



# NORTHERN CALIFORNIA RUNNING REVIEW

A WEST VALLEY TC PUBLICATION  
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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 NCRR 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). 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: NorCal Running Review, P.O. Box 1551, San Mateo, CA 94401 (Ph. 342-3181). NOTE THAT THE ABOVE IS A NEW ADDRESS & SHOULD BE USED FOR ALL CORRESPONDANCE. 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.

**NCRR STAFF:** Our editor is Jack Leydig and printer is Frank Cunningham. Chief photographer is John Marconi, with a large contribution by Wayne Glusker for this issue. Lee Holley of Marin AC is our cartoonist. Our staff of writers and reporters presently includes: NorCal Portrait - Jon Hendershott; West Valley Portrait - Willie Cronin; Coach's Corner (starting next issue) - John Marconi; Women - Roxy Anderson, Daryl Zapata, Bob Stephenson; Seniors - John Hill, Willis Kleinsasser, George Ker; Editorials - Bill Clark, Rich Delgado, Don Kardong, Joel Jameson; High School - (Watsonville-Monterey, Joel Jameson) (East Bay, Mike Ruffatto, Mike Pinocci, Willie Cronin) (San Jose, Jack Bellah, Dave Stock) (we still need reporters for Marin, North & South Peninsula and Sacramento regions -- if you're interested in sending us schedules & results on a regular basis, please contact the editor immediately); Collegiate - (Far West Conf., John Sheehan) (Pac-Eight & SJS, Jon Hendershott) (JC, Jose Cortez, Fred Baer); Race Walking - Steve Lund, Bill Ranney; AAU Results - Jack Leydig.

**January's Contributors:** Don Pickett, Doug Essary, Frank Cortez, Jim Woodruff, Bob Anderson, Joe Henderson, Plato Yanicks, Walt Stack, Wayne Badgley, Harold DeMoss, Bob Lynde, Dee DeWitt, John Weidinger, Bob Rush, Gerry Haslam, & Harry Young.

**Concerning Subscriptions:** You probably noticed last month that we mailed your issue third class instead of the regular first class. The reason of course was that it was such a large issue it would have cost us 24¢ each and we would very quickly have gone broke. In the future, we may continue to send issues of 16¢ postage (1st class) as third class, at least if the addressee is within a 50 mile radius of San Mateo. Please, if you note that your NCRR was mailed 3rd class this time, and it took more than 4 days to reach you (check the postmark), and this bothers you, drop us a line and let us know. We will attempt to mail third class whenever possible in the future when it doesn't substantially effect delivery time. You will continue to get yours first class if you live any distance from mailing origin. Comments are welcome. We don't want to raise our prices.

**WIN A \$50.00 SAVINGS BOND!!** - In an effort to get new NCRR subscriptions, we are offering a contest this year, with the winner receiving a fifty dollar US Saving Bond. The contest works this way. Anyone is eligible except the editor. The winner must have sold at least 15 new subscriptions during 1972. For credit, merely indicate your name on the subscription (for contest credit) blank or state such. It can be your own subscription, but no renewals count. Contest ends with subscriptions received by Dec. 31, 1972. If the winning individual has not sold 15 or more subscriptions, he will not receive the bond, but something else as a token of our appreciation. Start selling now and get ahead!!



"MY GOD! I HOPE THAT'S NOT BYRON LOWRY!"

## IN THIS ISSUE

Information on Boston Group Fare for the Marathon in April; NCRR Long Distance Point Race Totals; Special Article - "The Saga of Two Heavyweight Runners or Brother vs. Brother," by Walt Stack; NorCal Portrait on race walker Bob Kitchen; West Valley Portrait on pole vaulter Mark Nadler; Long Distance Schedule until the end of March; Collegiate, AAU and High School track and field scheduling; Women & Seniors track & field schedule; Examiner Games Trials results; Race Walking results and scheduling; College of San Mateo & Sacramento All-Comers results; SF Examiner Indoor Results (plus a full page of pictures); Road Results from Fiesta Bowl, San Diego (Mission Bay), and Madera Marathons, Colfax Carnival Cross Country, Los Altos Midnight Run, Stockton Ten Miler, Daisy Hill Run, PA-AAU 20 Kilo.

## CLUB NEWS

This section of our publication is devoted to various clubs in the area. If your club has any announcements or news that you would like to have printed, please send it to us. Our circulation is now approaching 400 and your message will be noticed. As long as the news is pertinent to track & field or distance running, and kept to a reasonable length, we will print it, possibly in edited form. Let's hear from your club!

**NEW STOCKTON AREA CLUB!!** West Valley TC's Wayne Badgley has gotten financial support from a group of businessmen in his area and is starting an age group club in the Stockton area. Those interested in joining Wayne's new club write to him at 330 Greenoch Way, Apt. A, Stockton, CA 95207 (Ph. 477-4272).

**WEST VALLEY TC:** The month of January saw West Valley pick up 11 new members and lose 4. Wayne Badgley has started his own club in the Stockton area; Frank Cortez and Frank Donahue have switched to the Redwood City Striders; Phil Mooers just decided to compete unattached in the future. Our new members include a very talented and versatile group. Bob Grubbs has actually been a member since summer, but never got around to sending me his marks until recently. Bob attends Washington High in Fremont and lives at 4625 Mowry Ave., Fremont (Ph. 797-9154) and has a fine list of times which include: 440-53.5, 880-2:03.6, 1320-3:07.0, Mile-4:24.6, 2 Mile-9:23.0. He ran the leadoff leg of

West Valley's all high school team which placed 10th at this summer's Lake Tahoe Relay. Larry Gruse is 29 years of age and lives at 1229 Ulloa St., San Francisco, 94116. Larry's better events are the sprints, where he has bests of 11.2 for 100 meters, and 22.8 for the 220. He also has marks of 60 flat for the 440, 2:12 for the 880, and 5:08 in the mile. Ian Jackson is 28 years old and is currently residing at 1626 Dwight Way, #D, Berkeley, 94703 (Ph. 845-0478). He considers himself to be better at the longer distances and ran 2:45:49 at the Petaluma Marathon this past winter. His biggest achievement was in the Magnan 20 Miler (16 this year) on Jan. 29 of this year when he took a strong second place behind winner Jose Cortez. Bruce Kaufman is 16 and one of our high school executive council members along with Mike Ruffatto. His address is 4969 Brophy Dr., Fremont, 94536 (Ph. 797-9822). His best track times are 4:45 in the mile and 10:04 for two miles, both in route to a 15:08 three mile. He finished 16th in the 1971 Daly City Hill Run and was 7th high schooler there. Rusty Nahirny is also 16 and from Fremont (5336 Brophy Dr., 94536) - Ph. 797-8974. He ran a 4:46 mile as a frosh and 9:55 as a soph for two miles. In a 3 mile cross country race last fall he ran splits of 4:41, 9:51, and 15:04. Samson Ogunloye is a 26 year old Nigerian high hurdler who has aspirations of making the 1972 Olympic Team for his country. His current address is P.O. Box 9257, Univ. of Nevada, Reno, Nev. 89502 (Ph. 702-322-7804). Samson will be able to compete for the club this spring as he does not have any eligibility left at Nevada. His best of 13.8 in the 120 highs will give WVTC a needed lift in this event, and his 6-4 high jump best will also be a big asset. Chuck Russell, 18 years old, is another sprinter "gone freak" as Herb Ashton puts it. He has bests of 10.6 for the 100, 24.5 for the 220, and 52.2 for the 440, as well as a 5:07 mile. This fall, Chuck has been putting in a lot of strength-building mileage in anticipation of a big improvement in his sprint times. He has run many of the local road races, including the Pepsi 20 Miler. He has bests of 19-6 and 5-10 in the long jump and high jump, respectively. His current address is 43175 Starr St., Fremont, 94538 (Ph. 656-0910). Dave Stock is 15 years old and attends Leigh High in San Jose. (116 Belvue Dr., Los Gatos, CA 95030) - Ph. 356-7535. He has a 440 best of 57.0 (in 1970) and has done 10:15 for two miles. He placed 39th in the 1971 Dipsea. Billy Tracey is perhaps our youngest competitor at 11 years of age, but is one of our most noteworthy performers. He holds the world age 10 and under record for the marathon at 3:24:34 on a certified course (West Valley Marathon), although David Hargus has done 3:24:09 on an uncertified course. His best mile is 5:54 (set last year at the AAU Sectionals). He currently lives at 115 "G" St., Redwood City, 94063 (Ph. 369-0856). Dennis Tracy is 25 years old, lives at 27910 Edgecliff Way, Hayward (Ph. 538-7573), and is a good middle distance runner with bests of: 440-50.2 (49.4r), 880-1:54.7, 1320-3:05r, Mile-4:17.8, 2 Mile-9:36. He has also done 31:02 for 6 miles cross country. J. Esteban Valle is a native Nicaraguan and becomes an important addition to WVTC's growing race walking team. He lives at 890 Robinhood Dr., #82, Reno, Nev. 89502 (Ph. 702-322-1655). At 28 years of age, he is just beginning to find himself in the walks and hopes to compete in the Olympic Trials 20 Km. He is also a good distance runner with times of: 880-1:54.8, Mi-4:11.2, 3 Mi-14:38.4, 6 Mi-30:29. His best walk times include a very strong 6:31.1 for the mile (he took 2nd in the SF Examiner Games in 6:38.1), about 13:50 for 2 miles, and 21:52 for 3 miles.

Address changes for January: Mike Brooks to 1269 7th Ave., San Francisco; Jim Howell to 1160 Fulton Ave., Palo Alto, 94301 (Ph. 326-1110); Humberto Hernandez to 38891 Fremont Blvd., Fremont; Danny Urriaga to 27314 Tyrell, Apt. A-1, Hayward; Vic Cary to 452 61st, Oakland, 94609.

Last month I mentioned that if Mike Ruffatto had not run in the NCS Finals with his bad cold, Washington of Fremont would not have won the team title. I have been notified that Washington would still have won with their sixth man, Bruce Kaufman, by a margin of five points.

Concerning the West Valley Marathon job sheets that were mailed to all members with last issue: I received only about a 15% response as of the printing of this issue...a pretty poor response I think. Those that have volunteered their services, either before or during the race, are to be congratulated. Without your help our race would no doubt be a flop. As it stands now, we have enough personnel to cover every phase of our race, primarily because of a tremendous manpower layout by the San Mateo Recreation Department, our co-sponsors. They are supplying all course guides and aid station attendants. If you would like to work on race day and have not contacted me as of now, you could work at an aid station anyway, as we can always use extra people there. Write me for an "aid station instruction sheet" as there will be two stations with three tables each (with different functions). John Marconi and Jon Anderson will be "trouble shooters" on race day, so if you have any questions, ask them. \*\*\* We got sponsorships for 240 T-Shirts, surely enough for all finishers.

In addition, we will give certificates to all finishers of the race. We have merchandise awards for about the top 50 so far, and hope to get at least another 50 before the race. \*\*\* If you would like to help pass out race fliers on Feb. 12 and have not already said you would do so, please contact me immediately, or just show up at Burlingame High at 9 am. We will deliver race information to all residences on the course, encouraging their turning out to watch the race and give aid to runners if possible. \*\*\*\* We have added several trophies to our list: youngest finisher, oldest finisher, and top three participants who are members of the World Marathon Runners Association (WMRA). \*\*\* A & W will supply post-race refreshments (rootbeer and orange) and we will have orange wedges available both at aid stations and the finish. All finishers will have their pictures taken as they cross the finish line and receive a print with the results. Reminder: if you are planning on running the race, don't forget to send your entry in early (with or without the \$2.00 fee; no late entry fees) so you can get your name in the race program. Deadline for entries to be printed in the program is February 5, Saturday.

Jim Bowles finished 16th in a marathon back east (he didn't tell me which) in a time of 2:58. The winner was Tom Flemming in 2:28. Their were 120 finishers and the conditions were very cold and windy.

Don Kardong has been racking up the invitations for the indoor season. He ran second in the SF Examiner 2 mile behind Frank Shorter and just ahead of George Young. He has received invitations for both the Athens Invitational and San Diego Indoor Games. "Large Don" also plans on competing in the West Valley Marathon, the day after the Athens meet. It will be his first attempt at the distance. Rich Joyce was invited to compete in the Examiner Games 880, but was forced to withdraw a few days before due to a strained hamstring muscle...nothing too severe he informs me. Art Reade took second in the Devil Mile at the same meet, with Bob Nanninga lasting until one lap to go (he was fifth at the time), but couldn't quite catch Cliff Clark. Humberto Hernandez, competing for Cal State Hayward, also competed in the Devil Mile. Ron Genschmer powered Chabot College to a first place in the JC two mile relay, anchoring in 1:58. Wayne Glusker competed in the mile walk for WVTC, but was DQ'd about halfway through the race while in 6th or 7th position. Esteban Valle, our newest member, competing unattached at this meet, placed a strong second behind Tom Doolley in the same event. Valle is interested in competing in the National AAU Indoor Championships in New York at the end of this month (he qualified with his 6:38.1), and if anyone on the club (or anyone else for that matter) knows where he could stay for a few nights while competing, let him know immediately (address listed under new members). Valle will compete in the Athens mile walk also. Duncan Macdonald, competing for Stanford during the indoor season, placed fourth in the mile run at the SF Meet, setting a club record of 4:06.7 in the process. He ran passed the 1320 mark in 3:01. Not sure about this, but I think Bob Grubbs and Jack Bellah placed 6th & 7th respectively in the high school two mile in this meet. No times available but the low 9:30's is a good guess.

According to a short in the latest Track & Field News, Mike Ryan is taking aim at a spot on the CISM Cross Country Team this year (he is currently stationed with the Air Force in Tennessee.). That true Mike??? Let me know.

Charlie Harris and his wife Vivian are reportedly training well in Albuquerque and Charlie expects to compete in the Portales, New Mexico, Marathon on Feb. 19. He has already qualified for the Olympic Trials Marathon off his 2:27:16 in Albuquerque last September. Charlie: say hi to Bill Silverberg, the E. New Mexico Univ. coach, for me. We competed against each other when I was at SIU. Don't know if he remembers me or not.

Jack Bellah's 30:55 six mile on the track last year was good enough for sixth best in the nation by a prep athlete.

TV Funds: I know that you are all going to find this next bit of information absolutely ridiculous, but it seems that the almighty AAU has neglected to find anything remarkable about our second place team performance in the cross country nationals in San Diego in November. Before I offer any further comment on the matter, let me quote Mr. Ollan Cassell's letter to me concerning our application for surplus TV Funds (\$15,000 was floating around, and was to be distributed to "worthy" men's clubs): "Dear Mr. Leydig: Our sub-committee on finance has reviewed the many applications received here and find they are more deserving of funds in 1972 than in 1971. Based on the facts presented, and considering an overall program of long-distance running, race walking, and track, found your application lacking in activity, and while you conduct an outstanding long-distance running program, your application indicates this your main concern. For this reason, I was instructed

by the committee to inform you no allotment was awarded to West Valley Track Club. It is their hope that you will improve your present program and make a sustained effort to expand it to track and field." \*\*\* Isn't it rather strange Mr. Cassell, that last year your committee allotted the Florida Track Club a sum of \$500 and they finished second in the AAU Cross Country Meet, and that they are primarily a distance-oriented group (outside of one international class high jumper that I can recall). Also, several other clubs received amounts that ran into the hundreds of dollars, and I cannot recall a single National calibre performer in their ranks (Lynchburg TC, New Orleans TC, Oakland County (Michigan)????, just to name a few). What about the Pittsburgh Walkers who received at least a token \$50?? Doesn't sound like they have too rounded a program in track & field!! I think, Mr. Cassell, without my having too much knowledge in the manner which your committee decides allotments, that there seems to be a bit of "politics" involved, hmmm?? Certainly we don't have a number of outstanding athletes in events other than middle distance and distance, I grant you that, but should that be the reason for not including us in your allotments? Isn't that discrimination? And as for lack of activity...I think a page listing of district and national competitions for 1971 would suffice for some sort of activity. What about an all-sprinter club?? Would you as likely eliminate them from consideration because they weren't well-rounded?? I think not. Obviously Mr. Cassell, you and your committee are a bit biased. No matter what you say, I really don't think you can honestly justify not giving our club a single dollar. \*\*\* To club members: I am sure that this revelation (I'm not really sure that's the proper word to be using here) certainly comes as a tremendous shock to you, as much as it has come to me. There is no real justifiable excuse for it. I am in the process of writing Mr. Cassell for a complete list of clubs that applied, and those that received allotments (and how much), and hopefully some kind of reason for each club that was refused. In the meantime, I am bringing up this issue at the next PA-AAU Track & Field Executive Council Meeting this month. Any members that would like to join me at the meeting (Feb. 9, in S.F.) and learn about some of the inner workings of our AAU, please contact me immediately. I think this has gone far enough. Something has to be done about the injustice being done to us and other fine clubs throughout the country. The best way you, as a member, can help our cause is to get active and find out about how the AAU operates by attending meetings. Track & Field Exec Council Meetings are on the second Wednesday of every month, usually at the Fireman's Fund Building in San Francisco (California St.) at 8 pm.

Corrections from last issue: Contrary to our reports last time, Bill Scobey ran the Rosebowl Handicap Race not one week before the National AAU Cross Country Meet, but one day following!! His winning time was a course record, 49:17 for 10.08 mi. Also, there seems to have been a mistiming in the PA-AAU Junior Cross Country Championships. Bill Scobey lost to Wayne Badgley by about 2 yards, certainly not the 20 seconds that was listed in the December issue.

West Valley TC 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. Colfax Carnival (Open): Robin Nowinski competed, but no time or place was given. Los Altos Midnight Run: (75) Fred Mendoza - 31:44, (77) Frank Cortez - 31:50, (116) Bill Tracey - 34:43, (120) Bob Mignosa - 35:03. Daisy Hill Run: (35) James Jacobs - 1:35:52.

#### THIS AND THAT

In and about the Pacific Association: Palo Alto High's Gordon MacMitchell, who recently ran a 2:34 marathon at Petaluma, ran a 4:17 mile time trial in late December, with no speed work. Watch out for him this spring!....San Jose State's top miler, Buck Black, was injured recently in a cycle accident and will be out of competition for about a year....In a recent road race, the Magnan 20 Miler to be exact, Duncan Macdonald, Stanford's ace sub-four minute miler, was running along beside me and asked if it would be possible to pay me for an ad asking people to cheer for him in road races. It was one of Dunc's first appearances on the PA road scene and no one knew who he was. So next time you see him striding along, give him a supporting yell or two...he needs to feel recognized!!....Flory Rodd is making a comeback, for sexual reasons he says. He doesn't really feel like training so hard to compete, but wants to feel like an "in shape" dirty old man again....It seems that someone overlooked the Pamakid team at the Petaluma Marathon last December. They weren't listed in the top three teams, but upon a closer look at the finishers it was determined that they finished second in the team standings, behind Sacramento State College. They scored 79 points....Lowell High's Brad Duffy, winner of the S.F. Examiner Prep Two Mile, had a real problem even getting into the meet to compete. It seems

that he went to the athletes' "will call" ticket booth and was not on the list of entrants (although he was listed in the race program). He was refused entrance to the meet and was forced to pay \$3.00 to get in. Seems like this could have been avoided if the ticket booth had bothered to get a Meet Program. His picture was in it, along with his name in the list of entrants.

Anyone interested in a coaching job (track) at Saratoga High School, contact the Athletic Director there, Benny Pierce, at 867-3411. He can give you full details on the job.

Six Mile Track Run: West Valley Track Club is again sponsoring a six mile (and probably, though not definitely, a 10,000 meters) track race for those wanting to get qualifying times for the Olympic Trials or just those who want to run a good time on the track. The date will be Feb. 27, at 10 am (Sunday) at the San Jose State tartan track. No pre-entries are required, but if there are a significant number of competitors there may be two sections. No entry fee...no awards. For more information, contact WVTC, P.O. Box 1551, San Mateo, CA 94401.

Alameda TC's Steve Parker decided to go and run the Sao Paulo Midnight Run on New Year's Eve and said it was the greatest running experience of his life. He finished 61st out of a field of several hundred, including some 40 internationalists. Finland's Juha Vaatainen (double winner at the European Championships) finished only 24th and Steve Stageberg of the U.S. could only manage 16th. Two of Alvaro Mejia's Colombian team (who he is now coaching) were in the top eight. Victor Mora was only 4 seconds behind the winner, Rafael Tadeo of Mexico. Pedro Miranda was eighth in 24:32. Tadeo had a 23:47 for the 5.25 mile course. Mejia's Colombian team emerged as the team victors.

All West Coast Relays baton events will be open to college, club, and service teams this year. Last year they were closed to collegiate competition.

Latest on the Olympic Trials marathon qualifying time. The previously reported 2:45 or better has been changed and the official qualifying time is now a 2:30 or better, set since August 1, 1971.

Qualification times to run at Boston this year are as follows: an entrant must have completed any Boston Marathon in any year or a sanctioned AAU marathon race in 1972 in under 3:30 or have run 1:25 for 20 kilos, 1:45 for 15 miles, or 2:30 for 20 miles.

Speaking of the Boston Marathon. Our Group Fare is pretty well set up. Entries close April 1st for the Marathon, so be sure and send for your entry early (Marathon Committee, Boston Garden, Boston, Mass. 02114). We have tentatively set up the following on our group fare. The flight will be departing at 8:45 am (Flight 32, TWA) from SF International and will arrive in Boston at 4:54 pm (EST). All persons must leave on this flight together as a requirement for the group fare. However, you may return on any flight you wish, but preferably on one of the following: Apr. 17 (5:55 pm, TWA Flt. 33, arrives SF at 9:05 pm) or Apr. 18 (10 am, TWA Flt. 75, arrives SF at 1:10 pm). By the way, the flight to Boston will be on Saturday, April 15. The race is on Monday, the 17th. Once you've made your reservations for the return flight, you can't change them (at least not after you've left for Boston) unless an emergency arises. The fare will be \$271 for the round trip, compared to the normal \$340 fare, a savings of \$69. A deposit (completely refundable should you decide not to go) of \$50 should be sent to Dave Butts, Empire Travel Service, 995 Market St., San Francisco, CA 94102, by no later than March 15. It is necessary that we get 25 bodies for the flight or we won't be able to take advantage of the group fare. To date I have heard from about 7 interested individuals. Please contact me immediately if you would like to take advantage of this plan. Remember, the West Valley Marathon on Feb. 13 is an excellent to get a qualifying time for Boston if you don't yet have one. It is fast and flat and has plenty of aid stations. All correspondence should be sent to P.O. Box 1551, San Mateo, CA 94401. Don't put it off until the last minute! Get in touch with me today; you lose nothing by putting down a deposit.

Announcing the Second Annual Maui Norman K. Tamanaha Hawaiian Marathon, sponsored by the Valley Isle Marathon Club: to be held on April 8. This race was a huge success last year and the club hopes to attract entrants from the West Coast this year. For complete information and entry forms, contact Harry "Bull" Kaya, P.O. Box 728, Wailuku, Maui, Hawaii 96793.

The most outstanding team award went to Leigh High School in the Central Coast Section Cross Country Finals. The double victory by their frosh and soph teams was a C.C.S. first. Leigh also had two tenth place teams in both the varsity and JV divisions, even without the help of the three sophs who normally run varsity. In addition, Jack Bellah took top varsity honors. Look out for the Leigh varsity in the next 1-3 years!

### NCRR LONG DISTANCE POINT RACE

This year the NCRR's point race will offer two perpetual trophies for the winners in the open and senior divisions. The winners of the past two years will have their names and point totals engraved on the trophies as well. For the uninitiated, here is basically how our point system works. It is based on not only the number of races run, but also on your average placing. To figure out your own point total, merely take your average placing and divide by the number of races run. As an example, if you placed 5th, 6th, and 7th in three races, your average place would be 6th. Divide this by 3 (the number of races run) to get your point rating of 2.0. Anyone can keep track of their scores, and we encourage those listed below to keep tabs on us and send in your records at the end of the year if they differ from ours. We added a few other rules to our system: (a) races must be PA-AAU sanctioned races, or at least take place in the PA-AAU with substantial numbers of participants, (b) we only count finishers in the top 10 (open) and top 6 (seniors) for our rankings...you need not be limited to this. If a listed runner finished out of the top 10 (or 6 for seniors) in a given race, this isn't counted against him. (c) All athletes residing in the PA-AAU are eligible, whether registered in the Association or not (e.g. - Ray Darwin, John Butterfield), as well as PA-AAU athletes residing outside the Association (Bill Scobey, etc.). (d) In meets where two races are held (or more), the main event shall count for open competition and two races may be counted for senior competition (Lake Merritt 5 and 10 Kilos, etc.). The scoring year starts off with the Lake Merritt Races on Columbus Day. \*\*\*\* Below are listed the top 16 open competitors (usually 15 are listed unless a tie occurs) and top 9 seniors. Races through the PA-AAU 20 Kilo Championships are included with the exceptions of the PA-AAU 15 Kilo (both open and senior) and the PA-AAU 20 Kilo (seniors only). In open competition, Byron Lowry still leads by a substantial margin, although Dan Anderson has closed the gap while moving into second ahead of Bill Scobey. The top four senior positions remain unchanged (although Dave Stevenson's victory at the 20 Kilo is not included, which would move him into second). Donal Coghlan is the only newcomer, and he jumped into sixth. Ross Smith continues his unbeaten streak and will most likely threaten Bill Mackey's senior record at this pace. (Note: an asterisk (\*) next to any placing statistics indicates a tie.) For example: 3\* indicates (if under first column) 2 firsts and 1 tie for first. A tie is counted as an average (tie for first is 1.5, etc.).

#### 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
Dan Anderson/Valley TC (8)	1	1	1	0	0	2	1	1	0	1	5.38	0.672
Bill Scobey/West Valley TC (2)	1	1	0	0	0	0	0	0	0	0	1.50	0.750
Jon Anderson/Oregon TC (4)	2	1	0	0	0	0	0	0	1	0	3.25	0.813
Darren George/Napa Valley RC (4)	0	2	1	0	0	1	0	0	0	0	3.25	0.813
Wayne Badgley/unatt. (3)	2	0	0	0	0	1	0	0	0	0	2.67	0.889
Ray Darwin/Culver City AC (3)	1	0	1	0	1	0	0	0	0	0	3.00	1.000
Darryl Beardall/Marin AC (3)	2*	0	0	0	0	0	0	1	0	0	3.50	1.167
John Weidinger/Pamakids (5)	0	0	2	0	0	0	1	0	2	0	6.20	1.240
Steve Dean/unatt. (2)	0	1	1	0	0	0	0	0	0	0	2.50	1.250
Peter Duffy/West Valley TC (2)	0	1	1	0	0	0	0	0	0	0	2.50	1.250
John Butterfield/Boston AA (5)	0	0	1	0	0	1	1	1	1	0	6.60	1.320
Jose Cortez/RC Striders (3)	0	1	0	1	0	1	0	0	0	0	4.00	1.333
Pat Buzbee/New Ways AC (2)	1	0	0	0	1	0	0	0	0	0	3.00	1.500
Mike Pinocci/West Valley TC (1)	1*	0	0	0	0	0	0	0	0	0	1.50	1.500
Tom Cathcart/Livermore Vly RC (2)	0	1	0	1	0	0	0	0	0	0	3.00	1.500

#### SENIORS

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Place	Rating
Ross Smith/West Valley J & S (5)	5	0	0	0	0	0	1.00	0.200
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 Wood/NCSTC (3)	1	2	0	0	0	0	1.67	0.566
Donal Coghlan/NCSTC (5)	2	0	0	1	2	0	3.20	0.640
Bob Malain/NCSTC (3)	1	1	1	0	0	0	2.00	0.667
Peter Mattei/NCSTC (5)	0	1	2	1	1	0	3.40	0.680
Don Pickett/SF Olympic Club (4)	0	2	1	1	0	0	2.75	0.688

#### LETTERS TO THE EDITOR

"I would like to give credit to Bob Lynde, Track Coach at Sonoma State, and his staff, for putting on perhaps the best organized race yet in Northern California. Here we are claiming to be the "hot-bed" of distance running in the USA, and only 69 people showed up. Those who entered were met by an organization far superior to any I have seen, including the Bay to Breakers Race. The race committee almost outnumbered the runners and they all knew what they were doing! "Daisy Hill" was superior from all standpoints: signup, well-marked course, awards ceremony and selection of awards (vintage wines of Sonoma County & attractive rough-hewn wooden plaques). Add to that a beautiful 13.5 mile course through the quiet Sonoma back roads. Oh yes, and the complete results were mailed almost immediately. Unfortunately, they had to compete with the Superbowl telecast and a DSE run in the city (which in itself drew 100 people), but still they are anxious for a second go-around next year. So, why don't we respond like good little Northern California distance running "nuts" and show up about 300 strong next year. See you all at Sonoma next time. ---Don Pickett

#### CLASSIFIED ADS

**Our Rates:** Interested in selling your product? With a circulation of 550-600 per month (including 400 mailed subscriptions), the NCRR Classifieds 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 on the following page) the cost is only 25¢ per square inch (final size) for straight black & white, and 50¢ per square inch 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 amount for postage on our mailed issues. This varies since our subscription rate varies and some of our mail is sent third class, but you can figure on about \$15-20 currently. For more details, write the editor, P.O. Box 1551, San Mateo, CA 94401. For inserts, send us about 550-600 copies per month. Checks should be made payable to West Valley Track Club. Write us about special advertising rates in our 1971 Northern California Distance Running Annual, but hurry!! We plan to go to press in about 4 weeks, probably before our February NCRR is out.

**RUNNING UNLIMITED:** (Tiger Distributor for Northern California) - With cross country season just 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 (Ph. 328-4274). If you live in the East Bay, then Bill Yee can fix you up. He is at 2262 41st Ave., Oakland (Ph. 533-4545). Bill's hours are 5-9:30 pm, Monday thru Friday or by appointment. For those of you who live in the North Peninsula or Marin County areas, contact Bob Crow, located conveniently at 5655 Geary Blvd., San Francisco 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 your coach about getting a special rate by purchasing Tigers for the entire team.

**SACRAMENTO ATHLETIC SHOES:** "Specializing in Products for the Distance Runner" -- Tiger shoes now available to athletes in the Sacramento Valley. Office: 5901-A Fair Oaks Blvd., Carmichael. Hrs.: Mon-Wed-Fri (7-9 pm, or by appointment). Call Walt Lange at (916) 487-6615.

**1972 MARATHON HANDBOOK:** This 96 page statistical masterpiece contains 1971 U.S. marathon bests up to 3 hours, lists all the marathons in the U.S. for 1972 and where you can get entry blanks. Besides this, there are numerous other statistical lists and many excellent articles concerning marathoning. Published by Runners World Magazine, this booklet is now available through the Northern California Running Review for \$2.00 (includes postage, third class). Send for yours today while our supply lasts, or see our table at the next road race. (WVTC'ers...Bill Scobey is shown on the front cover, so you've just got to purchase one of these!!)

**VICS' SPORTS - ADIDAS RUNNING SHOES:** You may have noticed recently that Vito D'Aloia is also getting into the shoe selling business at local road races. He sells Adidas training and racing flats, socks, insoles, Gatorade powder, shorts, and a variety of other handy running items. This month he is featuring the Gazelle (Blue and Red) for excellent comfort and durability. If you have trouble finding him at a race, you can always contact him at 2289 Kenwood Ave., San Jose, 95128 (Ph. 408-296-3982). Store hours are 5 to 9 pm on weekdays, and weekends by appointment. Free delivery in the San Jose area.

**THREE NEW BOOKS FROM TRACK & FIELD NEWS:** High School Track--1972: 64 pages, featuring a complete review, by region, of the 1971 prep track year, and previews for 1972 (both indoor & outdoor). Complete 1971 and All-Time statistical lists...19 photos. Available for only \$1.00. Age Records--1972 Revision: 48 pages of statistical lists for U.S. and world age bests (from 1 to 79 years) in 37 events with English and Metric measurements. Available for only \$1.00. The Randy Matson Story: 186 pages, 39 photographs about one of the great track & field heroes of our time. This fine new biography by Texas sportswriter Carlton Stowers traces Randy's life and career. A statistical appendix is included. Available for \$5.95. \*\*\* All the above publications can be obtained from Track & Field News, P.O. Box 296, Los Altos, CA 94022.

**1971 NORCAL DISTANCE ANNUAL:** The second in the series, published by West Valley TC, is due to hit the presses in late February. Will contain about 100 pages with approximately that many pictures, covering every phase of the distance running scene in Northern California for 1971, with much more in the way of statistical lists this year. Price is tentatively \$1.50-\$2.00; save by purchasing in quantity: 5-9 copies (90% cost), 10-24 (70%), and for 25 or more copies (only 50% of normal retail cost). Tell your friends about this great little handbook, a must for every distance freak. Available from WVTC, P.O. Box 1551, San Mateo, CA 94401 or at our news stand beginning in early March.

#### FEATURE STORY

The Saga of Two Heavyweight Runners, or Brother vs. Brother---by Walt Stack.

Almost three years ago, George Tracy, ex-Pacific Fleet Boxing Champion (1943-45) and truck driver, took up running. George weighed 235 pounds. For over a year, he merited the "Good Guy Award" (good guys always come in last). Since then, George has run in everything from the family style 3 to 5 mile runs of the Dolphin South End Runners, to a half-dozen marathons (26+ miles). He has missed the "GG" prize, but still comes close. George is 50 years old, an aggressive competitor, and has never given up any contest. His determination can be gauged by his breaking a 96-year-old record of the SF Dolphin Swimming Club: swimming 3 1/2 hours in the cold, cold waters of San Francisco Bay. He did this two years ago. That he was in shock and had to be helped out of the water by this writer, just emphasizes his determination.

"George's Brother" (everyone calls Dan Tracy by that name) was a huge 270 pound chunk of easygoing, non-aggressive man, who would "rather love than fight." He also drives big trucks. He is 42 years old and has been running a little over a year. He never beat anyone in school except at marbles and once in a "who could do it the highest" contest in the boys room. Dan is out to beat Brother George, the big athlete of a big family. This upstart Dan has beaten George in three different 5 mile races around Lake Merced, and in the only race up to then over 10 miles--the 14 mile Berkeley to Moraga Run--Dan won by 27 minutes, maybe because George was up all night and stoned celebrating his 50th birthday. At the Pepsi 20 Miler a short time later, Dan fell apart at the 18 mile mark and the following week he hung on for 19 miles of the Petaluma marathon, when he was picked up by the meat wagon. Brother George missed those two races, but at the Woodside 20 Kilo, he beat Dan by 12 minutes, with both breaking their personal records.

As it stand now, it's one and one for each. They're both training like mad for the West Valley Marathon in Burlingame, with George training around Lake Merced and Dan up every morning at 4 am to run 10 miles at Aquatic Park. Dan's weight is down to 215, exactly the same as George. When these two ponderous behemoths run up the road after the average 130 to 165 pound runner, it will look like two dinosaurs chasing a road full of lizards, or a more modern approach: two big semi-trucks chasing a bunch of sports cars.

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## NORTHERN CALIFORNIA PORTRAIT

**Meet Bob Kitchen:** Of his approach to walking races, Bob Kitchen says, "I like to lead, but otherwise I will set the fastest even pace I can." The 23-year-old Athens TC walker achieved his finest performance yet by using a combination of both. On Nov. 21, Kitchen strolled to a world 35 kilometer mark of 2:47:34 (topping the 2:48:22.2 set in 1964 by '68 Olympic 50 kilometer champion Christoph Hohne of East Germany) and claimed US marks at 30 kilometers (2:23:16.0) and 20 miles as well (2:33:05.2). The latter mark is perilously close to the global standard of 2:31:33.0, set by the USSR's Anatoliy Vedyakov back in 1958. Besides these records, Kitchen nabbed personal bests at 20 kilos (1:35:17) and 15 miles (1:55:10).

"The 35-kilo record race was one of those solo races where I just went on and on without much effort," says the 5-11, 148-lb. theological student. "It was a very even pace and only in the last three miles was there any strain."

A member of the 1969 US International Team which met the USSR and Commonwealth in Los Angeles (he finished sixth over 20 kilos in 1:38:08.2), Kitchen describes his approach to training as "one of consistency over an extended period." When feeling his best, he trains twice a day, seven days a week, the year around, and averages some 100 miles a week. Typical days consist of: 3-5 days per week--AM: 6-8 mile walk (8:00-9:00 pace); PM: 8-11 miles in Berkeley hills (same pace). 1-2 days a week--AM: 6-8 mile walk; PM: 25-30 x 440 (1:45-1:50), 110 jog, or 10-15 x 880 (3:30-3:45), 220 jog. 1 day a week: 18-23 miles in Berkeley hills (8:30-9:30 pace). He also uses weights once or twice a week to maintain muscle tone in his upper body.

"Training doesn't vary too much from this," he says, "except during periods of injury or laziness. While this may seem rigorous, I am at the stage where I am training well within myself." Kitchen appears ready to reap more honors from his rigorous, yet controlled, training.

Robert Kitchen, Berkeley, CA (Athens TC). 5-11, 148-lbs., 23 years old (born Feb. 1, 1948, Baltimore, Md.). Theological student. Began training in 1962 with no extensive layoffs since. Self-coached.

Best Times: Running--mile, 4:32; 2 mile, 9:34; 3 mile, 15:02; marathon, 2:38. Walking--mile, 6:41; 2 mile, 14:20; 7 mile, 51:11; 10 mile, 1:15:15; 20 Kilo, 1:35:17; 30 Kilo, 2:23:16; 20 mile, 2:33:50; 35 Kilo, 2:47:34; 50 Kilo, 4:19:41. His favorite racing distance in walking is 50 kilometers. He is the unofficial collegiate record holder at that distance (4:26:56.0), set in 1968 while he was a student at Springfield, Mass., College.

## WEST VALLEY PORTRAIT

**Meet Mark Nadler:** The West Valley Portrait for January 1972 is Mark Nadler of 725 Serra Dr., South San Francisco (Ph. 761-2396), a former El Camino High School student, and now a freshman at U.C. Berkeley. At 18 years of age, Mark is an example of West Valley's quest for recognition in the field events. He currently holds the club record at 12-6, but has a personal best of 13-4, set last year.

Mark's record of achievement is a creditable one. He was the 1970 North Peninsula League Champion with a vault of 13 feet even. His first place against Westmoor High last season brought him his personal best of 13-4 (in May). Says Nadler, "One of my most exciting moments in competition was when I took 6 vaults in 5 1/2 hours at the Castro Valley Invitational and took second place with 13-0. The competition ended at 11:30 pm." He also fondly recalls one of his most exciting moments in track as when his team's mile relay (of which he was not a member) "cooked" South City's highly regarded squad in the 1971 NPL Finals.

As for the immediate future, Nadler would like to make 15 feet this year, and be a part of the Cal traveling team. But mainly he would just like to continue vaulting into the far distant future and keep those groovy good grades coming (a 3.0 average). With ambitions like those, the future looks bright for Mark in his quest for success. His fellow members of West Valley TC wish him the best and are glad to have him aboard.

## LONG DISTANCE

## SCHEDULING

**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.) John Brennand, Tom Bache, John Romero: I need your scheduling right away!! Non Pacific Association races are designated by an asterisk (\*) in parentheses. All requests for entries should be made to the addresses listed (if noted). More information on other associations can be obtained as follows: SPA-AAU (John Brennand, 4476 Meadowlark Ln., Santa Barbara, CA 93110); Pacific SW (Tom Bache, 4920 Kane St., San Diego, CA 92110); Southern Nevada (John Romero, 438 E. Sahara, Las Vegas, Nev.); 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.

- 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, 9 am. Las Vegas TC, Dalby Shirley, 438 E. Sahara Ave., Las Vegas, Nev. (\*SNA)
- Feb 12 - Reedley-Kings River Run, 4 Miles, Age Group. Bob Lehman, 136 W. Myrtle Ave., Reedley, CA (\*CCA)
- Feb 12 - 7th Annual Clam Beach Run, Trinidad, 3 pm. Dr. Ford Hess, P.O. Box 47, Trinidad, CA 95570 (8.5 miles, road & beach).
- Feb 12 - SNA-AAU District XC Championships, 10 & 5 Miles (Srs. & Jrs.), Vo. Tech., 10 am, Las Vegas, Nev. (\*SNA)
- Feb 13 - 5 Mile Jr. High & Sr. High School Race, Concord, 10 am. C. 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 & San Mateo Recreation Dept. (co-sponsors), P.O. Box 1551, San Mateo, CA 94401. Winner gets paid trip to either National AAU or Olympic Trials Marathon.
- Feb 19 - Ivanhoe Road Run, 6 miles, 1 pm, Age Groups. Jerry L. Hobbs, 15616 Ave. 328, Ivanhoe, CA (\*CCA)
- Feb 19 - 20 Kilo Road Run, Pleasanton, 10 am. Granada Roadrunners, Dave Fried, 2651 Kelly, Livermore, CA 94550.
- Feb 26 - 8 Mile Run, Martinez, 10 am. NCSTC, c/o Luka Sekulich, 534 Darlene Dr., Concord, CA 94520 (Ph. 685-5185).
- Feb 26 - Trail's End Marathon, Seaside, Oregon, 11 am (?). Chamber of Commerce, 20 North Columbia, Seaside, Ore. 97138 (\*OA)
- Feb 27 - DSE Twin Peaks Run, 3.6 miles, 10 am. Meet at Portola Dr. & Twin Peaks Blvd.
- Feb 27 - Six Mile Track Run (& possibly 10 Km.), San Jose State Tartan Track, 10 am. No pre-entries, signup on race day. Information available from West Valley TC, P.O. Box 1551, San Mateo, CA 94401 (Ph. 342-3181).
- Mar 4 - Third Annual Municipal Games Marathon (Griffith Park), Los Angeles, 8 am. Mike Johnson, Dept. of Parks and Recreation, 3401 Riverside Dr., Los Angeles, CA 90027. (\*SPA)
- Mar 4 - Searsville Lake Run, 8 miles (new course in 1971), Woodside, 9:30 am. Stanford RC, Don Peterson, 916 El Cajon Way, Palo Alto, CA 94303.
- Mar 11 - 100 Mile Run, State Fairgrounds, Sacramento, 6 am. John Hill, 604 Flint Way, Sacramento, CA 95818 (NO POST ENTRIES). All runners must bring an Official willing to help for 2 hours during the 24 hour period.
- Mar 12 - 6.65 Mile Race, Hayward, 10 am. NCSTC, c/o Emmett Smith, 2766 Summit Drive, Burlingame, CA 94010.
- Mar 19 - PA-AAU 30 Kilo Championships, Monterey, 9 am. Monterey Pen. AC, Ted Larson, 477 Grove Acres, Pacific Grove, CA 93950.
- Mar 19 - DSE Ocean Beach Run, 6 miles, 9 am. Meet at foot of Balboa St. on the beach and the Great Highway.
- Mar 25 - 3rd Annual Mountain Marathon, Tacoma, Wash., 11 am. Carl Glatz, P.O. Box 804, Steilacoom, Wash. 98388 (\*PNWA)
- Mar 26 - Blossom Hill Run, Open 8.3 Miles and Age Group Run, Napa, 9:30 am. Napa Valley Runners, Mike Healy, 690 Costa, Napa 94558.
- Apr 1 - 5 Mile Senior Run (over 40), Lake Merced, San Francisco, 9:30 am. NCSTC, John Boitano, 3875 21st St., S.F. 94114.
- Apr 8 - 14 Mile Road Race & Barbeque, El Dorado, 10 am. PA-AAU Sponsor, Ernie Marinoni, 5101 Newton Rd., Placerville, CA 95667.
- Apr 8 - Selma Senior 6 Mile Run. Gary Self, 8471 S. Bethel, Selma, CA (\*CCA).
- Apr 8 - 2nd Annual Maui Norman K. Tamanaha Hawaiian Marathon, Kahului to Kaanapali, 8 am. Sam Bosetti, 1777 Ala Moana, Honolulu, Hawaii 96813, or Harry "Bull" Kaya, P.O. Box 728, Wailuku, Maui, Hawaii 96793.

## AAU-COLLEGIATE

Southern California All-Comers Meets: (Courtesy of George Ker) - Partial listing - Feb. 4, 11, 18: @ Cal-St. Fullerton, 2 pm.

- Feb 5 - Bennion Indoor Games, Pocatello, Idaho.
- Feb 11 - Los Angeles Times Invitational (indoor), Inglewood (The Forum), CA; Athens Invit. (NorCal H.S. & J.C. Championships), Oakland Coliseum, CA; USTFF Championships, Houston, Texas (2 day meet).
- Feb 12 - Athens Invitational, Oakland Coliseum, CA. (7:30 pm); USTFF Championships, continued.
- Feb 18 - Western Athletic Conference Championships, Salt Lake City, Utah (2 day meet).
- Feb 19 - San Diego Indoor Games, San Diego Sports Arena (with an afternoon session and evening invitational session); WAC continued; San Jose City College vs. Cabrillo College (scrimmage) 10 am @ SJCC.
- Feb 22 - West Valley College @ Chabot, 3:30 pm.
- Feb 24 - Natl. AAU Indoor Championships, Madison Sq. Garden, New York (women on 24th, men on 25th), trials @ 10 am, finals @ 8 pm.
- Feb 25 - Natl. AAU Championships, continued, trials at 1 pm, finals at 6 pm.
- Feb 26 - Camino Norte Conference Relays @ DeAnza; SF State & UOP @ Chico State, 1 pm.
- Mar 3 - Solano JC @ Santa Rosa JC, 3 pm.
- Mar 4 - SF State @ Cal-State, Hayward, 11:30 am; Sac'to State & Athens TC @ UC Berkeley, 1:30 pm; Small College Meet @ San Jose State; Golden Gate Conf. Relays @ Chabot, 10 am; UC Davis intersquad meet, 1 pm.
- Mar 10 - NCAA Championships, Detroit, Mich. (2 day meet); Chabot vs. San Jose CC @ SJCC, 3 pm; Solano JC @ West Valley JC, 3 pm.
- Mar 11 - NCAA Championships (continued); "Spirit of '72" Meet @ Cal-State Hayward; UC Davis @ UOP (Stockton), 1 pm; San Jose State @ UC Berkeley; Fresno State @ Sac'to St., 1:30 pm; SF State & Sonoma St. @ Chico St., 1 pm.
- Mar 14 - Laney College @ Chabot, 3 pm; San Jose CC @ CCSF, 2 pm.
- Mar 15 - Sac'to St. @ Sonoma St., 1:30 pm.
- Mar 17 - US vs. USSR Indoor Meet, Richmond, Va.; San Jose CC @ Diablo Valley, 3 pm; Chabot @ Merritt, 3 pm; Solano @ DeAnza, 3 pm.
- Mar 18 - Stampede Invitational (indoor), Calgary, Alta.; Univ. O.P. & New Ways AC @ Sac'to St., 1:30 pm; All Cal Meet @ UC San Diego, 1 pm; SF State @ San Fernando Valley (Northridge) 1 pm; Long Beach St. @ San Jose St.
- Mar 20 - Oregon St. @ Sac'to St., 1:30 pm.
- Mar 23 - Merritt College @ San Jose CC, 3 pm; CCSF @ Chabot, 3:15 pm.
- Mar 24 - Solano College @ College of Marin, 3 pm.
- Mar 25 - Santa Barbara Relays @ UCSB, 10 am; Pacific Coast Club @ Cal-State Fullerton.
- Apr 1 - Sac'to St. @ Univ. of Oregon, Eugene (triangular), 2 pm; Pacific Coast Club @ Arizona St., Tempe; San Jose St. @ Oregon St., Corvallis; UC Davis @ Cal-State Hayward, 1 pm; Diablo Valley Relays, 10 am; West Valley College @ San Jose CC, 10 am; Humboldt St. & St. Mary's @ SF State, 1 pm.
- Apr 6 - Laney College @ San Jose CC, 3:30 pm; Chabot @ College of San Mateo, 3 pm.
- Apr 7 - Skyline JC @ Solano College, 3 pm.
- Apr 8 - Sacramento State Relays @ Sac'to St. College, 4 pm; San Diego Relays @ Balboa Stadium; UC Davis @ Humboldt, 11 am.

## HIGH SCHOOL

- Feb 18 - Pentathlon @ Leigh High School, San Jose.
- Mar 1 - Woodside @ St. Francis, 3:15 pm; Aragon @ San Carlos, 3 pm.
- Mar 3 - King City @ Robert L. Stevenson; Menlo-Atherton & St. Francis @ El Camino; San Ramon @ Livermore; Crestmoor @ Woodside, 3:15 pm; Leland vs. Camden @ Campbell, 3:30 pm.
- Mar 4 - St. Ignatius @ Leigh.
- Mar 6 - Menlo-Atherton & Serra @ Serramonte.
- Mar 7 - SSF @ Aragon, 3 pm; San Lorenzo @ Mission San Jose, 3:30 pm.
- Mar 9 - San Carlos @ Woodside, 3:15 pm; Menlo-Atherton @ Gunn.
- Mar 10 - Aragon @ Sequoia, 3:15 pm; Overfelt @ Ayer, 3:30 pm; Hill @ Oak Grove, 3:30 pm; Silver Creek @ Mt. Pleasant, 3:30 pm; Lick @ Piedmont Hills, 3:30 pm; King City @ Hollister; Campolindo @ San Ramon; Blackford @ Camden, 3:30 pm; Westmont @ Leigh.
- Mar 14 - Woodside & Jordan @ Palo Alto, 3:15 pm.
- Mar 15 - San Ramon @ Las Lomas.
- Mar 16 - Aragon @ Burlingame, 3 pm; Menlo-Atherton @ Carlmont.
- Mar 17 - San Ramon @ Monte Vista (maybe night, weather permitting); Piedmont Hills @ Silver Crk., 3:30 pm; Oak Grove @ Lick, 3:30 pm; Mt. Pleasant @ Overfelt, 3:30 pm; Milpitas @ Hill, 3:30 pm; King City @ Carmel; Camden @ Saratoga; Branham @ Leigh.
- Mar 18 - Township Relays @ Washington, Fremont, 12:30 pm; Campbell Relays @ Campbell.
- Mar 21 - Mission San Jose @ Sunset, 3:30 pm.
- Mar 23 - Woodside @ Carlmont; Aragon @ San Mateo, 3 pm; Ravenswood @ Menlo-Atherton; College Park @ San Ramon.
- Mar 24 - Saratoga @ Leigh; Branham @ Camden, 3:30 pm; King City @ Palma; Silver Crk. @ Oak Grove, 3:30 pm; Overfelt @ Piedmont Hills, 3:30 pm; Lick @ Milpitas, 3:30 pm; Ayer @ Mt. Pleasant, 3:30 pm.
- Mar 25 - Andrew Hill Invitational @ Foothill College, 10 am; Watsonville Relays @ Watsonville; Gilroy Invitational @ Gilroy; San Mateo City Meet @ College of San Mateo, 10 am.
- Apr 5 - Alhambra @ San Ramon.
- Apr 6 - Menlo-Atherton @ Sequoia; J.F. Kennedy @ Mission San Jose, 3:30 pm; King City @ Gonzales.
- Apr 7 - Prospect @ Camden, 3:30 pm; Leigh @ Del Mar; Oak Grove @ Overfelt, 3:30 pm; Milpitas @ Silver Crk., 3:30 pm; Piedmont Hills @ Ayer, 3:30 pm; Hill @ Lick, 3:30 pm.
- Apr 8 - King City Invitational @ King City; San Ramon Relays @ San Ramon, Danville.

## SENIORS - WOMEN

- Feb 6 - PA-AAU Winter Championships (Women/Girls) @ College of San Mateo, 10 am. Dr. C.H. Brown, 2335 David Ct., San Mateo, 94403.
- Feb 11 - Athens Invitational, Oakland Coliseum (by qualification only) - two day meet.
- Feb 19 - San Diego Indoor Games, San Diego Sports Arena (many senior events including afternoon session: 2 mile, mile, mile relay, 60; evening session: 60 (Div. II), 880. -- also add shot put to afternoon session.) Tony Sucec, San Diego St., San Diego, 92115.
- Feb 24 - Natl. AAU Indoor Championships (Women), Madison Sq. Garden, New York City; trials @ 10 am, finals @ 8 pm.
- Feb 26 - Masters All-Comers Meet @ L.A. Valley College, Van Nuys, 10 am.
- Mar 4 - Women's & Girls' Season Opener (Open for bids) - Contact Mrs. Roxanne Andersen, 76 Carver St., San Francisco, 94110; Masters All-Comers Meet @ L.A. Valley College, Van Nuys, 10 am.
- Mar 10 - Hawaii International Masters Championships, Univ. of Hawaii (Cooke Field) - 3 day meet. Stan Thompson, 1613 Kamole St., Honolulu, Hawaii 96821. (For Charter information, contact Emmett Smith, 2766 Summit Dr., Hillsborough, CA 94010.) - 30 years+.
- Mar 11 - Age Group Girls Season Opener: West Div. @ San Jose CC, East Div. @ Orinda/Moraga (Contacts: West - Estle Argabright, 18430 Baylor Ave., Saratoga 95070; East - Don Bailes, 133 Selborne Way, Moraga 94556).
- Mar 18 - Masters All-Comers Meet @ Sunny Hills H.S. (Los Angeles area), 10 am; Will's Relays (Women/Girls), Sacramento - Contact Will Stephens, 6349 Dorchester Ct., Carmichael, 95608.
- Mar 25 - Possible Masters events in Easter Relays (Santa Barbara); Age Group (Girls) Sectionals - West Div. (Salinas, contact Dick Casper, 1427 Lassen Ave., Salinas), East Div. (Roseville, contact Gilbert Duran, 1325 Susan Circle, Roseville 95678).
- Apr 1 - Masters events in El Segundo Relays (limited number), more details later.

A SPECIAL NOTE OF THANKS TO ALL THE HIGH SCHOOL & COLLEGE COACHES THAT SENT ME THEIR SPRING TRACK & FIELD SCHEDULES!!

## RACE WALKING

Feb 12 - Athens Indoor One Mile Walk - by invitation only. Contact Bill Ranney for further details.  
 Feb 13 - Far Western 25 Kilometer Championships, Golden Gate Park (tennis courts), 10 am.  
 Feb 27 - 50 Kilometer Olympic Qualifying Run, San Francisco State College, 10 am.  
 Mar 11 - North Gate 15 Kilometer, 10 am.  
 Mar 18 - Senior Natl. 35 Kilometer Championships, Pomona, CA.  
 Mar 26 - Lake Merced 7 Miler, 10 am (San Francisco).  
 \*\*\*\*\*The details on the above schedule can be obtained by writing either Bill Ranney, One Barker Ct., Fairfax, CA 94930 (Ph. 456-2641) or Steve Lund, 10 Francis Ave., #1, Larkspur, CA 94939.

Goetz Klopfer Wins PA-AAU 25 Mile Championship: (Petaluma, Dec. 12) - (Thanks to Steve Lund) - On a cold and windy morning, four brave walkers tackled the Association's 25 Mile Championship race on a course of many rolling hills in conjunction with a couple hundred runners (vying for the PA-AAU Marathon title). Goetz Klopfer of the Athens TC moved to the front right away, closely followed by Bob Kitchen. Steve Lund and Wayne Glusker were engaged in their own duel a little further behind. Klopfer gradually pulled away from Kitchen; Glusker went out too fast, encountered problems and dropped out at 12 miles, leaving Lund to forge on alone. Goetz finished very strongly, with a 41:09 for his last 5 miles, compared to 41:52 for the first 5 marks, and came in with a 3:28:46. Kitchen also recorded an excellent time (3:34:16) and both beat a great many runners. Lund, although lacking in training, paced himself well for a 4:21:49 effort. Judge, timer, waterboy: a slightly injured Roger Duran. Driver and watergirl: Lauren Homick. Spectators: 112 cows, 8 dogs, and some embarrassed runners. Goetz's splits: (41:52, 1:22:55, ???, 2:47:37, 3:28:46). Goetz broke the old PA-AAU 25 mile and 40 Kilo records with his performance. The old 25 mile mark was held by Tom Dooley (at Long Branch, N.J. in 1967). By PA rules, any road course record broken on the way to another record is automatically given the time of the longer distance. That's why Klopfer's 40 Kilo record is now the same as the 25 mile mark. The actual 40 Kilo time would be about 30 seconds under the 3:28:46.

Kitchen Nips Ranney in 20 Kilo Track Walk: (S.F. State College, Dec. 26) - (Thanks to Steve Lund) - The day was typical "Christmas" weather in San Francisco: cold and overcast. Holiday shut-down on the college campus forced all interested contestants and observers to climb and jump a ten foot cyclone fence to get down to the track. Out of nine entries in this walk, only five finished. The race began shortly after 10 am. Bill Ranney and Bob Kitchen both breaking away from the starting group, stayed together for the first couple miles chatting on one or two laps around the track. One female observer, who shall remain unnamed, seeing a race walk for the first time, was most impressed with the Kitchen-Ranney duo. During the first mile or so she studied some particulars of style as pointed out by Frank Hagerty and myself (Lund). Later she gave me her impressions...Bob Kitchen has nice eyes, and Bill Ranney has a neat body. Imagine.... Into the second mile, Kitchen broke away from Ranney and kept approximately a 30 second lead until the last mile when Ranney closed the break to 20 seconds. Jerry Lansing and Wayne Glusker also stayed together with very little variation until 4 1/2 miles at which point Wayne dropped out (he passed 5 Km. in 26:44), recording a 37:25 for the distance. Roger Duran stayed behind the Kitchen-Ranney duo, holding 8's for four miles and then slowing up somewhat. Bryan Snazell walked just short of a nine minute mile pace but was disqualified after a second warning at 7 1/2 miles. Bryan's 10 Kilo time was 59:05. Phil Mooers came out and walked 10 Km. of the event in 1:11:20. The fifth and last man to finish the 20 Km. walk was Bret Layton, giving what was truly a "change of pace" performance. Somewhere around 10 Km. Bret favored all present with an occasional verse of song...much in keeping with what seemed to be a relaxed walk for him. Times: (1) Kitchen 1:35:44, (2) Ranney 1:36:05, (3) Duran 1:44:09, (4) Lansing 1:48:55, (5) Layton 2:27:25.

LATE FLASH!! Klopfer Wins PA-AAU 40 Kilo Championship: (Golden Gate Park, Jan. 30) - (Preliminary results thanks to Wayne Glusker, complete story next time) - A total of 12 starters made it to the Golden Gate Park tennis courts for the Association's 40 Kilo title race, but only two managed to make it the entire distance. Goetz Klopfer was superb in winning with a time of around 3:20, close to the world record we think. Jim Bean of the Stockton Walkers was the only other finisher (no time available). Bob Bowman, who made it up from L.A., did a personal best of 2:30 for 30 Kilos before hanging it up. Ranney went 20 Km. and then strolled 10 more before retiring. Roger Duran was out at 25 Km. after fighting off the flu during previous weeks. Wayne Glusker went 30 Km. in 2:53, but decided to stop there after being plagued by back problems early in the race (15 Km.). Steve Lund was disqualified and Bob Kitchen arrived a bit too late.

## TRACK & FIELD RESULTS

All-Comers @ Sac'to State College: (Dec. 4, 1971) - 44OR: Sacramento TC (Bowens, Ligons, Pruitt, Rogers) 42.6; Mile: Duwayne Ray (WVTC) 4:25.5, (HS) M. Doody (El Camino HS) 4:34.0; 60: C. Bowens (Sac TC) 6.1, (Sr.) R. Melgosa (NCSTC) 6.9; 880: Bob Martin (AAC) 2:01.3, (HS) R. Hyatt (Placer HS) 1:58.6; 2 Mile: (HS) J. Brady (Jesuit) 9:59.5; 440: T. Wunschel (Athens) 51.5, (HS) J. Feuse (Burbank) 54.7, (Sr) R. Melgosa (NCSTC) 61.3; 60HH: B. Carr (Sac TC) 7.6; 220: A. Rogers (Sac TC) 22.1, (Sr.) B. Holler (NCSTC) 27.5; 3 Mile: J. Silva (Solano TC) 15:57.2; HJ: C. Leggett (unat.) 6-4; LJ: R. Hays (unat.) 22-9; TJ: K. Moore (Sac TC) 46-5; Hammer: D. Harrington (unat.) 160-4; SP: D. Harrington (unat.) 52-4, (HS) P. Harris (Burbank) 43-11; Disc: D. McKenzie (unat.) 158-4. (54 competitors)

All-Comers @ Sac'to State College: (Dec. 11, 1971) - 44OR: Sac TC (Dawson, Rogers, Pruitt, Ligons) 42.8; Mile: Jack West (Butte Coll) 4:27.7, (HS) G. Janke (Encina HS) 4:47.0, (Sr) Jim O'Neil (SFOC) 4:56.0; 60: R. Ligons (Sac TC) 6.3, (HS) R. Ehrman (Bros. HS) 7.0, (Sr) A. Guidet (NCSTC) 7.1; 880: B. Parks (Sac TC) 1:58.5, (HS) S. Coronado (San Juan HS) 2:12.6; 2 Mi: G. Green (Sac TC) 9:22.6; 440: S. Dawson (Sac TC) 49.2, (HS) R. Hyatt (Placer HS) 51.1, (Sr) Ed Dowell (NCSTC) 56.5; 60HH: B. Carr (Sac TC) 7.8; 220: A. Rogers (Sac TC) 22.5, (Sr) Ed Dowell (NCSTC) 25.7; Hammer: D. Harrington (unat.) 158-0; SP: D. Harrington (unat.) 52-9 1/4, (HS) A. Wells (Elk Grove HS) 47-2 3/4, (Sr) John Hill (NCSTC) 33-10; Disc: D. Harrington (unat.) 163-6, (HS) A. Wells (Elk Grove HS) 120-10 3/4, (Sr) K. Carnine (NCSTC) 105-1; HJ: A. Patterson (Consumnes College) 6-0, LJ: K. Conley (unat.) 19-10, TJ: K. Moore (Sac TC) 45-0. (45 competitors)

All-Comers @ Sac'to State College: (Dec. 18, 1971) - Mile: Duwayne Ray (WVTC) 4:23.1, (HS) R. Hyatt (Placer HS) 4:32.9, (Sr.) Jim O'Neil (SFOC) 4:51.7; 60: R. Ligons (Sac TC) 6.3, (HS) B. Sylvia (San Juan HS) 6.6, (Sr.) E. Mahany (NCSTC) 7.0; 880: Duwayne Ray (WVTC) 1:57.3, (HS) R. Hyatt (Placer HS) 2:02.5; 2 Mi: (HS) R. Guzman (Burbank HS) 10:20.4; 440: J. Hamilton (unat.) 49.7, (HS) R. McDonald (unat.) 52.2; 60HH: D. Taylor (unat.) 7.4; 220: R. Ligons (Sac TC) 22.0, (HS) J. Stewart (Placer HS) 24.5, (Sr) R. Melgosa (NCSTC) 26.1; 3 Mi: R. Langford (Am. River C) 15:02.4, (Sr) Jim O'Neil (SFOC) 16:01.5; Hammer: D. Harrington (unat.) 168-0; SP: D. Harrington (unat.) 52-7, (HS) S. Wells (Elk Grove HS) 47-2; Disc: D. Harrington (unat.) 165-3, (HS) R. Loftus (Lodi HS) 126-8, (Sr) K. Carnine (NCSTC) 108-11; HJ: K. Trueblood (Sac CC) 5-10, (HS) R. Larson (Jesuit HS) 5-8; PV: K. Lindsey (Stanford) 14-0, (HS) J. Pinkard (unat.) 11-0; TJ: J. Price (unat.) 48-1 1/2. (72 competitors)

Qualifications for S.F. Examiner Meet: (JC Trials @ San Jose CC, Jan. 8) - 2 Mile Relay: (1) San Jose CC (Pat Haley 2:00.4, Juan Ramirez 1:57.5, Sergio Reyes 1:58.9, Paul Sanchez 2:01.2) 7:58.0, (2) Merritt (Rony Dawson 1:59.8, Hubert Marshall 1:59.5, Leonard McGee 2:01.0, Jerrold Curry 1:59.7) 8:00.0, (3) College of San Mateo (Henk Van Arkel 2:01.6, Ron Pagan 1:58.9, Ken Jones 2:01.1, Ken Phelps 1:59.0) 8:00.6, (4) Chabot (Milan, Wilson, Drummond, Genschmer) 8:01.8, (5) non-qualifying (West Valley College) (Haniger 1:59.0, Jon Ahnberg 2:03.5, Brad Syth 2:02.5, Mike Schaecher 1:57.6) 8:02.6, (6) Monterey Peninsula (non-qualifying) 8:05.6, (7) Fresno CC (Pat Dunning 2:03.2, Dave Bialock 2:00.8, Greg Hall 1:59.8, Bob Larson 2:00.0) 8:05.8, (8) Diablo Valley (non-qualifying) 8:06.0...there were two heats with the winner of each heat qualifying, plus the next three best times. Sprint Medley Relay: (1) Fresno CC (Ed Jefferies, Bob Bethke, Maxie Parks 49.4, Cliff Rees 1:58.2) 3:32.2, (2) San Jose CC (Lee Potts 23.3, Sal Mesa 22.6, Al Hall 49.5, Mike Hart 1:58.2) 3:33.6, (3) Merritt (Charles Gibson 21.9, Gary Keyes 23.5, Marvin Jefferson 49.1, Jerrold Curry 2:02.7) 3:36.2, (4) Mosto JC (Joe Duchala, Brad Anderson, Doug Parker 51.0, Albert Lomeli 1:58.5) 3:36.9...Gary Hicklin (Skyline) ran 1:56.3 for fast leg.



Pole Vault: (1) Byron McDowell (Menlo) 14-0, (2) Jim Lee (SJCC) 14-0, (3) Ken Kring (Hancock) 14-0, (4) Ron Vellutini (Cabrillo) 14-0, (5) Cecil Livingston (Fresno) 13-6, (6) Tom Lynn (Skyline) 13-6.

Qualifications for S.F. Examiner Meet: (High School, Senior, Women @ College of San Mateo, Jan. 8) - (High School): 60: Brad Coleman (Oak. Tech) 6.3, Mike Shavers (Albany) 6.3, Dotson Wilson (Albany) 6.4, Mark Polk (Fremont, Oakland) 6.5, Carl McCullough (Sac'to) 6.7, Ed Peters (Oak. Tech) 6.8; Sprint Medley: (1) El Cerrito 3:34.4, (2) McClymonds 3:34.9, (3) Oakland Tech 3:37.2, (4) Serra 3:37.6; 2 Mile: (1) Dave Taylor (Merced) 9:13.6, (2) Brad Duffy (Lowell) 9:15.0 - from previous meet, (3) Bill Solomon (Monte Vista) 9:22.6, (4) Don Curtis (Campolindo) 9:25.6, (5) Jack Bellah (Leigh) 9:26.0, (6) Melvin Hayes (Oakland Tech) 9:27.6, (7) Bob Grubbs (Wash., Fremont) 9:28.2, (8) Russ Black (Carlmont) 9:29.4, (9) Perry Anderson (Antioch) 9:31.6, (10) Ernie Farrell (Overfelt) 9:35.8, (11) Larry Butler (Merced) 9:36.6; 60HH: (1) Greg Densmore (Pleasant Vly, Chico) 7.4, (2) Derek Ligon (Mt. Eden) 7.5, (3) Tommie Cochee (Oak Tech) 7.6, (4) Vern Ross (Kennedy) 7.6, (5) Ike Allmond (Serramonte) 7.7, (6) Vern Taylor (Oakland) 7.8; HJ: (all qualified at 6-2) Greg True (Monte Vista), Allen Skinner (Mt. Eden), Randy Minix (Balboa), Jerry Smith (Fremont, Oakland), Al McCaskey, Harold Hammock, Joe Wyrick (Silver Creek), Chris Schneider (Canyon). (Seniors): 60 (40-55 yr olds): (1) Jim Lingel (NCSTC) 6.9, (2) H. Washington (unatt.) 6.9, (3) Bob Jordan (NCSTC) 7.0, (4) Ed Mahany (NCSTC) 7.0, (5) R. Melgosa (NCSTC) 7.1, (6) Ed Dowell (NCSTC) 7.2, (7) Ed Manougian (NCSTC) 7.3, (8) A. Juilland (NCSTC) 7.3, (9) Lou Fields (NCSTC) 7.4; 60 (55 yrs+): (1) Jack Barnes (LAS) 7.2, (2) Ken Carnine (NCSTC) 7.7, (3) A.J. Publizevich (NCSTC) 7.9, (4) K. Thursby (NCSTC) 8.0, (5) John Satti (NCSTC) 8.1, (6) Mel Shine (NCSTC) 8.4; Mile: (1) Dennis Teegarden (NCSTC) 4:42.3, (2) Peter Wood (NCSTC) 4:44.5, (3) Dave Stevenson (Stanford RC) 4:45.1, (4) Ross Smith (WVJS) 4:45.5, (5) Vance Koerner (NCSTC) 4:49.1, (6) Frank Harrison (NCSTC) 4:49.6, (7) R.E. Haynes (Stanford RC) 4:52.9, (8) Carl Martin (WVJS) 4:59.3, (9) Harry Hill (WVJS) 5:01, (10) Don Pickett (SFOC) 5:03, (11) John Hutchinson (NCSTC) 5:07, (12) Gil Tarin (NCSTC) 5:15, (13) Frank Evans (SFYMCA) 5:32, (14) W. Frederickson (NCSTC) 5:34, (15) Bruce Grant (NCSTC) 5:36, (16) Fred Larsen (Pamakids) 6:08. (Women): 60HH: (1) Deanne Carlsen (Sac Road Runners) 8.1 (new PA Winter Rcd), (2) Janet Benford (unatt.) 8.1, (3) Marilyn King (Millbrae LTC) 8.2, (4) Barbara Pickel (MLTC) 8.2, (5) Cherrie Sherrard (unatt.) 8.6 (won heat #1 in 8.1), (6) Beverly Scott (San Leandro TC) 8.7; 880 Sprint Medley: (1) Sacramento Road Runners 1:45.4, (2) San Jose Cindergals 1:46.4, (3) Ravenswood Juliettes 1:48.9, (4) Half Steppers (Richmond) 1:51.2, (5) Berkeley TC 1:51.5; One Mile: (1) Tina Anex (Wills Spikettes) 5:05.1 (new PA winter rcd.), (2) Sandi Langan (WS) 5:06.7, (3) Francie Larriue (SJ Cindergals) 5:08.1, (4) Lori Enishenco (SJC) 5:09.6, (5) Cis Schafer (MLTC) 5:10.2, (6) Ronalee Slosson (WS) 5:12.3, (7) Jackie Dixon (SJC) 5:19.0, (8) Jan Freedenburg (unatt.) 5:20.8, (9) Nancy Hickman (MLTC) 5:20.9; LJ: (1) Marilyn King (MLTC) 19-3 (new PA winter rcd.), (2) Lucia Vaamonde (MLTC) 17-7 1/4, (3) Ann Christoff (MLTC) 17-7, (4) Janis Western (St. George TC) 16-6, (5) Cindy Reynolds (St. George TC) 16-4 3/4, (6) J. Richmond (WS) 15-5 1/4; Girls Age Group Relay (6 x 110): (2 each: 9/under, 10-11, 12-13 yrs.) (1) Half Steppers 1:26.1, (2) Redwood City Striders 1:26.4, (3) Millbrae Lions TC 1:26.4, (4) Orinda TC 1:27.5, (5) St. George TC (Stockton) 1:33.9.

All-Comers Meet @ College of San Mateo (Jan. 15): (OPEN) - 440R: Sports Institute 42.4, Stanford 43.6, Cal-St. Hayward 44.0; 60HH: Al Hall (SJCC) 7.3, Greg McGee (USCG) 7.6, John Anderson (Stanford) 7.7; Mile: Duwayne Ray (West Valley TC) 4:12.0, Willie Eashman (CSH) 4:13.2, Ron Genschmer (Chabot) 4:16.6; LJ: Phil Shinnick (SI) 23-5, Mel Ho (Stanford) 21-6 1/2, Ron McFadden (CSH) 21-1 1/2; 60: Walt Parker (CSH) 6.3, Curt Nance (Air Force) 6.3, Herb Kline (Air Force) 6.3; HJ: Larry Kermabon (Skyline) 6-6, Mark Pleich (Foothill) 6-4; PV: Tom Lynn (Skyline) 13-6, Mark Nadler (UCB/WVTC) 13-0, Cliff Blanc (Santa Rosa JC) 11-8; 440: John Anderson (Stanford) 48.9, John Kessell (Stanford) 49.2, Rick Penner (FPC) 49.5; Disc: John Powell (PCC) 202-10, Chuck Sherman (SJS) 167-0, Art McCollum (CSH) 152-10; SP: Rich Marks (PCC) 62-10 1/2, L. Samsam (Athens) 61-8, Greg Born (SJS) 57-6 1/2; 5000m: Jon Anderson (Oregon TC) 14:19.6 (13:52 @ 3 miles), Mike Denny (USAF) 15:05.4, Humberto Hernandez (CSH/WVTC) 15:38.4; TJ: Ray Foreman (CSH) 46-10, Aug O'Neil (CSH) 45-7 1/4, Mel Ho (Stanford) 45-5; 220: John Anderson (Stanford) 21.9, Curt Nance (USAF) 22.4, Jost Schmitt (W. Ger.) 22.7; 880: C. Morgan (CCSF) 1:54.6, Duwayne Ray (WVTC) 1:55.3, Cliff Rees (Fresno CC) 1:55.4; MileR: Fresno Pacific 3:21.3, East Bay Barons 3:41.3, S. City Striders 3:44.2. (SENIORS) - 220: Al Guidet (NCSTC) 25.5, Alphonse Juilland (NCSTC) 26.6. (HIGH SCHOOL) - Mile: Jim Robinson (McClymonds) 4:21.3, Brad Duffy (Lowell) 4:21.8, Bob Grubbs (Wash. Fremont/WVTC) 4:25.5; 440R: Silver Creek 44.1, Berkeley 44.4, S. City Striders 45.0; 60HH: Tom Swartzell (SSS) 8.1, Remus Glaride (Berk) 8.1, Gerald Bennett (Berk) 8.2; LJ: Mark Clegghorn (Berk) 21-4 1/4, Emile Shaffer (Berk) 21-4 1/4, Fred Geipel (Crestmoor) 19-6; 60: Neil Hampton (Silver Crk.) 6.4, Darrell Craven (SC) 6.5, George Garrett (Pleasant Hill) 6.5; HJ: Chris Schneider (Canyon HS) 6-4, Angus Partee (Berk) 6-2, Dave Allazeta (Aragon) 5-10; PV: Joe Stavish (Oceana) 13-6, Gary Ryan (Harbor) 13-0, Mark Deffebach (Mills) 11-8; 440: Jim Robinson (McClymonds) 50.3, Scooter Wandro (Serra) 50.8, Joe Garrett (Pleasant Hill) 52.2; SP: Stephens (McClymonds) 53-1 1/2, Davis (McClymonds) 49-8 1/2, Swartzell (SSS) 49-1; Disc: Swartzell (SSS) 132-9, Stone (MA) 126-0, Brown (Campolindo) 109-3; 2 Mi: Chris Cole (SI) 9:20.4, Joe McDevitt (WVTC) 9:53.8, Mike Pinocci (Wash. Fremont/WVTC) 9:56.4; TJ: Mark Clegghorn (Berk) 43-11, Fred Geipel (Crestmoor) 42-9 1/2, Mark Bryant (Berk) 40-11 3/4; 220: Bart Price (Serra) 23.9, Jim Lynch (SSS) 24.0, Otis Ginoza 24.3; 880: Steve Bond (Petaluma) 2:02.7, Mark Parsons (HMB) 2:02.7, Jim Liston (Westmoor) 2:05.0. (Last meet of season)

San Francisco Examiner Games (Jan. 21): JC Pole Vault: Ken Kring (Hancock) 15-0 1/4, (tie) Tom Lynn (Skyline) & Ron Vellutini (Cabrillo) 13-6, Cecil Livingstone (Fresno CC) 13-6; Women's LJ: Marilyn King (MLTC) 19-0 3/4, Lucille Vaamonde (MLTC) 17-6 1/4, Janet Richmond (WS) 16-8 3/4, Cindy Reynolds (St. George TC) 16-8 1/4; HS-HJ: Randy Minia (Balboa, SF) 6-4, Al McCaskey (Piedmont Hills) 6-4, (tie) Harold Hammock (Oak Tech) & Chris Schneider (Canyon) 6-2, Alan Skinner (Mt. Eden) 6-2; College TJ: Kevin Moore (Sac'to St) 47-5 1/2, August O'Neill (Cal-St Hayward) 46-6 1/2, Dal Lopez (Sac'to St) 46-0 3/4, Dave Hamer (Cal Poly SLO) 42-11 1/2; Invit. TJ: Robert Reader (Staters TC) 52-4, Milan Tiff (Cal Internat'l TC) 51-6, Jim Fraser (BAS) 51-1, Lincoln Jackson (BAS) 50-0 3/4; Invit. PV: Kjell Isaksson (Sweden) 17-1 1/2 (Cow Palace & Games Rcd.), Hans Lagerquist (Swe) 16-6 1/2, Sam Caruthers (Cal Intl TC) 16-6 1/2, Dennis Phillips (Staters TC) 16-6 1/2, Russ Royal (San Jose St.) 16-0 1/4; Invit. SP: Al Feuerbach (PCC) 68-2 1/4, Randy Matson (Tex Striders) 67-3 1/2, Fred DeBernardi (UTEP) 64-8 1/2, Richard Marks (PCC) 61-10; Invit. HJ: Reynaldo Brown (Cal Intl TC) 7-0, Pat Matzdorf (Wisc) 7-0, Clarence Johnson (BAS) 6-10, Willie Crawford (SJS) & John Rambo (PCC) tied @ 6-8; Invit. LJ: Arnie Robinson (US Army) 25-7 1/4, Henry Hines (So Cal) 25-0 1/2, Steve Rogaway (Cal) 23-10 1/2, Dave Smith (BAS) 23-5 1/4; JC Two Mile Relay: Chabot (Milan, Wilson, Drummond, Genschmer) 8:05.3, San Jose CC (Haley Ramirez, Reyes, Sanchez) 8:06.7, CSM (Van Arkel, Pagan, Jones, Phelps) 8:08.6, Fresno CC (Dunning, Blalock, Hall, Larson) 8:13.4, Merritt (Dawson, McGee, Marshall, Curry) 8:31.6; HS Sprint Medley: McClymonds (Deckard, Watkins, Griffin, Robinson) 3:36.6, Oakland Tech (Coleman, Peters, Robinson, Harralson) 3:39.7, El Cerrito (Sproul, Woods, Watson, Scott) 3:40.2, Serra (Morris, Backstrom, Price, Wandro) 3:41.0; Mile Walk: Tom Dooley (Athens AC) 6:30.5, J. Esteban Valle (unatt.) 6:38.1, Bill Ranney (Athens AC) 6:46.3, Bob Kitchen (Athens AC) 6:46.5, Robert Jackson (unatt.) 6:50.6; College Sprint Medley: Cal-State Hayward (Bayless, Robertson, Jackson, Eashman) 3:34.6, Sac'to State (Bowens, Rogers, Pruitt, Henderson) 3:36.1, San Francisco St. (John, Pettus, Jordan, Best) 3:36.7, Chico St. (Crawford, Springborn, Holmes, Wood) 3:39.7; Girls' Age Group Relay: (6 x 1 lap) Millbrae Lions (Larsen, Keeton, Scanlan, Green, Lustenberger, Sulinski) 2:11.1, Half-Steppers 2:12.9, Orinda TC 2:15.8, RC Striders 2:18.1; JC Sprint Medley: (1 lap short) Fresno CC (Parks, Jefferies, Bethke, Rees) 3:10.4, San Jose CC (Meza, Cooper, Potts, Hart) 3:14.4, Modesto 3:17.4 (Merritt finished 2nd in 3:13.5 but passed out of zone); Boys' Age Group Relay (6 x 1 lap): Herbert Hoover TC (Holland, Sherrard, Bruce, Davis, Holland, Taylor) 2:06.8, Millbrae Lions 2:12.8, Ralston School 2:15.1, San Jose Yearlings 2:15.9; Seniors' Mile: Graham Parnell (Spartan AC) 5:04.7, Dennis Teegarden (NCSTC) 5:06.1, Peter Wood (NCSTC) 5:06.8, Tom Sturak (SC Striders) 5:12.7, Dave Stevenson (Stanford RC) 5:13.1 (Noel Johnson, age 73, ran 7:02.8) (race one lap too long); Women's Sprint Relay: (4 x 1 lap) Sacramento Roadrunners (Carlsen, Mullen, Hetu, Hammond) 1:15.8, San Jose Cindergals (Poor, Miller, Wooten, Cooper) 1:16.6, Half-Steppers 1:18.5, Ravenswood Juliettes 1:18.8; HS 2 Mile: Brad Duffy (Lowell, SF) 9:19.2, Dave Taylor (Merced) 9:23.0, Bill Solomon (Monte Vista) 9:24.8, Hal Luna (Merced) 9:28.4, Chris Cole (St. Ignatius) 9:29.8; College Mile Relay: Cal-State Hayward (Robertson, McFadden, Bayless, Murphy) 3:26.2, Sac'to St. (Dawson, Griffith, Liggins, Parks) 3:26.4, Fresno Pacific (Elder, Wheat, Schwamb, Penner) 3:26.9, Cal Poly SLO (Harris, Markham, Mark, Gold) 3:28.1; Devil Mile: Kim Ellison (Chico St.) 4:12.9, Art Reade (West Valley TC), Jim Dare (US Navy) both 4:19.2, Cliff Clark (USAF) 4:27.7; Women's 60HH: Deanne Carlsen (Sac'to RR) 7.9, Marilyn King (MLTC) 8.0, Janet Benford (unatt.) 8.2, Cherrie Sherrard (unatt.) 8.3, Barbara Pickel (MLTC) 8.6, Bev Scott (SLTC) no time;

HS-60HH: Gregg Densmore (Pleasant Valley) 7.6 (ties Games Rcd.), Derek Ligons (Mt. Eden) 7.6, Vern Taylor (Oakland) 7.7, Vern Ross (JF Kennedy, Richmond) 7.8, Ike Allmond (Serramonte) 7.8, Thomas Cochee (Oak Tech) 7.9; Seniors' 60: Jim Lingle (NCSTC) 6.7 (Cow Palace & Games Rcd.), George Rhoden (San Diego TC) 6.7, Huel Washington (unat.) 6.9, Robert Jordan (NCSTC) 7.0, Ed Mahany (NCSTC) 7.0; HS-60: Mark Polk (Fremont, Oakland) 6.3, Dotson Wilson (Albany) 6.3, Mike Shavers (Albany) 6.3, Carl McCullough (Sac'to) 6.4, Ed Peters (Oakland Tech) 6.5; Seniors' 60 (55-up): Payton Jordan (unat.) 7.1, Karl Thursby (NCSTC) 7.8, John Satti (NCSTC) 7.8, Ken Carnine (NCSTC) 7.9, A.J. Puglizevich (NCSTC) 8.1, Alan Cranston (US Senate) 8.2; Invit. 60: Warren Edmonson (UCLA) 6.1, Eddie Hart (Athens) 6.1, Lennox Miller (SC Striders) 6.2, Mike Jackson (Cal Intl TC) 6.2, Willie Deckard (USC) 6.3; Invit. 60HH: Willie Davenport (Texas Striders) 7.1, Tommie Lee (SC Striders) 6.1, Lance Babb (USC) 7.1; Invit. 440: Bob Frey (PCC) 50.3, Willie Turner (Cal TC) 50.4, Kermit Bayless (Cal St Hayward) 50.4; Invit. Mile: Kipchoge Keino (Kenya) 4:01.2, Tom Von Ruden (PCC) 4:01.5, Keith Munson (Oregon State) 4:04.6, Duncan Macdonald (Stanford/WVTC) 4:06.7, Chris Fisher (Australia) 4:08.5; Invit. 880: Juris Luzins (US Marines) 1:52.0, Cosmas Silei (Kenya) 1:53.9, John Lilly (Club West) 1:54.6, Mathias Michael (Cal Intl TC) 1:54.8, Lee Marshall (San Jose St.) 2:04.5; 2 Mile Run: Frank Shorter (Florida TC) 8:52.6, Don Kardong (West Valley TC) 8:53.2, George Young (unatt.) 8:53.4, Kerry Pearce (PCC), Ed Hayer (UC Davis); 600: Lee Evans (Bay Area Str.) 1:10.3 (Examiner Games Rcd.), Martin McGrady (Cal Intl TC) 1:10.3, Ron Whitney (SC Striders) 1:11.6, Ivory Scott (Cal Intl TC) 1:12.8; Women's Mile: Eileen Claugus (Wills Spikettes) 4:53.2, Tena Anex (WS) 4:59.2, Sandy Langan (WS) 5:00.4, Ronalee Slosson (WS) 5:04.5, Jackie Dixon (SJ Cindergals) 5:15.5; Mile Relay: Stanford (Long, Kessel, Henry, Anderson) 3:27.9, San Jose State (Shields, Hayes, Baker, Glenn) 3:28.2 (Cal Berkeley dropped baton on first leg and DNF).

Athens Invitational Qualifying (High School): (UC Berkeley, Jan. 29) - 60HH: Derek Ligons (Mt. Eden) 7.5, Thomas Cochee (Oak Tech) 7.5, Gregg Densmore (Pleasant Valley) 7.5, Green (La Sierra) 7.7, Andrade (Sac'to) 7.7; 60: Mike Shavers (Albany) 6.2, Matthews (Highlands) 6.3, Darelli (Silver Crk) 6.4, McCullough (Sac'to) 6.4, Dotson Wilson (Albany) 6.4, Jones (Iamore) 6.4; Sprint Medley Relay: El Cerrito 3:28.9, McClymonds 3:35.4, Serra 3:39.8, Vacaville 3:40.1, Fremont (Oakland) 3:42.3; Mile Relay: Mt. Pleasant 3:27.5, Lamore 3:29.4, McClymonds 3:29.1, Kennedy (Richmond) 3:29.9, Oakland 3:31.7; Two Mile Relay: Mt. Pleasant 8:13.8, Carlmont 8:21.0, Berkeley 8:22.4, Miramonte 8:24.2, El Cerrito 8:24.6, Hoover 8:31.4, Pinole Valley 8:45.8, Oakland 8:46.0; 440: Gonzales (Branham) 50.1, Williams (Mt. Pleasant) 50.5, Matthews (Highlands) 50.5, Pruess (Amador Valley) 50.8, Veal (San Carlos) 50.8; Mile: Brad Duffy (Low) 4:23.9, Hyatt (Placer) 4:25.3, Taylor (Merced) 4:26.4; Two Mile: Bob Grubbs (Wash. Fremont) 9:25.2, Jack Bellah (Leigh) 9:32.6, Galozzi (Merced) 9:39.6; LJ: Duncan (McClatchy) 23-0 1/2, Cochee (Oak Tech) 21-11, Cleghorn (Berk) 21-10 1/2; PV: Calvert (Del Mar) 13-6, Behr (Miramonte) 13-6; HJ: Burgess (Oakland Tech) 6-2, Schneider (Canyon) 6-2, Haddock (Oak Tech) 6-2, Stafford (Hoover) 6-2, Cunningham (Sunset) 6-2; SP: Mannon (Los Gatos) 57-1 1/4, Gherardi (St. Ignatius) 56-1 1/2, Stevenson (McClymonds) 55-1 1/2.

## LONG DISTANCE RESULTS

Fiesta Bowl Marathon: (Phoenix, Ariz. - Dec. 27) - Mike Ipsen's Redwood City Strider gang journeyed to Arizona to participate in the First Annual Fiesta Bowl Marathon, sponsored by the Phoenix YMCA, and did very respectably. Led by Jose Cortez's fifth place finish (2:29:06), and Mitch Kingery's blazing age-15 world mark (2:34:36) in ninth, Northern California again made itself a good name in an out-of-district race. Coach Ipsen, showing that he really means to get into superb shape, just missed the three hour barrier with a 3:00:45 in 28th. First woman was Desiree Wilson, who set a national age-group record for 15-year-olds (3:51:05). The course was flat and the weather very cooperative (cool and clear). Out of 127 starters, a total of 90 finished. First-timer Pete Span of Phoenix was an upset winner over PCC's Jerry Jobski (2:23:33.7 to 2:24:17). Damien Koch of Boulder, Colorado was third in 2:25:12 and Skylar Jones of Tempe hit 2:26:44. Rounding out the top 10: (5) Jose Cortez (RCS) 2:29:06, (6) Leonard Suarez (Bisbee, Ariz.) 2:30:38, (7) Robert Waugh (Phoenix) 2:32:05, (8) Tom Berger (Lakewood, Colo.) 2:34:09, (9) Mitch Kingery (RCS) 2:34:36, (10) Rudy Moreno (Phoenix) 2:35:58. Ken Young journeyed from Chicago to take 11th in 2:36:24, his best in quite some time. Other area finishers: (22) Randy Lawson (RCS) 2:51:30, (28) Mike Ipsen (RCS) 3:00:45, (32) Frank Cortez (WVTC) 3:05:36, (67) Desiree Wilson (RCS) 3:51:05, (69) Tommy Graycar (RCS) 3:52:31, (70) Londa Kingery (RCS) 3:53:07, (71) David Wilson (RCS) 3:54:02, (72) Steve Shelton (Concord) 3:53:32, (83) Elisa Haire (Manhattan Beach) 4:29:34, (84) Jim Barnett (Calif) 4:29:35.

Skip Houk Runs Solo 2:26:11 at Madera: (Madera, CA - Jan. 15) - In cool (37°) and foggy (1/4 mile visibility) conditions, High Sierra TC's Skip Houk cranked through 5 mile splits of 26:23, 53:30, 1:21:15, and 1:49:30 before hanging up a good 2:26:11 for a victory in the Madera Marathon, thus successfully defending his 1971 title. The nearest competitor was more than 18 minutes arrears. High Sierra was the team winner with a low of nine points. Skip's time snapped his old record by some 5 minutes (2:31:26). Paul Reese ran his usual fine race by leading the seniors in 2:53:53, also a new record. Len Thornton of the High Sierra TC just missed 3 hours with a fine 3:00:09. Paul Mender of Madera and his team mate Joe Torres tied for high school honors with 2:56:15. Twenty-three hardy sufferers managed to complete the grind. (1) Houk (HSTC) 2:26:11, (2) Lupe Soliz (unat.) 2:44:39, (3) Don Gregory (HSTC) 2:46:19, (4) Walt Van Zant (West Valley Joggers) 2:48:17, (5) Ricky Jensen (HSTC) 2:53:25, (6) Paul Reese (NCSTC) 2:53:53, (7) Joe Torres (Madera HS) 2:56:15, (8) Paul Mender (Madera HS) 2:56:15, (9) Len Thornton (HSTC) 3:00:09, (10) Mark Hemphill (KR) 3:05:43, (11) Greg Gonzales (Highlands HS) 3:09:00, (12) Bill Snavelly (unat.) 3:10:46, (13) Sid Toabe (HSTC) 3:19:07, (14) Mike Fountaine (Sierra JHS) 3:24:07, (15) Pat Neff (Highlands HS) 3:26:30, (16) Gale Mays (Culver City AC) 3:27:00, (17) Richard Wood (unat.) 3:30:27, (18) Henry Raqueno (Delta HS) 3:57:16, (19) Leland Scott (HSTC) 3:58:39, (20) Mike Buss (North HS) 4:01:13, (21) Rick Fung (Sierra JHS) 4:08:53, (22) Tim Anderson (Bakersfield HS) 4:16:35, (23) Don Zarin (HSTC) 4:27:29.

Doug Schmenk Blitzes Mission Bay Marathon: (San Diego, CA - Jan. 15) - Running a steady pace all the way and then pouring it on over the last 10 Kilos, California TC's Doug Schmenk broke away from the field at about the 15 mile mark and ran on to crush Mike Mahler's 1969 course record of 2:22:25 by running a superb 2:17:35, his first time under 2:20. Doug had taken second here last year behind Bill Clark, and seemed determined to win it this time, much the same way Bill Scobey had vowed to win Culver City after finishing second the previous year. Hard luck Byron Lowry was cruising along with Schmenk, Gregorio (2nd in 2:20:45 for a PR), Harter, and Lands through about a 53 minute 10 mile split, but developed cramps in his calves shortly thereafter and wisely decided to call it quits at 14 miles. Shortly thereafter, Schmenk took command. A total of seven runners broke under the Olympic Trials qualifying time of 2:30. The host San Diego TC was an easy winner over NorCal's roving Redwood City Striders (21-67), with the Seniors TC next at 85, and Arizona Road Runners with 140. First senior was SDTC's Bill Stock (42), who finished 27th in a fine 2:39:56. A total of 249 finished the flat course that skirts the edge of Mission Bay. Perhaps the most outstanding performance came from 12-year-old Ray Vaughn in 45th with a world age group record of 2:47:59, almost a full 15 minutes under Dave Cortez's mark. Betty Wake chopped many minutes off her best with an outstanding 3:07:36 (87th), taking top honors in the women's division. Top 10 finishers and all other Northern California finishers as near as I can determine: (1) Schmenk (CTC) 2:17:45, (2) Mike Gregorio (SDTC) 2:20:45, (3) Reid Harter (SMAA) 2:22:30, (4) Fred Lands (March AFB) 2:23:53, (5) Allen Rude (Oxy) 2:29:11, (6) Bob Price (AIA) 2:29:40, (7) Carlos Alfaro (unat) 2:29:52, (8) Perry Forrester (Cal-St Fullerton) 2:31:47, (9) Don Shanahan (SDTC) 2:32:30, (10) Tully Mann (SDTC) 2:32:45, (11) Jose Cortez (RCS) 2:33:45, (25) Brian Geiser (RCS) 2:39:54, (31) Mitch Kingery (RCS) 2:41:59, (42) John Butterfield (Boston AA) 2:46:53, (55) Harold DeMoss (West Valley TC) 2:55:07, (157) Bill Rupley (Berkeley) 3:32:30, (184) Mike Ipsen (RCS) 3:42:42, (198) David Bingley (RCS) 3:50:20, (228) David Wilson (RCS) 4:17:15. (Note: places 175-182 were missing from results so I may have missed someone.)

### DUWAYNE RAY CAPTURES COLFAX 10.3 MILER

(Nov. 27, Colfax, CA) - While his teammates were cleaning up at the AAU Cross Country Nationals, Duwayne Ray was picking up a big victory at the Colfax Carnival, easily defeating his nearest competition by almost a minute. The multi-division Cross Country Carnival was again a big success, with all ages and sizes competing. Ray won the major race, with collegian Rich Walline second in 54:48 (winning time was 53:53). Ross Smith hung up another victory to keep his undefeated string going in capturing the senior competition.

Results of all divisions (Colfax Carnival): 9 and Under, Girls: Maryetta Boitano (3/4 mile) 5:09, Mary Crevelt 5:15, Nancy Bingley 5:30, Michelle McKee 5:41, Wendi Ashton 5:49, (14 finishers); 10-11 Girls: (3/4 mile) Patty Dillingham 5:07, Rachelle Oliver 5:16, Anne Smith 5:24, Cindy Keurenvary 5:31, Wendy Butterfield 5:41, (9 finishers); 12-13 Girls: (1 mile) Debbie Deckard 5:49, Gwen Dillingham 6:04, Peggy Stok 6:10, Karen Stok 6:11, Jenny Wright 6:29, (13 finishers); 14-17 Girls: (2 mi) Shirlee Rose 11:25, Desiree Wilson 11:26, Gail Hansen 11:42, Kathy O'Connor 11:44, Betty Chevalier 11:59, (8 finishers); Women: (2 mi) Skip Swannack 12:05, Londa Kingery 12:13, Priscilla Butterfield 13:03, Karen Didemenico 13:37, Lynn Chevalier 13:51, (8 finishers); 9 and Under, Boys: (3/4 mile) Tommy Owen 5:06, David Oliver 5:33, Michael Bands 5:36, Jimmy Bingley 5:37, Andrew Butterfield 5:38, (11 finishers); 10-11 Boys: (1 mile) Mike Boitano 5:51, Sam Monaco 5:55, Dan Sullivan 6:12, Dave Wilson 6:18, Robert O'Connor 7:12, (5 finishers); Jr. HS: (2 mi) (short course I hope) Dave Cortez 9:22, Roger Lawler 9:25, Pete Demarais 9:46, Don Lee 9:59, Richard Clark (WVTC) 10:02, Forrest Wimer 10:09, Jose Garza 10:13, Dan Keller 10:27, Mark Davis 10:29, Jimmy Dillingham 10:31, (28 finishers); High School: (4 mi) Danny Hughes 18:07 (short course too), Mike Killeen 18:22, Rock Mesemy 18:59, Benton Hart 19:02, David Boyet 19:19, Bob Louy 19:23, Jay O'Rear 19:29, Mike Kasser 19:46, Frank Cortez (WVTC) 19:48, Barry Pauan 19:56, (19 finishers); College: (10.3 mi) Rich Walline 54:48, Robert Walline 56:52, Barry Buob 57:30, Richard Alexander 57:45, Bruce Thorp 58:06, Brian Shank 60:00, (12 finishers); Open: Duwayne Ray (WVTC) 53:53, Mike Tulley 56:11, Roy Vogel 56:38, Nick Vogt 57:16, John Butterfield 58:02, Bob Barker 58:19, Tom Beck 58:21, Kevin Furey 58:33, Frank Krebs 58:47, Rudy Dressendorfer 58:53, Joe Brouillette 58:55, Doug Essary 59:32, Dave Cortez 60:56, Art Branchini 61:00, Richard Gentry 61:39, (36 finishers); Seniors (over 40): (10.3 mi) Ross Smith 61:32, Bob Malain 62:45, Paul Reese 64:17, Gil Tarin 65:34, Walt Betschart 67:18, Keith Campbell 68:58, (12 finishers). --- Note: please excuse any misspelling. The results were taken from a very poor mimeo copy.

#### COVERT ASSAULTS MIDNIGHT RUN

(Jan. 1, Los Altos Hills) - The 12th Annual Midnight Run, sponsored by Runners' World Magazine, featured a classic race between two completely different trained athletes. Heavily interval conscious Mark Covert of Fullerton State College found enough speed to pull out a six second victory over Jon Anderson of the Oregon TC, whose own training has been strictly overdistance. It took only one lap of the new five lap course around Foothill College for Covert and Anderson to hook up and pull away from the rest of the 235 official starters. "It was back and forth all the way," commented the bearded Covert after the race. "Anderson would pull away from me on the downhill, and I would come back to him on the uphill." Fortunately for Covert, the race ends on an uphill grade of some 200 yards, which is the exact spot where Mark pulled it out and left Anderson some 35 yards arrears. The final times for the two on this tough 5.2 mile course: 25:26 to 25:33. Oklahoma State's star miler, George Stewart, split the first two from the rest of the field with his fine third place effort. Then the runners came in out of the night in droves. Art Reade, mostly known for his track exploits, showed he will be a force to contend with on the roads as well with his excellent fourth place finish which just barely put him in front of the first high schooler, Atkins Chun of Lowell High in San Francisco. Forty-four year old Ross Smith ventured down from Reno to continue his unbeaten streak in the senior division. His 26th place put him way ahead of second placer Peter Wood, who finished 48th, some 1:12 behind. First woman finisher was Francis Conley of Palo Alto (117th, 34:46). This year's race was made more glamorous by the fact that the runners were led around the first lap by a large fire truck which blurted its horn and flashed its lights to bring in the New Year. The top 60 finishers and their times:

1 - Mark Covert (Cal TC)	25:26	21 - John Butterfield (Boston AA)	28:58	41 - Manny Mahon (unatt.)	30:17
2 - Jon Anderson (Oregon TC)	25:33	22 - Jeff Clenard (Burbank)	29:22	42 - Daniel Prows (Mt. View)	30:23
3 - George Stewart (Mid-Amer. TC)	26:14	23 - Tim Wright (Millbrae)	29:05	43 - Mike Roundtree (Menlo-Ath. HS)	30:24
4 - Art Reade (West Valley TC)	27:07	24 - James Everard (Santa Rosa JC)	29:14	44 - Mike Brooks (West Valley TC)	30:25
5 - Atkins Chun (Lowell HS, SF)	27:08	25 - Matt Church (Maranon)	29:20	45 - Denis O'Halloran (Maranon)	30:26
6 - Dan Anderson (Valley TC)	27:12	26 - Ross Smith (West Valley J&S)	29:23	46 - Nils Carlson (Solano TC)	30:27
7 - Neil Glensk (College of SM)	27:18	27 - Jeff Collins (Solano TC)	29:24	47 - Matthew Logan (Palo Alto)	30:32
8 - Jon Sutherland (Northridge)	27:24	28 - Bob Castaneda (Willow Glen HS)	29:34	48 - Peter Wood (NCSTC)	30:35
9 - Chuck Frosolone (Maranon)	27:32	29 - Loren Israelson (Los Altos)	29:40	49 - Henry Templeman (Carlmont HS)	30:38
10 - Chris Cole (St. Ignatius HS)	27:46	30 - Kent McDonald (Kansas)	29:47	50 - John Finch (Portola Valley)	30:39
11 - Dan Slavin (Los Altos)	27:47	31 - Peter Jones (Atherton)	29:52	51 - Paul Ridgell (San Jose)	30:42
12 - John Freemuth (Los Altos)	27:53	32 - Tom Castaneda (Willow Glen HS)	29:53	52 - Fred Akers (San Jose)	30:43
13 - William Johnson (S.F.)	27:54	33 - Dave Zumwalt (Oakley)	29:54	53 - Orval Osborne (West Valley TC)	30:44
14 - Mitch Kingery (RC Striders)	27:59	34 - Jerry Emory (Terman JHS)	29:55	54 - John Carlson (Sunnyvale)	30:49
15 - Romero Mendoza (Santa Rosa JC)	28:29	35 - Robin Clark (Maranon)	30:00	55 - Ted Ratcliff (Texas)	30:50
16 - John Marshall (Maranon)	28:33	36 - John Barbour (Menlo-Ath. HS)	30:02	56 - Kenneth Miller (Castro Valley)	30:51
17 - Scott Matthews (Los Altos)	28:35	37 - Stacy Geiken (Palo Alto)	30:03	57 - Tom Hare (Portola Valley)	30:55
18 - Eddie Silva (West Valley TC)	28:39	38 - Gordon Rado (Palo Alto)	30:04	58 - Mike Ipsen (RC Striders)	30:56
19 - Darold Dent (San Jose)	28:40	39 - Dan Sedgwick (Los Altos)	30:13	59 - David Unger (San Jose)	30:58
20 - Rudy Dressendorfer (Penryn)	28:54	40 - Bill McNulty (Rhode Island)	30:15	60 - Carlos Ortiz (San Mateo)	31:01

#### BADGLEY OUTCLASSES FIELD IN STOCKTON 10-MILER

(Jan. 8, Stockton) - Meet director Wayne Badgley got a smaller field than he anticipated, but still ran a highly successful race, both competitively and organizationally. The carefully measured ten mile course had 54 starters on a cool (45°) morning at the San Joaquin Delta College campus. Taking off from the rest of the field from the start, Wayne toured the first four miles in a slowish (for him) 20:27, but then he turned on the steam and hit a very pleasing 29:27 for the final six, to record a fine 49:54.4. Closest competitors were U.O.P.'s Mathyas Michael (normally an 800 meter man, 1968 Ethiopian Olympic Team) and San Joaquin Delta's Dave Garcia (NorCal JC Cross Country champ), who tied in 52:59. Mike Tulley of Jesuit High in Sacramento ran a fine 54:49 to cop the high school division by some 40 seconds. In a close battle for the senior title, Donal Coghlan edged "just-turned-40" Bill Snively by 10 seconds (59:16 to 59:26). Art Freiler of the Tracy YMCA was next at 59:48. Suzie Diekmeyer (12) ran off with the women's division in 91:26, while her brother David annexed the Junior High trophy in a superlative 61:45. Top 10 open: (1) Badgley (unatt.) 49:54.4, (2) Michael (UOP) 52:59, (3) Garcia (SJDC) 52:59, (4) John Caldwell (UOP) 53:44, (5) Nicholas Vogt (Gold Spike Runners) 55:25, (6) Leslie Anderson (UOP) 55:31, (7) Bob Baker (Sac TC) 56:00, (8) Barry Buob 56:51, (9) Bill Fairwell (Sac TC) 57:04, (10) John Silva (Solano JC) 58:08. Top 10 HS: (1) Tulley (Jesuit) 54:49, (2) Richard Van Slyke (Stagg) 55:29, (3) Rich Kimball (Sac TC) 55:57, (4) Bill Kipp (Kennedy) 56:11, (5) Randy Buob (Downey) 57:16, (6) Frank Rodriguez (Manteca) 57:26, (7) Roger Merritt (Lodi) 57:49, (8) Jim Bredy 58:16, (9) Nick Rodriguez (Manteca) 58:36, (10) Rick Read (Jesuit) 58:51.

#### BEARDALL IN HARD FIGHT DAISY HILL VICTORY!!!

(Jan. 16, Sonoma St. College) - In what has been termed the best organized race in Northern California history, the competition proved to be at its best too. Fittingly, it was localite Darryl Beardall (Santa Rosa) who won the race, establishing a 1:16:36 mark to shoot at in future years for the 14.0 mile rolling course through rural Sonoma County. However, Beardall had a battle with Sonoma State's Ernie Gamma (who led early) and improving John Weidinger of the Pamakids. Only seventy-five starters skipped the Super Bowl to run, but they were treated to sunny, cool weather. The predicted-time category, by the way, proved popular, but it's hard to imagine anyone topping Bill Posedel's 28 second difference for a long, long time. Donal Coghlan took top senior honors for the second week in a row in 14th place overall. He had over five minutes on runnerup Bill Roay. Tom Nash and Jesus Flores tied for high school honors. Teri Johnson (1:45:33) edged Elaine Pedersen (1:47:14) for the women's title. Kenny Sibley (1:49:10) was first 12 and under.

(Top 30 finishers in Daisy Hill Run):

1 - Darryl Beardall (Marin AC) 1:16:36	11 - Bill Posedel (Pamakids) 1:24:28	21 - Gerry Haslam (Napa Vly RC) 1:27:42
2 - Ernie Gamma (Sonoma St. Coll.) 1:16:51	12 - Kurt Schroers (Aggie TC) 1:25:23	22 - Duff Armstrong (HS) 1:28:06
3 - John Weidinger (Pamakids) 1:16:56	13 - Pintaine (Santa Rosa JC) 1:25:46	23 - Bert Botta (Pamakids) 1:28:46
4 - Romero Mendoza (Santa Rosa JC) 1:19:48	14 - Donal Coghlan (NCSTC) 1:25:49	24 - Bill Long (Napa Valley RC) 1:29:17
5 - Everard (Santa Rosa JC) 1:20:37	15 - Ron Olitsky (unatt.) 1:26:11	25 - Butch Alexander (Santa Rosa JC) 1:30:19
6 - Bill Johnson 1:21:19	16 - Miranda (Napa Valley RC) 1:26:47	26 - Bill Roay (NCSTC) 1:31:01
7 - Frank Krebs (Sac TC) 1:21:57	17 - Steve Parker (Alameda TC) 1:27:02	27 - Ralph Patten (Chico State) 1:31:02
8 - Dave Zumwalt 1:22:28	18 - Jesus Flores (HS) 1:27:20	28 - Adam 1:31:03
9 - Jeff Kroot (Marin AC) 1:22:28	19 - Tom Nash (HS) 1:27:20	29 - Mark Layous (HS) 1:31:35
10 - Proteau (Napa Valley RC) 1:23:41	20 - Jason McBride (HS) 1:27:34	30 - Carlos Quiroga (HS) 1:33:22

ANDERSON CRUSHES DELGADO'S 20 KILO RECORD

(Jan. 23, Portola Valley) - Oregon TC's Jon Anderson, seemingly off a mediocre cross country season, took off from the lead group of runners at about 4 miles and cruised to a two minute victory at the PA-AAU 20 Kilometer Championships. In the process he chopped a big two minutes off of Rich Delgado's two-year-old course record of 1:03:29. Second placer Darren George of the Napa Valley RC was also under the previous mark with a 1:03:23. Surprising high schooler Gordon MacMitchell (only a junior at Palo Alto High) went out to show that his 4th place at the Petaluma Marathon was no fluke by running a nifty 1:04:59 in third. He beat a very classy field in the process as the results show below. The Redwood City Striders and West Valley TC went at it but good in the team battle, with the Striders coming out 13 point victors, 50-63. Napa Valley RC was third. A total of 131 finished the race. Dave Stevenson took home a one minute bulge to capture the senior award in 33rd place. Bob Malain had to fight off Peter Mattei for third. Skip Swannack crossed the finish before any other woman, thus winning that title (1:33:49). A look at the top 39 finishers (all that was available):

1 - Jon Anderson (Oregon TC) 1:01:34	14 - Doug Butt (Marin AC) 1:09:47	27 - Oliver Bastien (Napa Vly RC) 1:13:52
2 - Darren George (Napa Vly RC) 1:03:23	15 - George Manriquez (Alum Rock) 1:10:02	28 - Ed Jaynes (Bay Area Striders) 1:14:07
3 - Gordon MacMitchell (PA-HS) 1:04:59	16 - Stephen Noga 1:10:44	29 - Robin Clark (Maranon) 1:14:09
4 - Bob Darling (RC Striders) 1:05:56	17 - Greg Chapman (Solano TC) 1:10:52	30 - Lee Holley (Marin AC) 1:14:27
5 - Bob Crow (West Valley TC) 1:06:29	18 - Jim Howell (West Valley TC) 1:11:14	31 - Mark Proteau (Napa Valley RC) 1:14:54
6 - Jose Cortez (RC Striders) 1:07:18	19 - Frank Donahue (RC Striders) 1:11:42	32 - Nils Carlson (Solano TC) 1:15:13
7 - Dan Anderson (Valley TC) 1:07:28	20 - Art Reade (West Valley TC) 1:12:00	33 - Dave Stevenson (Stanford RC) 1:15:15
8 - Bill Clark (West Valley TC) 1:07:40	21 - Mark Daniel 1:12:01	34 - David Cortez (RC Striders) 1:15:34
9 - John Weidinger (Pamakids) 1:07:44	22 - Bill Flint (Alum Rock RA) 1:12:20	35 - John Finch 1:15:48
10 - Mitch Kingery (RC Striders) 1:07:51	23 - Gus Cano (RC Striders) 1:12:28	36 - Bob Malain (NCSTC) 1:16:08
11 - Bryan Gieser (RC Striders) 1:08:49	24 - Jim Bowles (West Valley TC) 1:12:55	37 - David Marsh (Pamakids) 1:16:18
12 - Eddie Silva (West Valley TC) 1:09:28	25 - Danny Urtiaga (West Valley TC) 1:13:14	38 - Peter Mattei (NCSTC) 1:16:22
13 - Ray Darwin (Culver City AC) 1:09:41	26 - Ed Schelegle (West Valley TC) 1:13:49	39 - Steve Parker (Alameda TC) 1:16:34

Partial Results: PA-AAU 15 KM: (1) Darren George, (2) Gary Berthiaume, (3) Bob Crow, (4) Darryl Beardall, (5) Jack Leydig.  
Magnan 16 Miler: (1) Jose Cortez, (2) Ian Jackson, (3) Duncan Macdonald, (4) Bob Darling.



Bill Solomon leading Jack Bellah and eventual winner Brad Duffy (Lowell) in SF Indoor HS 2 Mile. /Anderson/



Nancy Mullen preparing to overhaul Kim Miller in Women's Sprint Relay at SF Indoor Meet. /Wayne Glusker/



Tom Dooley leading Bob Kitchen (Nor-Cal Portrait) & Jose Valle in SF Indoor Mile Walk. /J. Anderson/



Seniors Peter Mattei and Dave Stevenson during PA-AAU 25 Km. /Marconi/



Noel Johnson (73 yrs. old), running SF Indoor Seniors Mile. /Glusker/



Jon Anderson set PA-AAU 20 Kilo record by 2 minutes. /Marconi/



Juris Luzins makes his move past Cosmas Silei and goes on to win the 880 in 1:52.0 to 1:53.9. /Glusker/



Al Feuerbach unleashes winning put of 68'2-1/4", defeating Olympic Champion Randy Matson. /Glusker/



Kip Keino begins his move around 4th placer Duncan Macdonald and goes on to win mile in 4:01.2. /Glusker/



Start of Devil-Take-The-Hindmost Mile, won by Kim Ellison (Chico St.) /Glusker/



Pole vault winner Kjell Isaksson of Sweden did 17'1-1/2".



(Left): Frank Shorter, two mile winner, going into the final turn, with West Valley's Don Kardong about to pass George Young for second place. /Geo. Beinhorn/

NINTH ANNUAL  
SAN FRANCISCO  
INDOOR GAMES

(Right): High hurdle winner Willie Davenport defended his 1971 title with a 7.1.

