



NORTHERN CALIFORNIA RUNNING REVIEW

A WEST VALLEY TC PUBLICATION
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THIRD YEAR * * * NUMBER 26 * * * DECEMBER 1971 * * * 25¢ PER ISSUE * * * SUBSCRIPTION: \$3.50/YEAR

The Northern California Running Review 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 & field athletes, including age group, high school, collegiate, senior, AAU, and women's coverage. The NCR is available at many road races and track meets throughout Northern California for 25¢ an issue, or for \$3.50 per year by subscription (12 issues, 1st class mail). All West Valley TC members receive their copies by mail 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 see in print. We can always use good photos for our publication, preferably black & white, and of good contrast. All information should be sent to the editor: Jack Leydig, 603 So. Eldorado St., San Mateo, CA 94402 (Ph: 415-342-3181). Be sure and give photo credits, those competing, and the event being run. Any size print will do. Please do not send us the negative. We will return prints after we're through.

Our publication is printed by Frank Cunningham; chief photographer is John Marconi, and our cartoonist is Marin AC's Lee Holley. We encourage others to send us cartoons for consideration. We can't pay you anything for the material used, but you will be doing a service to other athletes by sending information. Some of our contributors this issue are: Walt Stack, Wes Alderson, Harold DeMoss, Harry Young, Steve Lund, Jose Cortez, Jon Hendershott, Emmett Smith, Carl Forter, Jeff Kroot, Ben Sawyer, Bill Cockerham, W.C. Adams, Bruce Drummond, Don Kardong, Mike Pinocci, John Weidinger, John Boitano, George Wright, Dave Fried, Jon Anderson, John Hill, Joe Henderson, Bob Anderson, and Skip Swannack. Thanks for helping make this one of our best issues!!

HELP!! - We are trying to set up N.C.R.R. committees to help keep up with certain areas. Special articles (on anything pertinent to the sport) are constantly needed. At our recent club meeting we had quite a few sign up for reporting tasks, but we need more dependable help. Specifically, we need reporters for high school and collegiate athletics...and you don't have to be a member of WVTC to help. Starting with next issue, Willie Cronin will be doing the West Valley Portrait; Jon Hendershott the NorCal Portrait; John Marconi our new column -- the "Coach's Corner". If you would like to become a non-paid member of our staff, here are the tasks you would do: as a reporter of high school & collegiate action, you would be responsible for sending me (weekly at the minimum) scheduling and results of track and cross country meets. We are interested mostly in large invitationals, league championships, etc., but other noteworthy performances should be sent if known. So far we have Joel Jameson covering the Santa Cruz to Watsonville area (high school). Other high school reporters are Willie Cronin, Mike Pinocci, and Mike Ruffatto (East Bay). We would like at least one reporter for each of the following areas: North Peninsula, South Peninsula & San Jose, Marin County, Sacramento area. We need your help immediately with the track season coming up. If you can help... write me. Most scheduling is available through coaches merely by asking (they have mimeo sheets of the coming season). On the collegiate scene, John Sheehan is our Far West Conference reporter and Jon Hendershott is covering the Pacific Eight and San Jose State, etc. Fred Baer has been our Junior College man in the past, but I haven't received any information from him in many a month. Jose Cortez seems to be doing a good job on the Golden Gate Conference. We need help on other JC conferences. Steve Lund is our major race walking reporter. Bob Stephenson and Daryl Zapata will cover women's results, but we could use more help here. John Hill has been keeping us abreast on the activities of most of the senior runners in our area. Rich Delgado and Joel Jameson are going to help with editorials in the future. In the near future (6 months or so), John Marconi will take over as editor for an indefinite period as I will be vacationing.

COMING SOON: 1971 NORCAL DISTANCE ANNUAL

After having met with reasonable success in our first attempt at a distance running booklet for Northern California, we are in the process of regrouping for another effort that will be bigger and better than last year's. We intend to have more in the way of statistics and general information. If you have an article you'd like to have published in the Annual, please send it to us right away. Our publication date looks more like the latter part of February now with the Western Regional Marathon taking up much of the editor's time. The cost will probably run about \$1.75 this year, but not more than \$2.00. We should have in excess of 100 photos and at least that many pages. We would like good action photos of groups of runners. Also, we need photos of top high school and collegiate runners and seniors, women, etc. I have had poor response to help in this area and desperately need your help now. All photos will be returned after they have been used...identify each photo (event, runners pictured, photo credit). Clubs: we need shots of your runners, even if it isn't everyone. So far the Pamakids is the only club that has responded. Let's hear from you. Ask about our inexpensive advertising rates (\$10 per page and proportionally less for smaller ads).

* Season's Greetings *
FROM US TO YOU

IN THIS ISSUE

Information on Boston Group Fare for the Marathon in April; NCR Long Distance Point Race Totals; two letters to the editor concerning women's distance running; an article on how to properly certify your road course; NorCal Portrait on David Cortez; West Valley Portrait on Mike Pinocci; road racing schedule thru the end of February; 1972 track schedule for the first few months (open and women); race walking news; CSM All-Comers results from Dec. 4, 11, and 18; High School - CCS III and CCS Finals, plus 3 mile postal; 1971 All NorCal H.S. XC Team; All-Cal Cross Country Championships; NCAA and AAU XC Championships; JC State Meet; Road Results from - New Ways AC 5 Miler, Culver City Marathon, Madera Mini-Marathon, Merritt College Track Run, PA-AAU 25 Km. (at last!), PA-AAU Jr. & Sr. XC, Turkey Trot Races, Daly City Hill Run, Pleasanton-Dublin Run, Pepsi 20 Miler, & the Petaluma (PA Championships) Marathon. We are still missing Colfax results!

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 track & field and kept to a reasonable length, we will print it, possibly in edited form. Let's hear from you!

SIX RIVERS RC: Since the recent dissolution of the Mad River Runners, a new club has sprung up in the Eureka-Arcata area. For more information on the club, contact Richard D. Gilchrist, 281 Hidden Valley, Bayside, CA 95524.

S.F. DOLPHIN-SOUTH END RUNNERS: Our annual awards dinner will be on Jan. 8 at the Dolphin Club, 502 Jefferson St., S.F., with happy hour from 6 to 7:30 pm and dinner from 7:30 on. Price will be \$4.00 for adults and \$2.00 for children. Honored guests

will be Peter Strudwick, Laurana Hoettger, Larry Lewis, Bob De-Celle, Peter Mattei, Bob Anderson, and Skip Swannack. *** The top five point winners in the DSE Point Race, including workout mileage and races, were: Buck Swannack (705), Skip Swannack (666), Manuel Colin (576), Willie Cronin (573), and John Brennan (562). Buck ran a total of 60 races in 1971 (both AAU and DSE).

WEST VALLEY TC: During December, WVTC added a total of seven new members to its roster. Mike Brooks, 403 Clayton, S.F., 94117 (Ph. 864-2855), just turned 27 and has bests of 2:04 for the 880 and 4:39 for the mile. He has also done 5'6" in the high jump. His goals this year are to run 1:59 and 4:29. James Jacobs, 835 Diamond St., S.F. (Ph. 285-0891), has been competing for WVTC for quite some time, but had never been officially a member. He is 38 years of age and rapidly approaching senior status. His best times are 2:02 (880) and 4:27 (mile). He also threw the javelin 156 feet (all marks in early 1950's). He has a 2:52:17 marathon best (PA Marathon, 1962). Richard Joyce, 1140-C "F" St., Arcata, CA 95521 (822-6138), is the U.S. prep 880 record holder at 1:48.8, and has done 1:48.6 while at USC. At 24 he is anticipating his best-ever season. He has other marks of 47.1r (440), 54.6 (440IH), 5-10 (HJ), 21-11 (LJ), and 3:08:12 (marathon). Christopher Moore, 1733 Grant St., Apt. E, Berkeley, (no phone), is attempting to make a comeback while attending UC Berkeley. He ran 1:52.2 in 1965 at the age of 18 and enjoys relay competition. He hopes to run 1:50 and 4:10 by the end of 1972. Chris should play a big part on one of WVTC's relay teams this spring. Robert Nanninga, 254 Irvington St., Daly City, 94014 (334-3610), is 24 years old and competed for the Univ. of New Mexico. His best times are 51.7 & 50.6r (440), 1:54.6 (880), 3:00.8r (1320), 4:11.5 (mile). In 1967 he finished 49th in the NCAA Cross Country Championships. Mike Shaughnessy, 41732 Higgins Way, Fremont, (656-1116), is 16 years of age and has a cross country time of 10:43 for two miles. David Shrock, 20 LaSalle Rd., Hillsborough, 94010, (343-7895), is also 16 years old, but has no competitive times at present. A sincere welcome to all our new members.

No address. A sincere welcome to all our new members. He has returned from Maine. His address is not known at present.

Anyone interested in running the Mission Bay Marathon, please let me know before Jan. 5 so I can send in a team entry. This must be sent in addition to an individual entry. The club will pay the extra team fee. If you need a blank, contact me. So far Don Kardong, Harold DeMoss and Duncan Macdonald have expressed interest in going. Let's defend last year's title! Jim Howell and Bob Crow: are you interested in going? Entries must be received by Jan. 10 or a late entry fee will be charged.

Sean O'Riordan, attending Washington State Univ., recently competed in the Seattle Invitational Marathon on Nov. 15 and proceeded to win in a personal record of 2:31:09, 7 1/2 minutes under the old course record. It was rainy, cold, and very windy. Sean's cousin, Dan Murphy of WSU, got 4th in the NCAA Championships and their team got second. WVTC got 2nd in the AAU Meet.

Correction from last issue: Roy Kissin is a frosh (not a soph) at San Ramon High in Danville. He finished 25th in the NCS Cross Country Finals (varsity) and his team was third.

John Sheehan, a frosh attending UC Davis, recently ran a 14:02 three mile in a time trial (postal meet) at Davis. The race was won by Ed Haver (13:52) and John was second. John also won the All-UC Cross Country Meet in San Diego & Conference Meet.

Any WVTC runners interested in competing in the AAU Indoor Championships in New York on Feb. 26, please contact me. The club may be able to help with your expenses if you can qualify (timewise) for the meet. We are still awaiting word from the AAU concerning the grant program from excess TV funds.

On Dec. 18, West Valley TC held it's annual dinner, meeting, and election of officers for 1972. Attendance was somewhere between 40 and 50 persons...by far the best turnout in some time. It was voted that the club pay \$20 each to Wayne Badgley and Charlie to help with their expenses in flying to the AAU Meet in San Diego. In addition, the club was to pay gas costs for those that drove down. If you drove down and haven't as yet received your reimbursement, it should be forthcoming shortly, unless you haven't sent me an expense statement (gas bills and mileage, etc.) for your trip. *** A committee was formed to rewrite the club's outmoded constitution, along the lines of a non-profit organization...something we were going to do this year but never got around to. The committee is composed of Jack Leydig, Willie Cronin, Jon Hendershott, Don Kardong, and Bill Clark. A rough draft will be drawn up in the near future (2 months) and sent for comments and changes to all club members, and will then be voted upon by the Executive Council. *** A new special club jersey, to be checked out for important meets, will be designed by Mike Ruffatto. *** The club designated "press agents" for newspaper publicity: Willie Cronin will hold down the Fremont area, Rich Del-

gado the Berkeley-Oakland area, Daryl Zapata the San Francisco papers, John Marconi the San Mateo Times, Frank Cortez the Redwood City Tribune (ok Frank??), Wayne Glusker the San Jose Mercury, and Chris Miller the Palo Alto Times (ok Chris??). From time to time you will receive information that you (as reporters) will give to your respective papers. West Valley Marathon information will be forthcoming. *** The club voted to give the Holy City Run to the West Valley Joggers & Striders and will take on the sponsorship of a relay race, probably in December, similar to the Lake Tahoe Relay, but probably on a loop course (one lap per runner). *** So far Don Kardong is the only WVTC runner who has received an invitation to an indoor meet (SF Examiner 2 Mi.) but I am waiting to hear from other meet directors. If you are invited, I will contact you immediately. *** Jon Hendershott is busily composing our outdoor track schedule for this spring and it will be printed next issue. It looks like we will have plenty of top flight competition for all our athletes through most of the season. *** George King of the San Mateo Recreation Dept. was present for Len Wallach, who said that they would be co-sponsors of the West Valley Marathon, making available their facilities and manpower to us for the race, to be held Feb. 13. *** The entry fee was voted in at \$2.00, no late fees. This is a \$1.00 cut over last year's entry fee.

New Officers for 1972 were elected: the office of President was combined with that of Treasurer since a good portion of the monies comes through the President anyway. Jack Leydig was elected unanimously for the third straight year (maybe our new constitution ought to provide for a "dictatorship"!??). Since our club is expanding rapidly and since I will be leaving for Europe this summer, we decided to elect two Vice-Presidents. They are Bill Clark and Don Kardong. Bob Crow is our new Secretary. *** An Executive Council will henceforth meet quarterly, or when deemed necessary to discuss important financial matters, etc. A simple majority of the Council will represent a quorum and likewise, a simple majority of those present will pass any motion. The Exec Council will represent all factions of the club and will consist of the four officers, plus 2 high school representatives (Bruce Kauffman and Mike Ruffatto), 2 college reps (John Sheehan & John Marconi), 2 non-distance reps (Herb Ashton & Jon Hendershott), 1 walking rep (Wayne Glusker), and 1 senior-age group rep (Harold DeMoss) - we agreed to define a senior as 35 and above and age group as below high school age.

The meeting took approximately 2 hours, nearly all motions passed unanimously (what a team!!), and afterwards everyone retired to various rooms in the Marconi mansion to indulge in all the goodies, the main dish of which was prepared by Mrs. Marconi (beef stew). Club members brought salads, dessert, etc.

West Valley athletes who competed in road races listed in this issue, but who didn't finish high enough to rate notice in the regular results are listed here. PA-AAU Sr. XC - (85) Ted McRice - 36:22, (100) Jeff Goldman - 37:45, (143) Chuck Russell - 42:09. Daly City Hill Run - (87) Chuck Russell - 48:04, (92) Arthur Pedreria - 49:14. Pleasanton-Dublin 12.5 Miler (20 Km.) - (57) Arthur Pedreria - 1:24:14, (73) Chuck Russell - 1:32:25. Pepsi 20 Miler - (98) Ted McRice - 2:16:16, (107) Bruce Kaufman - 2:19:02, (111) Mike Shaughnessy - 2:19:51, (119) James Jacobs - 2:21:58, (148) Chuck Russell - 2:30:15, (166) Arthur Pedreria - 2:34:37. PA-AAU Marathon - (68) Bob Greer - 3:21:52, (87) Mike Edmonds - 3:32:04, (99) Ted McRice - 3:39:49. ** Note: Arthur Pedreira, I just discovered, competes for the West Valley Joggers, but was listed as WVTC in some of the results I came across. Thought he might be a new member.

THIS & THAT

Corrections from last issue: The first woman at the Chico 10 Km. (Oct. 17) was not Nancy Mullins, but Pam Allen. *** Noel Hitchcock, Sacramento State's top cross country runner, was somehow overlooked in the finishers of the NCAA College Division Cross Country Championships at Wheaton, Illinois. He was the top NorCal finisher by far as he came in a strong 12th place with a clocking of 24:59, only 11 seconds behind 5th place John Casso of Cal State Fullerton, the 11th place finisher in the AAU Championships at San Diego. He was the only NorCal All-American from this meet.

The RC Striders' Bobby Darling must be trying to replace Ray Darwin as the PA's top bare-footer. Bobby recently ran a 3 mile postal time of 14:07.9 (virtually by himself) at San Francisco State (Oct. 26). He did a 4:40 and 9:21 in route with no shoes.

Seniors: The Hawaiian Masters is going off as scheduled, March 10-12. A charter flight has been arranged departing L.A. on March 5 & returning March 12. Round trip cost is only \$125. If interested contact Dave Pain, 1160 Via Espana, La Jolla, CA.

Help needed: With PA-AAU Secretary Lurana Hoetger still on the mend from a recent operation and a flood of work coming in from the new registration forms, etc., help is urgently needed. If you are interested in working either full or part time at the AAU Office at 942 Market St., please contact Lurana immediately at 986-6725. Office hours are from 9 until about 4:15. The job would consist mainly of filing, answering the phone, some typing, and odd jobs. For a rundown of salary and hours, get busy today.

Vern Juhl, one of the PA's most dependable road racing officials, has recently undergone treatment for a serious illness (what we don't know) at Stanford Hospital, but is now home and recovering. He recently went beyond the call of duty to help officiate a track race at Merritt College in Oakland. Best wishes for a speedy recovery.

The Pacific Association is in desperate need of new officials and timers for both track meets and road races. There are many different jobs that you may qualify for and help lessen the load of many overloaded officials that are now doing more than they should. Especially in road racing we are in need of some "new blood". Jack Leydig has recently received his Official's Card and can help out in many upcoming meets. If each club could supply at least one person who would be willing to become an official, a great service will be done and many overburdened officials can take a needed rest. If you are interested, contact George Newlon, 746 Nevada, San Mateo, CA (Ph. 344-8804).

Boston Marathon Charter Flight: Again, as in the past two years, West Valley TC is sponsoring a Group Fare to the Boston Marathon in mid-April. If you would like to sign up for our group (last year we just barely made it...25 are needed), please write Jack Leydig, 603 S. Eldorado, San Mateo, CA (Ph. 342-3181). A Southern California group is doing their own thing this year and expect to get 25 without any problem. If we don't get the necessary 25, then we will have to team up with our neighbors to the south. I don't have exact prices at present, but the savings will be about \$60 per person, roundtrip. Everyone must leave together, but may return on different flights, but with no stopovers in intermediate cities. A \$50 deposit (don't send it until you receive full information in the January NCRR) will most likely be required, but it is refundable should you decide to skip the flight. In essence you lose nothing. Anyone can qualify for the flight, not just runners, so if you know of someone who wants an inexpensive trip to Boston in mid-April, have them contact me right away. All reservations must be in by mid-March. So far I have 3 individuals who are going for sure. Only 22 to go!

At the meeting of the Long Distance and Road Running Committee on Dec. 13, the decision was made to limit entries in the U.S. Olympic Trials Marathon to performances of 2:45 or better. But the performance must have come within 6 months of the date of the Trials, which would be about Jan. 10, since the marathon will be the last day of the Trials. For West Coast runners, this means that the Mission Bay Marathon is fair game for setting a qualifying time. It is on Jan. 15 at San Diego. *** At the same meeting there was a motion passed to have only the following Jr. Natl. Championships in 1972: Cross Country, 15 Km., 20 Km., and 1 Hour Run. Events over 20 Km. will henceforth be considered for Regional Championships. *** There will be six Regional Marathons in 1972, the winners getting a paid trip to either the Natls. in Syracuse (May 21), or the Olympic Trials in Eugene (early July), but not both. The Pacific Ass'n (West Valley Marathon on Feb. 13) and Middle Atlantic Ass'n have been awarded Regionals already, and others (4) will be honored if requested. *** A motion by Mr. Scandurra to restrict an athlete to one marathon per year in international competition was rejected by a vote of 8 to 2. Subsequently, another motion was made and passed, stating that there will be an exception to the policy to restrict an athlete to one international competition per year to be made by the Executive Committee. In essence this passes the motion previously rejected, leaving a way for an athlete to compete more than once at the international level. The idea behind the motion is that the athlete must be protected although he still remains a free agent. It was pointed out that this may not be possible due to the nature of the request. The International Section is obligated to follow this policy. (This was quoted from the minutes of the meeting and is still a bit unclear to the editor at this point...a clarification Mr. DeCelle?).

Senior Super Marathoners Break Record in 300 Mile Run: (by Walt Stack) - On Thanksgiving Eve, Nov. 24, at 3 pm, seven long distance runners, all over 60 years of age, and two over 70, belonging to the "Life Begins at 60 & 70 Club" left KTLA-TV Station in Hollywood, on a 300 mile super-marathon from Hollywood to Las Vegas, across the 90% desert to the Sahara Hotel (sponsors). The runners were: Fred Grace, 73 year old record holder in 70 age group for the marathon in 4:30, started running within the last 10 years; Noel Johnson, 72, world record holder in 72 year age group for 2 mi., 3 mi., and 1000 meters, former boxer. Started running in 1970. Maurice (Monty) Montgomery, 65, world record holder in marathon for Masters Division - 2:54:56 (believe it's faster than that Walt), 5 marathons under 3 hours, in last couple of years since he started running; Walt Stack, U.S. record holder in Masters Division for 50 Mile run, 8:08:53, world record holder for Master's Division for ascent in Pikes Peak Marathon. Walt Frederick, 64, voted outstanding athlete in U.S., Masters Track Meet in San Diego, 1970. John Montoya, 60, newest addition to the group, a real fast runner. William Selvin, 61, Director of the World Masters Meet and this event - track coach at Chapman College for 20 years. ** The purpose of the run was to inspire older persons to undertake steps to develop physical fitness. Last year's record was broken by close to one hour. The running time between Hollywood and Las Vegas was 44 hours and six minutes. Each runner ran an average of 6:36. The time averaged under an 8 minute mile. Usual method was 30 minute running at a time except on two 25 mile mountain passes (Cajon and Baker) where each runner ran 10 minutes at a time in order to maintain a real speed in freezing mountain weather in the middle of the night.

PACIFIC ASSOCIATION LONG DISTANCE POINT RACE

Yes, at long last we've received enough results to start up our 1971-2 PA Point Race. We are thinking of offering two perpetual trophies this year (open and senior). The winners of the past two years will have their names and point totals engraved on the trophies. For those of you who haven't heard of our rating system...we include all Pacific Ass'n Road and Cross Country races, except invitationals (Sac'to State Invit., New Ways Invit., etc.)...when two races are held in the same location on the same day (Lake Merritt, etc.), the longer race is counted in the open division and both in the senior division. All PA registered athletes are eligible and those registered outside of the PA, but living in NorCal, are also eligible (Ray Darwin, John Butterfield, Jon Anderson, etc.). The Lake Merritt Races start off the scoring year. The point totals below include all races through the Petaluma Marathon, except the Colfax Carnival (still haven't received results). Point totals are figured by taking the average placing and dividing by the number of races competed in. Thus, a runner who finishes 3rd, 5th, and 1st in consecutive races, has an average placing of 3rd for those races. Dividing by the number of races (3) gives the point rating, 1.00. Only those finishing in the top ten are considered in open competition, top six for seniors (over 39 years of age). If a runner finishes say 12th in a race and has a bad day, it is not counted against him. The lower the point rating, the better the runner, at least according to our system. The system is a nice balance of quantity and quality. We list the top 15 in the open division and top 9 in seniors (except in the case of ties). Byron Lowry has taken a commanding lead in the open division and a good four-way battle is shaping up in the senior competition between Ross Smith, Jim O'Neil, Jim Nicholson, and Dave Stevenson. Check your records. If you find a mistake, send me your racing records.

SENIORS

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Place	Rating
Ross Smith/West Valley J & S (3)	3	0	0	0	0	0	1.00	0.333
Jim O'Neil/SF Olympic Club (6)	1	3	2	0	0	0	2.17	0.361
Jim Nicholson/NCSTC (9)	2	0	3	2	0	2	3.45	0.383
Dave Stevenson/Stanford RC (5)	2	2	0	1	0	0	2.00	0.400
Peter Mattei/NCSTC (5)	0	1	2	1	1	0	3.40	0.680
Peter Wood/NCSTC (2)	1	1	0	0	0	0	1.50	0.750
Don Pickett/SF Olympic Club (3)	0	2	0	1	0	0	2.67	0.890
Dennis Teegarden/NCSTC (1)	1	0	0	0	0	0	1.00	1.000
Ralph Paffenbarger/NCSTC (1)	1	0	0	0	0	0	1.00	1.000
Bob Malain/NCSTC (2)	1	0	1	0	0	0	2.00	1.000

OPEN

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
Byron Lowry/SF Olympic Club (5)	3	0	1	1	0	0	0	0	0	0	2.00	0.400
Bill Scobey/West Valley TC (2)	1	1	0	0	0	0	0	0	0	0	1.50	0.750
Dan Anderson/Valley TC (6)	1	1	1	0	0	1	0	1	0	1	5.00	0.833
Ray Darwin/Culver City AC (3)	1	0	1	0	1	0	0	0	0	0	3.00	1.000
Darren George/Napa Valley RC (3)	0	1	1	0	0	1	0	0	0	0	3.67	1.222
Peter Duffy/West Valley TC (2)	0	1	1	0	0	0	0	0	0	0	2.50	1.250
Steve Dean/unatt. (2)	0	1	1	0	0	0	0	0	0	0	2.50	1.250
Pat Buzbee/New Ways AC (2)	1	0	0	0	1	0	0	0	0	0	3.00	1.500
Tom Cathcart/Livermore Vly RC (2)	0	1	0	1	0	0	0	0	0	0	3.00	1.500
Jose Cortez/RC Striders (2)	0	1	0	1	0	0	0	0	0	0	3.00	1.500
John Butterfield/Boston AA (4)	0	0	1	0	0	1	1	1	0	0	6.00	1.500
Wayne Badgley/West Valley TC (2)	1	0	0	0	0	1	0	0	0	0	3.50	1.750
Mike Buzbee/New Ways AC (2)	0	1	0	0	0	1	0	0	0	0	4.00	2.000
John Weidinger/Pamakids (3)	0	0	1	0	0	0	1	0	1	0	6.33	2.111
Jack Leydig/West Valley TC (2)	0	1	0	0	0	0	1	0	0	0	4.50	2.250
Willie Cronin/West Valley TC (2)	0	0	0	1	1	0	0	0	0	0	4.50	2.250

Sometimes I wonder about those T-Shirts they hand out to the first 750 or so finishers of the big-time road races. I've never felt quite right (normal) wearing one around. Last summer, for instance, at the supermarket, wearing my Spokane Road Race shirt:

CHECKER: Wuttuh you race?

ME: Huh?

CHECKER: I've never heard of the Spokane Road Race. Is it for double-A fuelers, or what?

ME: Huh?

CHECKER: What kinda car you got?

ME: Oh, I don't race cars. I race myself.

CHECKER: Huh?

ME: Running. Like this (I make the motions).

CHECKER: Oh, like the Boston Marathon, eh? You guys gotta be crazy.

ME: It's not that bad. In fact, it's something I really like.

CHECKER (Loudly, to the rear of the store): Hey Roy, how much is the Boston creme pie?

ROY: Hell, I dunno. Make somethin' up!

ME: They're \$1.89.

CHECKER: Oh, thanks. Yeah, you guys gotta be crazy, beatin' your brains in with all that joggin'. I tried it one day, doctor's orders you know, and I almost died after two blocks. One day, that was enough for me. How much do you run?

ME: I don't know. Maybe a hundred a week.

CHECKER: A hundred what?

ME: Miles.

CHECKER: A hundred miles? You're kidding. How much really?

ME: A hundred miles.

CHECKER: (Shaking his head and looking at the pie, ice cream, cookies, etc. I was buying) What's an athlete doing buying all this garbage? If I ate one-tenth of this I'd be in a good position to take over as the new Goodyear Blimp.

ME: That's why you should be a runner. Burns it all up.

CHECKER: 'Snot worth it. (Looks at bottle of wine) What's this? Hey, are you 21?

ME: No.

CHECKER: Well, you can't buy this wine then. You have to be 21.

ME: Bull. I know lots of people who aren't 21 who buy wine here.

CHECKER: Well, then they've got a fake ID.

ME: No, most of 'em are 22 or so.

CHECKER: Oh, well that's okay.

ME: It is? Why didn't you say so? I'm 22.

CHECKER: Why didn't you say so? Are you a smart alec or something? That'll be \$5.76.

ME: (Handing him the money) Here. You said I had to be 21.

CHECKER: (Handing me change) You knew what I meant. Hey, what's an athlete doing buying wine?

ME: (Out the door) You figure it out.

...so it goes...

---by Don Kardong

LETTERS TO THE EDITOR

I enjoyed the interesting editorial regarding women's competition which you carried in the November issue, but I believe that it and recent articles on the same subject in other magazines miss the essential point. Our nation's Constitution guarantees women rights equal to those of men, and this should include the right to compete in sports events with us men. In view of recent court decisions, it would seem ridiculous if on the one

hand women could not legally be refused jobs as bartenders or bulldozer operators, but on the other hand they were legally refused official recognition in the marathon.

Apparently, the tactics used so far by female runners and interested men have involved only begging the AAU for permission for the women to compete. Bunk! All that need be done is to establish a court precedent. A woman with guts need only appeal to a court the next time the AAU refuses to recognize a marathon time for her, and I have no doubt of the outcome. The court will decide in favor of that woman's right to compete. I'm also confident that organizations such as the ACLU or Women's Lib would help in such a court case.

Wes Alderson
Los Angeles, CA

This letter is written in response to the proposal made by the special committee which met recently in San Francisco to discuss long distance running for women. Having had an opportunity to share this proposal with other members of the Long Distance Running Committee at the Cross Country Championship meet at Cleveland, my remarks will reflect the opinions of these individuals.

There is little doubt that in some districts the only organized programs in cross country and road racing are sponsored by men. In other districts there are meets which attract so few women that it is difficult for them to experience meaningful competition. Because it is important that females who aspire to run long distances have competition, it seems wise at this time that legislation permitting men and women to run together be enacted. We therefore concur with the recommendation stemming from the San Francisco meeting.

Specifically, I am recommending that men and women be permitted to run together in cross country and road races over all distances now permitted in the regulations governing long distance running for women. That such races may be conducted either by men or women, with the male and female entrants receiving separate scores and awards.

Implicit in this recommendation is the thought that girls & women will not be indiscriminately encouraged to run in marathon type events. I do not doubt for a minute that many American women are now capable of running a respectable marathon. Neither do I doubt that some overly zealous coaches and promoters are likely to encourage women to enter such races before they are mentally and physically ready for such an event. It is this latter eventuality that we must protect against.

I am personally pleased that it has been possible to work directly with the National Men's Long Distance Committee. This is a step forward and one which we must, for mutual benefit, take again and again!

Ken Foreman, Chairman
Women's LDR Committee

On December 18, 1971, at the weekly All-Comers Track & Field Meet, (College of San Mateo) I was put in the awkward position of having to make a decision regarding participation of women in extra and open events alike. I turned down requests by participants of women's track asking to compete in this meet. I took this positive stand because I felt it was in the best interest of the Northern California Track & Field Ass'n and the hundreds of male athletes that compete during a season of our meets. Women's events and individual participation was denied because the existing schedule of men's competition necessitated over 4 hours of effort.

During my stint as President of the Association and as meet director, I have steadfastly maintained that these All-Comers meets were for men. On occasion, special events were included for women and age group athletes with the understanding that this effort was, strictly, an accommodation for these people. During recent meets and for the last few series, many of the loyal officials involved in these meets complained of additional non-scheduled events. For this reason and because I felt, for many other reasons, that involvement with women and age group competitors would detract from our winter and summer series....led me to take a firm stand. On December 18 at the meet I asked the members present to let me know how they felt about this situation. Instead of receiving a vote of confidence, the quorum present directed me to accept women competitors both on an individual basis and in limited special events.

All of these very fine and dedicated officials are, certainly, entitled to their opinions and as their chairman I am compelled to follow their dictate. This, of course, is the democratic process that all of us so firmly believe in. Unfortunately, this mandate has left me personally in the unenviable position of having to take a complete about-face on a situation that I was most emphatic about. I still feel that the stand I took was the right one.

In reviewing all these facts I can come to only one conclusion. For the best interests of everyone concerned it becomes necessary to make a change. Effective immediately, I wish to tend my resignation as President of the Northern California Track & Field Ass'n and subsequently, as Meet Director of the All-Comers meets. Whoever might take over these duties has my best wishes and full cooperation. ---Harry Young

(ADVERTISEMENT)

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ADVERTISING

WANTED: DISTANCE RUNNERS & OTHER TRACK ATHLETES who want an education and who also want to expand their careers in track and cross country. Check out San Francisco State College! Competent coaches to guide you. Junior Collegians or High School seniors write San Francisco State College, 1600 Holloway Ave., San Francisco, CA 94132 (Division of Health, Physical Education and Recreation, Gayle Hopkins or Bobby Darling for applications and information).

VICS' SPORTS - ADIDAS RUNNING SHOES: You may have noticed recently that Vito D'Aloia is also getting into the shoe selling act at local road races. He sells Adidas training and racing flats, socks, insoles, Gatorade powder, shorts, and a variety of other handy running items. If you have trouble finding him at a race, you can always contact him at 2289 Kenwood Avenue (Vics' Sports), San Jose, CA 95128 (Ph. 408-296-3982). Look him up next race and check over his wide selection of models and sizes.

RUNNING UNLIMITED: (Tiger Distributor for Northern California) - With the cross country season past, a lot of us have worn through our training and racing shoes, or need indoor equipment. Running Unlimited has probably just what you need in the way of a replacement or an addition to your collection of running gear. There are now 3 locations of Running Unlimited. Tom Laris has set up two more offices (in San Francisco & Oakland). Tom's office is at 407 California Ave., Palo Alto, CA (Ph. 328-4274). If you live in the East Bay, then Bill Yee can fix you up. He is at 2262 41st Ave., Oakland, CA 94601 (Ph. 533-4545). Bill's hours are 5-9:30 pm on Monday thru Friday or by appointment. For those of you who live on the North Peninsula or Marin County, contact Bob Crow, located conveniently on 5655 Geary Blvd., San Francisco, CA 94121 (Ph. 387-2337). It's in the northwest corner of town. Bob's office hours are 6-10 pm, Sunday thru Thursday, or by appointment. *** The Tiger brand is by far the most popular distance running shoe on the market...you can't beat them for price, comfort, and wear. Running Unlimited also carries shorts, shirts, insoles, running books, carrying bags, spikes, and a variety of other athletic needs. Check out one of these fellows at the next road race. If you are a high school or college runner, ask you coach about getting a special rate by buying Tigers for the whole team.

NEW ROAD KING SHOES: New Zealand not only has good distance runners, it now has excellent training shoes as well. Our shoe has been developed and promoted by runners like yourself. A runner, who held a previous world record in the marathon, ran the race in our Road King Shoes. The Boston Marathon was also won in our shoe. The shoe has a special "sandwich" type construction in which an insulating and shock absorbing light cell material is placed between a rugged composition sole and inner layer of felt and suede leather, all glued and stitched to the all leather upper. Don Pickett is the NorCal Distributor for these fine shoes. He is located at 1800 Vistazo West, Tiburon, CA 94920 (Ph. 435-1117), evenings only. Road Kings come in three models: the standard black & white "Road King" and its counterpart, the "Suede King", both come in sizes 4 to 13 1/2. Also, there is now a ladies shoe available, with a tradename of "Ladies Suedettes". This model comes without the stripes. These latter two models are classy enough to get into any restaurant in town. They serve the double purpose of a running and dress shoe. See Don at the next road race or give him a call.

ORDERS BEING TAKEN ON 1971 NORCAL DISTANCE ANNUAL: We have already received several orders for our new Distance Annual (put out by West Valley TC Publications), even though we haven't put a price on it as yet. Last year it was \$2.00 (84 pages, 100 pictures), but this year we are thinking of cutting it to \$1.75 (but with more photos and pages). We can guarantee it won't be more than \$2.00. I have already received an order for 25 of these books from John Trent in Anchorage, Alaska, who is also going to write up five pages of the book, covering the Alaskan distance running scene. If you are interested in making money for your club or school team (or yourself), we are giving special discounts on volume purchases. If you buy 5 to 9 copies, they will be only 90% of regular cost; we'll bring that down to 70% for orders of 10-24 copies; and 50% (that's half price!!) for orders of 25 or more. Then you can sell them for the regular price and make a profit. Make your order now and be sure you get yours. We'll send you your copy and bill you as soon as they're out (anticipating the end of February). See front page for more information. Incidentally, if you didn't get the 1970 Annual (our first), you can buy both 1970 and 1971 issues for a mere \$2.75, plus postage (25¢, 3rd class).

Our Rates: Interested in selling your product? With a circulation of almost 550 per month (including 350 mailed subscriptions), the **NCR** will get results for you. Why? Because we advertise to a select group --- track & field athletes!! Our rates are inexpensive and effectively improve sales for you. Only 50¢ per line, based on a 7 1/2 inch line, normal type, 12 characters/inch; for reproductive work (like the one above) the cost is only 25¢ per square inch (final size) for straight black & white, and 50¢/sq.in. for half-toning (shades, like our photo page). We can reduce or enlarge your ad as required. If you simply want an insert (8 1/2 x 11) then we will charge a flat rate of \$5.00 for the insert (\$10.00 for both sides) and an extra 8¢ per mailed issue (about 350 at present). For more details, write the editor. For inserts, send 550-600 copies per month. Checks should be made to West Valley TC.

HOW TO CERTIFY YOUR ROAD COURSE

There is probably nothing more frustrating than running a race and not knowing how far you ran, unless it's running a race that is an advertised distance and coming out either long or short. Since road races are usually not straight as an arrow, some error must be expected, but the key is: "Error can be made practically negligible by careful measuring." That is, by measuring with certain standards in mind, and by measuring the path exactly as a runner would run (cutting corners where allowed on windy roads, etc.),

you can come pretty darn close to what you want. I certified my first course about a year ago with John Marconi, Bob DeCelle, and Vern Juhl, and it was some experience. Here are the fairly simple steps that you can follow in making your course "certified". After you have done all this, send the information to Ted Corbitt, 5240 Broadway, New York, N.Y. 10463. Write him and ask for an application for road race course certification (using bicycle method, calibrated wheel) before you send him the information.

Step 1: Find a straight stretch of road (and I mean really straight) somewhere, preferably near your course, and hopefully a mile long (one-half mile is the minimum you can use). Then, get a good steel tape (the kind surveyors use) and measure off a mile (or whatever distance you're using to calibrate) on this straight stretch, keeping the tape the same distance from the curb or painted line at all times. Make sure you apply enough "pull" to get the tape really straight. If possible, get someone who "knows" how to steel tape well. Mark your starting point with paint and something permanent (like a spike in the pavement, a chisel mark on the curb or something else that won't wear away). Measure the mile about three times and get an average, mark this spot like the start, and this is your "road calibration course". It must also be certified by the Standards Committee.

Step 2: Now that you have broken your back by steel taping about 3 miles of concrete, it comes time to calibrate your measuring device (figuring you don't want to steel tape your actual course). We used a bicycle with a revolution counter attached to the front wheel for measuring our course, and so you have to calibrate the wheel. The same person should always ride the bike, and the temperature should be fairly constant. These things effect the circumference of the wheel. It's good to check your tire pressure occasionally too and keep it the same. Ride the bike (as straight as possible) over the "measured mile" at least 5 times (more if your measurements fluctuate too much). Record the number of revolutions your front wheel makes (record fractions of revolutions as the number of spokes past your revolution counter). Then take an average, and this represents the number of revolutions needed for your bike (on that day, under those conditions) to cover a mile. On a standard 26 inch wheel, you should get close to 800 revolutions per mile. Last year we came out with 799.45 rev./mi., but it could vary quite a bit from that (up to 10 revolutions or so).

Step 3: This is the fun part, especially if you have a nice long course (like a marathon). Figure out how many revolutions you will need for your total distance (miles x rev/mi) if you are making it a particular length. If you are just going from one point to another and don't care about a particular distance, then just record the total number of revolutions it takes to cover the course and divide it by your rev/mi to get the total mileage. It's that simple. However...go over the course several times (the more the better) to get an average. Again, the key is to ride your bike exactly as if you were running the course in a race...going the shortest distance possible, cutting curves, but staying within the rules you set up for the race. If the runners aren't supposed to go on the sidewalk, then obviously you shouldn't. You must be very careful on bumpy surfaces, and pushing the bike by hand is recommended, or get a calibrated push-wheel, if you have a cross-country type course. Once you have finished measuring, be sure and permanently record the start, finish, and any checkpoints. Make permanent marks on the pavement, etc. and also take measurements from nearby permanent fixtures so you will always know how to get your start and finish should some idiot decide to repave the street.

So now, those of you out there who have courses that you've measured by some other means than the above and would like to certify your circuit with the Standards Committee, go to it. You now have the knowledge you need. Write for certification forms from Ted Corbitt before you start, however, as there are some subtleties I haven't mentioned. Good luck!!

NORTHERN CALIFORNIA PORTRAIT

Meet David Cortez: Redwood City, CA (Redwood City Striders). 5'3", 98 lbs., 13 years old, born Feb. 8, 1958. Currently a student. Began running in 1969 with no extensive layoff since then. Coached by Mike Ipsen (RC Strider Coach).

TRAINING: Twice a day, five days a week, 12 months a year, covering about 70-80 miles per week. Longest ever training run: 22 miles. Once completed 52+ miles of a 100 mile race in which his brother Jose set an American road record.

BEST TIMES: Mile (4:53.4), 2 Mile (10:04.2), 3 Mile (15:32.8), 5000 Meters (16:02.8), One Hour (10 miles, 385 yards), Marathon (2:45:30). Favorite distance: 2 miles and marathon.

DESCRIPTION OF RACING & TRAINING: "During track season I work out three days on the track, two days on the roads, and then run a race during the weekend. During cross country season I train almost exclusively on roads and trails. In competition, my tactics depend on whether I'm racing on the track or in cross country. I will go out in most track races and take the lead and then set the pace unless I am really outclassed. However, in cross country races I like to run at my own pace."

Recently David set three new American bests for 13 year olds while at the College of San Mateo All-Comers Meets. His times above for 2 and 3 miles, and 5 km. are also world age group marks. John Slaughter of Nashville, Tenn. set all the old marks at 10:11.0, 15:38.0, and 16:22.6. David's 2 mile came on Dec. 4 and the other two marks were done a week later. David's marathon time is also a world best for 13 year olds. He set that in the Eugene All-Comers Marathon in October, while brother Jose was busy winning. He is running ahead of Jose's pace in the marathon by several years, and should prove to be one of America's best in the years to come.

WEST VALLEY PORTRAIT

Mike Pinocci is currently a senior at Washington High in Fremont. He joined West Valley this past spring and ran on West Valley's All-High School Relay Team at Lake Tahoe (Relay) this summer. For his school this fall he led his team to the North Coast Section title, finishing 7th place overall. Mike's ability at the longer distances (above 3 miles) hasn't as yet been tested, but he gave an indication recently at the Daly City Hill Run, by coming across the line with veteran Darryl Beardall in a virtual tie. Mike's current address is 5269 Paxton Ct., Fremont, CA (Ph. 797-0697).

Mike is 17 years old and has bests of 4:36.1 in the mile (in route to 2 mile), 9:35.6 for 2 miles, and 14:34.2 for 3 miles cross country. All these times were set in 1971 when he was 16 years of age! Running his best ever this fall, Mike did well in all the invitationals he ran, placing 8th at Terra Nova, 4th at Sunnyvale, and 5th in the NCS Region I Meet. He then went on for a 7th in the NCS Finals. Perhaps his finest effort on the roads was this past spring in the Bay to Breakers Race. As a 16-year-old junior just off track season, he ran a great 42:08 and placed 30th (3rd high schooler).

Mike considers his most exciting moments as (1) "when I broke 10 minutes in the 2 mile for the first time by running 9:43, (2) winning (actually tying) the 1971 Daly City Hill Run (while still 16), (3) and finishing my first marathon, the Ocean-to-Bay." His immediate goals are to continue running in college (and preferably the rest of his life), and to continue to get the enjoyment he has been getting. Improvement is Mike's main keynote. As a frosh his best two mile time was 11:32, and he has since improved by almost two minutes. Other honors that were gained by this outstanding runner this fall were a place on the All-East Bay Cross Country Team and the All-NorCal Cross Country Team (both first team). A bright future lies ahead for this still untested runner.

LONG DISTANCE SCHEDULE

Note: All runs listed below 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 Runners of San Francisco. Some of the races listed below are out of the PA-AAU (we have many subscribers now that are out of the local area and are getting requests for expanded schedules - here are some - please send us scheduling for your area as soon as possible). These non-PA races are designated by an asterisk in parentheses (*). All requests for entries should be made to the addresses listed (if noted). More information on the SPA-AAU LDR schedule can be obtained by sending a self-addressed, stamped envelope to John Brennand, 4476 Meadowlark Ln., Santa Barbara, CA 93110. Likewise, for other associations: Pacific (Peter Mattei, 1000 North Point, San Francisco, CA 94109), Pacific SW (Tom Bache, 4920 Kane St., San Diego, CA 92110), Southern Nevada (John Romero, 438 E. Sahara, Las Vegas, Nev.), and Central Cal. (Bill Cockerham, 1717 S. Chesnut, Fresno, CA 93702). DSE Race information can be obtained from Walt Stack, 321 Collingwood St., San Francisco, CA 94114. Abbreviations are used to indicate other than Pacific Association races below (next page).

- Jan 8 - 10 Mile Run, Stockton, CA, 10 am. Open, H.S., senior, & women's divisions. Race is located on the new (unfinished) campus of Delta College on Pacific Ave. opposite the Weberstown Mall. Wayne Badgley, 330 Greenoch Way, Apt. A, Stockton, (477-4272).
- Jan 9 - PA-AAU 15 Km. Championships, Napa, 10 am. Bill Yee, 616 Hillsborough, Oakland, CA 94606.
- Jan 15 - Mission Bay Marathon, San Diego, 8 am. Entries close Jan. 10. P.O. Box 1124, San Diego, CA 92112. (*PSWA)
- Jan 15 - Mini-Marathon, Henderson to Las Vegas, 13 Mi., 10 am. (*SNA)
- Jan 15 - 3rd Annual Madera Marathon. Dee DeWitt, Madera High School, Madera, CA 93637. (*CCA)
- Jan 16 - 13.5 Mile Road Run (Daisy Hill Run), Sonoma St. Coll., 10 am. Bob Lynde, Athletic Dept., Sonoma St. Coll., Rohnert Park, CA.
- Jan 22 - 15 Km. Handicap Race, Valley H.S., Las Vegas, 10 am. (*SNA)
- Jan 23 - PA-AAU 20 Km. Championships, Portola Valley School, 10 am. No pre-entries necessary, sign up at race.
- Jan 29 - Annual Big Dipper Run, 12.5 Mi. Glenn McCarthy, 5308 N. 6th St., Apt. E., Fresno, CA 93710. (*CCA)
- Jan 29 - Magnan Memorial 20 Miler, Woodside, 10 am. RC Striders, c/o Mike Ipsen, P.O. Box 868, Redwood City, CA.
- Jan 29 - 30 Km. Handicap Race, Vo. Tech., Las Vegas, 10 am. (*SNA)
- Jan 30 - San Dieguito Half Marathon, Warren Jr. H.S., Solana Beach, checkin 1 pm. (*PSWA)
- Feb 5 - Channel to Lake 10 Miler, Vallejo, 10 am. Solano TC, c/o Greg Chapman, 155 Lain Drive, Vallejo, CA. 94590.
- Feb 5 - Las Vegas Marathon, Univ. of Nevada (Las Vegas), 9 am. Las Vegas TC, Dalby Shirley, 438 E. Sahara Ave., Las Vegas, Nev. (*SNA)
- Feb 5 - Vigorade & World Masters Marathon (no information on this one yet, assuming it's same date as last year). Anaheim, CA (*SPA)
- Feb 12 - 7th Annual Clam Beach Run, Trinidad, 3 pm. Dr. Ford Hess, P.O. Box 47, Trinidad, CA 95570.
- Feb 12 - SNA-AAU District XC Championships, 10 & 5 miles (Srs. & Jrs.), Vo. Tech., Las Vegas, Nev. (*SNA) - 10 am.
- Feb 13 - Jr. H.S. & H.S. Only (2 Mi. & 5 Mi.), Concord, 9 am (?). Vern Forry, 166 Greenwood Circle, Walnut Creek, CA 94596.
- Feb 13 - 2nd Annual West Valley Marathon & Western Regionals, Burlingame H.S., 9 am. West Valley TC, c/o Jack Leydig, 603 So. Eldorado St., San Mateo, CA 94402. Winner gets paid trip to either Natl. Championships (Syracuse) or Olympic Trials (Eugene).
- Feb 19 - Pleasanton 20 Km., 10 am. Dave Fried, 2651 Kelly St., Livermore, CA 94550.
- Feb 19 - Ivanhoe Road Run (Age Groups). Jerry L. Hobbs, 15616 Avenue 328, Ivanhoe, CA 93235. (*CCA)
- Feb 26 - Trail's End Marathon, Seaside, Oregon, 11 am (?). Chamber of Commerce, 20 North Columbia, Seaside, Ore. 97138. (*OA)
- Feb 26 - Martinez 8 Mile Run, Martinez, 10 am. NCSTC, c/o Luka Sekulich, 534 Darlene, Concord, CA. (Ph. 685-5185)

***John Brennand (or someone else) please send me a SPA-AAU schedule right away. Same for John Romero, Tom Bache and Walt Stack (DSE).

TRACK & FIELD SCHEDULE

All-Comers Meets: The Jan. 8 meet at the College of San Mateo will not be an all-comers affair, but will only be used for qualifications for the S.F. Examiner Indoor Meet in the following events: (meet begins at 10:30 with Srs. competition) Seniors mile, and 60 yard dash (40-55 and 55+ divisions); Boys' & Girls' Age-Group Relays (6 x 110); Women's long jump, mile, sprint relay (440,220,220,880) and 60 yd. hurdles; High School sprint relay (440,220,220,880), high jump, 2 mile, 60 yd. HH and 60 yd. dash. A correction, the women's sprint relay will be 4 x 220. At Cal-State Hayward, the following trials will be held for the S.F. Examiner Meet: Collegiate sprint medley (440,220,220,880), triple jump, mile relay; and Open Devil-Take-the-Hindmost Mile (all club, college, JC, etc. athletes) - run a regular mile at trials with 8-11 to qualify. At San Jose City College, the following trials will be held: JC two mile relay, pole vault, and sprint medley (440, 220, 220, 880). **IMPORTANT:** Advance entries are necessary for all divisions (except seniors) and must be sent to the individual indicated below in charge of your division. Your entries must be mailed by Jan. 3. High School (Jim Luttrell, Track Coach, San Carlos H.S., San Carlos 94070), JC (Bob Rush, Track Coach, College of San Mateo, San Mateo, 94402), College (Mal Andrews, Track Coach, Cal-State Hayward, Hayward, 94542), Women (Roxanne Anderson, 76 Carver St., SF, 94110), Girls Age Group (Don Bailes, 133 Selbourne Way, Moraga, 94556), Boys Age Group (Jerry Lowmiller, 49 Maple St., Salinas, 93901), Seniors (Emmett Smith, 2766 Sunset Dr., Hillsborough, CA 94010), Devil-Mile (Mal Andrews, see above), Mile Walk (see race walking section of this issue). Athletes who place high in an event must report directly afterward to fill out entry blank-publicity forms for the meet at the Cow Palace, otherwise your participation at the meet will be jeopardized. ********* There will be only one meet left (All-Comers) at CSM, and that will be Jan. 15. The Jan. 29 meet was cancelled. ********* There is a series of all-comers being conducted at the San Jose City College track, each Saturday. I don't know what time these meets start, or how long they will go. ********* Trials for the Athens Invitational will be conducted at Edwards Field, UC Berkeley on Jan. 29. No information on what events or if there are any other sites involved. Contact Dave Maggard, track coach, UC Berkeley, for further information. ********* The Examiner Meet will not contain an afternoon session as was the case last year.

Southern California All-Comers Meets: (Courtesy of George Kerr) - Partial listing - Jan. 7, 14, 21, 28 & Feb. 4, 11, 18: @ Cal-St. Fullerton, beginning at 2 pm.; Jan. 7 @ Cal-St. Long Beach, beginning at 3 pm; Jan. 29 @ Mt. SAC, beginning at 10 am.

- | | |
|---|---|
| Jan 15 - Albuquerque JC Invit. & Bennion Games (Pocatello, Idaho). | Feb 11 - Los Angeles Times Invit., Inglewood, CA. |
| Jan 21 - San Francisco Examiner Games, Cow Palace, Daly City, 6 pm. | Feb 11 - USTFF Championships, Houston, Texas (2 day meet). |
| Jan 22 - Sunkist Invit., LA Sports Arena. | Feb 11 - Athens Indoor (JC, H.S., women), Oakland, CA, 7:30 pm. |
| Jan 29 - Oregon Invit., Portland, Oregon. | Feb 12 - Athens Invit., Oakland Coliseum, 7:30 pm. |
| Feb 5 - Simplot Invit., Pocatello, Idaho. | Feb 19 - San Diego Invit., San Diego (see attached ticket form) |
| Feb 24-25 - Natl. AAU Indoor Championships, Madison Sq. Garden, New York (women on 24th, men on 25th). | |
| Mar 10-12 - 1st Annual Hawaii Internat'l Masters Track & Field Championships, Cooke Field, Univ. of Hawaii, Honolulu (age groups from 30 years up in steps of 5 years). Entries close on Feb. 23, Stan Thompson, 1613 Kamole St., Honolulu, Hawaii 96821 (See charter info. on page 2!!). Round trip airfare for only \$125!! | |

WOMEN'S SCHEDULING

- Jan 8 - Cow Palace All-American Trials at College of San Mateo, see track and field schedule above for more information.
- Jan 29 - Athens Invitational qualifications at San Jose City College, 11 am, contact Augie Argabright, 18430 Baylor, Saratoga, 95070.
- Feb 6 - Women's Winter Championships at College of San Mateo. Dr. Harmon Brown, 2335 David Ct., San Mateo, CA 94403 (Ph. 341-5726).
- Feb 24 - Natl. AAU Women's Championships at Madison Square Garden, New York. Trials in morning, finals in evening.

WOMEN'S, SENIOR, & AGE GROUP RESULTS

California Women's XC Championships: (Sacramento - Nov. 14) - (1) Debbie Heald (La Mirada Meteors) 13:45.8, (2) Judy Graham (LATC) 13:55, (3) Cheryl Bridges (LATC) 14:07, (4) Francie Larrieu (San Jose Cindergals) 14:19, (5) Debra Johnson (Rialto RR) 14:23, (6) Nadia Garcia (SDTC) 14:30. - Course was 2.5 miles and there were 60 finishers. Results courtesy of SDTC Newsletter.

AAU Women's Cross Country Championships: (Cleveland, Ohio - Nov. 27) - 2.5 miles - (1) Doris Brown (Falcon TC) 14:29.4, (2) Beth Bonner (S. Jersey's Chargers) 14:44, (3) Cheryl Bridges (LATC) 14:49, (4) Francie Larrieu (San Jose Cindergals) 14:53, (5) Judy Graham (LATC) 14:56, (6) Debbie Roth (Ore TC) 15:00, (7) Nadia Garcia (SDTC) 15:08. - Conditions were cold and rainy and there were 110 finishers. - Results courtesy of SDTC Newsletter. - We have word that Will's Spikettes of Sacramento won the Team title here, but it may have been the Girls Division. ******* In the Jr. Natl. Championships, the RC Striders took third place in the team scoring, and took fourth in the 10-11 Girls Division. Any individual results would be welcome for printing. Send me some Mike Ipsen.

San Diego TC Wins Team Title at Natl. AAU Masters XC Championships: (Detroit, Mich. - Nov. 20) - The San Diego TC, led by Bill Phillips in 6th place, managed to gain strongly during the last stages of the race, and move out to a 31-39 victory over the host Motor City Striders. The Indiana Striders (only other complete team) were third with 50 points. Hal Higdon (Ind. Striders) won handily over Virgil Yehnert (2:29 marathoner from Ohio), 34:21.2 to 34:34 over the 10 kilometer course. Pete Mundle of the Santa Monica AA took third in 35:01. Other members of the winning SDTC team besides Phillips (36:30) were Bill Stock (10th in 37:05), Ernie Wake (13th in 37:14), Mike Murray (17th in 37:45), Herb Weisheit (18th in 38:01), and John Lafferty (21st in 39:10 and second over 50 finisher). A total of 67 runners finished. In the 60-69 year old division, Bill Andberg of the Twin Cities TC and Norm Bright (Snohomish TC, Wash.) made a real battle of it by running identical times of 39:26. Third place was over 6 minutes back.

David Cortez & Roy Kissin set Age Group Marks: David Cortez of the Redwood City Striders set three world age group records for 13 year olds at the College of San Mateo All-Comers Meets on Dec. 4 (10:04.2 for 2 miles), and Dec. 11 (15:32.8 for 3 miles and 16:02.8 for 5000 meters). See the NorCal Portrait this month for more on David. *** In a specially organized track run, sponsored by West Valley TC, Roy Kissin, a 14 year old freshman at San Ramon High in Danville, set two American age 14 records as he went 33:33.2 for 6 miles and 34:43 for 10 kilometers, breaking the old records of 34:20 and 35:24 by healthy margins. The run was held at Merritt College in Oakland and was to give a chance to break age group records to those who wanted to try. Roy was the only one who tried, and he succeeded in a big way. Conditions were less than ideal as a cold wind blew most of the race. Others in the race went as far as an hour (a total of about 15 ran), with Dan Anderson of Valley TC, easily beating the field with a mark somewhere near 11 miles, but he never turned in his time sheet. Send us your distance (Dan) and we'll print it next time.

RACE WALKING

Jan 8 - Junior National 35 Kilometer Walk Championship, Stockton.

Jan 8 - 15 Km., Altadena, Calif. (@ Town and Country Club, 10 am).

*****The schedule should be out for 1972 shortly, according to our on-the-spot reporter Steve Lund. Hang tight. Further information concerning race walking can be obtained from either Bill Ranney, One Barker Ct., Fairfax, CA, 94930 (Ph. 456-2641) or Steve Lund, 10 Francis Ave., #1, Larkspur, CA. *** Those wishing to compete indoors (Examiner or Athens), contact Bill Ranney immediately.

Bob Kitchen Better World 35 Kilometer Mark: (S.F. State College Track, San Francisco - Nov. 21) - Walking on a day ideally suited for a good walking race, Athens AC's Bob Kitchen really "put it to it" by walking past two U.S. records and one world mark. On the way Bob narrowly missed Goetz Klopfer's 30 Km. American standard (by 2 seconds) as he clocked 2:23:16.0. At 20 miles, Bob had 9.4 seconds on Goetz's U.S. mark (set same date as his 30 km.). Bob's 2:33:50.2 was getting close to the world mark of 2:31:33.0, set by Anatolij Vedjakov in 1958! Kitchen continued to make time and got Christoph Hohne's 2:48:22.2 mark easily as he recorded a magnificent 2:47:34.0. That's 47.8 seconds better than the recognized world mark, set in 1964. Goetz had the old U.S. record of 2:55 something. While Bob took all the glory, there were still lots of others out there doing their own thing. Goetz started out to do 50 kilos, but dropped out at 10 miles in 79:56 (Kitchen came by in 76:45). Bill Ranney did 10 kilos in 47:13. Roger Duran racked up his best performance at 20 kilos in a long time with a 1:43:23 (83:34 at 10 miles). Steve Lund did 5 miles in 40:09 and continued for another 3/4 mile (46:12); Jerry Lansing intended to do whatever felt right. In his first walk since the beginning of cross country season, Jerry did 52:15 for 10 kilos. High schooler Mike Collier had splits of 1:47, 3:45, 5:47, and 7:43, enough to qualify him for the winter indoor season in the mile. A high school friend of Jerry Lansing's (Charles somebody - as Steve Lund put it) took his first walking steps ever and did 55:31 for 5 miles.

7 Mile Race, North Gate Shopping Center: (Nov. 5) - This day was once again perfect for racing and the times were fast. The outstanding performance of the day had to be from Bob Kitchen. His form was great and his time was by far his best ever. His place, however, was second to Bill Ranney, who edged his team mate by two seconds, 51:09 to 51:11. He came from 5 seconds back with a mile to go to pull out victory, and was as much as 16 seconds back at 5 miles. Ranney recorded a PR of his own, but not by as large a margin as Bob. Roger Duran came through with what is thought to be his best ever performance at this distance, finishing third in 56:16. Bryan Snazelle had stomach problems and threw up a few times during the race, but still came through with his best, 61:13. Only four competitors and that many finishers. Steve Lund walked along with Bryan for a workout and recorded the same time.

ALL-COMERS RESULTS

At College of San Mateo (Dec. 4): (OPEN) - 44OR: San Jose St. (Pehus, Farmer, Jones, Shields) 43.2, Stanford 43.8, Unat. team 45.0; 60HH: Tom Waddell (Sports Inst.) 8.3; Mile: Art Reade (WVTC) 4:19.3, Neil Glenesk (CSM) 4:30.0, Mark Protear (NVRC) 4:33.6....Frank Harrison (NCSTC) 5:01.0; Sr. 60: Jim Lingel (unat.) 6.8, E. Manougiani (NCSTC) 7.1, A. Juillard (NCSTC) 7.3; 60: John Pettus (SFS) 6.2, Chris Francis (Stan) 6.2, Phil Shinnick (Sp. Inst.) 6.2; Girls 60: Ellen Stok (RCS) 7.5, Karen Didomenid (RCS) 7.6, Sally Beugen 8.2; LJ: R. McFadden (Cal St) 21-8, Steve Mitchell (Cal St) 21-6 1/2, Chuck Johnstone (SFS) 21-4; Girls LJ: Sherrie Geugen (RCS) 16-5, Patty Sever (RCS) 14-10 1/4, Sally Beugen (RCS) 14-7 1/2; 440: Bruce Henry (Stan) 50.1, Herb Ashton (WVTC) 50.3, Jost Schmitt (W.Ger.) 50.6; SP: Al Feuerbach (PCC) 67-9 3/4 (series average was 67-1 1/2, making him the 3rd performer ever to have a series averaging over 67 feet), Richard Marks (PCTC) 64-2 1/4, Lahsen Samsam (Athens) 61-11 1/4; HJ: Scott Rabeneau (Wash) 5-8, Steve Trueman (Skyline) 5-6; 3 Mi: Bob Crow (WVTC) 14:32.0, Jack Bentz (DVC) 15:35.0, Bob Kitchen (Athens) 15:40; TJ: A. O'Neil (Cal St) 45-5, Chuck Johnstone (SFS) 43-9, S. Mitchell (Cal St) 42-4; 220: Phil Shinnick (Sp.Inst.) 22.7, Bruce Henry (Stan) 22.8, Dave Perdue (Brk) 23.4; Girls 220: Sheri Beugen (RCS) 29.3, Ellen Stok (RCS) 29.4, Karen Didomenid (RCS) 30.1; 880: Tom Jordan (Stan) 2:02.0, Bruce Evan (Skyline) 2:04.8, John Preston (Skyline) 2:06.8; PV: Greg Miguel (Athens) 14-0, Brian McDowell (Athens) 13-0, Kelly Lindsay (Stan) 12-0; MileR: Stanford 3:25.1, Unat. team 3:34.5; Disc: John Powell (PCC) 188-2, Art McCullum (Cal St) 150-3, Tom Waddell (Sp. Inst.) 149-3; (HIGH SCHOOL) - 44OR: Oak. Tech. (Anderson, Hammock, Peters, Coleman) 44.2, SSF Striders 46.3; 60HH: Derek Lagons (Hayward TC) 7.6, Bill Andrews (Castro Vly) 7.9, Tom Swartzell (SSF Str) 8.1; Mile: Quenton Lang (Oak Tech) 4:36.0, Allen Traynor (Mt. Eden) 4:36.7, Mark Parsons (HMB) 4:37.6; LJ: F. Geipel (Crstmr) 20-1 1/2, S. Modica (Crstmr) 19-8 3/4, Tom Clark (Los Altos) 18-8 3/4; 60: Brad Coleman (Oak Tech) 6.2, Mike Farmer (Woodrow Wilson) 6.4, Ed Peters (Oak Tech) 6.4; HJ: Clarence Burgess (Oak Tech) 6-4, Dave Allazetta (Aragon) 5-10, Jim Reeves (Aragon) 5-8; 440: Tom Henkle (SSF) 52.5, Otis Sinoza (Mt.View) 52.6, Jim Lynch (SSF) 53.9; SP: Randy Patterson (Los Altos) 50-4 1/4, Tom Swartzell (SSF Str) 49-2 1/2, Don Wooley (San Leandro) 43-4 1/4; 2 Mile: Don Pemberton (WVTC) 9:54.2, Bill Lindsell (San Mateo) 10:00.2, David Cortez (RCS) 10:04.2 (World Age 14 Record); TJ: Fred Geipel (Crstmr) 42-9 1/2, John Watson (Oak Tech) 42-0 1/4, Roy Chesnut (Los Altos) 40-8 1/4; PV: Bill Trueman (Crstmr) 12-0, Sal Modica (Crstmr) 11-6, Joe Stavish (Oceana) 11-6; 220: Joe Jenkins (Logan) 23.0, Isaac Marchandi (Mt. Eden) 23.?, Randy Nordman (Castro Vly) 23.?, 880: Jack Wandro (Serra) 1:57.9, Mark Parsons (HMB) 2:04.9, Ken Parker (Mt. View) 2:06.5; MileR: Oak.Tech. 3:29.9, San Mateo 3:54.6; Disc: Tom Swartzell (SSF) 133-1, Tom Fraysee (SCS) 102-8, Steve Murphy (SCS) 69-2.

At College of San Mateo (Dec. 11): (OPEN) - 44OR: Stanford (Long, Bagshaw, Henry, Anderson) 43.0, Merritt 43.2; 60HH: George Cortez (SJS) 7.5, Nielson Turner (Merritt) 7.8, David Bagshaw (Stan) 7.9; Mile: Don Kardong (WVTC) 4:14.9, Art Reade (WVTC) 4:16.8, Mark Proteau (NVRC) 4:27.5; SP: Al Feuerbach (PCC) 66-8, Rich Marks (PCC) 62-4 1/2, Lahcen Samsam (Athens) 61-11; LJ: Phil Shinnick (Sp. Inst.) 23-1, O'Carr (unat.) 21-5 1/4, Dan Clark (CSM) 21-4 1/2; PV: Cliff Blanc (SRJC) 11-6; 60: (tie) Geo. Cortez (SJS), Kermit Bayless (CSH), Milton Turner (Merritt), Eugene Howard (NC), Charles Gibson (Merritt), John Pettus (SJS) - all 6.4; HJ: Larry Kernabon (Skyline) 6-4 1/4, Pleich (Foothill) 6-0, Clif Fivaz (CSH) 5-9; 5000M: Brad Duffy (SF Chuckers) 15:28.6, Jack Bentz (DVC) 15:40.6,

Mitch Kingery (RCS) 15:56.0; TJ: Valentin Lopez (Sac TC) 46-6 1/2, Stan Cochee (Oak Tech) 46-1 3/4, August O'Neil (CSH) 46-0 3/4; 440: John Anderson (Standord) 47.8, Bruce Henry (Stan) 49.6, Herb Ashton (WVTC) 50.7; 220: John Pettis (SFS) 22.0, Eugene Howard (Nairobi Col) 22.7, Cas. Knight (Laney) 22.8; 880: Cirilo Morgan (CCSF) 1:57.1, Art Reade (WVTC) 1:58.3, Jost Schmitt (W.Germ.) 1:58.3; Disc: John Powell (PCC) 188-9, Greg Boral (SJS) 156-6, Tom Wilson (SJS) 152-5; (HIGH SCHOOL) - 44OR: Oak.Tech. (Coleman, Peters, Jackson, Gibson) 43.1; 60HH: John Cochee (OakTech) 7.8, Vandan (Wash) 8.0, Taylor (Oak'd High) 8.0; Mile: Allen Taylor (Mt. Eden) 4:32.7, Angelo Martinez (ATC) 4:34.7, Steve Moga (Moreau) 4:36.1; LJ: Keith Nakada (SM) 20-7 1/2, Fred Geipel (Crstmr) 19-11, Jim Lynch (SSF Str) 18-9 1/2; PV: Joe Stavish (Oceana) 11-0, Brad Lundy (Serra/WVTC) 9-6; HJ: Schneider (Canyon) 6-6 1/4, Burgess (Oak Tech) 6-0, Allazetta (Aragon) 6-0; 60: Brad Coleman (OakTech) 6.3, Mike Shavers (Albany) 6.3, Harry Clark (OakTech) 6.5; SP: Tom Banducci (Serra) 52-5 1/2, Tom Swartzell (SSF) 48-9, Russ Nicolopolulos (Serra) 48-6 1/2; TJ: Fred Geipel (Crstmr) 43-10 1/4, Dave Allazetta (Aragon) 38-10, Steve Traynor (Mt. Eden) 38-0 3/4; 440: Tom Henkle (SSF) 52.2, Brad Coleman (OakTech) 52.3, Eddie Villarrael (Mt. Eden) 53.3; 2 Mi: Angelo Martinez (ATC) 9:54.4, Mark Parsons (HMB) 9:56.0, Bill Lindsell (SM) 9:58.8; 220: Mike Farmer (Woodrow Wilson) 22.9, Washington Mitchell (OakTech) 23.5, Isaac Marchant (Mt. Eden) 23.6; 880: Peter Jensen (Canyon) 2:08.2, Dan August (Mt. Eden) 2:09.0, Jim Liston (Westmoor) 2:09.0; Disc: Also Congi (SI) 153-2, Randy Patterson (LA) 142-1, Tom Banducci (Serra) 137-5.

At College of San Mateo (Dec. 18): (OPEN) - 44OR: Oak. Tech. (Robinson, Bailey, Peters, Coleman) 43.6, Nairobi 43.6, Fresno Pacific 44.3; 60HH: Al Hall (SJCC) 7.2, Milton Turner (Merritt) 7.4, George Carty (SJS) 7.5; Mile: Niel Glenesk (CSM) 4:25.0, Rich Milan (Chabot) 4:27.1, Ron Genschmer (WVTC) 4:28.2; Sr. Mile: Peter Wood (NCSTC) 4:40.9, Frank Harrison (NCSTC) 4:58.5, John Hutchinson (NCSTC) 5:07.0; LJ: Othello Carr (SFS) 21-4 3/4, Zach Sconiers (Fresno Pac) 21-4, Tom Waddell (Sp. Inst.) 20-6; Sr. 60: Jim Lingell 7.0, Al Guidet 7.1, Bruce Grant 7.4; 60: Larry Shields (SFS) 6.3, Zach Sconiers (Fresno Pac) 6.3; TJ: Val Lopez (Sac TC) 45-4 1/2, Frank Lawler (Oxy) 36-6; SP: Dennis Anderson (Fresno Pac) 54-7, Bill Deeter (FP) 53-9 1/4, Ray Fogg (Foothill) 49-0 1/2; 440: Herb Ashton (WVTC) 50.6, Jost Schmitt (W. Germ.) 50.8, Ken Jones (CSM) 51.3, Nelson Schamb (FP) 52.0, Floyd Malore (Laney) 52.0; HJ: Bill Crawford (SJS) 6-8, Randy Zimmer (Cal Poly) 6-6, Larry Kermabon (Skyline) 6-4; 5000M (+ 1 lap too far): Steve Taskela (Oxy) 17:34.2, Steve Carey (Mills) 17:36.0, Humberto Hernandez (WVTC) 17:41.2; Disc: Gary Wolf (Unat.) 162-7, Art McCullum (CSH) 148-6, Tom Waddell (Sp. Inst.) 146-2; 220: Adrian Rogers (Sac St) 22.2, Herb Ashton (WVTC) 22.6, Zach Sconiers (FP) 23.0; Sr. 220: Ed Dowell (NCSTC) 25.3, Al Guidet (NCSTC) 25.6, Bruce Grant (NCSTC) 26.2; 880: Dan Best (RCS) 1:59.3, Dean Williams (SFS) 1:59.6, John Warkentin (SCS) 2:00.2; MileR: Fresno Pacific (Schwamb, Wheat, Trujillo, Ashton) 3:31.0, Skyline (Snyder, Swartzell, Hinkel, Evans) 3:38.2; PV: Denny Stempel (New Ways) 14-4, Tom Lynn (Skyline) 14-0, Ron Vellutini (Cabrillo) 13-8; (HIGH SCHOOL) - 44OR: Oak.Tech. 43.6; 60HH: Tom Cochee (OakTech) 7.6, Derek Ligons (Mt. Eden) 7.8, Rob Sulom (Amador) 8.1, Tom Swartzell (SSF Str) 8.1; LJ: Edward Peters (Oak Tech) 19-7 1/4, John Bailey (OakTech) 19-4, Tom Clark (Los Altos) 19-1 1/2; Mile: Bill Lindsell (SM) 4:31.3, Mike Anderson (Westmoor) 4:34.7, John Campbell (Castlemont) 4:37.8; TJ: Austin Jones (Oak Tech) 39-6 3/4, Mike Kenneally (Serra) 39-6 1/2, Steve Traynor (Mt. Eden) 37-1; 60: Ed Peters (OakTech) 6.4, Brad Coleman (OakTech) 6.4, Arthur Robinson (OakTech) 6.5, Randy Airdman (Castro Vly) 6.5; SP: Bret Mannon (Los Altos) 56-1 1/2, Bruce Masterson (Homestead) 50-0, Tom Swartzell (SSF) 46-7 3/4; 440: Peter Ryan (Alameda) 53.3, Kimble Smith (Castlemont) 53.6, Ronald Crowell (Castlemont) 54.1; HJ: Harold Hammock (OakTech) 6-2, Chris Schneider (Canyon) 6-2, Chuck Scanders (Capuchino) 5-8; 2 Mi: Brad Duffey (SF Chuckers) 9:15.0, Bill Solomon (Monte Vista) 9:16.0, Alan Traynor (Mt. Eden) 9:51.2; 220: Brad Coleman (OakTech) 22.8, Arthur Robinson (OakTech) 23.0, Randy Nordman (Castro Vly) 23.2; 880: Mark Parsons (HMB) 2:04.8, Peter Jensen (Canyon) 2:05.8, Sam Ivay (Alameda) 2:06.1; PV: Joe Stavish (Oceana) 13-8, Gary Ryan (Harbor) 13-1, Bill True-man (12-6); Disc: Aldo Congi (SI) 148-8, Tom Swartzell (SSF) 127-10, Doug Wolf (Lowell) 117-3. *** Note of interest: In the high school 2 mile, Brad Duffey and Bill Solomon ran together the entire distance with Bill doing all the leading until the homestretch when Brad pulled out to a one second edge. They both ran their last miles in something like 4:32-33!! Brad had a 64 last lap.

HIGH SCHOOL CROSS COUNTRY RESULTS

Central Coast Section, Region III: (Alum Rock Park Course, San Jose) - Large Varsity: (Teams) Mt. Pleasant 33, Silver Creek 59, Camden 87, Leigh 100, Willow Glen 130, Overfelt 174, Saratoga 194, Del Mar 231, Pioneer 258, Westmont 259, Oak Grove 287, Piedmont Hills 292, Branham 337, Lick 340, (Individuals) Brooks (MP) 11:35, Manriquez (MP) 11:38, Bellah (Leigh) 11:42, Ferrel (Over) 12:05, A. Pollard (MP) 12:15, Chesnut (SC) 12:18, Garcia (SC) 12:19, Rodriguez (SC) 12:19, Bigelow (MP) 12:20, Sommer (Leigh) 12:20, Benson (Cam) 12:23, Carris (Cam) 12:24, Aguilar (SC) 12:27, Bruns (Sar) 12:30, Casteneda (WG) 12:30, McKelvey (MP) 12:34, Bergchamp (Leigh) 12:34, Garcia (Over) 12:37, De la Roche (Cam) 12:38, Werner (West) 12:38, Casteneda (WG) 12:38, Osborne (Cam) 12:39, Morris (Camd) 12:40, Bury (WG) 12:40, Guerrero (SC) 12:46. JV: (Teams) Camden 37, Willow Glen 43, Silver Creek 70, Gilroy 151, Leigh 156, Del Mar 170, Piedmont Hills 183, Branham 183, Mt. Pleasant 269, (Individuals) B. Crary (WG) 13:12, Ridgell (Cam) 13:21, Kinsey (Leigh) 13:26, Akers (Cam) 13:28, Worsham (WG) 13:29, Martin (Cam) 13:30, Extien (SC) 13:30, Cisneros (SC) 13:31, Pabst (WG) 13:34, Garcia (Gilroy) 13:38. Large F-S: (Teams) Mt. Pleasant 37, Leigh 44, Overfelt 91, Saratoga 133, Piedmont Hills 159, Lick 179, Oak Grove 207, Willow Glen 212, Westmont 214, Camden 258, San Jose 291, Del Mar 299, Blackford 323, Pioneer 344, (Individuals) Sullivan (Sar) 12:48, Orr (Leigh) 13:04, Maurer (Leigh) 13:04, B. Pollard (MP) 13:06, Gouna (Over) 13:07, Gomez (MP) 13:08, Molina (OG) 13:13, Herrera (MP) 13:15, Rogers (MP) 13:17, Vonderwerth (MP) 13:18. Frosh: (Teams) Leigh 19, Los Gatos 109, Mt. Pleasant 109, Gilroy 115, Lick 120, Camden 121, Westmont 174, Prospect 184, Campbell 241, Oak Grove 250, Piedmont Hills 256, Milpitas 359, (Individuals) Denevan (Leigh) 13:19, Plansky (Leigh) 13:26, Fritzky (Leigh) 13:31, Belnychvek (Leigh) 13:45, Vonderwerth (MP) 13:48, Midstokke (LG) 13:50, Clark (Pros), Alvarado (Lick), Sullivan (Leigh) 14:01, McClanahan (LG) 14:02. Small Var. (Teams) Gilroy 39, Milpitas 39, Lincoln 45, Live Oak 99, (Individuals) Sanchez (M) 12:33, Perez (L) 12:34, Alvarez (L) 12:44, Hogle (M) 12:50, Lujas (G) 12:52. Small F-S: (Teams) Gilroy 29, Hill 58, Lincoln 67, Yerba Buena 86, Live Oak 107, Milpitas 155, (Individuals) Hogue (G) 13:22, Acosta (G) 13:26, Acosta (G) 13:28, Perez (L) 13:31, Garcia (YB) 13:34.

Central Coast Section Finals: (Alum Rock Park Course, San Jose - Nov. 24) - In the Large Varsity Race, Carlmont emerged as victor, avenging last year's loss in the same meet. But the margin was very slim, only 17 points, and 5 seconds better in team time. Upstart Silver Creek of San Jose almost knocked off Mt. Pleasant for second, 99.5 to 101. The other teams were far back. Surprise victor was Leigh High's Jack Bellah, who had finished 3rd behind Mt. Pleasant's favored Steve Brooks and George Manriquez in the Region III Meet. His 9 second margin of victory was mighty big as he came smashing up the final hill. Third place was another 10 seconds back. (Teams) Carlmont 82.5, Mt. Pleasant 99.5, Silver Creek 101, Camden 159, Willow Glen 178, San Carlos 187, Watsonville 204, Los Altos 206, St. Ignatius 235, Leigh 245, San Mateo 275, Soquel 285, Riordan 304, Hillsdale 305, Awalt 334, Gunn 442, (Individuals) Bellah (Leigh) 11:34, Manriquez (MP) 11:43, Ferrel (O) 11:53, Brooks (MP) 11:55, Cattarin (Carl) 11:55, Casteneda (WG) 11:55, Van Dine (El Camino) 11:57, Miller (Carl) 12:02, Kingery (SanCarlos) (frosh) 12:02, Reyes (Wat) 12:05, White (SanC) 12:05, Slavin (LA) 12:08, Garcia (SC) 12:11, Crowley (Gunn) 12:11, Black (Carl) 12:11, Pemberton (Hills) 12:13, A. Pollard (MP) 12:14, Ryan (Rior) 12:14, Aguilar (SC) 12:15, L. Chamness (Awalt) 12:19, Magallanes (Sea) 12:21, Rodriguez (SC) 12:22, Sommer (Leigh) 12:23, Carris (Cam) 12:24, Jamison (Wat) 12:28. Small Var: (Teams) Milpitas 70, Lincoln 86, Gilroy 89, Aptos 92, Oceana 105, Pacific Grove 169, Half Moon Bay 175, Monta Vista 210, Peterson 222, Santa Cruz 248, King City 261, Harbor 319, (Individuals) Gruber (Apt) 12:07, Tello (S.Cl.) 12:16, Fitzgerald (Apt) 12:20, McDaniel (Oc) 12:23, Alaverz (Lin) 12:25, Sanchez (Mil) 12:27, Mahon (MV) 12:33, Bautista (Gil) 12:37, Hogle (Mil) 12:44, Banker (Hol) 12:48. JV: (Teams) Homestead 56, San Carlos 69, Willow Glen 69, Camden 106, Silver Creek 120, Carlmont 179, St. Ignatius 213, Sunnyvale 222, Hillsdale 229, Lynbrook 232, San Mateo 234, Leigh 286, Oceana 361, Aptos 362, (Individuals) Lewis (Hom) 12:49, Shoop (SCar) 13:00, Cartmell (SCar) 13:02, Fillpot (SCar) 13:04, Duenas (Sun) 13:04, Frederickson (Hom) 13:06, Wilson (Hom) 13:07, Carvey (Carl) 13:10, Crary (WG) 13:11, Fernandez (Hom) 13:13. In the Soph-Frosh Large division, it was all Leigh High, as it was in the Frosh race. Look out in the next few years as Leigh becomes a powerhouse. (Teams) Leigh 52, Mt. Pleasant 95, Awalt 121, Los Altos 133, Lynbrook 135, Wilcox 152, Carlmont 172, Overfelt 201, Crestmoor 253, Piedmont Hills 257, Saratoga 264, No. Salinas 301, Westmont 307, San Mateo 340, Soquel 402, Mills 431, (Individuals) Hastings (Cres) 12:37, Rogers (MP) 12:45, Hanson (Lei) 12:46, Kennedy (Lyn) 12:46, Brazil (Wil) 12:52, Maurer (Lei) 12:53, Rios (Wil) 12:54, Orr (Lei) 12:55, Herrera (MP) 12:56,

Schumaker (Aw) 12:56. Frosh: (Teams) Leigh 35, Carlmont 94, Homestead 101, Lick 173, Los Gatos 199, Terman 223, Mt. Pleasant 224, Alisal 226, Soquel 236, Lynbrook 261, Burlingame 264, Mills 276, Gilroy 285, Cupertino 293, St. Ignatius 343, Aragon 372, (Individuals) Emory (Ter) 12:55, DelaGarzia (Wat) 12:57, Wardwell (Sal) 13:06, Denevan (Lei) 13:13, Plansky (Lei) 13:13, Fritze (Lei) 13:25, Alvarado (Lick) 13:31, O'Malley (Carl) 13:34, Cattarin (Carl) 13:34, Clark (Prospect) 13:37. Small F-S: (Teams) St. Francis 67, Gilroy 79, Hill 98, Gonzales 115, Lincoln 126, Serra Monte 141, Aptos 180, Monta Vista 190, Pacific Grove 203, Peterson 216, King City 250, (Individuals) Mendoza (Gon) 12:49, Kasser (SF) 12:58, Torres (SM) 13:03, Faubion (SF) 13:05, Flores (KC) 13:06, Hogue (Gil) 13:15, Donovan (SF) 13:20, Perez (Lin) 13:25, Berumen (Lin) 13:28, Anderson (Pal) 13:28.

National 3 Mile Postal Competition: (Dec. 4 - San Jose State Track) Mt. Pleasant, Carlmont, and Merced went at it and came out with the 2nd through 4th best team times ever recorded for high schools. Only 4.6 seconds separated these three teams, to show you how close the meet was. Mt. Pleasant recorded the second best ever time of 74:39.5 to Carlmont's 74:44.0 and Merced's 74:44.1. Other team times were St. Ignatius with 77:26.7, Watsonville with 78:20.3, and Leigh with 78:32.0. Individual winner of the race was Mt. Pleasant's Steve Brooks, who redeemed his loss at the CCS Finals by clocking a great 14:09.6, but barely edging Merced's Dave Taylor, who had just one week previously run 67th in the AAU Championships in San Diego with a great 31:33 for 10 Kilos. Taylor recorded a 14:11.6. Then came George Manriquez (MP) 14:29.1, Chris Cole (SI) 14:29.1, Russ Black (Carl) 14:44.1, Jack Bellah (Leigh) 14:49.0, Tony De La Gazzi (Merced) 14:51.2, Steve Miller (Carl) 14:51.6, Joel Jameson (Wat) 14:51.6, Harold Luna (Merced) 14:57.9, Ernie Ferrell (Overfelt) 14:58.0, and Carl Cattarin (Carl) 14:58.3. Those are the only results we have.

1971 All NorCal Cross Country Honor Team: (1st Team) - Jack Bellah (Leigh), Steve Brooks (Mt. Pleasant), Carl Cattarin (Carlmont), Chris Cole (St. Ignatius), Don Curtis (Campolindo), Mike Dayton (San Ramon), Brad Duffey (Lowell, SF), Gary Edwards (Highlands, Sac), Ernie Farrell (Overfelt), Bob Grubbs (Wash., Fremont), Ron Gruber (Aptos), John Hughes (Richmond), Bob Immethum (Alameda), George Manriquez (Mt. Pleasant), Steve Miller (Carlmont), Mike Pinocci (Wash., Fremont), Carlos Reyes (Watsonville), Jesse Smith (Antioch), Bill Solomon (Monte Vista), Mike Tolleson (Mira Loma), Tim Tyler (Piedmont), Jim Van Dine (El Camino). (2nd Team) - Clark Bailey (El Cerrito), John Barbour (Menlo Atherton), Russ Black (Carlmont), Joe Brennick (Ygnacio Vly), Larry Chamness (Awalt), Tom Castaneda (Willow Glen), Steve Crowley (Gunn), Martin Dean (Davis), Dave Fulenwider (Lassen), Arnold Garcia (Silver Crk), Dan Hughes (Vanden), Joel Jameson (Watsonville), Mike Kelley (Antioch), Brian King (Mt. Diablo), Mitch Kingery (San Carlos), John Kinsella (Soquel), Emil Magallanes (Seaside), Steven Martin (Davis), Angelo Martinez (Alameda), Steve Pangborn (Kennedy, Fremont), Alan Pollard (Mt. Pleasant), Mike Ruffatto (Wash., Fremont), Dan Slavin (Los Altos), Jim Van Slyke (Stagg), Ken White (San Carlos).

COLLEGIATE AND AAU CROSS COUNTRY RESULTS

Pacific Eight Conference Championships (Further results - Top 10 listed last time): (15) Bernie Lahde (Stanford), (17) Cliff West (Cal) 31:44, (24) Eugenio Amaya (Cal) 32:15, (29) Brian Maxwell (Cal) 32:40, (30) Kurt Schoenrock (Stanford) 32:52, (31) Duncan Macdonald (Stanford) 32:52, (33) Jaime Baldovinos (Cal) 33:06, (35) Robert Hayman (Stanford) 33:15, (39) Randy Hansen (Cal) 33:45, (40) Wolfgang Schmulewicz (Cal) 33:51, (43) Brian Mittelstaedt (Stanford) 34:01, (45) Mark McConnell (Stanford) 34:12, (48) Arvid Kretz (Stanford) 34:51, (49) Scott MacTavish (Cal) 34:53. Other Bay Area finishers: (27) Chris Carey (OSU) 32:38....Lahde's time was 31:37.

Fifth All-CAL Cross Country Championships: (@ UC San Diego, Nov. 20) - (Teams) UC Davis 18, UC Riverside 45, UC Irvine 79, UC San Diego 96. (Individuals) (1) John Sheehan (D) 24:20.5, (2) Jerry Maydahl (D) 24:44, (3) Dan Callahan (R) 24:48, (4) Dwayne Harms (D) 24:54, (5) Bill Hansen (D) 24:55, (6) John Axelson (D) 24:57, (7) Bob Brenner (R) 25:18, (8) Bob Giles (D) 25:23, (9) Eduardo Diaz (R) 25:32, (10) Curt Caughy (I) 25:36, (11) Donn Wells (D) 26:03. -- 27 finishers (Davis finished their top 7, entire team, in top 11).

USTFF Western Regional Cross Country Championships: (Fresno, 6 miles, Nov. 20) - (1) Peter Duffy (Nevada/WVTC) 29:24.5, (2) Cliff Clark (USAF) 29:36, (3) Skip Houk (HSTC) 29:41, (4) Mathyas Michael (UOP/Ethiopia) 29:49, (5) Fred Ritcherson (USC) 29:58, (6) Noel Hitchcock (Sac.St.) 29:58, (7) Greg Tibbets (unat.) 30:45, (8) Eddie Cadena (AAIA) 30:46, (9) Steve Brown 30:52, (10) Ron Zarate (Nev) 30:53, (11) Tom Lipski (PCC) 30:53, (12) Bill Seaver 31:01. (87 finished, 31 under 32:00, 58 under 34:00). -- Red Estes.

NCAA Cross Country Championships: (Knoxville, Tenn., 6 miles, Nov. 22) - (Teams) Univ. of Oregon 83, Washington State 122, Univ. of Pennsylvania 158, Villanova Univ. 161, East Tennessee St. Univ. 193, Kansas State Univ. 215, Bowling Green St. Univ. 226, Penn. St. Univ. 269, Northern Arizona Univ. 294, Long Beach State College 323 (30 teams finished). (Individuals) (1) Steve Prefontaine (Ore) 29:14, (2) Gary Bjorklund (Minn) 29:21, (3) Mike Slack (NDak) 29:36, (4) Dan Murphy (WSU) 29:37, (5) Richard Reid (BYU) 29:38, (6) Richard Sliney (NAriz) 29:47, (7) Cornelius Cusack (ETenn) 29:51, (8) Edward Leddy (ETenn) 29:52, (9) Richard Gross (Ill) 29:55, (10) Jerome Howe (KSU) 29:59, (11) Hector Ortiz (W.Ky) 30:02, (12) David Wottle (BG) 30:06, (13) Charles Boatright (OklaSt) 30:07, (14) Steve Kelley (Ind) 30:08, (15) Dave Wright (Vill) 30:09, (16) James Krejci (Murray St.) 30:10, (17) John Casso (Cal-St.Full) 30:12, (18) David Merrick (Penn) 30:14, (19) Randy James (Ore) 30:15, (20) Greg Fredericks (PennSt) 30:16, (21) Jeff Lough (Cal-St.LA) 30:18, (22) Daniel Moynihan (Tufts) 30:19, (23) Dennis Sbach (AFA) 30:21, (24) Robert Scharnke (Wisc) 30:21, (25) Donal Walsh (Vill) 30:27... (40) Mark Covert (CSF) 30:45, (41) Bob Wallace (Long Beach St.) 30:46, (55) Duncan Macdonald (Stanford) 30:57, (83) Mike Weaver (San Diego St.) 31:14, (110) Ben Martinez (Long Beach St.) 31:35, (118) Ray Stephens (LBS) 31:39, (124) Ron Pryor (LBS) 31:44, (131) Chris Hoffmann (CSF) 31:51, (132) Mike Ritchie (LBS) 31:52, (137) Joe Carlson (LBS) 31:57, (182) Mike Wood (LBS) 32:25. (285 runners finished, clear, cool, 35).

West Valley TC Almost Wins It All At AAU Cross Country Championships: (San Diego, 10 Km., Nov. 27) - As was the case last year, Florida TC's Frank Shorter had no trouble annexing the individual crown at the AAU Championships. Last year his team had been a mere 3 point loser to Pacific Coast Club. This year, it was to be a repeat battle, with Pacific Coast and Florida going at it along with a strong Oregon TC squad. Nobody (except WVTC) had given any thought to the possibility that there might be someone else wanting a go at the team crown. Having run well all season (except against Oregon TC when it went short handed), but never as a full team, West Valley TC was not even considered in the team race by local papers. But the Bay Area crew had regrouped, flying Boston Marathon victor Alvaro Mejia up from Bogota, Colombia, to help out with the chores. In addition, it had added Bill Scobey and Duncan Macdonald to its ranks. Peter Duffy had run for Nevada all season and this was his first race for the club since summer. Chuck Smead had barely qualified to be eligible for the club (by a mere 3 days) and was ready to go. An ailing Bill Clark was not able to make the team, but had many replacements eager to fill his spot, and do a good job at it. After taking sixth a year ago, West Valley was shooting for the top three...but no one really had any idea of just how strong they were. Then came the day of the race. Everyone was confident, but few really were prepared for what followed. WVTC crammed its top six runners into the first 30 and came within a scant 13 points of taking it all from Florida TC. With a healthy Bill Clark it would have been even closer. The final scores read Florida TC 47, West Valley TC 60, Oregon TC 78, and Pacific Coast Club 103. Other team scores: California TC 158, Southern California Striders 166, Quantico Marines 176, San Diego TC "A Team" 216, Univ. of Chicago TC 225, Atomic City TC 254, Staters TC 271, Athletes in Action 313, West Valley TC "Green Team" 340, Golden West AA 354, SCS "B" Team 383, Santa Barbara AA 417, Occidental College 419, Univ. of Nevada 420, San Diego St. College TC 423, Redwood City Striders 442, West Valley TC "Red Team" 480, San Diego TC "B Team" 494, Culver City AC 511, Alameda TC 568, March Air Force Base 571, San Diego TC "C Team" 628, Menke Insurance (San Diego) 663. *** The West Valley team was led by Don Kardong (7th), followed by Mejia (12th), Wayne Badgley (15th), Scobey (23rd), Macdonald (27th), and Duffy (30th). Chuck Smead was the final finisher on the "Blue Team" in 50th place. Cliff West also ran but did not finish. On the following page are listed the top 30 finishers and all other NorCal finishers (Pacific Association).

(Individuals) - (1) Frank Shorter (FTC) 29:19, (2) Steve Stageberg (GAA) 29:40, (3) Tarry Harrison (CW) 29:45, (4) Tracy Smith (LAPD) 29:46, (5) Tom Von Ruden (PCC) 29:54, (6) Kenny Moore (OTC) 29:57, (7) Don Kardong (WVTC) 30:05, (8) Tom Hoffman (UCTC) 30:08, (9) Ken Misner (FTC) 30:12, (10) Gerry Garcia (ACTC) 30:12, (11) John Casso (CTC) 30:14, (12) Alvaro Mejia (WVTC) 30:15, (13) John Halberstadt (Okla/S.Afr.) 30:16, (14) Jeff Galloway (FTC) 30:17, (15) Wayne Badgley (WVTC) 30:19, (16) Cliff Clark (USAF) 30:22, (17) John Lawson (PCC) 30:27, (18) Art Coolidge (OTC) 30:30, (19) Keith Munson (Staters) 30:31, (20) Jack Bacheler (FTC) 30:37, (21) Jeff Lough (PCC) 30:38, (22) Mike Manley (OTC) 30:40, (23) Bill Scobey (WVTC) 30:40, (24) Sam Bair (FTC) 30:41, (25) Jim Backus (SCS "B Team") 30:42, (26) Mike Gregorio (SDTC) 30:43, (27) Duncan Macdonald (WVTC) 30:44, (28) Sam Greig Brock (SCS) 30:45, (29) Fred Ritcherson (USC) 30:46, (30) Peter Duffy (WVTC) 30:46....(31) Tom Laris (NYAC) 30:47, (37) Byron Lowry (SFOC) 30:53, (41) Bob Price (AIA) 30:59, (43) Mike Weaver (SD St.) 31:00, (51) Chuck Smead (WVTC) 31:11, (60) George Stewart (Mid-Amer TC) 31:24, (66) Charles Harris (WVTC "Green") 31:31, (67) Dave Taylor (Merced HS) 31:33, (85) Ray Darwin (CCAC) 31:57, (91) Rich Delgado (WVTC"GT") 32:06, (92) Dave Robertson (RCS) 32:07, (93) Jim Dare (US Navy) 32:08, (95) Gary Berthiaume (WVTC"GT") 32:09, (100) Bob Darling (RCS) 32:15, (102) Tony Risby (Nev) 32:20, (113) Ron Zarate (Nev) 32:31, (115) Jack Bellah (WVTC"RT") 32:33, (117) Ed Haver (AIA) 32:35, (134) Mike Stansbery (Nev) 33:02, (137) Bob Crow (WVTC"GT") 33:07, (139) Joe McDevitt, Jr. (WVTC"RT") 33:10, (146) Jack Leydig (WVTC"GT") 33:24, (147) Dale Severy (un.) 33:25, (163) Chris Carey (Staters) 33:53, (166) Don Pemberton (WVTC"RT") 33:57, (168) Pete Sinnott (Nev) 33:58, (171) Daryl Zapata (WVTC"GT") 34:06, (172) Mitch Kingery (RCS) 34:10, (178) Angelo Martinez (Alameda TC) 34:21, (183) John Moura (Nev) 34:26, (195) Dan Best (RCS) 34:59, (198) Mike Pinocci (WVTC"RT") 35:04, (199) Jim Estes (NewWays) 35:08, (201) Joe Taxiera (Alam TC) 35:12, (202) Gus Cano (RCS) 35:19, (207) Lester Mina (Alam TC) 35:28, (208) Jim Bowles (WVTC"RT") 35:32, (210) Mike Edmonds (WVTC"RT") 35:37, (211) Jim O'Neil (SFOC) 35:38, (212) Randy Lawson (RCS) 35:40, (216) Tony Gordenier (Alam TC) 36:16, (225) Tommy Hui (Alam TC) 36:57, (226) Ken White (RCS) 36:58, (228) Larry Main (WVTC"RT") 37:10, (241) Jerry Kokesh (SFOC) 39:48, (244) Ted McRice (WVTC"RT") 40:02. ***** "Early in the year, Bill Kelly said to me that unless our top five could finish within a minute of each other, we wouldn't stand a chance of doing anything in the AAU. Well, he was right, but our top five finished within 39 seconds of each other, and the top six within 41 seconds. Even our seventh man was only 1:06 off of our first placer. This year depth paid off...right Bill?".

State JC Cross Country Championships: (Sierra College, Rocklin, Nov. 27 - 4.1 miles) - (Teams) El Camino College 54, Mt. SAC 72, Grossmont College 91, Long Beach City 118, LA Valley 135, Fresno City 139, West Valley 146, College of San Mateo 202, San Jose CC 205, American River 231. (Individuals) - (1) Ed Mendoza (Gr) 20:07, (2) David Babiracki (LAVly) 20:18, (3) Greg Hall (Fresno) 20:29, (4) Bruce Johnson (EC) 20:33, (5) Lou Patterson (EC) 20:34, (6) Larry Greer (LB) 20:36, (7) Mike Schaecher (WV) 20:39, (8) Dave Garcia (Del) 20:44, (9) John Schmickrath (LB), (10) Chic Perkins (EC) 20:46....(19) Bob Enriquez (SJCC) 21:07, (20) Jon Ahnberg (WV) 21:10, (24) Mike Arago (Marin) 21:18, (26) Neil Glenesk (CSM) 21:20, (27) Guy Artherholt (Modesto) 21:21, (28) Mike Brooks (Fresno) 21:22, (33) Jose Cortez (CSM) 21:27, (34) Louis Sanchez (SJCC) 21:28, (36) Dave Williams (Fresno) 21:31, (38) Cliff Rees (Fresno) 21:36, (39) Rich Langford (AR) 21:37, (41) Pat Phelan (AR) 21:39, (42) Mike Haniger (WV) 21:40, (43) Keith Kruse (WV) 21:41, (44) Gordon Blackwell (WV) 21:42, (46) Rito Fuentes (Fresno) 21:47, (47) Scott Carvey (CSM) 21:50, (48) Greg Griffin (AR) 21:51, (49) Burt Hume (WV) 21:52, (50) Phil Teresi (SJCC) 21:53, (51) Vic Massa (CSM) 21:54, (52) Juan Ramirez (SJCC) 21:55, (53) Pat Dunning (Fresno) 21:56, (54) John Weed (AR) 21:57, (59) Ken Phelps (CSM) 22:10, (61) Pat Rexroad (WV) 22:12, (63) Jim Sena (SJCC) 22:19, (64) David Irwin (AR) 22:25, (65) Steve Hall (Fresno) 22:34, (66) Gary Green (AR) 22:35, (67) Tim Wright (CSM) 22:45, (68) Steve Wahas (AR) 22:49, (70) Larry Dieu (CSM) 23:12, (71) Sergio Reyes (SJCC) 23:38.

MISCELLANEOUS ROAD RESULTS

Reno Journal Jog: (Oct. 24) - Univ. of Nevada's Peter Duffy was first in the field of over 200 with a 24:24 clocking in high altitude Reno for 5 miles. He easily outdistanced team mates John Moura and Mike Stansbery (25:35 each). We don't have any other detailed results, but do know that Jim O'Neil was 21st in 28:01.

Bill Scobey Sets Record in Rosebowl Run: (Nov. 20 or 21) - West Valley TC's Bill Scobey warmed up for the National AAU XC Championships by knocking 4 seconds off Fred Ritcherson's course record of 49:17 for the Annual Rose Bowl 10 Mile Handicap Run. We have no other results on this race.

Charlie Harris Runs Well in Albuquerque: (Nov. 14) Gerry Garcia (10th in the AAU Cross Country Championships) ran an easy 32:13 victory over Web Loudat on a 6.4 mile course. Charlie Harris finished 6th in the race in a time of 34:34. Loudat was 33:50. Dave Roberts in third, also had the same time as Web. (Nov. 21) Running over a course that was more to his liking, Harris won a 20 Km. road race in 1:08:16 (again in Albuquerque) to defeat Blair Johnson by almost a full minute.

Sean O'Riordan Wins Seattle Invitational Marathon: (Nov. 21) - West Valley TC's and Ireland's Sean O'Riordan hung up his best ever marathon time by winning the 2nd Annual Seattle Invitational Marathon in record time (2:31:09.8) under very adverse conditions (wind and cold). He easily outdistanced second placer Wolf Schamberger of Canada (2:32:16.6). He was 7:30 under the old course record.

Jack West Takes New Ways AC Five Miler: (Dec. 4) Butte College's Jack West had a fairly easy time of it in winning the Chico 5 miler, sponsored by the New Ways AC. His winning time of 27:38.1 was actually over a 5.1 mile course. Top five placers went to (2) Tom O'Conner (New Ways) 27:52.6, (3) Calvin Lamtrip (Oroville HS) 28:23.5, (4) Jim Estes (New Ways) 28:23.5, (5) Paul Tjogas (New Ways) 30:16.6. A total of 23 finishers made the complete course, with Liz Green being the first woman in 20th (39:11.1).

Prime Rib Inn 12 Mile Run: (Dec. 18) - We never even heard about this one until the results came out in the papers, but Dave Garcia of San Joaquin Delta College was the winner in 62:10 over Noel Hitchcock (Sac'to State College) 62:29, and Brenton Hart (65:02). In the high school division, Richard Slyke took top honors with a 65:02, good enough for 3rd in the open division. Paul Reese of the NorCal Seniors TC took the 40 and over award in 69:57. Cathy Adams was top woman with her 84:52. The eighth grade division was taken by Jim Freeman in 73:29, and the sportsmanship award went to Mike Boitano.

Skip Houk Blitzes Own Record in Madera Mini-Marathon: (Dec. 18) - Running by himself from the start, High Sierra TC's Skip Houk ran a very swift 1:06:51 for the Madera Mini-Marathon, chopping almost two minutes from his 1:08:32 record. Conditions were near perfect for his record run as Skip led his team to the team title with a low of 8 points (3 runners counted). Dave Bronzan (HSTC) was second, only 13 seconds ahead of the Pamakids' John Weidinger, who made the long trip down from the Bay Area. Dave's time was 1:11:41 to John's 1:11:54. Other Bay Area finishers: (13) Steve Parker (Alameda TC) 1:24:10, (24) Buck Swannack (Dolphin Club) 2:18:42. Mike Montoya of Reedley High won the high school division in 1:14:10 over Ron Vogt (McLane, Fresno) - 1:14:41.

At Last!! Full PA-AAU 25 Km. Results: (Sept. 25) - Several issues ago we promised to round up the 25 Km. results for you...it took a long time, but here are 13th thru 45th places (top 12 were listed in the October issue). (13) Daryl Zapata (unat.) 1:31:40, (14) Willie Cronin (WVTC) 1:32:55, (15) Mark Donnell (STC) 1:33:28, (16) Paul Koski (unat.) 1:34:58, (17) Mike Conroy (RCS) 1:36:23, (18) Dave Marsh (Pamakid) 1:37:28, (19) Peter Wood (NCSTC) 1:37:34, (20) Dave Stevenson (SRC) 1:37:45, (21) Jim Bowles (WVTC) 1:38:25, (22) Peter Mattei (NCSTC) 1:38:32, (23) John Geer (Whittier) 1:39:12, (24) Walt Van Zant (WVJS) 1:39:27, (25) Mike Healy Sr. (NVRC) 1:39:47, (26) Ron Kinney (NCSTC) 1:39:53, (27) Tom Pinckard (unat.) 1:40:08, (28) Don Pickett (SFOC) 1:40:59, (29) Don Sommer (NVRC) 1:41:02, (30) Robin Clark (Maranon) 1:41:07, (31) Jim Nicholson (NCSTC) 1:42:54, (32) Weber (unat.) 1:43:11, (33) Lony (NVRC) 1:43:16, (34) Alex Monterosa (SERC) 1:43:57, (35) Jerry Kokesh (unat.) 1:44:19, (36) Don MacIntosh (Maranon) 1:45:54, (37) Mathews (unat.) 1:46:05, (38) Mike Healy Jr. (NVRC) 1:46:38, (39) Robin Nowinski (WVTC) 1:47:08, (40) Aegley (unat.) 1:47:11, (41) Ketterer (unat.) 1:49:48, (42) Lee Holley (MAC) 1:50:38, (43) Ted Larson (MPAC) 1:51:50, (44) Grant Newland (NCSTC) 1:52:44, (45) Arberry (YMCA) 1:53:31.

BADGLEY TAKES BIG WIN IN PA-AAU JR. XC

(Oct. 23, Golden Gate Park, S.F.) - West Valley TC's Wayne Badgley really began to find himself in the PA Junior Championships as he whipped Bill Scobey (unatt.) by a good 20 second margin (not just a few yards as reported earlier). The cross-countryish course through Golden Gate Park was a bit short of the designed 10 kilometers (or else a lot of people now are new world record holders), but it was still one heck of a good race. This race is becoming less and less of a "junior" race every year. With Jack Leydig being ineligible for the team title because he had been on a Jr. Championship team before, the Redwood City Striders took the team title, with WVTC second. Dave Stevenson showed that he is becoming a top class senior cross country runner by downing Don Pickett by nearly 30 seconds. Jim Nicholson, Bill Roay, Walt Betschart and Armand Castro rounded out the top senior runners. Taffy Fuller, competing unattached, was the first woman in (107th - 38:43). A total of 134 finishers were recorded. Following are listed the top 60 runners and their times:

1 - Wayne Badgley (West Valley TC)	25:10	21 - John Weidinger (unatt.)	28:39	41 - Unidentified runner	30:35
2 - Bill Scobey (unatt.)	25:30	22 - John Butterfield (Boston AA)	28:43	42 - Don Pickett (SFOC)	30:37
3 - Byron Lowry (SFOC)	25:59	23 - Joel Hawk (Santa Clara Univ.)	28:47	43 - William Smith (unatt.)	30:39
4 - Greg Tibbetts (unatt.)	26:02	24 - Bob Miller (RC Striders)	28:58	44 - Nils Carlson (Solano TC)	30:44
5 - Ray Darwin (Culver City AC)	26:08	25 - Bryan Gieser (RC Striders)	29:04	45 - Michael Georgi (USF)	30:48
6 - Lee Ferrero (Athens AC/USAF)	26:11	26 - Jim Holl (West Valley TC)	29:06	46 - John Geer (Whittier Col. Alum.)	30:50
7 - Jack Leydig (West Valley TC)	26:45	27 - Frank Hagerty (Napa Valley RC)	29:09	47 - Pete Paulson (RC Striders)	30:51
8 - Jim Dare (US Navy)	26:59	28 - Eugene Gilligan (New Ways AC)	29:17	48 - David Unger (unatt.)	30:52
9 - Bobby Darling (RC Striders)	27:02	29 - Donald Roth (unatt.)	29:22	49 - Alex Monterrosa (SERC)	31:02
10 - Dan Anderson (Valley TC)	27:11	30 - Jeff Kroot (Marin AC)	29:26	50 - Jerry Kokesh (unatt.)	31:12
11 - Daryl Zapata (unatt.)	27:18	31 - Mark Byers (unatt.)	29:48	51 - Jim Nicholson (NCSTC)	31:22
12 - Dale Severy (unatt.)	27:25	32 - John Finch (unatt.)	29:51	52 - Bert Botta (Pamakids)	31:25
13 - Robert Brunkan (unatt.)	27:29	33 - Larry Main (West Valley TC)	29:58	53 - Richard Bawden (unatt.)	31:34
14 - Joseph McDevitt, Jr. (WVTC)	27:33	34 - Dave Stevenson (Stanford RC)	30:06	54 - Ed Jaynes (Athens AC)	31:44
15 - Greg Chapman (Solano TC)	27:49	35 - Richard Cordone (San Diego TC)	30:21	55 - William Roay (NCSTC)	31:57
16 - George Kirk (RC Striders)	27:53	36 - Phil Holder (Solano TC)	30:22	56 - Walt Betschart (NCSTC)	31:58
17 - Bruce Degen (Marin AC)	27:56	37 - # 899	30:25	57 - Norman Simon (unatt.)	32:02
18 - Norris Peterson (WVJS)	27:58	38 - Unidentified runner	30:27	58 - Armand Castro (unatt.)	32:16
19 - Doug Butt (Marin AC)	28:00	39 - Jim Bowles (West Valley TC)	30:30	59 - Rudy Hernandez (Chabot JC)	32:18
20 - Tom Beck (Marin AC)	28:32	40 - Dave Peterson (WVJS)	30:34	60 - T.A. de Lusignan (Marin AC)	32:19

TURKEY TROT: LOWRY MAKES SHAMBLES OF FIELD BUT MISSES RECORD

(Nov. 6, Oakland) - Literally running away from the rest of the field and winning by 5 minutes, Byron Lowry of the S.F. Olympic Club made it look easy, but ran almost a minute off last year's record run, set by West Valley's Bill Clark. Last year Byron finished second to Bill, only some 10 seconds back. His time of 56:08 was the only one under an hour for the hilly 10 mile grind that follows rough trails in the Oakland Hills. Valley TC's Dan Anderson was closest at 61:15. Jim Nicholson proved he will be a senior to contend with this year as he easily upended Jim O'Neil, 67:08 to 67:31. Bob Malain, Peter Mattei, Ron Kinney, and Walt Betschart followed. In the shorter 5 mile race, West Valley's Ted McRice had an easy go of it, winning in 32:57 to runnerup Buster Doohan's 38:06 (Junior High). Skip Swannack was next (39:45). There were 9 finishers in the race. The special 2 miler was won by Mike Healy (NVRC) in 10:45, followed by 1971 Dipsea winner Mike Boitano in 10:55. Dave Anderson of Valley TC was 3rd (11:57) and the rest of the field was far back. Eleven completed the run. In the longer race, 44 went the full distance and the top 30 were:

1 - Byron Lowry (SF Olympic Club)	56:08	11 - Jim O'Neil (SF Olympic Club)	67:31	21 - Frank Robben (unatt.)	71:55
2 - Dan Anderson (Valley TC)	61:15	12 - Bill Kirby (Culver City AC)	67:39	22 - Walt Betschart (NCSTC)	72:00
3 - John Butterfield (Boston AA)	62:13	13 - Rudy Hernandez (Chabot JC)	68:12	23 - John Brennan (SERC)	72:14
4 - Doug Perez (Culver City AC)	64:38	14 - Bob Malain (NCSTC)	68:29	24 - Steve Smith (Laney College)	73:20
5 - Willie Cronin (West Valley TC)	65:14	15 - Mike Georgi (USF)	68:59	25 - Kenneth Witt (Stanford RC)	73:20
6 - David Zumwalt (unatt.)	65:33	16 - Tom O'Brien (unatt.)	69:59	26 - Gunter Hemmersbach (Pamakids)	74:30
7 - Ian Jackson (unatt.)	65:52	17 - Chuck Stagliano (Dolphin Club)	70:15	27 - Ralph Patty (NCSTC)	75:01
8 - Mike Loeffler (Aggie TC)	66:19	18 - Peter Mattei (NCSTC)	70:15	28 - Len Litwack (Dolphin/SERC)	76:00
9 - John Finch (unatt.)	66:42	19 - Alex Monterrosa (SERC)	70:31	29 - Wes Alderson (Culver City AC)	76:09
10 - Jim Nicholson (NCSTC)	67:08	20 - Ron Kinney (NCSTC)	71:11	30 - John Lambus (unatt.)	78:03

PA-AAU XC: SCOBLEY WINS OVER BEST-EVER FIELD IN 29:25

(Nov. 13, Golden Gate Park, S.F.) - After the race, Byron came up to me and said, "Boy, I sure got my butt whipped, but it was fun. I think it was the best ever PA-AAU Championships." A lot of class was missing from the area, but there was a lot present too. Four of the top 6 went on to place in the top 30 in the AAU Championships and the other two were in the top 50. Bill Scobey broke loose from a pack of Clark & Duffy, along with a fading Badgley, at about the half-way point, and went on to a 16 second margin of victory over a muddy and slippery "cross country" course. The 10 kilometers was probably short, but the competition was tough all the way down. Top names finished way into the teens. West Valley had a fairly easy time overcoming the University of Nevada (led by WVTC'er Peter Duffy, competing for the school in the fall), 33-56, for the team title. Ross Smith led the seniors with a commendable 56th place, followed by Dave Stevenson (72nd) and Jim O'Neil (83rd). Skip Swannack was first woman in 43:47, good enough for 151st (172 finished). The top 75 finishers are listed below:

1 - Bill Scobey (West Valley TC)	29:25	26 - Pat Buzbee (New Ways AC)	32:33	51 - Unidentified runner	33:58
2 - Cliff Clark (USAF)	29:41	27 - David Daniel (Unat. Indians)	32:34	52 - Unidentified runner	34:07
3 - Peter Duffy (Nevada/WVTC)	29:46	28 - David Ingraham (Unat. Indians)	32:35	53 - Jim Bowles (West Valley TC)	34:17
4 - Byron Lowry (SF Olympic Club)	30:03	29 - Joe McDevitt, Jr. (WVTC)	32:37	54 - Unidentified runner	34:20
5 - Chuck Smead (unatt.)	30:23	30 - Art Reade (West Valley TC)	32:42	55 - Jim Holl (West Valley TC)	34:23
6 - Wayne Badgley (West Valley TC)	30:25	31 - Tom O'Conner (New Ways AC)	32:55	56 - Ross Smith (WV Joggers)	34:29
7 - Duwayne Ray (West Valley TC)	30:26	32 - Mike Buzbee (New Ways AC)	32:58	57 - Jim Estes (New Ways AC)	34:30
8 - Gary Berthiaume (West Valley TC)	30:33	33 - Richard Day (unatt.)	33:02	58 - Willie Cronin (West Valley TC)	34:32
9 - Jon Anderson (Oregon TC)	30:51	34 - John Butterfield (Boston AA)	33:05	59 - David Muela (CCSF)	34:33
10 - Peter Sinnott (Nevada)	31:07	35 - Anthony Risby (Nevada)	33:07	60 - Dennis Bell (Aggie TC)	34:35
11 - Bob Crow (West Valley TC)	31:08	36 - Tom Beck (Marin AC)	33:10	61 - John Weidinger (Pamakids)	34:38
12 - Ronald Zarate (Nevada)	31:11	37 - Paul Bateman (unatt.)	33:12	62 - John Finch (unatt.)	34:40
13 - Mike Stansbery (Nevada)	31:15	38 - Harry Skandera (unatt.)	33:12	63 - Charles Aldous (Aggie TC)	34:43
14 - Jim Dare (US Navy)	31:30	39 - Frank Donohue (SF State)	33:12	64 - David Greenlaw (Unat. Indians)	34:45
15 - Bill Clark (West Valley TC)	31:32	40 - Mike Edmonds (WVTC "F" Team)	33:12	65 - Paul Koski (unatt.)	34:48
16 - Bob Darling (RC Striders)	31:43	41 - Luther Clary (Nevada)	33:12	66 - David Zumwalt (unatt.)	34:51
17 - John Loeschhorn (No.Car.TC)	32:02	42 - Dan Best (RC Striders)	33:15	67 - Gus Cano (RC Striders)	34:56

18 - John Moura (Nevada)	32:08	43 - Greg Chapman (Solano TC)	33:18	68 - Larry Main (West Valley TC)	34:57
19 - Curtis Terry (Nevada)	32:12	44 - Ward Crary (Santa Clara)	33:25	69 - Stuart Hobbs (Aggie TC)	34:58
20 - Robert Giles (Aggie TC)	32:13	45 - Stephen Lawry (Unat. Indians)	33:30	70 - Rick Trachok (unatt.)	34:59
21 - Wallace Denny (USAF)	32:16	46 - Frank Hagerty (Napa Valley RC)	33:33	71 - Bill Posedel (Pamakids)	35:01
22 - Bruce Degen (Marin AC)	32:20	47 - Bob Gormley (Marin AC)	33:39	72 - Dave Stevenson (Stanford RC)	35:02
23 - Daryl Zapata (West Valley TC)	32:24	48 - Ron Plemmons (unatt.)	33:42	73 - John Mills (unatt.)	35:03
24 - Chris Wall (Aggie TC)	32:29	49 - Dan Anderson (Valley TC)	33:46	74 - Ed Jaynes (Athens AC)	35:26
25 - John Hanzlik (Lassen TC)	32:31	50 - Unidentified runner	33:54	75 - Darrell Jeong (Pamakids)	35:29

BEARDALL & PINOCCI DEADHEAT AT DALY CITY HILL RUN

(Nov. 20, Daly City) - Running together over the entire distance with neither making any decisive moves, both decided to tie it up with about a half-mile to go. Beardall was credited with a one second victory over Pinocci, but both came in together and so we are giving them 1.5 points each in our point race. Incidentally, I overlook Mike in the point totals. He should rank 8th overall in the open division, displacing myself (sniff, sniff!) and Willie Cronin from the list. Both Beardall & Pinocci ran 36:00, with Steve Slawson closing fast coming down the last (and only) hill - all 3 miles of it. West Valley TC was the unofficial team winner (Pinocci, Cronin, Edmonds, Main, Cortez). Peter Wood looked really good on the hills today and ran away from Jim O'Neil, 38:48 to 39:24. In the women's division, Skip Swannack took an easy victory over Priscilla Butterfield (49:03 to 55:18), beating her by some 30 spots (90th to 120th). A total of 134 runners completed the grind which was sponsored by the Daly City Recreation Dept. The race went to the top of San Bruno Mountain and back down. The first 45 placers are listed in order below: (Course is about 6 miles long)

1 - Darryl Beardall (Marin AC)	36:00	16 - Thomas Blake (unatt.)	38:16	31 - Mike Georgi (USF)	40:43
tie Mike Pinocci (West Valley TC)	36:00	17 - Bruce Kaufman (unatt.)	38:33	32 - Steve Oven (Encinal HS)	40:45
3 - Steve Slawson (Solano TC)	36:11	18 - Peter Wood (NCSTC)	38:48	33 - Gary Rayome (unatt.)	41:17
4 - Mark Donnell (San Jose State)	36:26	19 - Larry Main (West Valley TC)	38:53	34 - David Unger (unatt.)	41:18
5 - Harry Skandera (US Army)	36:29	20 - Frank Cortez (West Valley TC)	39:11	35 - Larry McGrael (College Park)	41:24
6 - Greg Chapman (Solano TC)	36:36	21 - Jim O'Neil (SF Olympic Club)	39:24	36 - Carlos Ortiz (unatt.)	41:29
7 - Calvin Lantrip (Oroville HS)	36:41	22 - Bill Posedel (Pamakids)	39:33	37 - Don Pickett (SF Olympic Club)	41:31
8 - Dan Anderson (Valley TC)	36:47	23 - Gary Casagrande (unatt.)	39:36	38 - Robert Telles (unatt.)	41:35
9 - Tom Brown (Chico State)	37:02	24 - Terry Smith (CCSF)	39:37	39 - Gil Tarin (NCSTC)	41:36
10 - Rusty Nahirny (unatt.)	37:24	25 - Rudy Dressendorfer (unatt.)	39:38	40 - Pat Cunneen (Pamakid)	41:44
11 - John Butterfield (Boston AA)	37:26	26 - Joseph King (unatt.)	39:45	41 - Ty Smith (unatt.)	41:45
12 - John Weidinger (Pamakids)	37:32	27 - Edward Jaynes (Athens AC)	39:53	42 - Ted McRice (West Valley TC)	41:48
13 - Willie Cronin (West Valley TC)	37:48	28 - Jim Nicholson (NCSTC)	40:11	43 - John Boccetti (unatt.)	42:03
14 - Mike Edmonds (West Valley TC)	37:51	29 - Tom Read (unatt.)	40:24	44 - Brian Tulley (unatt.)	42:07
15 - John Dean (unatt.)	37:56	30 - Mike Shaughnessy (unatt.)	40:32	45 - Bob Smith (Jefferson HS)	42:27

DAN ANDERSON WINS FIRST PLEASANTON-DUBLIN RUN

(Nov. 28) - Valley TC's Dan Anderson finally found the combination and won his first road race in many a month by taking a 40 second victory from Tom Cathcart of the sponsoring Livermore Valley RC, who won the team title, 93 points to 138 for the runnerup Pama-kids and 154 for West Valley TC. Unfortunately, the first two runners went astray when they missed a turn in Dublin, going at least a mile off of the course. One of the runners, Darren George, managed to regain his composure and still finish a fantastic sixth. The other runner didn't finish as far as we know. Jim O'Neil again ran a superb race by finishing eighth overall as first senior in a time of 1:09:44 for the 12.5 miler!! Actually, the course was about 12.25 miles, but Jim was still moving. Dave Stevenson was a distant second in 1:11:31, followed by Jim Nicholson, John Romero (Las Vegas TC) and Don Coghlan. Mike Healy of the Napa Valley RC was first finisher in the 12 and under category with his fine 30th place. Sister Michelle was the first woman finisher in 68th with a time of 1:29:29. Elaine Pederson was 2 places and about 1:30 back. A total of 91 runners completed the race. The top 45 are listed below with their times:

1 - Dan Anderson (Valley TC)	1:05:17	16 - Frank Santos (DRR)	1:12:12	31 - Bill Foster (DRR)	1:15:40
2 - Tom Cathcart (Livermore VRC)	1:05:55	17 - Nils Carlson (Solano TC)	1:12:44	32 - Tom Pinckard (unatt.)	1:15:51
3 - John Weidinger (Pamakids)	1:06:27	18 - Fred Mahler (Livermore VRC)	1:13:10	33 - Rudy Hernandez (Valley TC)	1:16:11
4 - Willie Cronin (West Valley)	1:08:42	19 - Bruce Hamilton (GRR)	1:13:26	34 - Bill Kirchmeier (NCSTC)	1:16:35
5 - Greg Chapman (Solano TC)	1:09:10	20 - Jim Nicholson (NCSTC)	1:13:50	35 - Alan Waterman (Stanford RC)	1:16:41
6 - Darren George (Napa Vly RC)	1:09:39	21 - Shawn Lyons (GRR)	1:13:52	36 - Ernie Jeong (Pamakids)	1:16:54
7 - Jack Solomon (unatt.)	1:09:43	22 - Brent Masters (LVRC)	1:14:02	37 - Paul Fudenna (unatt.)	1:17:37
8 - Jim O'Neil (SF Olympic Club)	1:09:44	23 - Mike Chessar (DRR)	1:14:08	38 - Charles Kohs (Pamakids)	1:18:12
9 - Edward Jaynes (Athens AC)	1:10:23	24 - Rich Ryon (LVRC)	1:14:17	39 - Rich Gentry (unatt.)	1:18:27
10 - Terry Stefanski (DRR)	1:10:32	25 - John Romero (Las Vegas TC)	1:14:21	40 - George Beinhorn (unatt.)	1:18:50
11 - Darrell Jeong (Pamakids)	1:10:51	26 - Bob Ackerman (Las Vegas TC)	1:14:27	41 - Brian Davis (GRR)	1:19:02
12 - Rickey Wilkins (Am HS)	1:11:18	27 - Dave Fried (LVRC)	1:14:30	42 - Keith Campbell (WVJS)	1:19:08
13 - Dave Stevenson (Stanford RC)	1:11:31	28 - Don Coghlan (NCSTC)	1:14:31	43 - Peter Niday (Amador HS)	1:19:41
14 - Mike Duncan (West Valley TC)	1:11:45	29 - Terry Weaver (FSBC)	1:14:55	44 - James Jacobs (West Valley TC)	1:19:52
15 - Robin Clark (Maranon)	1:11:51	30 - Michael Healy (NVRC)	1:15:28	45 - Raymond Sibley (Solano TC)	1:20:17

SCOBEY & HIGGINS BATTLE AT CULVER CITY

(Dec. 5, Culver City Marathon) - After finishing second last year, Bill Scobey pretty much decided that his first marathon would be his last...too much pain, or something like that. However, after running several more during the past year, Bill was aching to go for the title this year, and plainly stated before the race, that "this one is my baby". His prediction of a 2:17 (based on a dream) was not nearly good enough. In fact, it wasn't even good enough for second. Norm Higgins, who stayed in LA after finishing well (36th) in the AAU Cross Country Meet a week before, was ready for a fast one too, and he set the early pace, going through 5 miles at 25:25 and 10 at 49:49. Meanwhile, Scobey and Greg Brock had split off from a large pack and were in hot pursuit of Norm, being a consistent 15-20 seconds off his pace after 5 miles until the half-way point. Then Brock started to fade and Scobey made his move toward Higgins, passing him just before 15 miles and opening up a good margin that was 49 seconds at 20 miles (1:42:50 to 1:43:39). Meanwhile (back at the 10 mile mark that is), a large pack composed of Alvaro Mejia, Wayne Badgley, Jacinto Sabinal, Phil Ryan, John Lesch, Mark Covert and Tim Tubb were cruising through a more sensible 52:10 or so. Everyone thought that the leaders would have to die off or slow down a lot...but, they kept it up. Norm closed the gap at the finish to 31 seconds, but Scobey still had a comfortable margin of victory and recorded the fastest time by an American this year, second fastest ever by an American on U.S. soil, and fifth fastest American on the all time list; only O'Reilly, Moore, Burfoot and Edelen have done better. Norm took one spot behind Bill in all those categories. A few days later in Fukuoka, Japan, Frank Shorter ran a blazing 2:12:50.4 to knock both marks down a notch and become the third fastest ever. Sabinal pulled away from Badgley after 15 miles as Wayne was being bothered by stomach cramps. He finished well arrears, but still recorded a 2:20:25, 15 minutes under his PR. Sabinal was 2:17:30 for another PR. The top 15 broke 2:30 to give you an idea of the depth. West Valley took the team title by a narrow margin over the

Southern California Striders, 18-24. The Golden West AA had 25 for third. Harold DeMoss was the hero for the winning team as he went almost unnoticed in 33rd place. After Mejia dropped out at 15 miles, no one thought we had a chance, including me. At the awards ceremony, Harold came up to me and said "I think we won" and I couldn't believe it. He ran his consistent 2:40 pace and that was enough. The top 30 plus other NorCal finishers are listed below. 270 finished the grind under perfect conditions, although a bit warm toward the end. I almost forgot another important happening...Cheryl Bridges ran a 2:49:40...that's right...a world record for women. She looked very strong finishing and I have a feeling she can go much faster. She placed 60th in the huge field. Meanwhile, back in 100th, Sharon O'Halloran of Santa Monica was running her first race over 16 miles (or workout for that matter) and almost broke 3 hours, going 3:00:19 for the route. Ageless Monty Montgomery ran his fastest ever time of 2:53:03 at 65 years of age!

1 - Bill Scobey (West Valley TC) 2:15:21	11 - Jose Hernandez (Mexico) 2:27:24	21 - Bob Price (AIA) 2:36:33
2 - Norm Higgins (Connecticut) 2:15:52	12 - Alfredo Penaloza (Mexico) 2:27:59	22 - Don Ocana (Cal-St Fullerton) 2:36:52
3 - Jacinto Sabinal (Mexico) 2:17:30	13 - John Brennand (SBAA) 2:28:33	23 - Lee Courkamp (Colorado) 2:37:05
4 - Wayne Badgley (West Valley) 2:20:25	14 - John Lesch (Univ. Chic. TC) 2:29:24	24 - Carlos Alfaro (unatt.) 2:37:05
5 - Dave White (Calif. TC) 2:22:55	15 - Dave Russell (SCS) 2:29:39	25 - Eduardo Diaz (UC Riverside) 2:37:21
6 - Greg Brock (SC Striders) 2:23:19	16 - Charles Warthan (Indiana) 2:31:16	26 - Jose Garcia (Las Vegas TC) 2:37:49
7 - Pablo Lugo (Mexico) 2:23:42	17 - Orville Atkins (Seniors TC) 2:32:02	27 - Mathew Hassett (ARR) 2:38:07
8 - Phil Ryan (Golden West AA) 2:24:00	18 - Spencer Smith (ARR) 2:33:29	28 - Jim Arguilla (Long Beach St) 2:38:19
9 - Jerome Liebenberg (unatt.) 2:26:06	19 - Liam Ryan (Golden West AA) 2:33:34	29 - Frank Freyne (Culver City AC) 2:38:25
10 - Larry Pontinen (SBAA) 2:26:56	20 - Jon Sutherland (Calif. TC) 2:34:25	30 - Jim Perez (Golden West AA) 2:38:55

.....Other NorCal Finishers: (33) Harold DeMoss (West Valley TC) 2:40:21, (65) Ron Vogt (unatt.) 2:50:54, (80) Don Gregory (Fresno-Pacific) 2:54:10, (81) Rich Jensen (Fresno-Pacific) 2:54:10, (89) Doug Gates (unatt.) 2:57:23, (95) Bob Sosa (Fresno-Pacific) 2:59:11, (110) Bill Cockerham (High Sierra TC) 3:03:48, (121) Bill Snavelly (unatt.) 3:04:50.7, (168) Paul Mendez (Madera) 3:18:23...hope I didn't miss anyone...if so drop me a line and I'll print it next time around.

LOWRY SETS NEW MARK AT PEPSI 20 MILER

(Dec. 5, Sacramento) - While Scobey was tearing apart Norm Higgins' old Culver City record, Byron Lowry was at it in Sacramento, establishing a new mark for the 20 Miler at 1:42:16.4, slightly faster than Scobey's record pace at Culver. Byron's old mark was 1:44:01.4. He became the first repeat winner in the race's six year history. Second placer Peter Duffy of England also broke the old mark with 1:43:30. The two stayed together for most of the race before Byron pulled it out over the last few miles. Steve Dean of Sacramento was third, just 6 tenths of a second off the old mark. A sensational performance was turned in by 43 year old Ross Smith of Reno, in winning the over-40 division in 1:56:18, shattering his own record of 2:04:09. Jim O'Neil and Peter Mattei also broke the old senior mark. Walt Stack, 64, set a new record in the over-60 division of 2:40:02. Another record breaker was Mike Boitano, winning the age 10 and under division in 2:33:11. Tommy Owen and Mary Etta Boitano captured the next two places. Jim Howard of Wilton, captured the high school junior-senior division in 1:58:29. Sacramentans Mike Tulley and Garth Janke were second and third. The high school soph division was won by Bob Loux of Modesto in 2:07:43. Second and third went to Peter Witt and Pete Demorais. The first woman finisher was Dale Phillips of Jonesville in 2:33:20. She was followed by Maureen Wiemeyer of Cedar Ridge and Skip Swannack of Belmont. The race attracted 400 starters, 302 of whom finished. Paul Reese took the 50-59 division with a superb 2:05:48. Whoa...that's the record he set last year. This year's winner was Alan Waterman in 2:13:02. David Cortez copped the ninth grade trophy with his 2:10:26. The top 90 are listed below:

1 - Byron Lowry (unatt.) 1:42:16	31 - Frank Cortez (West Valley TC) 2:01:05	61 - Dale Fuller 2:08:59
2 - Peter Duffy (West Valley TC) 1:43:30	32 - Mike Conroy (RC Striders) 2:01:23	62 - Daniel McFall 2:09:01
3 - Steve Dean (unatt.) 1:44:02	33 - Angelo Martinez (Alam TC) 2:01:48	63 - Harry Ellis 2:09:03
4 - Jose Cortez (RC Striders) 1:47:15	34 - Lee Holley (Marin AC) 2:01:53	64 - Donal Coghlan (NCSTC) 2:09:05
5 - Pat Buzbee (New Ways AC) 1:51:55	35 - Stephen Noga 2:01:57	65 - Barry Smith (Alameda TC) 2:09:51
6 - Mike Buzbee (New Ways AC) 1:52:08	36 - Paul Koski 2:02:00	66 - Thomas Pinckard 2:09:58
7 - John Butterfield (Boston AA) 1:52:12	37 - Bob Gormley (Marin AC) 2:02:08	67 - Don Sommer (Napa Vly RC) 2:10:17
8 - John Loeschhorn (NCTC) 1:52:56	38 - Bill Posedel (Pamakids) 2:02:45	68 - Jim Fritz 2:10:24
9 - Roy Vogel (Sac'to State) 1:53:36	39 - Gus Cano (RC Striders) 2:03:02	69 - David Cortez (RC Striders) 2:10:26
10 - Steve Litchfield (Sac'to St.) 1:54:10	40 - Robin Clark (Maranon) 2:03:07	70 - Bill Kipp 2:10:55
11 - Darryl Beardall (Marin AC) 1:54:15	41 - Peter Mattei (NCSTC) 2:03:37	71 - Frank Rodriguez 2:11:01
12 - Bob Barker 1:54:45	42 - Robert Snow 2:04:15	72 - Kenneth Witt 2:11:24
13 - Frank Krebs (Sac'to State) 1:56:10	43 - Mike Pinocci (West Valley) 2:04:16	73 - Arthur Branchini 2:11:35
14 - Nicholas Vogt (Golden Spike) 1:56:14	44 - Jim Holl (West Valley TC) 2:04:24	74 - William Smith 2:11:43
15 - Tom Smith (West Valley J&S) 1:56:18	45 - Rodger Jordahl 2:04:43	75 - Craig Cuslidge 2:11:58
16 - Timothy Jordan (Elk Grove) 1:56:27	46 - Darrell Jeong (Pamakids) 2:05:20	76 - George Koch 2:12:02
17 - Ron Plemmons 1:56:59	47 - Raymond Miranda 2:05:48	77 - Mike Edmonds (West Valley) 2:12:20
18 - Doug Essary (Sac'to TC) 1:57:42	48 - Ray Bowles (West Valley TC) 2:05:59	78 - Peter Hmonds (unatt.) 2:12:23
19 - John Hanzlik 1:58:22	49 - Harvey Sandoval (West Valley) 2:06:23	79 - San Suyenaga 2:12:24
20 - Jim Howard 1:58:29	50 - Richard Van Slyke 2:06:39	80 - Bill Wanninger 2:12:41
21 - Joe Taxiera (Alameda TC) 1:58:32	51 - Ted Nelson 2:07:16	81 - Richard Gentry 2:12:48
22 - Greg Griffin 1:58:43	52 - Nils Carlson (Solano TC) 2:07:20	82 - Greg Wardwell 2:13:01
23 - Michael Tulley 1:58:46	53 - Bob Loux 2:07:43	83 - Alan Waterman (Stanford RC) 2:13:02
24 - Pete Flores 1:58:50	54 - Earl Hardy 2:07:45	84 - Mike Lotter 2:13:08
25 - Edward Jaynes (Athens AC) 1:58:53	55 - Steve Barr 2:07:48	85 - John Jamieson 2:13:26
26 - Jim O'Neil (SF Olympic Club) 1:59:01	56 - Jesse Ortiz 2:07:56	86 - Michael Garrett 2:13:48
27 - John Weed 1:59:12	57 - Peter Witt 2:08:04	87 - Larry McCrae 2:13:58
28 - John Rodriguez 1:59:25	58 - Steve Williams 2:08:27	88 - Roy Hoglund 2:14:39
29 - Garth Janke 1:59:50	59 - Jim Nicholson (NCSTC) 2:08:48	89 - Bob Woodliff 2:14:40
30 - Mark Proteau 2:01:01	60 - Pete Demorais 2:08:56	90 - David Irwin 2:14:48

JON ANDERSON RUNS 2:23:44 FIRST EFFORT AT PETALUMA

(Dec. 12, Petaluma) - Oregon TC's Jon Anderson, now living in Burlingame, took a shot at the marathon in the PA-AAU Championships and came out on target in his first attempt at the distance, coming home with a 2:23:44 effort, knocking a full minute off Steve Dean's course record. High School junior Gordon MacMitchell went out fast but soon settled in with the leaders through 10 miles (Anderson, George, and Dean, along with Darwin who later dropped out). Last year's winner Steve Dean began dropping at 14 miles and only Darren George remained with Anderson. He hung on for another 4 miles and then fell back. Dean had a strong comeback and passed George for second at just past 20 miles. A Sacramento State team of Steve Litchfield, Roy Vogel and Kevin Furey took the team title. In a close battle for senior honors, Jim Nicholson won out with a 3:00:20 to Peter Mattei's 3:00:37 and Dave Stevenson's 3:01:44. Gordon MacMitchell was the first high school finisher in a great time of 2:34:12 in his first ever attempt at the distance. Natalie Cullimore got her second best ever mark with a 3:22:16 over the rolling course. She was 69th overall. Conditions were just about ideal with temperatures in the upper 40's and a slight overcast, however, the wind was troublesome at times. 143 runners finished. The top 60 runners on the following page.

1 - Jon Anderson (Oregon TC)	2:23:44	21 - Darrell Jeong (Pamakid)	2:52:20	41 - Atkins Chun (SF Chuckers)	3:07:26
2 - Steve Dean (unatt.)	2:27:04	22 - Mike O'Halloran (Maranon)	2:53:29	42 - Rich Joyce (West Valley TC)	3:08:12
3 - Darren George (Napa Vly RC)	2:28:43	23 - Jim Bowles (West Valley TC)	2:55:24	43 - Dick Cordone (San Diego TC)	3:08:27
4 - Gordon MacMitchell (unatt.)	2:34:12	24 - Calvin Lantrip (Oroville HS)	2:55:32	44 - Dave Hansen (Miramonte HS)	3:08:43
5 - Steve Litchfield (Sac.St.)	2:35:23	25 - Tim Quinn (Sac.St.)	2:55:44	45 - Ralph Paffenbarger (NCSTC)	3:09:42
6 - John Butterfield (Boston AA)	2:36:44	26 - Randy Buob (unatt.)	2:56:12	46 - Don Sommer (Napa Vly RC)	3:10:19
7 - Roy Vogel (Sac. St.)	2:38:58	27 - Ward Crary (Sparta)	2:56:50	47 - Ernie Jeong (Pamakids)	3:10:31
8 - Darryl Beardall (Marin AC)	2:40:39	28 - Russ Black (Carlmont HS)	2:57:32	48 - Joe Mouille (unatt.)	3:10:57
9 - Mark Evans (San Jose State)	2:41:00	29 - Ted Nelson (Sierra College)	2:57:34	49 - Ed Preston (NCSTC)	3:11:33
10 - Nick Vogt (Golden Spike Rnrs)	2:41:43	30 - Barry Buob (unatt.)	2:58:11	50 - Bob Ackerman (Las Vegas TC)	3:11:55
11 - Ian Jackson (unatt.)(UCB)	2:43:49	31 - Tim Wright (Coll. of SM)	2:58:18	51 - Jim Holl (West Valley TC)	3:13:12
12 - John Weidinger (Pamakids)	2:46:59	32 - Dan Eubion (St. Francis HS)	2:59:55	52 - Bill Roay (NCSTC)	3:13:19
13 - Kevin Furey (Sac. St.)	2:47:05	33 - Jim Nicholson (NCSTC)	3:00:20	53 - Bob Campbell (unatt.)	3:13:57
14 - Mark Donnell (Alameda TC)	2:47:18	34 - Peter Mattei (NCSTC)	3:00:37	54 - Dick Meyer (Six Rivers RC)	3:14:13
15 - George Manriquez (ARRA)	2:48:47	35 - Dave Stevenson (Stanford RC)	3:01:44	55 - Kevin Donovan (unatt.)	3:14:45
16 - Chris Cole (unatt.)	2:49:08	36 - Cernaldo Garcia (ARRA)	3:01:50	56 - Alan Waterman (Stanford RC)	3:15:04
17 - Mike Fornaciari (Chico)	2:49:26	37 - Paul Reese (NCSTC)	3:03:17	57 - Dan Drechsel (Travis RR)	3:15:17
18 - Doug Essary (Sac'to TC)	2:51:20	38 - Mark Hemphill (Fresno State)	3:04:46	58 - Dan Bolster (West Valley TC)	3:15:18
19 - Ron Grander (West Valley Col)	2:51:34	39 - Shannon Rogers (ARRA)	3:05:37	59 - Orval Osborne (West Valley)	3:15:19
20 - Darrell Jeong (Pamakids)	2:52:20	40 - Bill Yee (Napa Vly RC)	3:06:42	60 - Ron Olitsky (unatt.)	3:15:44



Between 5 and 10 miles in PA Marathon (Dean, MacMitchell, Darwin, Anderson and George) (Marconi photo)



Roy Kissin (center) set American Age 14 records at 6 miles & 10 Km. recently.



Noel Hitchcock was the top NorCal finisher in the NCAA College XC Meet at Wheaton, Ill. (Marconi photo)



Mike Pinocci and Darryl Beardall tied for top honors in the Daly City Hill Run. (Photo by J. Leydig)



David Cortez, featured in this month's NorCal Portrait; shown here in the 1971 Dipsea. (Marconi photo)



Bill Scobey raced to a 2:15:21 clocking at Culver City, becoming the 5th fastest American. (Marconi photo)



Sacramento State's winning PA-AAU Marathon Team (Kevin Furey, Steve Litchfield, Roy Vogel). (Marconi photo)



Start of the 1971 AAU Cross Country Championships, where West Valley TC took 2nd teamwise. (Marconi photo)

SECOND ANNUAL WEST VALLEY MARATHON & WESTERN REGIONALS

DATE: Sunday, February 13, 1972. Start at 9 am SHARP!

PLACE: Burlingame, California. Start and finish at Burlingame High School (see map on reverse side for course details), located at Carolan Ave. & Oak Grove Ave. Take Broadway exit (West) off Bayshore Frwy. (US 101) and turn left onto Carolan Ave., which is the street just before the railroad tracks. The High School is about one mile south on Carolan, on your left.

CHECK-IN: Entries will be taken from 7 am until 8:45 am. No entries will be accepted after this time. Check-in will be in the gymnasium (signs will be posted to direct you on race day). You are encouraged to send in your entry early so you will have your name printed in the souvenir program. Deadline for getting your name in the program: entries received by Sat., Feb. 5.

ENTRY FEE: Entries will be \$2.00 per person, no exceptions. There will be no late entry fee. The only penalty will be failure to have your name printed in the program. Checks should be payable to West Valley Track Club. Note: You may send in your entry early without the entry fee enclosed and still be registered for the race, without penalty. We would like to have everyone pre-registered if possible to avoid the rush and hassle on race day. To encourage this, you don't have to send in your entry fee with your application if you aren't sure you will be able to run on race day. We will collect unpaid fees when you check in.

SPONSORS: West Valley Track Club and San Mateo Recreation Department are co-sponsors. In addition, many local merchants, whose names are not known at present, will donate merchandise awards. These individuals and organizations will be listed in the souvenir program.

SANCTIONED BY: Pacific Association of the A.A.U. and the World Marathon Runners Association. PA-AAU Sanction No. 121.

DISTANCE: Full Olympic Marathon Distance. CERTIFIED at 26 miles, 385 yards. Flat and fast. NEW COURSE.

ELIGIBILITY: Open to all amateur athletes. If runners do not have a valid 1972 AAU Card, one MUST be obtained from the PA-AAU Office, 942 Market St., Suite 601, San Francisco, CA 94102 (or other District Offices if the competitor is not from the Pacific Association). No runner will be allowed to compete without a 1972 AAU Card (these may be obtained on race day, but you are encouraged to get them early to speed up registration processes). Cost is \$1.50.

COURSE: Start at intersection of Carolan Ave. and north end of semi-circular drive in front of Burlingame High. The start will also be the 5, 10, 15, 20, and 25 mile checkpoints (5 loops). The last mile, 385 yards will be a tight loop near and around the High School, finishing on the semi-circular drive, directly in front of the main building. See reverse for map & other directions. Last year's record (old course) was 2:17:22.2 by Alvaro Mejia of Colombia (West Valley TC).

RESULTS: Results will be mailed to all competitors who fill out a self-addressed envelope on race day (these will be enclosed in your race packet and will be filled out and deposited in a box near the registration table on race day). No results to those who do not follow this procedure, unless you send a self-addressed, stamped envelope to us afterwards. You will be given your 5 mile splits (five of them) and final time, but make sure your number is showing clearly or you may not get all your splits. All finishers will receive a photo of themselves crossing the finish line (assuming it comes out) along with the results.

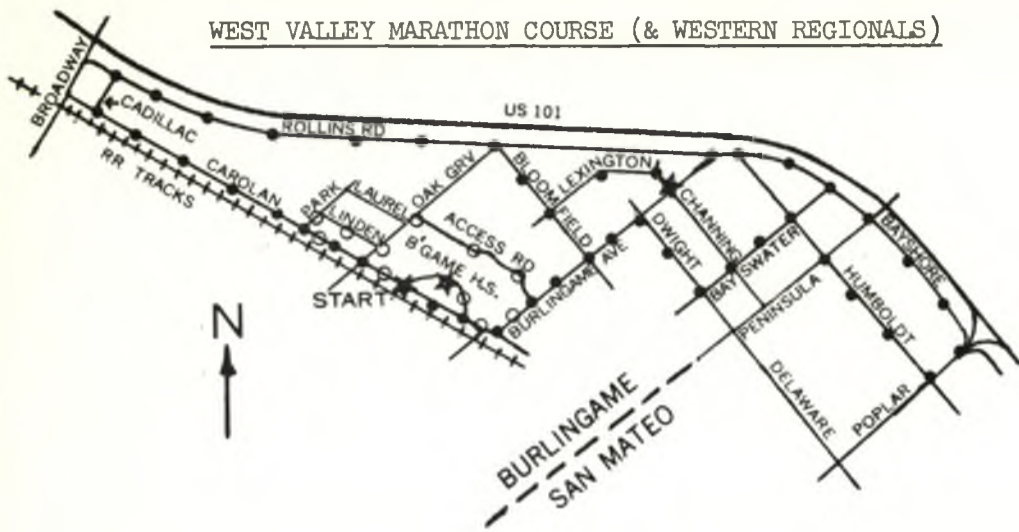
OTHER: Showers will be available at the High School for both men and women (bring your own soap and towel). The awards ceremony will be held afterwards at the gymnasium, beginning at approximately 1:30 pm, or earlier if possible. Further instructions will be given to you on race day in your packet, and verbally before the race. The course will be well marked with chalk, cones, and a guide at every turn. Refreshment stations will be available at 2 1/2 mile intervals, beginning with 5 miles. If you have a special concoction that you want placed at an aid station, put your race number on your container on race day and put it in either (or both) of the two official aid station boxes prior to start of race. All special bottles will be on a separate table, spaced a good distance apart from the regular aid stations. There should be no need for cars following the race, except officials and press cars. Help the race be a fast one by keeping excess car exhaust off the course. Bikes (without motors) will be encouraged if you want to follow along.

FREE LODGING: A limited amount of free lodging will be made available to certain individuals on a first-come, first-served basis. The lodging will be made available by members of the West Valley TC (homes). To qualify, merely indicate so on the reverse. We will try and accomodate all requests. Act immediately. No requests will be honored after February 5 except under unusual circumstances. If you are flying in, also indicate if you need transportation from airport, flight #, etc.

AWARDS: Be sure and fill out the proper information (division) on the entry form. No individual can compete in two divisions. Only exceptions are the special division awards. For example, a winner of the father-son trophy can qualify for some other award as well.

1. Winner will receive a paid trip to the AAU Marathon Championships in Syracuse, N.Y. (May 21), or the Olympic Trials Marathon in Eugene, Oregon (early July). He will also receive a perpetual trophy (to keep for one year).
2. Open: Top 10 finishers will receive large medallions (2-inch), the top three having 30-inch ribbons (for hanging on neck).
3. Under 15: Top 3 finishers will receive large medallions with 30-inch ribbons.
4. Under 19: Top 3 finishers will receive large medallions with 30-inch ribbons.
5. 40+, 50+, 60+: Top 3 finishers in each division will receive large medallions with 30-inch ribbons.
6. Women: Top 3 finishers will receive large medallions with 30-inch ribbons.
7. Teams: Top 3 teams (3 per team) will receive large medallions (winning team medallions will have 30-inch ribbons). The team scoring will be done as follows: Only 3 count on a team (no displacements). Unattached runners and incomplete teams will not be counted in the team scoring.
8. Special Awards: Father-Son, Mother-Daughter, Husband-Wife, First 200-pounder (weighed prior to race), Brother-Sister. (Actual finish places will be used in determining "team" totals here).
9. Merchandise awards to as many finishers as possible (we had 150 last year and expect more this year).
10. T-Shirts: To at least the top 100 finishers, hopefully all finishers like last year. We are still looking for a sponsor at the time of printing this application. If we don't get one, then we will give only 100, otherwise, all finishers. The West Valley Marathon emblem will go on the front, and our sponsor's emblem on the back, if we get one.

WEST VALLEY MARATHON COURSE (& WESTERN REGIONALS)



Course Instructions: The new West Valley Marathon Course consists of five 5 mile loops with a final tight loop of one mile, 385 yards. The start, and each five-mile check-point is at the north end of the semi-circular drive in front of Burlingame High School, where it intersects Carolan Ave. Runners will proceed north on Carolan, clockwise around the course. The stars (★) indicate the start, finish (at center of semi-circular drive), and aid-stations (just before each 5 mile split and at the intersection of Lexington & Burlingame Ave.). Each five mile loop proceeds as follows: North on Carolan; right on Cadillac; right on Rollins Rd. (frontage road); right on Bloomfield; left on Lexington; left on Burlingame; right on Rollins; right on Poplar; right on Humboldt; left on Bayshore Blvd; right on Burlingame Ave.; right on Carolan, proceeding to end of loop. Runners will complete

this loop a total of five times (25 miles). At the completion of five loops, continue as if you were starting another loop, but take a right on Park (second street past checkpoint); then right on Linden; left on Oak Grove; right through a gate, just past Laurel, following the access road behind Burlingame High and several macadam paths; right onto Burlingame Ave.; right on Carolan; then instead of proceeding toward the 5 mile checkpoint, turn right onto the semi-circular drive and finish directly in front of the main building. The five mile loop is marked in solid black dots (●), and the last portion of the course is marked in open dots (○). Important: Runners are to stay on the street proper, running as close to the curb as possible, especially on the freeway frontage road. We will try and have most cars cleared from Rollins and Bayshore Blvd. and will try to put up a line of cones along this stretch. At no time should the runners cross onto the sidewalk in order to "cut corners", unless instructed to do so by markers, etc. Doing such may be just cause for disqualification. There should be no need to worry about missing turns as we will have a guide and markings at every turn on the course. Aid stations will start at 5 miles, and each 2 1/2 miles following, thru 25 miles. Each aid station will consist of several tables, some with sponges and water, others with other types of liquid refreshments, each marked clearly ahead of time. Upon finishing, turn in your stick immediately. You will be given your T-Shirt (see awards on opposite side of this sheet) when you turn your stick in.

OFFICIAL ENTRY BLANK - 1972 WEST VALLEY MARATHON
(Please print clearly!!!)

Waiver: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims or damages I may accrue against the Amateur Athletic Union of the United States, the Pacific Association of the A.A.U., the West Valley Track Club, the San Mateo Recreation Department, any and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while travelling to and from, and while participating in, the West Valley Marathon & Western Regionals, to be conducted on February 13, 1972, at Burlingame, California.

Signature _____ Date _____ Parent's Signature _____ Date _____
(if under 21)

Medical Statement for Long Distance Runs: Have you ever suffered from, or been told by a physician or other qualified individual that you had any of the following? Give approximate dates and explain any "YES" answers in detail (use separate sheet if needed).

Heart or Circulatory Malfunction or Illness? _____
Kidney, Liver or Central Nervous System Disorder? _____
Other Systemic Disorder or Illness? _____
Major Illness in the Past Twelve Months? _____
Fractured Bones in the Past Twelve Months? _____
Has any physician or other qualified individual advised you against running in this or any other long distance racing event? _____

Intending to be legally bound, I certify that, to the best of my knowledge, the foregoing information is correct and my training and health are adequate for me to safely compete in long distance runs, including the marathon.

Signature _____ Date _____ Parent's Signature _____ Date _____
(if under 21)

FULL NAME: _____ BIRTHDATE: _____ AGE: _____
(Last) (Rest of name as you want it to appear in program) (Month/Day/Year) (on 2/13)

ADDRESS: _____ PHONE NO. _____
(Number) (Street) (City) (State) (ZIPCODE)

REPRESENTING: _____ 1972 AAU NO. _____
(Club, School, Service, Unattached -- List one only)

DIVISION ENTERED: _____ SPECIAL AWARDS?: _____
(Open, 40+, 50+, 60+, Under 19, Under 15, Women) (Father-Son, etc. - See opposite side)

T-SHIRT SIZE: _____ HAVE YOU ENCLOSED YOUR \$2.00 ENTRY FEE? _____ DO YOU DESIRE FREE LODGING? _____
(S, M, L, or XL)

If you desire free lodging, your request must be made by no later than Feb. 5. In addition to indicating your desire for free lodging above, you must write a note to our Housing Chairman, John Marconi, 1810 Elmwood Rd., Hillsborough, CA 94010 (Ph. 342-5490), indicating how many in your party, and what nights you will be staying. He will then have your host contact you. If you will be flying into S.F. International (only a few miles from the course), please let Mr. Marconi know your flight arrival plans if you need transportation from the airport (whether you need free lodging or not).

-- PACIFIC ASSOCIATION, A.A.U. --

Questionnaire
on
Entry Fees, Awards, and Race Results

This questionnaire grew out of various concerns expressed by runners in the Pacific Association, entering on the subjects of entry fees, awards, and race results. The PA-AAU Long Distance Running Committee has decided to try to find out how runners in our district feel about these questions, hence this questionnaire. We urge you to fill it out. The results will be tabulated, published in the NorCal Running Review, and will be communicated to race directors. Naturally, the larger the number of runners who respond, the more authentic will be the sample of opinions. No signature is necessary when you fill it out. Please mail the completed questionnaire to Jeff Krott, P.O. Box 267, Lagunitas, CA 94938. Thank you.

---Jeff Krott & Benjamin Sawyer

Place a check next to the answer that you agree with most in each of the following sections. Feel free to elaborate your feelings on a separate sheet of paper in addition to the multiple choice questions below.

A. The Relationship of Entry Fees and Awards.

It is generally recognized that the size of a race entry fee is determined by, among other things, the number and value of the awards offered at the race. I prefer:

- (1) Entry fees of \$1.50 or more in order to have more awards than at present.
- (2) Entry fees limited to \$1.00 and have about as many awards as at present.
- (3) Entry fees limited to 50¢ and thereby have few or no awards.
- (4) That entry fees remain about as they are at present (about \$1.00 per race), but the runner has the choice of paying half the fee (or something similar) if he or she forfeits the right to any awards by virtue of finish.
- (5) Other (please describe).

B. Types and Quantity of Awards.

I think the type of awards offered should be:

- (1) Trophies, medals, ribbons, as are commonly given now.
- (2) Useable things, such as books, subscriptions to magazines (perhaps NorCal Running Review or Runner's World), tee shirts, potted plants, coupons for partial payment on running shoes, etc. (If you have a preference for a particular item, circle it or write one in).
- (3) A combination of 1 and 2 above.
- (4) None at all. Awards are not necessary.
- (5) Other (please describe).

I think the number of awards offered at races should be:

- (1) Few, but of high quality.
- (2) Less expensive and thereby going to more finishers.
- (3) Other (please describe).

C. Race Results.

At present in the PA-AAU, race results are mailed out to the runners by some race directors and not by others. I feel that race results sheets should be:

- (1) Mailed to all runners of each race.
- (2) Mailed only to those who furnish a self-addressed, stamped envelope at check-in time.
- (3) Not mailed, but made available at future races.
- (4) Announced at the race, sent to NorCal Running Review for publication, but not mimeographed for individual runners.
- (5) Other (please describe).

****Please feel free to write at length about any of the above problems by using the rest of the sheet below, and other sheets if necessary. Thank you for your help.****