) in black and white or color. The photos you send should be of good contrast. The per square inch rate applies to the final size you want the ad (we can reduce or enlarge as necessary). If you desire to simply enclose an insert (8½ x 11), the rate is \$15.00 per page (sheet). It can be printed on both sides. Send about 400-500 inserts for a month. All checks should be payable to West Valley Track Club and mailed to editor: Jack Leydig, 603 S. Eldorado St., San Mateo, CA 94402. Help us make this a successful paper by sending us classified ads. Remember this publication is solely reader-supported.

BURFOOT, DEINES, TOM OSLER, JOE HENDERSON (!) -- they're all tuned in to LSD--Long Slow Distance. Read Henderson's popular book on the subject, Long Slow Distance: The Humane Way to Train; just \$2.00 from Track & Field News, Box 296, Los Altos, Cal. 94022. Also by Henderson: Road Racers and Their Training, \$2.50; Thoughts on the Run, \$2.95. Add 25¢ per book for postage, handling. 5% sales tax in Calif.

ON THE RUN FROM DOGS & PEOPLE: Hal Higdon wittily and perceptively captures the stories (both autobiographical, biographical and narrative) of runners and their world. Much of this book is about the Boston Marathon, which Higdon has participated in 10 times himself. Available in hardback for \$5.95 from the Henry Regnery Co., 114 West Illinois St., Chicago, Ill. 60610.

RUNNING UNLIMITED: (Tiger Distributor) - Pete League, 1515 Cornell St., Berkeley, Cal. 94702 (Ph. 524-5205). With the summer road racing season fast approaching, it's about time for many of us to reach into our pocketbooks and purchase a new pair of training or racing flats. Pete has probably just what you need...all sizes...all styles. Tiger is definitely the "in" shoe as far as road racing goes. But Pete has more than just shoes. He carries running shorts, singlets, insoles, running books, carrying bags, spikes, and a variety of other athletic products. If you are a teacher or student, Pete will give you a \$1.00 discount on the retail price of shoes (per pair). Either contact him at home or at many local road races. He is sure to be at the Bay to Breakers Race this month, so grab a pair of Tigers before he runs out of stock.

1970 NORTHERN CALIFORNIA DISTANCE RUNNING ANNUAL: At long last, the NorCal Annual is out and selling fast. This book is truly a distance runner's handbook, whether he be in high school, college or AAU...you name it. A review of the contents: 1970 PA-AAU Cross Country Team; 1970 Highlights; Winners of 1970 AAU races and their times; 1970 Marathon lists for open, seniors, and women; sections on seniors, 14 and under, women, clubs, high schoolers, collegians, AAU officials and others connected with promoting our sport; a cross section of all our runners; 1971 Long Distance Schedule; PA-AAU Club Addresses; advertisements, and much more.... A whopping 80 pages in booklet form (6½ x 8½) with almost 100 photographs of our Northern California runners. Order yours today from Jack Leydig, 603 S. Eldorado St., San Mateo, Ca. 94402. Only \$2.00 plus 15¢ for postage (checks payable to West Valley TC).

UNIVERSITY SPORTS: 2455-S Old Middlefield Way, Mountain View, CA 94040 (Ph. 415-967-4150). A complete line of quality running shoes: HUMMEL-PUMA-REEBOK-TIGER. Bring in this ad (no need to clip it out) for \$2.00 off on any one pair of spikes or flats. Our hours: 10 to 5 on Tues. thru Fri.; (closed Mondays); 10 to 4 on Saturday.

1971 HIGH SCHOOL ANNUAL: The 1971 High School Annual, published by Track & Field News, can now be obtained from this publication for \$1.00. Contains statistical lists from 1970 track season, all-time lists, both indoor and outdoor, pictures, and more. A must for every high school runner. Send your order to 603 S. Eldorado St., San Mateo, CA 94402 (payable to West Valley Track Club).

WEST VALLEY MARATHON T-SHIRTS: We still have some Marathon T-Shirts left over from the March 7 Regional Marathon in Burlingame. We are short on large size (only a few left) but have sufficient numbers of medium, small and extra-small. We are selling these at cost, \$1.25, plus 25¢ postage (first class). They are available at most road races or by mail from the editor. A good workout shirt for this price.

WEST VALLEY PORTRAIT

Wayne Glusker is 22 years old, and is currently a junior at San Jose State College, majoring in radio & television. His present address is 60 Alviso St., Santa Clara, CA (Ph. 296-8432). Before going to State, he attended West Valley College for two years. While going to school and training, Wayne also has two part time jobs: radio station engineer at KREP and copy boy at the San Jose Mercury.

Wayne is one of West Valley's most versatile athletes in that he is both runner and race walker. He only started race walking this past year, but has improved tremendously over the past few months. He considers himself a better road runner than track runner, but still likes both. His best times are: 100 yds. - 11.8; 220 - 26.0; 440 - 60.0; 880 - 2:10; mile - 4:40; 2 mile - 10:04; 3 mile - 15:45; 8 mile - 43:00. In walking: mile - 7:11; 20 km. - 1:47:30; 5 mile - 42:00; 1 hour - 7 miles, 468 yds. His best road races were all within the past six months, coming at Berkeley to Moraga (8th), Martinez (8th) and Daly City (6th).

His most exciting moments are spread between running and walking. In 1970 he ran his first marathon at Boston and finished, although totally out of shape. He finished as West Valley's third man behind Leydig and DeMoss. Then this past indoor season Wayne got his first taste of good walking competition. He placed high in both the SF Examiner and Athens meets, although he was disqualified in the former. His big surprise came only a little over a month ago in the Junior National One Hour Walk at Stockton. Here he pulled a big upset by winning and setting a Jr. Natl. Record in the process.

"I started running kind of late in life and I was still smoking when I started. I started running in my senior year in high school, and before that I had been smoking for four years. Even after I had been running a year I would still smoke once in a while. Finally I managed to quit entirely. My goals in running and walking are to keep improving and I'd like to go to the Olympic Trials for 20 km. (walking). Another goal would be to break 30 minutes for six miles on the track."

PACIFIC ASSOCIATION PORTRAIT

Meet Jose Cortez: Redwood City, Cal. (Redwood City Striders). 5'6", 116 lbs., 19 years old, born Nov. 23, 1951 (Tokyo, Japan). Single. Began running during the end of 1966 with no extensive layoffs since. Coached by Mike Ipsen. Occupation: Student at College of San Mateo.

TRAINING: Once or twice a day (depending on time and shape), 90-110 miles per week (or more, depending on upcoming race), 6-7 days per week, 11 months per year. Longest ever training run - 31 miles.

BEST TIMES: mile (4:42.1), 2 mile (9:49.8), 3 mile (15:36), marathon (2:28:21), 32 miles (3:27:16), 50 miles (5:30:42), 100 miles (12:54:30.8). Favorite frequency of competition: every two weeks. Favorite distances: marathon and up.

DESCRIPTION OF TRAINING & RACING: I owe a great deal of my running success to Mike Ipsen, who has really built up my mental attitude for the longer races and a greater confidence within myself. The method of training which has proven to be the most successful to myself is of the quantitative type. My daily workout basically consists of a long and easy paced run, except while preparing for an important race. At this time I would increase my weekly mileage and would switch to a double workout. The morning (or else evening) run would be from 6 to 8 miles at fairly good pace. The mid-day workout would range from 12 miles on up at a pace set according to the way I feel. I am definitely a back-runner. During races I prefer to run behind my competition, letting them set the pace until I feel that I can overtake them and maintain a lead. Racing like this allows me to run under less pressure and to keep my body more relaxed. This is essential to me in a long race.

While only 19 years of age, Jose has already set two American road records. He broke the U.S. 50 mile standard last fall in Rocklin, but so did 3 others, and they finished ahead of him. His time still ranks as 4th best ever by an American, and this came at the age of 18!! But the clincher came in the 100 miler only a bit more than a month ago. He came by 50 miles in 5:52, and then continued to record an amazing 12:54:30.8. Of course this is not an official record because it was on the roads, but it still knocked a fantastic 39 minutes off Corbitt's American track record. South Africa's Dave Box holds the world's record of 12:15:09. Maybe next year Jose will take a crack at this record.

LONG DISTANCE SCHEDULE

- May 1 - Mt. Vaca Hill Climb, 10.6 mi., 9 am, Vacaville. Bay Area Road Runners, Bill Flodberg, 12925 Foothill, San Martin, Cal.
May 2 - Legion of Honor, 3 mi., 10 am, DSE Race.
May 8 - 22 Mile Sac'to to Woodland Race, 9 am, State Capitol Bldg., Sac'to. Woodland Chamber of Commerce, 520 Main St., Woodland, Cal. (Ph. 662-7327).
May 9 - Bay to Breakers Practice Run, 8 mi., 8 am, DSE Race.
May 15 - 8 Mile Road Race, Golden Gate Park, S.F., 9 am. Peter Mattei, 1000 North Point, San Francisco, Ca. 94109.
May 16 - Bay to Breakers Practice Run, 8 mi., 8 am, DSE Race.
May 22 - Palos Verdes Marathon, Palos Verdes, 8 am, SPA-AAU(*). Box 6015, North Hollywood, Cal. 91603.
May 23 - Bay to Breakers Race, 8 mi., San Francisco, Cal., 10 am. Frank Geis, Suite 601, 942 Market St., San Francisco, Ca. 94102.
This year all entries must be received before race day. No entries will be accepted at the YMCA on race day.
May 29 - Golden Gate Marathon, Tiburon to S.F., 7:30 am. Rich Perry, 330 Gonzales Dr., San Francisco, Ca. 94132.
Jun 5 - 17 Mile Run, Monterey, 10 am. Monterey Peninsula AC, Ted Larson, 477 Grove Acres, Pacific Grove, Cal. 93950.
Jun 6 - 51st Annual Statuto Race, 8 mi., 9 am. San Francisco AC, 1630 Stockton St., San Francisco, Cal.
Jun 6 - Senior Natl. AAU Marathon Championships, Eugene, Oregon (Univ. of Oregon).
Jun 13 - Woodminister 9.3 Mile Handicap Race, Oakland, 10 am. Bay Area Road Runners, Chas. MacMahon, 855 Glendome Circle, Oakland.
Jun 13 - Merced Indian Gulch 10 Mile Run. Benny Sanchez, P.O. Box 218, Merced, Cal. (CCA-AAU)(*).
Jun 19 - Novato 6.5 Mile Race, Novato, 10 am. Marin AC, c/o Jeff Kroot, P.O. Box 267, Lagunitas, Cal. 94938 (Ph. 456-6194).
Jun 19 - Visalia One Hour Run, Jerry Hobbs, 15616 Ave. 328, Ivanhoe, Cal. (CCA-AAU)(*).
Jun 26 - 8 Mile Race, Redding, 10 am. Greater Redding Chamber of Commerce, c/o John Gray, 4220 Oro St., Redding, Cal. 96001.
Jun 27 - Holy City 9 Mile Road Race, Holy City (nr. San Jose), 9:30 am. West Valley TC, 603 So. Eldorado St., San Mateo, Ca. 94402.
Jul 3 - Bunion Derby, Fresno, 3 mi. (CCA-AAU)(*).
Jul 4 - Second Annual Hangtown Road Race, 5.25 mi., Placerville, 9:30 am. Recreation & Parks Dept., P.O. Box 872, City Hall, Placerville, Cal. 95667.
Jul 4 - Telegraph Hill Run, 3 mi., 10 am. DSE Race.

Note: All runs listed above are sanctioned AAU events except those specified as DSE Races. These are strictly run-for-fun events that are sponsored by the Dolphin/South End Rowing Club of S.F. Some of the races listed are out of the Association and are marked with an asterisk. Natl. AAU Marathon is also out of PA-AAU.

TRACK & FIELD SCHEDULE

- May 1 - San Jose State Invitational, San Jose City College, 4:30 pm. Contact Ernie Bullard, c/o Athletic Dept., San Jose State.
May 7 - West Coast Relays at Fresno State, 2 day meet. C.A. Warmerdam, Fresno St. College, Fresno, Ca. 93726.
May 15 - Bakersfield Invitational, Bakersfield, Calif.
May 29 - California Relays, Modesto, Calif.
Jun 5 - Kennedy Games at UC Berkeley. Dave Maggard, c/o Athletic Dept., UC Berkeley, Berkeley, Cal.
Jun 5 - Compton Invitational at Compton, Cal., 7 pm. (Correction - at L.A. Coliseum).
Jun 11 - AAU Decathlon Championships at Porterville, Cal. (2 days); USTFF Track & Field Championships, Wichita, Kans. (2 days).
Jun 12 - PA-AAU Track & Field Championships at Cal-State, Hayward.
Jun 25 - Natl. AAU Championships (Track & Field), Eugene, Oregon. (Univ. of Oregon) (2 day meet)

COLLEGIATE SCHEDULE

- May 1 - San Jose State Invitational @ San Jose CC, 4:30 pm; UCLA @ UC Berkeley; S.F. St. & Humboldt St. @ Sac. St., 6 pm; Camino Norte Conference Meet at Solano JC; Coast Conference Championships at Hartnell, 4 pm; Valley Conf. Championships at Sacramento.
May 7 - West Coast Relays at Fresno St. College; C.A. Warmerdam, c/o Athletic Dept., Fresno St., Fresno, Cal.
May 8 - West Coast Relays continued; UC Berkeley @ Stanford.
May 14 - Northern Calif. JC Trials @ Modesto, 2 pm; Pacific Coast AA Championships at San Diego.
May 15 - S.F. State & Sonoma St. @ UC Davis; Humboldt St. @ Cal-St. Hayward; Sac'to St. @ Chico St., 6:30 pm.; PCAA Championships in San Diego, continued.
May 21 - Pacific Eight Conf. Championships at Seattle, Wash.
May 22 - Pacific 8 Meet, continued; Northern Cal. JC Finals, 1 pm, Diablo Valley College; Far Western Championships at Chico St., 6:30 pm; Stanford to be announced.
May 29 - California Relays @ Modesto (day & nite), includes State JC Championships; All University meet at UC Davis.
Jun 4 - Northern Calif. JC Decathlon Championships at Allan Hancock College, Santa Maria.
Jun 5 - NorCal JC Decathlon, continued; S.F. St. & Sac'to St. at Cal-St. Hayward; UC Davis at San Bernardino Invitational.
Jun 11 - NCAA College Division Championships at Sacramento St. College, 2 day meet.; USTFF Championships, Wichita, Kans. (2 days).
Jun 17 - NCAA Championships, Seattle, Wash. 3 day meet.

HIGH SCHOOL SCHEDULE

- May 1 - Woodland Relays, 10 am, Woodland High, Woodland.
May 3,5- Diablo Valley AL Championships, Diablo Valley College.
May 3,5- Foothill AL Championships, site undecided.
May 4,7- Sequoia Dist. Trials 2:30; Finals 7:00; Sequoia HS.
May 8 - Santa Cruz Relays.
May 11 - S.P.A.L. Trials, 2:30 pm, Sequoia HS, Redwood City.
May 14 - S.P.A.L. Finals, 7 pm, either Sequoia or Foothill JC.
May 14 - NCS I Meet, 5 pm, James Logan High.
May 14 - NCS III Meet, 5 pm, Santa Rosa JC, Santa Rosa.
May 15 - NCS II Meet, 11 am, Diablo Valley College.
May 22 - CCS I Meet, Foothill College, Los Altos Hills (tentative)
May 22 - North Coast Finals, 9 am, Santa Rosa JC, Santa Rosa.
May 29 - Central Coast Finals, 7 pm, San Jose City College.
Jun 4 - Hollister Relays, Hollister High.
Jun 5 - State High School Championships, 1:30 pm, San Diego.
Jun 7,8- S.P.A.L. Decathlon, 3:15 both days, Menlo-Atherton HS.

WOMEN'S & AGE GROUP SCHEDULE

*Note: The following schedule is subject to change. Contact Marcel Hetu, 1513 Sanchez, Burlingame for women's information.

- May 1 - Roseville Invitational, Oakmont H.S., Roseville, contact Gil Duran.
May 2 - Boys Age Group Track & Field, Redwood City Striders, Sequoia HS, Redwood City, contact Mike Ipsen.
May 8 - Women's Pentathlon Championships, Mills HS, Millbrae, Cal., contact Dr. Harmon Brown, Millbrae Lions TC.
May 8 - Boys Age Group Track & Field, Herbert Hoover Boys Club, Van Parish, Ravenswood HS, Palo Alto.
May 15 - Orinda TC Track & Field Meet for girls and women at Campolindo HS, Moraga, contact Don Bailes.
May 16 - Boys Age Group Track & Field Championships, Hartnell College, Salinas, contact Salinas Valley Track Club.

May 22 - Pacific Association Girl's Track & Field Championships at Mills H.S., Millbrae, contact Dr. Harmon Brown, Millbrae Lions.
 Jun 6 - Pacific Association Girl's Age Group Championships, San Jose City College, contact Estle Argabright.
 Jun 12 - Pacific Association Track & Field Championships (women) at Cal-State Hayward.
 Jun 12 - California State Women's Track & Field Championships, San Diego ???
 Jun 12 - Junior Olympic Sectionals, 2 days, site to be announced.
 Jun 12 - Women's Natl. Pentathlon Championships, Los Alamos.
 Jun 19 - Western Women's Games, Diablo Valley College, Concord, contact Norm Woods.
 Jun 27 - Junior Olympic Championships, Univ. of Nevada, Reno, contact Dick Ellis, 2 day meet.

***Any corrections or additions to the above schedule(s) should be sent immediately to the editor. We lack meet contacts on many women's and age group meets and would appreciate further information.

Addition: June 5 - National Age-Group One Mile Championships, 8:30 am, Bakerfield College Memorial Stadium. This is a postal championship with competition for boys and girls in 5 age groups between 7 and under, and 14-15. Contact Wasco Wildkat Track Club, 714 Sixth St., Wasco, Cal. 93280. Meet directors: Dale Knox & Brad Tomasini.

RACE WALKING

May 2 - AAU Senior 35 kilometer championships, Pomona, Calif.
 May 8 - 5 mile, Fullerton, Cal. 10 am; 5 mile, Los Angeles, Cal. 2 pm at L.A. City College.
 May 9 - Natl. AAU Jr. 20 km., Portland, Ore., Delta Park, 12 noon; 10 km. track walk, Sunnyvale HS, 10 am.
 May 22 - Natl. AAU Sr. 20 km. Championships, Golden Gate Park tennis courts, 2:30 pm (Final Trials for Pan-American Team).
 May 23 - Modesto Relays Invitational 1 mile walk, Modesto, Calif.
 Jun 5 - Kennedy Games Invitational 5 kilometer walk, UC Berkeley, Calif.
 Jun 12 - Pacific Association Championships, 2 mile walk, Cal-State Hayward.

*** For further walking information, contact Bill Ranney, One Barker Ct., Fairfax, Cal. 94930 (Ph. 456-2641). We are lacking results for many recent walks, so if they aren't listed in this issue or in March's, please send results immediately. Thank you.
 *** There is a new 1970 ruling that high schoolers can walk all year around, even during their school's track and cross country seasons. (Ed. - Why don't they do this for road racing too?)

Further Results of AAU Junior One-Hour Walk: (Stockton, Mar. 13) - (11) Kevin Brentnall - 6 mi., 608 yds., (12) Glenn Parker - 6m, 396y, (13) John Halligan - 5m, 1446y, (14) Don Jacobs (50 plus) - 5m, 1420y. *** Results of 15 km. walk held on same day: (1) Bill Ranney 1:12:37.5, (2) Jim Bean 1:14:06, (3) Jim Hanley 1:21:40, (4) Steve Merrilees 1:25:23 (his 2nd race of the day!).

Goetz Klopfer breaks 3 American Records on track: (Seattle, Wash. - Mar. 21) - In a 20 mile track walk, Goetz Klopfer of Athens AC failed to finish, but set 3 American standards anyway at 15 miles (1:52:44), 25 km. (1:56:53), and two hours (15m, 1578y). Steve Geiver won the race in 3:01:00 for 20 miles.

Jim Bean finishes Sixth in Natl. Sr. One Hour Walk: (Boulder, Colo; Apr. 11) - Jim Bean of the Stockton Walkers finished only 20 yards out of fourth place as he walked to a sixth place finish in the National One Hour Championships in Boulder, Colorado. The easy winner was Ron Laird who went a fantastic 7 miles, 1510 yds. Floyd Godwin is making his comeback as he finished a good second with 7m, 1213y. He was followed by Larry Young 7m, 1157; Robert Henderson 7m, 1091y; Karl Merschenz 7m, 1075y; and then Bean. Only other Californian that I recognize in the top ten was Steve Tyrer, 7th with 7m, 1000y. Remember...Boulder is at high altitude and so these distances are better than normal. *** Incidentally, Floyd Godwin used to run in the Bay Area (Arroyo High School in the early 1960's and then Alameda TC) before he moved to Colorado and took up race walking after his 1968 failure in the Olympic Trials Marathon. He seems to have made a good switch. Floyd's best marathon is a highly respectable 2:20.

WOMEN'S RESULTS

Will's Spikettes Edge Millbrae Lions to Take Relays: The host Will's Spikettes edged out a narrow victory over the Millbrae Lions Track Club, 40½ to 36½, to win the First Annual Will's Spikettes Relays. The San Jose Cindergals were third with 22, followed by Lassen TC (16½), RC Striders (16), Cordova Dusters (11), Pittsburg TC (10), Sacramento Road Runners (6½), United San Juan (4), and Orinda TC and Salinas TC (2 each). Results: (Open) 4 mile relay: WS - 20:40.8, SJ - 21:09.5, ML - 22:28.4; Mile Relay: ML - 4:05.3, WS - 4:07.8, SJ - 4:11.2; 440R: ML - 50.2, PTC - 50.9, WS - 51.1, LTC - 51.1, SJ - 51.3; Sprint Medley: SRR - 1:48.0, ML - 1:48.0, CD - 1:52.0, LTC - 1:52.5, RCS - 1:56.1; 2 Mile Relay: WS - 9:19.7, SJ - 9:52.0, ML - 10:25.0; Long Jump: LTC - 47-5¼, CD - 47-2¼, WS - 44-11¼; High Jump: WS - 14-2½, RCS - 13-8, SJ - 13-5½, LTC - 13-2; Shot Put: ML - 102-10½, PTC - 84-11½, CD - 80-3½, USJ - 77-5 ¾, RCS - 75-0 ¾; Exhibition Jav.: Barbara Pickel (ML) 158-11, Linda Langford (ML) 148-11, Dale Phillips (LTC) 127-11; Correction: Will's Spikettes won mile relay with RCS second (no time), Millbrae took mile medley relay with San Jose second and Will's Spikettes third in 4:22.6. *** (Novice) 440R: Orinda TC 51.1, ML - 52.2; 880R: OTC - 1:48.2 or 1:48.8, ML - 1:53.6, SJ - 1:54.9; Sprint Medley: Orinda TC - 1:56.1, ML - 2:01.2; Mile R: SJ - 4:37.5, WS - 4:57.6; LJ: Hardaman (ML) 14-0½, Cross (OTC) 14-10, Christoff (ML) 14-4¼; SP: Lane (RTC) 34-4¼, Walker (unatt.) 32-4, Gillmore (RTC) 29-7; HJ: Cairata (ML) 4-2, Anderson (DV) 4-1, Bruder (DV) 4-0, Hoey (ML) 4-0.

HIGH SCHOOL & COLLEGIATE RESULTS

Top NorCal High School Marks Through 4/21: (Taken from S.F. Chronicle, additions and corrections should be sent to editor of this paper, 603 S. Eldorado, San Mateo, CA). 100: Sam Burns (El Cerrito) 9.7, 9.6w; Joe DeDora (Santa Rosa) 9.7; Mike Shavers (Albany) 9.7; Mel Washington (Lincoln, SF) 9.7. 220: Jim Henry (Napa) 21.4; Burns 21.5; Adrian Rodgers (Castlemont) 21.6, Shavers 21.6, DeDora 21.7. 440: DeDora 48.6; Bradley Coleman (Oakland Tech) 49.5; Mike Simpson (Kennedy, Richmond) 49.6; Tony Lawson (Pittsburg) 49.6; Maurice Jackson (Oak.Tech) 49.8. 880: Bob See (Del Valle) 1:54.4; Scott MacTavish (Pleasant Hill) 1:56.1; Dale Scott (El Cerrito) 1:56.6; Jim Kelly (Mt. Diablo) 1:57.7; Hicklin (Crestmoor) 1:58.5. Mile: Ron Genschmer (Sunset) 4:15.2; Tom Hale (Campolindo) 4:17.8; Hans Templeman (Carlmont) 4:20.6; Steve Miller (Carlmont) 4:22.0; Brad Duffy (Lowell) 4:22.1. 2 Mile: Tom Hale 9:06.2; Chuck Mork (Wash. Fremont) 9:23.6; Jerry Metcalf (Arroyo) 9:25.8; Randy Palmer (Piner) 9:28.2; Genschmer 9:32.3. 120HH: Charles Porter (Vallejo) 14.1; Louis Bartholomew (Fremont, Oak.) 14.2; Dave Bagshaw (Gunn) 14.3; Willie Hamilton (Richmond) 14.4. 180LH: John Minnifield (Kenn. Richmond) 19.0; Cezar Oravillo (Sequoia) 19.4; Manny Myers (Piedmont) 19.4; Porter 19.5; Nate Evans (Kenn. Richmond) 19.6. 440R: El Cerrito (Gaines, Smith, Watson, Burns) 41.9; Berkeley 42.7; Lincoln, SF 42.9; Cardinal Newman 42.9. Mile R: El Cerrito (Little, Williams, Sproul, Scott) 3:21.6; Kennedy, Richmond 3:22.0; Oakland Tech. 3:22.5; Richmond 3:23.3; Santa Rosa 3:23.5. High Jump: Mark Viera (De la Salle) 6-8; Randy Roman (St. Francis) 6-7¼; Mike Roman (St. Francis) 6-6 ¾; Bartholomew 6-6; Ed Miller (Pleasant Hill) 6-6. PV: Steve Trueman (Crestmoor) 14-6; Terry Webb (Hillsdale) 14-3; Frank Mercer (St. Francis) 14-1½. LJ: Bernard Maxwell (Balboa) 23-11; Mike Rock (Kenn. Rich.) 23-4½; Tony Reed (Kenn. Rich.) 22-9½. IJ: Dale Krebs (Gunn) 47-9½; Mike Hughes (Sequoia) 47-1 ¾; Tom Cochee (Oak.Tech) 45-9; Jim Brown (Santa Rosa) 45-8. SP: Jim Glant (Monte Vista) 56-2; Gary Williams (Berk) 56-0; Jerry Gifford (Berk) 55-6½. Disc: Rich Gunther (Campolindo) 182-8½; Rich Turner (Sunset) 182-5.

NorCal JC Track & Field Bests Through 4/16: 100: Roger McGill (CCosta) 9.5; David Holmes (Solano) 9.5w; Don Ward (Fresno) 9.5w; Dave Brickner (Hancock) 9.5w; Larry Manuel (Solano) 9.5w; Leman Childress (Fresno) 9.5w. 220: Ron Williams (Merritt) 21.4; Chas. Gibson (Merritt) 21.4; Steve Berge (Am. River) 21.7; Larry Shields (CCSF) 21.7; Royce Ford (Merritt) 21.7. 440: Jim Hamilton (Am. River) 48.2; Skip Dawson (CCosta) 48.6; Maxie Parks (Fresno) 48.9. 880: Clay Lowery (Am. River) 1:52.7; Mike Weaver (Am. River) 1:53.7; Jack Looney (Am. River) 1:54.7; Cliff Rees (Fresno) 1:54.8; Dwayne Harms (Diablo) 1:55.0; John Hanes (DeAnza) 1:55.1; Dan Cruz (West Valley) 1:55.4; Stan Evenson (Am. River) 1:55.6. Mile: John Hanes (DeAnza) 4:15.4; Weaver 4:15.8; Rees 4:16.5; Dave Wood (CCosta) 4:18.9; Jerry Maydahl (Diablo) 4:19.8. 2 Mile: Rees 9:11.8; Weaver 9:22.0; Jack Bush (San Jose CC) 9:23.6; Les Devoe (West Valley) 9:28.0; Dave Garcia (SJ Delta) 9:28.8; Dan Remak (DeAnza) 9:30.2; Scott McVay (West Valley) 9:33.8; Ernie Gamma (Foothill) 9:34.8. 3 Mile: Weaver 14:19.2; Bush 14:28.6; DeVoe 14:41.8; Dan Anderson (Chabot) 14:44.0; Dan Best (San Mateo) 14:48.8; Ron Zarate (Hancock) 14:49.2. 120HH: Jerry Wilson (Fresno) 14.1, 14.0w; Ron Bolling (CCosta) 14.6; Mark Holloway (DeAnza) 14.6; Bill Hammett (Chabot) 14.6w; Jerry Tatum (Fresno) 14.6w. 440IH: Jim Petralia (DeAnza) 53.5; Kirk Rademaker (Fresno) 54.1; Rich Cook (Chabot) 54.2; Robert Parks (CCosta) 54.3; Ken Bracey (Merritt) 54.6. HJ: Tim Mayo (Delta) 6-10½; Jerald Richardson (Fresno) 6-8; Richard Watson (Merritt) 6-7¼; Rick Kong (Chabot) 6-7¼; Al Sanderson (Diablo) 6-7. PV: Russ Royal (DeAnza) 15-6; Ed Otter (Laney) 15-6; Jim Lydon (SMateo) 15-4; Mike Weidig (ARiver) 15-0; Mike Oliver (San Jose CC) 15-0. LJ: Heulon Hewitt (Merced) 24-6; Ron Childs (Sierra) 24-3; Waymon Livingston (Solano) 24-0; Harry Freeman (SJose) 23-11½; Willie Perryman (WHills) 23-6. IJ: Harry Freeman (SJose) 50-11; Ernie Lopez (Fresno) 49-7 ¾; Chester Roberts (WHills) 48-4; Chris Moulton (SJose) 47-11½; Derrick Williams (CCSF) 47-8¼; Steve Arkley (Foothill) 47-7. SP: Jerry Grays (CCosta) 55-5; Allen Dalerio (Fresno) 52-11¼; Chas. Montgomery (Merritt) 52-1½. Disc: Chuck Sherman (Foothill) 171-0; Silvester Marshall (WHills) 167-4; Tom Pipes (Diablo) 165-3; Scott Covey (DeAnza) 157-1. Jav: Lonnie Powell (Fresno) 192-8. 440R: Merritt 40.8; Fresno 41.6; Solano 42.0; CCSF 42.1; CCosta 42.1. 880R: Merritt 1:26.3; Laney 1:28.3; CCosta 1:28.4; Hancock 1:28.5; CCSF 1:29.0. 480SH: Merritt 57.7; Diablo 58.2; Sacramento 59.0; CCSF 59.0; Laney 59.3; Chabot 59.7. MileR: Am. River 3:13.5; Laney 3:16.8; Merritt 3:18.4; Contra Costa 3:18.8; San Mateo 3:18.9. 2 Mile R: American River 7:39.6; Contra Costa 7:46.8; San Mateo 7:50.0; West Valley 7:55.8; Hancock 7:57.4. 4 Mile R: Hancock 17:41.6; West Valley 18:04.6; Diablo 18:19.6. Sp.Medley: DeAnza 3:28.6; Foothill 3:29.2; San Mateo 3:29.3; CCosta 3:29.4. Dist. Medley: Am. River 10:13.2; Hancock 10:27.2; Diablo 10:28.8; Fresno 10:31.6; Chabot 10:33.2; San Mateo 10:34.0.

This issue will not carry a list of collegiate bests because of lack of information and meet results: Athletes are encouraged to send in meet results or personal efforts for print.

MISCELLANEOUS RESULTS

Results of 1970 Track & Field News & USTFF Postal Competition: In the High School Varsity Races, a new national record was established by Maine East of Park Ridge, Illinois. The time of 47:11.0 was only 0.2 seconds below Homestead's (Sunnyvale) old record. Maine East averaged 9:26.2 and showed excellent contact. The continued progress of prep distance running is shown by outstanding second (Carlmont, 47:43.4) third (Willow Glen, 47:50.6) and fourth (Mt. Pleasant, 48:01.6) place times which all would have broken the record three years ago. Carlmont won the three mile team race and with it's second place in the two mile race, should be considered the nation's top postal team for 1970. Below are listed the top Northern California performances in all postal competition for 1970: (Place indicated is national ranking)

High School Frosh Two-Mile Team Race: (2) 53:24.8 - Homestead (Erbes 10:26.2, Lewis 10:29.4, Fredrickson 10:32.8, Hayes 10:55, Vigie 11:01.4); (3) 54:10.0 - Leigh, San Jose; (4) 54:25.2 - Mt. Diablo, Concord; (5) 54:46.0 - Los Altos; (Top time was 53:24.4 by Lyons, LaGrange, Ill.). Leading Individuals: (1) Steve Ryan (Riordan, SF) 9:54.0, (2) Stacey Geiken (Wilbur Jr., Palo Alto) 9:56.0, (3) Hugh Miller (Jesuit, Carmichael) 10:08.6, (4) Rich Kimball (Jesuit) 10:15.0, (6) Bill Lator (Carlmont) 10:17.0.

High School Frosh Three-Mile Team Race: (2) 87:07.2 - Mt. Pleasant, San Jose (Pollard 16:10.2, Rogers 16:58.2, Lepori 17:50.4, Allen 18:03.2, Gomez 18:05.2); (Top time was 86:40.4 by St. Bernard, Uncasville, Conn.). Leading Individuals: (1) Kimball (Jesuit) 15:32.0, (3) Geiken (Wilbur) 16:07.0, (4) Pollard (Mt. Pleasant) 16:10.2, (7) Rich Wernick (Carlmont) 16:29.0.

High School Two-Mile Team Race: (2) 47:43.4 - Carlmont (Templeman 9:14.0, Miller 9:18.2, Black 9:38.0, Carvey 9:45.6, Cattarin 9:47.6); (3) 47:50.6 - Willow Glen, San Jose (Hart 9:10.0, Peth 9:31.0, Enriquez 9:41.0, Bealliee 9:43.0, Ebert 9:45.6); (4) 48:01.6 - Mt. Pleasant, San Jose (Brooks 9:24.6, Mitchell 9:26.0, Manriquez 9:34.6, Donaldson 9:41.6, Teresi 9:54.8); (8) 48:42.0 - Awalt, Los Altos; (9) 48:48.8 - Watsonville; (10) 48:58.8 - Soquel; (17) 49:30.8 - Los Altos; (19) 49:39.6 - Camden, San Jose; (21) 49:46.2 - Washington, Fremont; (25) 50:01.0 - Willow Glen "B" Team, San Jose. Leading Individuals: (2) Mike Hart (Willow Glen) 9:10.0, (7) Chuck Mork (Wash., Fremont) 9:13.6, (8) Hans Templeman (Carlmont) 9:14.0, (10) Steve Miller (Carlmont) 9:18.2, (11) Mark McConnell (Soquel) 9:18.8, (16) Steve Brooks (Mt. Pleasant) 9:24.6, (17) George Manriquez (Mt. Pleasant) 9:24.6, (18) Walt Mitchell (Mt. Pleasant) 9:26.0, (23) Bob Grubbs (Wash., Frmt.) 9:28.0, (24) Joel Jameson (Watsonville) 9:29.0, (27) Steve Peth (Willow Glen) 9:31.0, (29) Larry Chamness (Awalt, Los Altos) 9:32.2. **Note: We have Juan Garcia (Watsonville) with a 9:30.5 but this was not listed in the postal results for some reason. If anyone knows why not, please inform us. It would have been 26th best in nation. National leader was Chris Hoffman (St. Bernard, Playa del Rey, Cal.) 9:06.8.

High School Three-Mile Team Race: (1) 75:45.0 - Carlmont (Templeman 14:52.2, Miller 14:52.2, Carvey 15:05.6, Black 15:21.4, Oliver 15:33.6); (3) 76:32.0 - Willow Glen, San Jose (Peth 15:01.0, Ebert 15:06.0, Enriquez 15:07.0, Hart 15:32.0, Crary 15:46.0); (4) 76:46.4 - Mt. Pleasant (Brooks 14:58.2, Manriquez 15:00.0, Mitchell 15:28.8, Donaldson 15:29.0, Teresi 15:50.4); (9) 78:33.4 - Highlands, Sac'to; (11) 79:16.0 - Soquel; (14) 79:37.0 - Watsonville. Leading Individuals: (6) Templeman 14:52.2 & Miller 14:52.2, (8) Mark McConnell (Soquel) 14:55.0, (10) Brooks 14:58.2, (11) Manriquez 15:00.0, (12) Peth 15:01.0, (15) Gary Edwards (Highlands) 15:05.2, (16) Carvey 15:05.6, (17) Ebert 15:06.0, (19) Joel Jameson (Watsonville) 15:07.0 and Ebert 15:07.0, (21) Juan Garcia (Watsonville) 15:11.0, (23) John Tilley (Highlands) 15:14.0, (25) Pete Flores (Woodland) 15:16.6. National Leader was Don Overton of Parkway West, Ballwin, Mo. in 14:34.2.

North American Three-Mile Team Race: (6) 71:16.0 - UC Davis (Hansen 13:51.2, Haver 13:52.6, Spradlin 14:20.4, Axelson 14:31.0, Segal 14:40.8), (11) 76:04.2 - Cal Davis "B" Team. National Leader was the Univ. of Oregon which broke its own record of 68:56.0 by running to a 68:26.8. Oregon TC and Univ. of Oregon "B" Team also broke the old record. Leading Individuals: (11) Hansen (UC Davis) 13:51.2, (12) Haver (UC Davis) 13:52.6, (23) Bill Clark (West Valley TC) 14:08.0, (29) Spradlin (UC Davis) 14:20.4, (30) Axelson (UC Davis) 14:31.0. National Leader was Jack Bachelor (Florida TC) 13:18.6.

Two Man Ten Mile Relay: A team of Barry Pollard and Shannon Rogers (Mt. Pleasant, San Jose) set a new High School Frosh record while running to a 49:10.0 clocking. For the records, Marcel Hetu & Ralph Likens (1964 College of San Mateo) still hold the Junior College Record of 43:11.4. Hetu is currently a member of West Valley TC.

Bill Clark & Alvaro Mejia Run Fast Six Mile: (Apr. 3, Cal-State, Hayward) - In a special six mile track race before a scheduled Cal-State meet, coach Mal Andrews helped two West Valley TC athletes qualify for the AAU Nationals. After coming through the halfway point in a scintillating 14:05, Clark and Mejia churned through a 63 second final quarter to record identical 28:29.8 clockings as they tied intentionally. At the time, the marks ranked as fourth best nationally. Ray Darwin (Culver City AC) and Charlie Harris (West Valley TC) also ran well, each recording personal bests of 30:32 and 30:49 respectively. West Valley's John Marconi, a high school senior, was timed in 32:21 for fifth. Several others started but failed to finish.

Doug Schmenk Wins Griffith Park Marathon: (Mar. 7, L.A.) - Doug Schmenk ran away with the Southern Western Regionals in a time of 2:24:28 over a hilly course. Bill Anderson (SBAA) was a distant second in 2:32:07, followed by Backus (SCS) 2:33:17 and Stamm (SBAA) 2:33:55. Winner and winning team get free trip to Nationals. Team title went to Santa Barbara AA (Brennand was third man).

ADAM FERREIRA BEATS BEARDALL AT COLFAX RUN

(Nov. 28, 1970): Better late than never. John Hill of Sacramento heard our plea for results and sent us these. *** In a real upset victory, the Travis AFB ace, Adam Ferreira, took an impressive victory over Marin AC's Darryl Beardall. The course was 10.3 miles long and supposedly was quite muddy from recent rains. Marin's Doug Butt was in the running for most of the race when he took a wrong turn in the later stages and wound up 14th. No times were given in the results, not even for the winner. However, the finishers were: Ferreira, Beardall, Barry Buob, Donald Starbuck, Peter Hanson, Ron Holloway, Lyle Lough, Kim Potochnick, Fred Robles, Paul Williams, David Russell, Randy Buob, James Jacobs, Doug Butt, Keith Corning, Jim Speers, Jim Bowles (WVTC), Bill Frank, Joe Brouillette, and R. Healy. Winner in the over-40 division was also a surprise, Jim Nicholson, who handily defeated Vance Koerner and Jim O'Neil. Next came Walt Betschart, Frank Protteau, John Hill, and John Boitano. There were many other divisions in this cross country carnival. Winner of the college race (also contested over 10.3 miles) was Pat Buzbee, followed by Don Bennette (I though he was in high school!), Mike Buzbee, Russ Walline, Steve Williams, Rich Walline, Nicholas Vogt, and Mike Vandenberg. In the high school 4 mile race for 10th thru 12th grades, John Weed came out on top with a 20:24 time, as he far outdistanced Dan Hughes who did 21:32. Then came Bob Davies (21:41), James Holben (22:19), Frank Scruggs (24:24), and Steve Burchard (25:53). In the junior high (7th thru 9th grades) division, Jimmy Dillingham pulled out a 40 yard victory over the two mile course to win in 11:49, followed closely by Bob Turner (11:57) and Ed Healy (11:59). Then came Kevin Close (12:24), Allen Dean (12:45), Fred Fernandez (12:46), Brian Healy (13:42), Perry Johnson (13:54) and Lindy Valdez (14:01). Whoa!!! Hold everything!!! My mistake. I missed the first page of results. Dillingham actually finished 7th, and was preceded by: Hugh Miller (Jesuit of Carmichael) in a great 9:45, Roger Lawler (10:29), Gunter Matthews (10:58), Fred Sturzen (11:08), Sammy Garcia (11:22), and Lloyd Peterson (11:37). In the closest race of the day, Wasco's Kevin Knox just barely edged out Eddie Lujan (5:58 to 5:59) in the age 10-11 one mile race. They were followed by Bob Nunez (6:11), Kim Crawford (6:18), Mike Healy (6:27), David Jaeger (6:39), Dave Burr (15:24) and Tom O'Neil (15:27). I assume the last two got lost somewhere along the way. Or maybe their times were recorded incorrectly. In the boys 9 and under (3/4 mile) race, Russ Riddell just nipped Mike Boitano (5:02 to 5:06). They had plenty of company with Todd Knox (5:10), Robin Messick (5:11), Mike Mosby (5:19) in hot pursuit. Shannon and Mike Healy were timed in 6:14 and 6:23. In the women's races, Teri Healy beat Mary Boitano over 2 miles, but no times were given. Pat Whitmore scored a victory over Elizabeth Healy in the 14-17 age group race (2 miles), again with no times given. The girls 12-13 division saw Betty Burns take a 5:56 mile victory over Gayle Protteau (6:03). Then came Pam Harter (6:44), Lynnette Western (6:57), Cynthia Carreras (7:01), Barbara Davis (7:13), Carolyn Haupt (7:19), Pam McGee (7:45), Carrie Jensen (8:08), and Dawn Owings (8:10). The 10-11 division proved no problem for Elaine Kent as she ran 3/4 mile in 5:36. She was trailed by Trallee Taylor (5:50), Michelle Healy (7:20), and Bev Sandy (7:58). In the 9 and under race (same distance), Patty Dillingham won by 13 seconds over Maryetta Boitano (5:34 to 5:47). Then came Hollie Shambaugh (5:50) and Monique Healy (7:32). WOW! How many Healy's are there anyway?

JOSE CORTEZ SMASHES U.S. 100 MILE MARK

(Mar. 13-14): Dateline Rocklin, Calif: That's right. You heard correctly. People actually run 100 miles. Why? Deines says he runs for the pain and the glory. Jose Cortez probably got his fill of both. His coach, Mike Ipsen, mentioned on the way home that it could properly be labeled: "One-Hundred Miles of Sheer Stupidity". This seems appropriate enough, but stupid as it may seem, there were 17 runners that lined up with intentions of doing just that: running 100 miles in 24 hours or less. Of those that started, only four emerged successful in their attempt to finish. Jose Cortez of the Redwood City Striders, who already holds the high school 50 mile record, decided he was going to do more than that today as he completely annihilated Ted Corbitt's American record of 13:33:06 (which was run on a track) by recording an unbelievable 12:54:30.8. I don't imagine the tenths matter too much after this far. He and Darryl Beardall of Marin AC ran through about 25 miles together before Jose began pulling away. Beardall eventually dropped out after 50 miles in 6:09:51 because of recurring breathing problems that have plagued him over the past year. Cortez methodically paced through splits (10 miles each) of 68:36, 2:14:55, 3:23:00, 4:36:31, 5:52:13, 7:08:33, 8:43:30, 10:02:40, 11:36:10, and finally 12:54:30.8. Just as amazing, if not moreso, was runnerup Natalie Cullimore of Pacifica and the South End Rowing Club who set what must certainly be a women's world mark of 16:11:00. Her 50 mile time of 7:24:50 was 11 minutes faster than she ran the Rocklin National 50 miler last October! She ran much of the way with a neck brace. Peter Mattei, 46, was third in a good 20:56:30. He had been recovering from a case of the flu and ran well for 35 miles before being hit by stomach problems which required him to take periodic rests. The only other finisher was RC Strider coach Mike Ipsen, 27, who ran 23:26:31. I don't think there is any way that you can make Mike quit a race. Perhaps his attitude has rubbed off onto his young distance stars. Others ran anywhere from 15 to 72 1/2 miles. RC Strider Joel Stein did 12:25:00 for his 72 1/2 miles (in third at the time), followed by Joe Henderson (Marin AC) 70 miles in 14:26:40; David Cortez (13, RCS) 52 1/2 in 9:36:45; Mary Cortez (RCS) 50 in 14:47:25; Noe Vigil (RCS) 47 1/2 in 8:25:25; Chuck Waters, 40 miles in 10:09:50; George Waxham (NCSTC) 32 1/2 in 5:42:25; Conrad Lowry, 25 in 3:52:15 - Byron's brother; Larry Eisenman, 25 in 3:52:15; Fred Lacey, 20 in 4:57:14; Robert Burns, 20 in 3:22:00; and Bob Sheefel, 15 in 4:20:55.

Needless to say, unless one has tried to run 100 miles, it is impossible to imagine what it feels like. I won't even try. Jose said he was hallucinating over the last 10-15 miles. What a trip! All I can manage to say is, "Don't knock it if you haven't tried it." I don't plan on it in the foreseeable future, but I can visualize about 50 hardy individuals toeing it to the line next year. If you plan on it, better start training now. You'll need at least that long to get ready. Maybe next year will see the world mark go under. It is 12:15 or so by Dave Box of South Africa.

CLARK DEFEATS LARIS AT PA-AAU 30 KM.

(Mar. 21): Over a much tougher course than in previous years, West Valley TC's Bill Clark staged a temporary duel with NYAC's Tom Laris before running away in a record 1:37:07. This time might not be accurate however, as both Clark and the "returning to form" Laris thought the margin was about a minute. Laris was clocked in 1:40:08, and so Clark may not have run this fast. The course might also be a bit long, judging from the other times. At any rate, the weather was near perfect, although it got a little warm toward the end. The new course followed much of the scenic 17 mile drive. There were no really tough hills, but the course was constantly rolling with a good 600 yard uphill finish at the end. West Valley TC defended its 1970 title by running 1-4-11 to score 16 points over runnerup Marin's 34. T.A. de Lusignan (third for Marin) took top senior honors in 15th place to hold off fast closing Flory Rodd. Ross Smith was third senior, losing second to Rodd with about 3-4 miles to go. First woman was Elaine Pedersen in 55th (2:31:10), followed by Marcie Trent (53) of Anchorage, Alaska (60th in 2:51:35). She and her husband John (62nd) run for the Pulsators of Anchorage. At 53, Marcie is certainly one of the oldest active women in the U.S. West Valley's John Marconi ran an easy race at the beginning, hard in the middle, and then ran with teammate Harold DeMoss the rest of the way to retain his high school title. Complete results haven't been received as yet. Top 23 plus some seniors are listed below. Reported by H. DeMoss.

1 - Bill Clark (West Valley TC) 1:37:07	9 - Ken Napier (WV Joggers) 1:53:48	17 - Ross Smith (WV Joggers) 2:01:40
2 - Tom Laris (New York AC) 1:40:08	10 - Jim Barker (U.S. Army) 1:54:07	18 - Ronald Plemens 2:02:22
3 - Byron Lowry (SF Olympic Club) 1:43:15	11 - Harold DeMoss (West Valley TC) 1:54:42	19 - Bob Stephenson (WVTC) 2:02:25
4 - Chris Miller (West Valley TC) 1:47:20	12 - John Marconi (West Valley TC) 1:54:45	20 - Bob Gormley (Marin AC) 2:03:29
5 - Donald Putnam 1:48:20	13 - Lee Holley (Marin AC) 1:57:53	21 - Wayne Glusker (West Valley) 2:04:20
6 - Ray Menzie (Marin AC) 1:51:30	14 - Tom O'Conner 1:58:35	22 - Peter Hildebrand (U.Chic.TC) 2:04:25
7 - T. Ratcliffe 1:52:12	15 - T.A. de Lusignan (Marin AC) 1:59:30	23 - Dave Stevenson (Stanford RC) 2:04:54
8 - Darold Dent (unatt.) 1:53:05	16 - Flory Rodd (NCSTC) 2:00:50	29 - Don Pickett (SF Olympic Club) 2:09:09

*** 33 - Carl Martin (WVJ) (2:13:04); 34 - Keith Campbell (WVJ) (2:14:55).

MEJIA SHATTERS NAPA COURSE RECORD

(Mar. 28): West Valley's Colombian Olympian, Alvaro Mejia, showing that he's really getting in shape for the Pan-American Games, chopped of a full 30 seconds from his course record, averaging a bit under 5 minutes a mile for the 8.1 mile hilly course. His 40:27.4 time was 1:11 ahead of teammate Bill Clark, who started out slowly and never caught up. Ray Darwin of Culver City AC improved one place over last year by placing third in 42:53. Doug Rustad, who had not run since last year's Tiburon Race, seemed to have shaken his back problems as he finished in a good 43:38 for fourth. West Valley reclaimed its title with placings of 1-2-4-5-14 for a score of 26. The official results had WVIC with 24 points since the 11th and 12th placers were unknown. Host Napa Valley Running Club scored an upset by nipping Marin AC for second, 104 to 106. A total of 212 finished the race. Bill Mackey of the West Valley Joggers continued his winning ways by taking the senior division in 24th, ahead of Jim O'Neil in 28th. Don Pickett followed in 36th. Tops in the over-50 division was NCSTC's Ed Preston (50th, 51:30). In the 13-15 (boys) division, the RC Striders Mitch Kingery took a wide margin of victory over West Valley's Roy Kissin (23rd and 38th respectively). David Cortez of the Striders was third (43rd, 50:30). Mike Healy of the Napa Runners took the 10-12 division by placing 102nd (56:36). He was followed by teammate David Jaeger (110, 57:32), and RC Strider Bill Tracy (139, 61:21). Mike Boitano handily won the 9 and under division and would have been third in the 10-12 bracket. He did 60:35 for 131st place. Next in that category came D. Sullivan (140, 61:23) and Shannon Healy (167, 68:18), also the youngest finisher at 7 years. Setting a new record in the women's race was Francie Larrieu of the San Jose Cindergals. Her 39th place finish is really remarkable since it was in the top 20 percent of all finishers. Jan Dixon was far back in 63rd (52:17) with Elaine Pedersen finding the "short" distances too much (116th, 58:34). Top three in the girls 13-15: Vicki Paulson (Pamakid) 135th, 60:55; Lindi Beale - 195th, 78:25. No third according to results. Michelle Healy (Napa) took 10-12 honors in 152nd (64:39), followed by Connie Cunneen (168, 68:26). The 9 and under group saw Maryetta Boitano outclass the 13-15 winner by taking 132nd (60:36). She and her brother came in together. Kathy Cunneen was next (172nd, 69:15), followed closely by C. Carpenter (177th, 70:26). Incidentally, we forgot to mention the second and third over 50 placers: John Satti (111th, 57:52), and Frank Cuzzillo (118th, 58:51). Top high school finisher was Wolfgang Schmulewicz in 13th. Below are listed the top 42 finishers in the 8.1 miler: (weather was warm, but not too hot, just about right)

1 - Alvaro Mejia (West Valley TC)	40:27	15 - R. Nanninga	46:51	29 - Darrell Jeong (unatt.)	48:50
2 - Bill Clark (West Valley TC)	41:38	16 - Jeff Kroot (Marin AC)	47:03	30 - H. Skanders	48:58
3 - Ray Darwin (Culver City AC)	42:53	17 - L. Kirk	47:14	31 - Pete League (Marin AC)	49:01
4 - Doug Rustad (West Valley TC)	43:38	18 - Art Reade (West Valley TC)	47:19	32 - Bill Posedel (Pamakid)	49:11
5 - Charlie Harris (W. Valley TC)	43:53	19 - Jim Shettler	47:24	33 - L. Morgan	49:17
6 - Darren George (Napa Vly RC)	44:06	20 - Gus Cano (RC Striders)	47:26	34 - R. DeGlymes	49:24
7 - Doug Butt (Marin AC)	44:14	21 - Frank Hagerty (Alameda TC)	47:49	35 - D. Teeguarden (NCSTC)	49:25
8 - Darryl Beardall (Marin AC)	44:50	22 - Nicholas Vogt (RC Striders)	47:59	36 - Don Pickett (SF Olympic Club)	49:26
9 - Adam Ferreira (Travis RR)	45:15	23 - Mitch Kingery (RC Striders)	48:04	37 - B. Guthrie	49:28
10 - Greg Chapman (Solano TC)	45:50	24 - Bill Mackey (W. Vly Joggers)	48:07	38 - Roy Kissin (West Valley TC)	49:31
11 - ??????	46:20	25 - D. Zumwalt	48:19	39 - Francie Larrieu (SJ Cindergals)	49:34
12 - ??????	46:20	26 - Gerald Haslam (Napa Vly RC)	48:21	40 - A. Matray	49:35
13 - Wolfgang Schmulewicz (unatt.)	46:30	27 - Bob Stephenson (West Vly TC)	48:26	41 - T. O'Brien	50:07
14 - Jack Leydig (West Valley TC)	46:34	28 - Jim O'Neil (SF Olympic Club)	48:33	42 - Robert Malain (Nor. Cal. Sr. TC)	50:25

In the shorter 1.2 mile run, the Will's Spiketettes literally ran away from everyone as they took the team title by placing 4 in the top 5 finishers. The San Jose Cindergals, running without Larrieu and Dixon (both ran in 8 miler), took second ahead of the Will's Spiketettes "B" Team. Winner was Spikette Elaine Claugus in 5:54. Other finishers in the top 20: C. Rougue (6:00), S. Lansan (6:11), R. Slossan (6:14), T. Anex (6:16), K. Miller (6:23), J. Locanni (6:27), R. Mahannah (6:29), C. McManus (6:30), M. Robles (6:31), E. Guina (6:32), A. Mease (6:36), N. Sakelarios (6:37), N. Bowers (6:38), A. Perich (6:39), S. Lucas (6:40), C. Sakelarios (6:41), C. Gentry (6:42), K. Rinker (6:43), D. Lowry (6:44).

The Napa Valley Running Club did a fantastic job of organization with a maze of awards for all groups in both races. The club is to be congratulated on a job well done. This has to be one of the better races in Northern California. If you haven't run it you owe it to yourself to try next year.

BILL ROAY, JIM O'NEIL TAKE TOP LAKE MERCED AWARDS

(Apr. 3): In a handicapped race based on previous Lake Merced and Bay to Breakers times, Bill Roay came out as the clear winner with a corrected time of 24:17. His elapsed time was 30:29. However, Jim O'Neil ran the fastest time of the day, a great 27:17 over the 5 mile loop. The weather was perfect and so was Jim. He started out somewhat off the pace, but then turned on the steam over the last half of the run to overtake Bill Mackey about halfway through. They ran together for a mile and then Jim slowly pulled it out to an 18 second victory. Ross Smith was third best timewise with 28:14. Defending champion Peter Wood was next with 28:43. Wood's time last year was 27:35, the same as Mackey's today. The affair was strictly a senior race (over 40), but most of the competitors hardly looked that old and certainly didn't act it. Below are listed the top finishers based on actual and corrected time: Handicapped time listed first with actual time second. Those who estimated their own handicaps, except for those who broke 33 minutes, are not listed.

1 - Bill Roay (24:17, 30:29), 2 - Jim Killeen (25:26, 31:05), 3 - Ross Smith (26:04, 28:14), 4 - Ernie Sells (26:09, 32:47), 5 - Ray Minkel (26:23, 33:12), 6 - Emmett Smith (26:23, 32:17), 7 - Flory Rodd (26:32, 29:28), 8 - Jim O'Neil (26:31, 27:17), 9 - Vance Koerner (26:48, 29:29), 10 - Phil Paulson (26:49, 30:25), 11 - Ray Talavera (27:04, 31:14), 12 - John Brennan (27:14, 30:34), 13 - Stanley Sprague (27:27, 31:40), 14 - T.A. de Lusignan (??), 15 - Bill Mackey (27:35, 27:35), 16 - John Hutchinson (27:38, 32:11), 17 - Luka Sekulich (27:40, 34:40), 18 - Grant Newland (27:50, 34:50), 19 - Alan Kreuzberger (28:01, 35:01), 20 - John Orcutt (28:07, 34:27), 21 - Harry Williams (28:16, 33:33), 22 - Peter Wood (28:43, 28:43), 23 - Frank Harrison (28:47, 29:06), 24 - Bob Lee (28:51, 34:03), 25 - Pax Beale (29:03, 33:43), 26 - Bill Zimmerman (29:06, 35:18), 27 - Don Pickett (29:07, 29:07), 28 - Tom Sullivan (29:47, 36:47), 29 - Preston Connick (29:52, 31:36), 30 - Tertius Chandler (29:54, 34:47), 31 - Frank Protteau (30:08, 36:03), 32 - John Hill (30:16, 37:16), 33 - Bob Cort (30:28, 33:15), 34 - Howard Rector (31:25, 38:25), 35 - Louis Then (32:25, 39:25), 36 - Walter Stack (32:50, 39:50), 37 - Gene Perret (32:58, 39:58), 38 - Al Balliet (34:14, 41:14), 39 - Larry Fox (34:17, 40:53), 40 - Bill Buckley (34:54, 41:54), 41 - Mary L. Boitano (34:58, 41:58). Others without regular handicap: Leland Adams (25:25, 32:25), Carl Martin (26:48, 29:28), Walt Betschart (27:22, 31:22), Dick Villafuerte (27:45, 29:45), Harry Hill (26:32, 31:32), Don Coghlan (26:38, 30:38), Jim Nicholson (28:26, 30:37), James Allen (29:10, 32:01), Richard Hart (29:35, 30:55), S.G. Ketterer (29:48, 31:48).

SKIP HOUK RUNS TO MADERA MARATHON TITLE

(Apr. 4): With temperatures into the low 80's, High Sierra TC's Skip Houk ran away from the field early, but his early low 2:20 pace dwindled rapidly after 20 miles after the heat got to him. He still recorded a fine 2:27:37.1 (course record) over Wayne Badgley (Stockton TC) 2:35:06. High Sierra won the team title (Bronzan 3rd in 2:42:27 and Vafeades in 4th with 2:44:45). Other Bay Area finishers: 5 - Jim Barker 2:52:26, 8 - Mitch Kingery 3:03:32, 11 - Bill Snaveley 3:20:14, 15 - Rich Barrett 4:05:15 *** Plus the following seniors: Peter Mattei 3:06:14 (9th) and Paul Reese 3:34:45 (14th). Add 1 to Snaveley and 2 to Barrett.

VILLAFUERTE, LEYDIG TAKE TOP HONORS IN PLODDER'S MARATHON

(Apr. 17): Pax Beale and Ken Crutchlow set up a beautifully organized marathon that was primarily aimed at putting down the 3:30 cutoff time for admission into this year's Boston Marathon. Prior to this year there had been no restrictions (except for 4 hours last year I think) at Boston, but this year Jock Semple and his gang put the clamps on those "plodders" who could not break 3½ hours. The Plodder's West gave an opportunity for those (and others) not making the Boston qualifying time. To make it a bit more interesting, all those who had never run a marathon or had never broken 4 hours started in a scratch group at 2 p.m. Then other groups started every half hour for the better runners. A group of about 10 started in the 2:30 to 3:00 section, one full hour behind the front runners. Jack Leydig, the only sub-2:30 man in the group, decided to run with the 2:30-3:00 group and then ad another half hour on after. The winner proved to be one from the first group (his first marathon). His time of 3:18:21 was especially good considering he is 41 years old. Fast time award was given to Jack Leydig, who ran with Willie Cronin most of the way (second fastest). His time was 2:47:40 and Cronin's was 2:50:53. The Plodder's Division (I) was won by Villafuerte, followed by the next 7. West Valley TC's Roy Kissen in his first marathon, was the fastest handicap time in the boys division with a 3:28:03 actual clocking. Rich Greer (West Valley TC) was second in this division. Top finisher in the women's division was Annette Maillbaau (4:17:48), followed by Skip Swannack and Mary Boitano (4:23:35 and 4:55:10 respectively). In the girl's division, Vicki Paulson pulled a big upset by defeating Maryetta Boitano (3:51:05 to 4:11:58) with Connie Cunneen next at 4:28:49. The most courageous award (last place) went to Iris Hill and Annabelle Marsh (tied in 5:56). A total of 12 women finished out of a total of 63 that managed to straggle across the finish line. A total starting field of 115 was cut down by the strong gusty winds (cold too!) that blew through the Golden Gate for the entire race. Top 30 and their actual finishing times in the case of division I are listed below. For division II subtract ½ hour for actual time, division III subtract one full hour.

1 - Dick Villafuerte (I)	3:18:21	11 - Rod J. Miller (II)	3:33:46	21 - Erene Billasenor (II)	3:49:00
2 - James Miller (I)	3:19:01	12 - Ted Larson (I)	3:34:18	22 - Willie Cronin (III)	3:50:53
3 - Henry Horn, III (I)	3:25:19	13 - Mike Healy Sr. (II)	3:35:42	23 - Vickie Paulson (I)	3:51:05
4 - John Brennan (I)	3:25:30	14 - Richard Backus (I)	3:35:47	24 - Paul Kummrow (I)	3:57:00
5 - George Conlon (I)	3:26:29	15 - Douglas Gates (II)	3:38:12	25 - Joe Henderson (III)	4:02:13
6 - Roy Kissen (I)	3:28:03	16 - D. Williams (I)	3:39:00	26 - Roger Cateno (I)	4:02:23
7 - Roger Major (I)	3:30:04	17 - Jack Hertell (I)	3:40:18	27 - Jim Fauss (I)	4:03:54
8 - Jeff Vidosh (I)	3:32:22	18 - Cal Lewis (I)	3:43:20	28 - James Robertson (I)	4:04:23
9 - Rich Greer (II)	3:33:19	19 - Don Sommer (II)	3:45:00	29 - John Boitano (I)	4:06:15
10 - Tom Tripodes (I)	3:33:26	20 - Manuel Colin (I)	3:47:10	30 - Fred Larsen (I)	4:06:23

Norman Bright came down from Seattle to run, but was obviously off top form as he logged a slow "for him" 3:55:18 actual time. He did 3:08 in the West Valley Marathon. Norman is 60. -- The organization for the race was beautiful, good police protection through the "impossible Fisherman's Wharf area", good course markings, fairly adequate refreshment stands, and a great banquet and awards ceremony afterwards, including the showing of a great distance running flick that was made by Humboldt State College. If Pax and Ken are planning to make this an annual event, I think it will really draw the crowds next year.

MEJIA: UPSET BOSTON VICTOR; LOWRY FIFTH, CLARK TENTH

(Apr. 19): (A special article on the Californian contingent to Boston will appear in next month's N.C.R.R., written by Flory Rodd...don't miss it!) *** Dateline Boston *** Who the hell is Mejia? Well, the people of Boston found out quickly who he was as he nailed the hometown's favorite, Pat McMahon, with less than 200 yards to go. His winning margin of 2:18:45 to 2:18:50 was the closest in Boston Marathon history. Alvaro Mejia, Colombian Olympian running for the West Valley TC, led his team to a good second place finish behind host Boston A.A. He had not even decided to go until the last week before the race. His club paid his way back as a "farewell" gift. He will be returning to Colombia to train for the Pan-Am Games and the Olympics in a few weeks. But he will not go unremembered. He has left his mark with the Pacific Association and with the spectators at Boston. Running on blisters from about 4 miles out, he and McMahon pulled away from a group of about 8 runners (including Lowry and Clark) at somewhere after 17 miles. From then on it was a head-to-head battle down to the last quarter mile. There, Alvaro dug in for the kill and left McMahon a "basket-case" at the finishline. Mejia immediately ignored the press, queen, and mayor of Boston and headed for the Prudential Plaza fountain where he cooled his aching feet. But the NorCal contingent didn't stop there. Missing such notables as Steve Dean and Bob Deines, the PA-AAU summoned the services of Byron Lowry who was second American across the line in fifth place. He was only 35 seconds behind the first U.S. finisher. Then came West Valley's Bill Clark, second place finisher behind Burfoot in 1968, he placed 10th today, fifth American. Next came Orville Atkins, a 35 year old runner from the Seniors TC in Los Angeles. He was timed in 2:31:07 for 25th. All times were quite a bit off personal bests because of a strong (15 mph) headwind and rather high temperatures with no overcast. The 60-65 degrees wasn't hot in itself, but the clear skies made the radiation a definite problem. Mike Stamm and John Brennan of the Santa Barbara AA did well too. Brennan took 30th (2:32:31) and Stamm got 2:35:45 for 41st. Then came two West Valley runners, Bob Crow (46th, 2:36:47) and Jim Howell (49th, 2:37:25). Marin AC's Ray Menzie almost got his best despite the conditions with a 2:39:03 in 60th. Flory Rodd of the NorCal Seniors was the only Bay Area runner to improve on his personal best, and then only by a few seconds, with a 2:45:43 for 107th. Flory was high among the senior finishers but we're not sure exactly where yet. West Valley's Harold DeMoss was close behind Flory (108th, 2:45:53) as he improved his time last year by some two minutes. Then came Lee Holley (Marin AC) 2:47:56, Jim O'Neil (SF Olympic Club) 2:50:32 for his second best ever. Lee was 121st and Jim got 140th. Another Marin runner, senior T.A. de Lusignan, got 157th with 2:51:59, quite a bit off his best of 2:42. One of the most amazing performances came from Dr. Ralph Paffenbarger who had just returned from a trip to Africa. He was terribly out of shape (only 2 weeks training) and brought back some kind of disease (let us know what Paff!), yet still finished in a highly respectable 3:02:35, 268th place. The South End Rowing Club's Frank Vucci made his first Boston effort a relatively successful one as he was right behind Ralph with a 3:02:44 (271st). Peter Mattei (NCSTC) was close too at 280th (3:03:17). Another SF Olympic Club senior, Don Pickett, ran close to his best with a 3:06:52 in 317th. The other NorCal finishers didn't get their places, but we have their times, approximately anyway. Ernie Sells (NCSTC) did a 3:27, followed by: Harry Cordellos (3:31) and Larry Fox (3:35). Larry and Harry were supposed to run the race together since Harry is blind. But after about 21 miles, NorCal Senior Larry Fox could not take the rugged pace his compatriot was setting and so a high school runner picked up Cordellos near Boston College and helped him in. I was informed that this was planned out ahead of time. The Dolphin/South End Rowing Club and many other individuals in the area helped to raise enough money to make Harry's dream come true, running in the Boston Marathon. I am told that there was another blind runner in the race and that Harry beat him. If anyone has anymore information on this, please let me know. Incidentally, Harry runs for the S.E.R.C. *** Most of the PA runners (and a few from Southern California too) went back to Boston on a group fare charter arranged by West Valley TC. Each saved approximately \$50 on the roundtrip. Lowry and DeMoss went back separately. A full planeload of 25 (number necessary for group fare) made it back to Boston. Addition: Richard Steiner of Southern California (and the Santa Barbara AA I think) placed 174th in 2:53:40. He is 51 years old. *** Top 10 finishers: (1) Alvaro Mejia (West Valley TC/Colombia) 2:18:45, (2) Pat McMahon (Boston A.A./Ireland) 2:18:50, (3) Johan Halberstadt (Okla./S. Africa) 2:22:23, (4) John Vitale (New Haven TC, Conn.) 2:22:45, (5) Byron Lowry (SF Olympic Club) 2:23:20, (6) Art Coolidge (Boston A.A.) 2:23:23, (7) Willie Speck (Providence Coll. AA) 2:23:54, (8) Markku Salminen (Finland) 2:24:02, (9) Ron Wallingford (Toronto OC, Canada) 2:25:21, (10) Bill Clark (West Valley TC) 2:26:19.

LATE NEWS: On successive weekends, West Valley's Rich Delgado and Marin AC's Doug Butt staged duels over hilly courses, with Delgado coming out the victor in both races (El Dorado and DeAnza). We don't have any other information on either race at presstime, but we will have complete results in the May issue. West Valley TC won the team title at the DeAnza race.

GROUP FARE TO NATIONAL AAU MARATHON IN EUGENE, OREGON: If anyone is interested in participating in the National AAU Marathon in Eugene, Oregon (Univ. of Oregon) on June 6, please contact the editor of this paper if you'd like to take advantage of a group fare discount, similar to the Boston Group Fare. In this case we only need 10 for the group instead of 25. The normal fare is \$81 roundtrip. The groupfare saves you 17 dollars and you pay \$64. We will fly AirWest if the deal comes through. I must know by mid-May just how many are interested. So write today. We must go as a group and probably return as one too, unlike the Boston group deal. We will probably leave on Saturday morning (the 5th) and return on Sunday afternoon or evening (6th).

AL MEJIA VOTED NORCAL ATHLETE OF THE WEEK, JIM FRASER TOP FIELD ATHLETE: On the basis of his Boston Marathon victory, West Valley TC's Alvaro Mejia collected top vote honors in the Northern California Sportswriters poll for top track athlete of the week (week of April 19), and University of California's star triple jumper, Jim Fraser, collected top spot for best field athlete of the week.



San Jose State's Buck Black has a 4:06 mile best. (Marconi photo)



Bill Mackey (West Valley Joggers) is current point leader in PA-AAU Senior standings. (Photo by T. Mejia)



Last year's point total winner, Rich Delgado, moved up this month with 2 consecutive wins. (Marconi photo)



Redwood City Strider Jose Cortez set a U.S. mark for 100 miles at Rocklin. April PA Portrait. (Marconi photo)



Natalie Cullimore, shown on her way to world 100 mile record for women at Rocklin. (Marconi photo)



Flory Rodd was top PA senior at Boston Marathon, while Jim O'Neil set new Sr. Lake Merced record. (Marconi photo)



This month's West Valley Portrait, race walker Wayne Glusker, shown at Athens Indoor. (Marconi photo)



Blind runner Harry Cordellos (#14) ran 3:24 at West Valley Marathon & then a 3:31 at Boston. (Don Leydig photo)



Second American finisher at the Boston Marathon was Byron Lowry (shown at Sr. XC in 1970). (Marconi photo)