

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 and includes age group, high school, collegiate, senior, AAU, and women's coverage. The NCR is available at many road races and track meets throughout the area 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 and should be used for all correspondence. 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.

NCR STAFF: Editor - Jack Leydig; Printer - Frank Cunningham; Chief Photographer - John Marconi; Cartoonist - Lee Holley (Marin AC); NorCal Portrait - Jon Hendershott; Coach's Corner - John Marconi; West Valley Portrait - Willie Cronin; Women - Roxy Anderson, Daryl Zapata, Jim Hume; Seniors - John Hill, Willis Kleinsasser, George Ker; Editorials - Bill Clark, Rich Delgado, Don Kardong, Joel Jameson; High School - Joel Jameson (Santa Cruz - Monterey), Mike Ruffatto, Mike Pinocci, Willie Cronin (East Bay), Jack Bellah, Dave Stock (San Jose), Peter Jones (S. Peninsula) -- (we still need reporters for Marin, Sacramento, and N. Peninsula, ... if you're interested in helping out by sending scheduling and results on a regular basis, please contact the editor immediately); Collegiate - John Sheehan (Far West Conf.), Jon Hendershott (Pac-8 & SJS), Fred Baer, Jose Cortez (Jr. College); Race Walking - Steve Lund, Bill Ranney; AAU Track & Road Results - Jack Leydig.

February's Contributors: Bob Anderson, Joe Henderson, Jim O'Neil, John Brennan, Wes Alderson, Frank Cortez, Mark Covert, Greg Chapman, Dr. Ford Hess, Bill Freedman, Walt Stack, Vern Forry, Rich Joyce, Mike Ryan, Harold Demoss.

IN THIS ISSUE

Information concerning the Boston Group Fare for the Marathon in April; NCR Long Distance Point Totals; Olympic Trials Time Schedule; Women's Natl. Qualifying Standards; Coach's Corner on Millbrae Lions & Mills H.S. Coach Ed Parker; NorCal Portrait on Jackie Dixon; West Valley Portrait on Ian Jackson; Long Distance Schedule until the end of April; Collegiate, AAU and High School track & field scheduling; Women's & Senior's track & field scheduling; Race Walking; Results of Athens Indoor (Friday & Saturday sessions); Road Racing Results - World Masters Marathon, Las Vegas Marathon, Arizona Admissions Day Marathon, PA-AAU 20 Km. (40th-60th); PA-AAU 15 Km., Magnan 16 Miler, Vallejo 10 Miler, Clam Beach Run, West Valley Marathon; Photo Page.

WIN A \$50.00 SAVINGS BOND!!!

In an effort to get new NCR subscriptions, we are offering a contest this year, with the winner receiving a fifty dollar US Savings 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 blank or state such in a letter. It can be your own subscription but no renewals count. Start selling now and get ahead. We have had poor response so your chances are good.

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 at about 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...we have had very poor response.

WEST VALLEY TC: The month of February was a bit slow for new memberships as we only gained three new athletes. Paul Bateman is 24 years old and lives at 616 West 10th St., Reno, Nevada, 89503 (Ph. 702-323-3640). He is originally from Wales, Great Britain and is now a permanent resident of the U.S. His best marks are: 100-10.6, 220-23.7, 440-51.1, 880-1:52.2, Mile-4:12.7, 1320-3:06, 2 Mile-9:24, TJ-37-0. He also placed 26th in the NCAA College Division XC Championships in 1968 and 33rd in the USTFF XC Championships in 1969. Ron Elijah has competed for the club since the AAU Cross Country Championships in November, but just got around to sending in his marks. Ron is 19 years old, a student at Humboldt State in Arcata, and lives at 1871 "G" Street, Arcata (Apt. 10) 95521 (no phone). He has best track times of: 880-2:02, Mile-4:21, 2 Mile-9:15, Hour Run-11 miles, 507 yards, Marathon-2:29:14. Jim Van Dine is a senior at El Camino High in S. San Francisco and just turned 18. He lives at 245 Cuesta Dr., S.S.F., 94080 (Ph. 761-4384). Jim has turned a 9:31 for 2 miles on the track and holds one of the best ever times on the 3 mile Crystal Springs XC Course at 15:39. In addition he was voted onto the All-NorCal High School XC Team for 1971. His immediate goal is to break 9 minutes for 2 miles in the next year.

Address changes for February: Christopher Moore has moved to 2531 Ridge Rd., Berkeley; Sean O'Riordan has left Washington State and will continue his education either at Cal or UC Davis, and is temporarily residing at 355 Union Ave., Apt. B, Campbell, 95008 (Ph. 371-0226); Alvaro Mejia is back in the U.S. for at least 6 months and is living with his wife and son Christopher at 3712 Orinda Dr., San Mateo, 94403 (no phone yet).

Mejia Returns!! - 1971 Boston Marathon winner Alvaro Mejia has returned to the Bay Area with four other Colombian Olympic hopefuls (all distance runners). They will be training here to get better competition (and more air, better weather, etc.) at the expense of the Colombian government. The team plans to compete in Boston this coming April.

Those WVTC athletes interested in purchasing items from the Specialty Sports Catalog (Houston, Texas) at a 10% discount may do so by writing the editor and obtaining his WMRA membership number. The number must be included on your order form, along with my name, and your name and address could be under "ship to". A correction, Specialty Sports is now located at P.O. Box 574, New Caney, Texas 77357. Send for their free catalog.

West Valley sent two competitors to the AAU Indoor Championships in New York (Feb. 25) at the consent of the club's Executive Council. The Council voted (average) to spend \$125 on Don Kardong (3 mile) and \$125 on Jose Valle (mile walk). The rest of the cost is being paid by the athletes themselves. This is about \$60 each, not counting hotels and miscellaneous expenses. Both athletes went back on a charter flight (actually a group fare) at a great savings (50%). The round trip fare from Los Angeles was only \$156 (plus about \$30 from SF). Bob DeCelle is to be commended for spreading the word of this savings to interested individuals in the Bay Area. A special thanks from WVTC!! It is doubtful whether we could have sent both without this savings.

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. PA-AAU 20 Km: (65) James Jacobs - 1:22:29, (76) Frank Cortez - 1:24:40, (109) Herb Ashton

- 1:43:08; Magnan 16 Miler: (51) Billy Tracey - 2:26:40, (58) Herb Ashton - 2:42:37; Vallejo 10 Miler: (85) Billy Tracey - 1:08:15, (106) Herb Ashton - 1:15:45; West Valley Marathon: (93) Billy Tracey - 3:23:31, (137) Dave Stock - 3:54:24, (149) Herb Ashton - 4:08:15.

THIS AND THAT

In and about the Pacific Association: Many competitors at recent road racing events have been listing their AAU number as 382. This is simply the prefix, representing our Association (and maybe other items). Your number is the second string of digits on the card and is the one to be used on applications for races, etc....Menlo-Atherton High School coach, Plato Yanicks, is looking for an assistant to help him out this spring, daily from 2 to 3:30 at \$2.50/hour. Interested parties should contact him immediately....A key was lost at the West Valley Marathon with a number (V78) on the side (Taylor brand key). If it's yours please drop us a line....Correction to one of our photos in January's issue: the relay shot in the SF Examiner Meet showed Kathy Hammond overtaking Kim Miller according to Jim Hume. We had it listed as Nancy Mullen & Kim Miller, sorry....Millbrae Lions Coach Dr. Harmon Brown has been named the U.S. Women's Coach at the US vs. USSR Indoor Meet in Virginia this month, and Mr. Coleman of the PA-AAU has been named the men's coach. NorCal really cleaned up here....It was discovered that Ray Vaughn did not set a 2:47:59 age group record for 12 year olds at the Mission Bay Marathon as reported in last issue. Officials later discovered he went only one lap of the two loop course....The next PA-AAU Track & Field Executive Committee Meeting will be held March 8 at 8 pm at the usual place (Fireman's Fund Bldg. on Calif. St. in S.F.)....At the last Track & Field Exec. Meeting a motion was passed recommending that in the future all surplus funds (from TV or other sources) be distributed to the Associations directly rather than clubs. In this way, it would be distributed more fairly since people back east really don't have much of an idea of the activities of West Coast clubs and vice versa. The Associations would be responsible for dividing the funds to worthy clubs. There was no discussion on how the National Committee would decide how much each Association would receive. Maybe it could be based on the number of athletes participating in National Championships from each Association?? Any ideas out there?....Everyone usually likes to get together with friends for a long run on weekends. If you have a group and would like to have more join, let us know. Currently a group of 6 or so runs a leisurely 18-20 miles from the Pulgas Water Temple (2 miles south of Ralston Ave. in Belmont on I280) at 8:30 every Sunday morning. Join us for a scenic run through trails, dirt roads and asphalt....Pacific Coast Club has made a bold step by formally resigning from the A.A.U. and joining the NCAA-backed U.S.T.F.F. Tom Jennings' primary reason is that the USITFF is for track & field only and these funds are currently going to many other sports in the AAU. Good luck Tom. Hope you

get funds from them. We certainly didn't get any from the AAU. ...A correction to the correction above: Kathy Hammond is catching Val Cooper (not Kim Miller)....SFOC's Jerry Kokesh was doing some traveling between semesters and ran a few races that he couldn't believe. On Jan. 15 he ran a 20 Km. at Columbia, Mo. It was -8° at the start and warmed up to -6° at the finish with a wind chill of around -24°. He ran in sweat pants, 2 t-shirts, a cotton sweatshirt, gloves, and a windbreaker. He finished 3rd in 1:23:08 (6 hearty runners finished). On the 29th of January he ran a 10 miler through 5 inches of snow in 10 degree weather (Danville, Ill.). He finished 9th in that race.

A PARTY!! - To welcome Mejia's Colombian team to the Bay Area, Jack Leydig is having a potluck (bring something to eat or drink...we'll supply utensils, music, etc.) party. It's not really a dinner, but feel free to bring any food you wish and it will no doubt get eaten. Where? @ 603 S. Eldorado St. in San Mateo (take 3rd Ave. exit West...turn left at Eldorado, about 4-5 blocks from U.S. 101). When? on March 17, Friday @ 7 pm. Please drop me a card if you are coming (RSVP - no later than March 15!). Anyone knowing Latin American exchange students, please invite them too. Let's give these guys a real welcome!!

Boston Marathon Group Fare: So far we have only received about 15 indications of interest in our group fare (savings of \$69 on regular fare). We must hear from you by no later than March 15, so don't delay. Our flight leaves on April 15 from SF (Flt. 32, TWA) @ 8:45 am, Saturday. All persons must leave on this flight as a requirement for the group fare, but you may come back anytime you wish (but directly with no layover) via TWA. A fully refundable deposit of \$50 must be made by March 15. Send it to Dave Butts, Empire Travel Service, 995 Market St., San Francisco, CA 94103. Mention that this is for the West Valley TC sponsored Boston Marathon Group Fare. Round trip fare is \$271 vs. normal \$340. Specify your return flight as well (preferably Apr. 17 - 5:55 pm, TWA Flt. 33, or Apr. 18 - 10 am, TWA Flt. 75) and send a carbon copy of your letter to WVTC, P.O. Box 1551, San Mateo, CA 94401 (Ph. 342-3181). We must get 25 bodies for our flight or we won't be able to go for the savings. Let me know immediately. I will keep in touch with those who've indicated an interest to me. You needn't be a runner to get on the flight. *** Incidentally, the entry deadline for the Boston Marathon is April 1 this year. The race is April 17 and entry blanks can be obtained from Will Cloney, Marathon Committee, Boston Garden, Boston, Mass. 02114. Restrictions: competitors must be 18 years of age and have completed any previous marathon in a time of 3:30 or better; or in the past year have completed an AAU sanctioned race of at least 20 Km. within the following limits: 20 Km. - 1:25, 15 Miles - 1:45, 20 Miles - 2:30. Comparable timings will be accepted for races at metric distances.

1972 NorCal Distance Annual is regrettably slow in the process of being put together, primarily due to slow-downs from the West Valley Marathon. Projected publication date is now the end of March, but it will be worth waiting for. Still need photos!!

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 17 open competitors (usually 15 are listed unless a tie occurs) and top 10 seniors. Races through the West Valley Marathon are included (both open and senior). In open competition, Byron Lowry still maintains a substantial lead over Jon Anderson and Darren George, who are tied for second. Notably, Marin AC's Darryl Beardall has made a big jump from eighth last month to fourth in the February standings. Dan Anderson, last month's second place man, has dropped off to fifth. Newcomers to the rankings are Don Kardong, Jack Leydig, Gordon MacMitchell, and Duncan Macdonald, while Pat Buzbee, Mike Pinocci, and Tom Cathcart dropped off this time. In senior competition, amazing Ross Smith continued his undefeated string this year, adding three more victories and tallying a point rating of 0.125, substantially ahead of Bill Mackey's 0.184 at the same time last year. At this rate, Ross will be a snap to break Mackey's senior record. Dave Stevenson moved up from fourth to take a firm hold on second and surprising Bob Malain grabbed third, moving all the way up from seventh!! Nobody dropped off the list, but Paul Reese edged close to the list and is shown anyway as the first over-50 runner, in 10th position. (Note: an asterisk (*) next to any placing statistics indicates a tie.) For example: 2* indicates (if under first column) 2 firsts, one of which was a tie. Two asterisks would mean two ties, etc. A tie is counted as an average: a tie for first would count as 1.5, etc.). **** If anyone can come up with a good method for determining a point system based on finish place, number of races run, and quality of race (based on number of competitors), please contact the editor. I think that a first place in the Bay to Breakers, or Dipsea, for instance, certainly merits more than a win in a race with only 50 or so competitors. How can quality be incorporated into the system??? Suggestions are welcome.

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
Jon Anderson/Oregon TC (5)	3	1	0	0	0	0	0	0	1	0	2.80	0.560
Darren George/Napa Valley RC (5)	1	2	1	0	0	1	0	0	0	0	2.80	0.560
Darry Beardall/Marin AC (7)	2*	0	0	2	1	1	0	1	0	0	4.21	0.602
Dan Anderson/Valley TC (9)	1	1	1	0	0	2	2	1	0	1	5.56	0.617
Bill Scobey/West Valley TC (2)	1	1	0	0	0	0	0	0	0	0	1.50	0.750
Jose Cortez/RC Striders (4)	1	1	0	1	0	1	0	0	0	0	3.25	0.812
Wayne Badgley/Unattached (3)	2	0	0	0	0	1	0	0	0	0	2.67	0.889
Don Kardong/West Valley TC (1)	1	0	0	0	0	0	0	0	0	0	1.00	1.000
Ray Darwin/Culver City AC (3)	1	0	1	0	1	0	0	0	0	0	3.00	1.000
John Butterfield/Boston AA (7)	0	0	1	0	0	1	1	1	1	2	7.57	1.082
John Weidinger/Pamakids (6)	0	0	2	0	0	0	1	1	2	0	6.50	1.083
Jack Leydig/West Valley TC (4)	0	1	0	0	2	0	1	0	0	0	4.75	1.118
Gordon MacMitchell/Unattached (3)	0	0	1	2	0	0	0	0	0	0	3.67	1.222
Steve Dean/Unattached (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
Duncan Macdonald/West Valley TC (2)	0	1	1	0	0	0	0	0	0	0	2.50	1.250

SENIORS

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Place	Rating
Ross Smith/West Valley J & S (8)	8	0	0	0	0	0	1.00	0.125
Dave Stevenson/Stanford RC (9)	3	5	0	1	0	0	1.89	0.210
Bob Malain/NCSTC (6)	2	2	2	0	0	0	2.00	0.333
Jim O'Neil/SF Olympic Club (6)	1	3	2	0	0	0	2.17	0.361
Peter Mattei/NCSTC (9)	1	1	3	2	2	0	3.33	0.370
Jim Nicholson (9)	2	0	3	2	0	2	3.45	0.383
Donal Coghlan/NCSTC (7)	2	0	0	3	2	0	3.43	0.490
Don Pickett/SF Olympic Club (5)	0	3	1	1	0	0	2.60	0.520
Peter Wood/NCSTC (3)	1	2	0	0	0	0	1.67	0.566
Paul Reese/NCSTC (7)	0	0	3	1	2	1	4.14	0.592

OLYMPIC TRIALS TIME SCHEDULE - EUGENE, OREGON

<u>29 JUNE - (Thursday)</u>		<u>7 July - (Friday)</u>	
6:00 800 meters	First Round	12:35 200 meters	First Round
6:50 3000 meter steeplechase	Heats	12:45 Hammer Throw	Qual. Round
7:45 10,000 meters	Heats	1:20 400 meters	Second Round
		2:00 Shot Put	Qual. Round
<u>30 June - (Friday)</u>		2:10 Long Jump	Qual. Round
12:15 400 meter hurdles	First Round	5:15 200 meters	Second Round
12:30 Discus	Qual. Round	6:30 110 meter high hurdles	Semi-Finals
1:00 Triple Jump	Qual. Round	7:30 400 meters	Semi-Finals
1:15 100 meters	First Round	8:05 1500 meters	Semi-Finals
2:00 Pole Vault	Qual. Round		
6:30 100 meters	Second Round	<u>8 JULY - (Saturday)</u>	
7:00 800 meters	Second Round	1:45 High Jump	Qual. Round
<u>1 July - (Saturday)</u>		5:00 200 meters	Semi-Finals
1:00 Javelin	Qual. Round	6:30 Shot Put	Final
4:15 400 meter hurdles	Second Round	7:00 Long Jump	Final
5:00 Pole Vault	Final	7:00 1500 meters	Final
5:15 20 kilometer race walk	Final	7:45 200 meters	Final
5:30 Discus	Final		
5:45 100 meters	Semi-Finals	<u>9 JULY - (Sunday)</u>	
7:00 Triple Jump	Final	4:15 Hammer Throw	Final
7:45 100 meters	Final	5:50 Marathon	Final
8:00 800 meters	Final	6:15 High Jump	Final
<u>2 July - (Sunday)</u>		6:30 110 meter high hurdles	Final
6:30 Javelin	Final	7:15 400 meters	Final
6:30 400 meter hurdles	Final	7:40 5000 meters	Final
7:00 3000 meter steeplechase	Final		
7:30 10,000 meters	Final		
<u>6 July - (Thursday)</u>			
1:30 110 meter high hurdles	First Round		
5:00 5000 meters	Heats		
6:00 110 meter high hurdles	Second Round		
7:00 400 meters	First Round		
8:10 1500 meters	First Round		

(TICKET REQUESTS HANDLED THROUGH UNIV. OF OREGON,
ATHLETIC DEPT., EUGENE, OREGON.)

LETTERS TO THE EDITOR

"The editorial on women in distance running in the November issue was of great interest to me, both from a personal and a cultural standpoint. I agree with the editorial and with the decision of the special committee on Women's Long Distance Running which accepted the right of women to compete in the same races as men, regardless of the distance, and which is seeking to put this into effect legislatively. It was gratifying to see that the whole reality of women's equality and liberation, and

that of male psychological liberation which I see as directly correlated to it, as central to the mental-psychological-spiritual health of the whole culture that we live in. On the personal level, this is certainly the way it is working out in Diane and I's relationship. There are, however, two specific things that I do not agree with, and which in subsequent issues of the NCRR I would like to see explanations for, whether through letters to the editor or editorials. First, why should women be scored and awarded separately from men? The second relates to a specific race in our own district, the Pacific Association--namely the Mt. Diablo Disturbance Race on April 30. This race specifically prohibits women participants. Why? A step further: why has the Pacific Association given a sanction to this race which, so far as I can tell, overtly discriminates against women?" -- Ben Sawyer

(Editorial Comment to letter on previous page): "The answer to the first question, why should women be scored and awarded separately from men?, I really don't know. The AAU just seems to have this rule and sticks by it. In essence, the only really good thing about this rule is that it allows women the opportunity to get awards where they would ordinarily not have a chance. The distressing thing about the rule is that they must be scored separately, but I guess this must follow from the other part of the rule. I really don't think too many women care about being scored along with the men because in most results (at least of road races) they are listed along with the men anyway. The primary thing I still feel is that women be given a chance to participate in the same events as men, and this is being done....The answer to your second question you will have to get from the PA-AAU Office, but here I think it is a matter of interpretation of the rule. It states that women will be allowed the opportunity to compete with men. In other words, the AAU allows this, but doesn't make it mandatory. So, if a certain meet director chooses to segregate his meet, then it is his doings. The only thing the new ruling says is that if a meet director wants women to compete in the same race as men, the AAU must allow this. It doesn't say anything about control over a meet director's desires. If you would like further interpretation of the new AAU ruling, I would suggest you write Mr. Bob DeCelle, P.O. Box 362, Alameda, CA 94501."

1972 STANDARDS FOR WOMEN'S TRACK AND FIELD EVENTS

Event	National Women's		National Girls		Olympics	Event	National Women's		National Girl's		Olympics
	Yards	Meters	Yards	Meters	Meters		Yards	Meters	Yards	Meters	Meters
100 Yds.	11.0	12.0	11.3	12.3	11.5	220 Yds.	24.9	24.8	25.5	25.4	23.6
440 Yds.	57.2	56.9	59.6	59.3	54.0	880 Yds.	2:14.0	2:15.0	2:23.0	2:22.0	2:05.0
Mile Run	5:06.0	-----	5:23.0	-----	-----	Mile Walk	-----	-----	-----	-----	-----
2 Mile Run	11:25.0	-----	-----	-----	-----	1500 Meters	-----	4:45.0	-----	5:02.0	4:20.0
100M HH	-----	15.2	11.4 (80 Yds)	-----	13.5	Long Jump	18'6"	-----	17'6"	-----	20'8"
200M LH	-----	29.5	-----	-----	-----	High Jump	5'4"	-----	5'1"	-----	5'9-3/4"
4-K Shot Put	40'0"	-----	36'0"	-----	53'1-3/4"	Javelin	135'0"	-----	115'0"	-----	177'2"
8# Shot Put	42'0"	-----	38'0"	-----	-----	Discus Throw	125'0"	-----	105'0"	-----	180'5-1/2"
Pentathlon	3600 Pts. (old scale)			4800 Pts. (old)							
	2900 Pts. (new scale)										


****Outdoor qualifying standards must have been equalled or bettered between Dec. 1, 1971 to within seven days prior to the closing of entries established by the Meet Director of the Outdoor National AAU Championships. Olympic qualifying standards must have been equalled or bettered between Aug. 1, 1971 and Aug. 13, 1972. Additional National Championship Qualifiers - The first two finishers in Regional Championships (Cal-State Championships) qualify in that event for 1972 National Outdoor Championships. The first three National Girls' Championship winners will qualify into the corresponding event in the National Women's Championships. Age-Groupers turning fourteen on or before National Championships may use marks from AAU-sanctioned meets within the qualifying periods indicated above, or may compete in Girls 14-17 Regional Championships.

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Our Rates: Interested in selling your product? With a circulation of almost 600 per month (including 400 mailed subscriptions), the NCCR 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 ones to the right) 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 600 copies per month. Checks should be made payable to West Valley Track Club. Write about special advertising rates in our 1972 Northern California Distance Running Annual, but hurry!! We plan to go to press in a few short weeks.

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.

VIC'S 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.



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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!!)

1972 NORCAL DISTANCE ANNUAL: The second in the series, published by West Valley TC, is still a bit behind schedule, but promises to be a real collector's item. Because of increased inquiries as to the price, we have set it at \$1.75 (newsstand price), or \$2.00 if you want to order by mail. This year, we are printing up a limited number (about 400), so be sure you reserve a copy by mailing your check (or cash) to P.O. Box 1551, San Mateo, CA 94401. This year's booklet will contain 80-100 pages with approximately that many pictures. Many statistical lists, 1972 long distance schedule, club mailing addresses, articles, and much, much more. 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 starting the end of March.

UNIQUE DISTANCE RACE - CAMELLIA CAPITAL CENTURY: 100 Miles in 24 hours (cutoff time); three mile loops at the California Exposition, starting 6 a.m., March 11, 1972. This will be an event in Sacramento's Annual Camellia Festival. Inquires to: John Hill, 604 Flint Way, Sacramento, CA 95816 (Tel. 916/446-6341). Last year Jose Cortez set an American best for the distance, going 12 hours, 54 minutes, 30.8 seconds!

COACH'S CORNER

Meet Ed Parker: (Mills High School & Millbrae Lions TC) - Since 1960, the Millbrae Lions Girls TC has taken the PA-AAU Track Championships an astounding ten times! They have also captured third place and fourth place once in the National Girls Cross Country Championships. Individual stars like Pat Winslow, Suzanne Pflieger, and Cis Schafer all come from the Millbrae club. Who's behind all this success? The answer to that question lies with a Mr. Ed Parker, now in his twelfth year of coaching with the group.

Parker, who stands about 5'7", with a crewcut top, is probably considered one of the best girls track coaches in the country today. Outside of the Millbrae Lions, Ed has been a very busy man. He was both women's training camp director and women's distance runner's coach at the 1962 USA vs. USSR dual meet. In 1963 he served as top mentor of the women's field events and was also distance coach. The 1968 Olympics saw Ed at the head of the women's pentathlon group. He also served as head coach of the women's field events at the Pan-African Games in 1971.

His own personal involvement in track saw Ed competing in the sprints while attending San Mateo High School, San Mateo Junior College, and San Francisco State College.

On training: "My better athletes train basically all year around except for a six week period right after the national championships. During the rest period they are encouraged to participate in active rest activities. I train my athletes with a training cycle of six weeks, depending on progress and/or set-backs." A typical training week would be as follows: Monday - hard (mostly aerobic training, moderate to long runs on the track, 330's to 1320's; Tuesday - moderate (almost entirely aerobic overdistance training); Wednesday - hard (each season is mostly aerobic work but as the season progresses work becomes more anaerobic, consisting of 220's to 660's; Thursday - moderately hard, mostly aerobic in early season, becoming anaerobic as the season progresses (short, 110's to 330's); (ed. note - previous description should have been for Friday); Thursday - active rest of aerobic overdistance nature; Saturday - early season, aerobic overdistance runs of 6 to 20 miles; Sunday - active rest. "I also encourage athletes to take a morning overdistance run of about 30 minutes or more."

"Most of my training has been influenced a great deal by the reception I get from my own athletes. In general, their feedback determines the progression of their training schedule. I have been most influenced by the Russian Vladimir Kuts, and have adopted ideas on training from Arthur Lydiard and Chris Miller as to the high mileage or overdistance aspect of my program."

In 1967, Parker took over as Assistant Track Coach at Mills High School in Millbrae. In a few short years, Mills developed such standouts as Arvid Kretz (9:11 two-miler now at Stanford Univ.), Jim Finch (9:21 two-miler as a junior), Wayne Smith (4:15 miler), and Randy White (top hurdler in MPL as well as 1:56 half-miler who became a 50 second intermediate hurdler at Stanford).

Ed Parker has been, and will in all likelihood continue to be, one of the top coaches of track and field in the area and perhaps the nation. His past progress seems to bear this out. Don't be surprised if several of his athletes qualify for the Olympic Games this year. Marilyn King, a top pentathlon competitor, is perhaps the best bet for an Olympic berth.

NORTHERN CALIFORNIA PORTRAIT

Meet Jackie Dixon: Jackie Dixon points out, "The longer the race, the better I like it." The 17-year-old San Jose Cindergal might well apply the same credo to her training. "I run twice a day, seven days a week, 11 months a year," Jackie reveals. "I'll cover three to five miles in the morning, then have an afternoon workout with the team. Depending on where the afternoon practice is held, I'll run either three or six miles to practice. These workouts vary greatly and cover both speed and endurance. Some weeks I'll put in 70-80 miles, others as much as 100. I don't have much of a problem with endurance (her longest-ever training run of 32 miles at-tests to that) but I do lack speed."

And what has this rigorous training program done for the 5-7, 123-lb. senior at Westmont High School? She recorded personal bests in 1971 in both the mile (5:05.5) and 3000 meters (10:18.0) and placed fourth in the California State girl's division mile championship with 5:10.1.

"Actually, I prefer cross-country," Jackie admits. She placed 32nd in the 1970 Women's AAU Championship, covering the 2.0 mile route in 11:40. "I also love long road races, but I haven't run as many as I would like." Yet she has shown what she can do on the roads too: in a recent 20-kilo run, Jackie was the first woman finisher, covering the distance in just under 1:20 and showing her back to many men in the field. Now, she says, "I'm looking forward to my first marathon."

Jackie credits her success in running to Augie Argabright, head man of the Cindergals. "Whatever success I have achieved or will achieve I will owe to him," she says. "He is the best women's coach in the country. He pushes me when other coaches would let me rest and he encourages me when other coaches would give up. I wouldn't run for anyone else."

Jackie Dixon, Los Gatos, CA (San Jose Cindergals). 5-7, 123-lbs., 17 years old (born June 11, 1954, San Jose, CA). Student at Westmont High School. Began running in 1968 with no extensive lay-offs since. Coached by Augie Argabright. Best times: Mile-5:05.5 (1971); 3000-meters (10:18.0).

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WEST VALLEY PORTRAIT

Meet Ian Jackson: The West Valley Portrait for February is Ian "Scott" Jackson, now residing at 1626 Dwight Way, #D, Berkeley, CA, with his wife, Julia. Ian, who claims to have arrived in this world with his eyes feasting on the scenic beauty of the Scottish Highlands and his feet ready to tottler the renowned cross-country courses of the English countryside, is another of the cosmopolitan members of the West Valley TC.

Following elementary school in the Isle of Wight (England), high school in Outremont High (Montreal, Canada) and San Dieguito High (Encinitas), Ian started his much traveled college education, getting his B.A. in English at San Diego State in 1969, following a spring semester at the University of Hawaii in 1964, where he spent some time as a dropout surf freak on the north shore of Oahu, riding big waves. His present status is that of a graduate student at UC Berkeley in the Ph.D. program.

The road racing scene is becoming one of his pleasant experiences, following a college cross country career of continuous injuries, which had him in the health service getting diathermy or in the training room getting whirlpool treatment. He believes his rash of injuries was caused by ignorance in training methods and continuous hard running. In 1968, Ian got in a head-on auto wreck which severely damaged his right knee and broke his jaw. Despite those setbacks, he continued trying to run (or more like hobble) through the pain. To help stay in shape he started swimming and in the spring of last year he found his knee was capable of holding up on easy runs. At this time a friend showed him Osler's book on Distance Running and Joe Henderson's LSD (The Human Way to Train), which he feels is the reason for his injury-free training and sudden success. Ian believes in keeping his expectations low so he can be pleasantly surprised when he surpasses them and not disappointed if he falls short.

Ian feels that his present training of 1-1/4 to 1-1/2 hours at 7-9 minutes per mile, finishing with a fastish 440-880 on weekdays, and on weekends his exploring-runs on the trails and roads of East Berkeley for about 3 hours has brought painless happiness and satisfying results. His steady improvement over the past 4 months can be mapped with a 1:20 at the Berkeley-Moraga 14 miler, 2:38:19 on a short Napa Marathon course (good for 8th), 2:45:49 for 11th place at the Petaluma Marathon, second place in the Magnan 16 Miler, and finally a very pleasing 2:33:05 in the West Valley Marathon (13th). With progress like this, his only track goal of a 4:30 mile seems to be well within reach, and we fellow members of WVTC wish him the best in his athletic ambitions.

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 Romero & Tom Bache: If you have any formal scheduling set up for 1972, I would appreciate your sending me a copy at your earliest convenience. Non-PA-AAU 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.

- 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 - First Annual Fremont 10,000 (This Run Replaces the Hayward Race), Fremont, 10 am. The City of Fremont, Dept. of Recreation & Leisure Services, Mr. Jim Sigman, City Gov't Bldg., 39700 Civic Center Dr., Fremont, CA 94538. Entry fee - \$1.00.
- Mar 12 - 18th San Fernando Handicap (Portsmouth Start), 6 mi., 10 am. (SPA*)
- Mar 12 - Six Rivers RC 2 & 6 mile races, Rohner Park, Fortuna, 1 pm. SRRC, 281 Hidden Valley Rd., Bayside, CA 95524. 25¢ entry fee!
- Mar 12 - El Cajon Half Marathon, Granite Hills H.S., 3:30 pm. (*PSW)
- Mar 19 - L.A.P.D. 6.7 miler, Elysian Park, 9 am. (*SPA) - 3.1 miler for juniors, women.
- 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 beach and the Great Highway, S.F.
- Mar 25 - 3rd Annual Mountain Marathon, Tacoma, Wash., 11 am. Carl Glatze, P.O. Box 804, Steilacoom, Wash. 98388 (*PNWA)
- Mar 26 - Newport Beach 10 Mile Handicap (Portsmouth Start), 9 am (3.7 miler at 10:30 am). Start Corona del Mar H.S. (*SPA)
- Mar 26 - Blossom Hill Run, Open 8.3 Miles and Age Group Run, Napa, 9:30 am. Napa Valley RC, Mike Healy, 690 Costa, Napa, CA 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 Hawaiian Marathon, Kahului to Kaanapali, 8 am. Sam Bosetti, 1777 Ala Moana, Honolulu, Hawaii 96813.
- Apr 10 - DSE Legion of Honor 4.5 Miler (new course), 10 am. Meet at Legion of Honor Parking Lot, S.F.
- Apr 15 - **SPECIAL NOTE:** There will be no Plodders West Marathon this year, as listed in the Marathon Handbook. Spread the word.
- Apr 15 - Birch Bay Marathon, Blaine, Wash. Jim Pearson, 5050 Hannegan Rd., Bellingham, Wash. 98225. (*PNWA)
- Apr 16 - DeAnza Ridge Run, 9 miles, Cupertino, 10 am. Joggersnauts, Jim Woodruff, 531 Benvenue, Los Altos, CA 94022.
- Apr 16 - DSE 4.7 Miler, 10 am. Meet at Polo Fields, Golden Gate Park, S.F.
- Apr 17 - Boston Marathon, Boston, Mass., 12 noon. BAA, Will Cloney, c/o Boston Garden, North Station, Boston, Mass. 02114 (Ph. 617/CA7-3200). NO POST ENTRIES - Entries close April 1.
- Apr 22 - Mt. Vaca Hill Climb, 10.6 Miles, Vacaville, CA, 9:30 am. Bay Area Road Runners, Bill Flodberg, 12925 Foothill, San Martin, CA.
- Apr 23 - DSE 3 Mile, Nob Hill Run, 10 am. Meet at Dolphin Club.
- Apr 28 - Visalia Ten Miler, Mineral King Bowl. David Bronzan, P.O. Box 385, Three Rivers, CA. (*CCA)
- Apr 30 - Mt. Diablo Disturbance Race or Kirk's Revenge, 6.6 Miles, (9 am, daylight time). Only male runners over 21 who have run in 3 Dipsea races. Jack Kirk, Star Route 4, Box 35, Mariposa, CA 95338.
- May 6 - 22 Mile Sacramento to Woodland Run, 10 am. Woodland Chamber of Commerce, 520 Main St., Woodland, CA 95695 (Ph. 916/662-7327)
- May 7 - DSE Practice Bay to Breakers Run, 8 mi, 8 am. Meet at Howard & Spear Sts., S.F.

AAU-COLLEGIATE

- Mar 7 - Stanislaus State @ Sonoma State, 2 pm.
- Mar 10 - NCAA Championships, Detroit, Mich. (2 day meet); Chabot @ 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. (Note: Cal-State Meet @ 12 noon)
- Mar 14 - Laney College @ Chabot, 3 pm; San Jose CC @ CCSF, 2 pm.
- Mar 15 - Sac'to St. @ Sonoma St., 1:30 pm (Correction - Sonoma @ Sac'to).
- 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; UOP & New Ways AC @ Sac'to St., 1:30 pm; All Cal Meet @ UC San Diego, 1 pm; SF State @ San Fernando Vly (Northridge), 1 pm; Long Beach St. @ San Jose St.; St. Mary's & USF @ Sonoma St., 1 pm; Univ. of Oregon @ Fresno St., 1:30 pm; Stanford @ Occidental, 1:30 pm.
- 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 Easter Relays @ UCSB, 10 am; Pacific Coast Club @ Cal-State Fullerton.

- Mar 28 - USTFF Decathlon @ Fresno State, 10 am. (2 days).
- Apr 1 - Sac'to St. @ Univ. of Oregon (triangular), 2 pm; Pacific Coast Club @ Arizona St.; San Jose St. @ Oregon St.; UC Davis @ Cal-St Hayward, 1 pm; Diablo Vly Relays, 10 am; West Valley College @ San Jose CC, 10 am; Humboldt St. & St. Mary's @ SF State, 1 pm; USC @ Occidental, 1:30 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., 4 pm; San Diego Relays @ Balboa Stadium; UC Davis @ Humboldt, 11 am; Occidental & Whittier @ Redlands, 1:30 pm; Fresno St. @ UCSB, Goleta.
- Apr 14 - Diablo Valley College @ Chabot, 3:15 pm.
- Apr 15 - Woody Wilson Relays @ UC Davis, 1 pm; New Ways Invitational @ Chico St.; Foothill College @ SJCC, 10 am; PCC & SC Striders @ UCLA, Westwood; Fresno St. @ Cal Poly (SLO); Occidental College @ Cal-State L.A., 1:30 pm.
- Apr 21 - SJCC @ College of San Mateo, 3 pm; Solano JC @ Contra Costa JC, 3 pm; Foothill College @ Chabot College, 3:15 pm.
- Apr 22 - Long Beach St. & San Fernando Vly St. @ Occidental, 1:30 pm; Sac'to St. @ UC Davis, 6 pm; Humboldt St. @ Sonoma St., 1 pm; Pacific Coast Club & West Valley TC @ San Jose St.; UOP @ Fresno St., 1:30 pm; Stanford vs. UCLA & UC Berkeley vs. USC @ Stanford (double dual).
- Apr 28 - Mt. SAC Relays @ Walnut (2 days), all day meets.
- Apr 29 - Mt. SAC Relays (continued); UC Davis @ Chico St., 6 pm; Sac'to St. @ Cal-St. Hayward, 1:30 pm; Oregon Tech. @ Sonoma St. (all-comers welcome), 1 pm; Pacific Coast Club @ Oregon St.; Humboldt St. & Sac'to St. @ SF State, 1 pm; Nor Cal Relays @ Fresno City College (JC Meet), 11:30 am.
- May 3 - Golden Gate Conference Trials @ Foothill College, 2 pm; Camino Norte Conference Trials @ College of Marin, 3 pm.
- May 6 - Golden Gate Conference Finals @ Foothill, 10 am; Camino Norte Conference Finals @ College of Marin, 12 noon; UC Davis & Sonoma St. @ SF State, 1 pm; Chico St. @ Sac'to St., 5:30 pm; San Jose Invitational @ SJCC (evening); Fresno St. @ Cal-State Los Angeles, 7 pm; SCIAC Finals @ Claremont, 1:30 pm.

HIGH SCHOOL

- 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; Harbor @ Watsonville, 4 pm; MPL Relays @ Crestmoor, 3:15 pm.
- 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; Pittsburg @ El Cerrito, 3:30 pm.
- Mar 11 - WCAL-AAA Relays @ St. Ignatius, 9 am.
- Mar 14 - Sequoia & Terra Nova @ Menlo-Atherton, 3:15 pm; Woodside & Jordan @ Palo Alto, 3:15 pm.
- Mar 15 - San Ramon @ Las Lomas.
- Mar 16 - Aragon @ Burlingame, 3 pm; Menlo-Atherton @ Carlmont; San Mateo @ Crestmoor, 3:15 pm; Salinas @ Watsonville, 4 pm; Sequoia @ Ravenswood, 3:15 pm.
- 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; St. Francis @ Serra, 3:30 pm; El Cerrito @ Ygnacio Valley, 3:30 pm; San Carlos & Jordan @ Palo Alto, 3:15 pm.
- Mar 18 - Township Relays @ Washington, Fremont, 12:30 pm; Campbell Relays @ Campbell.
- Mar 21 - Mission San Jose @ Sunset, 3:30 pm; El Cerrito @ DeAnza, 3:15 pm.
- Mar 23 - Woodside @ Carlmont; Aragon @ San Mateo, 3 pm; Ravenswood @ Menlo-Atherton; College Park @ San Ramon; El Cerrito vs. Kennedy @ Contra Costa College, 3:30 pm; Sequoia @ Cubberley, 3:15 pm; Soquel @ Watsonville, 4 pm; San Carlos & Terman @ Gunn, 3:15 pm.
- 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; Sacred Heart @ Serra, 3:30 pm.
- Mar 25 - Andrew Hill Invitational @ Foothill College, 10 am; Watsonville Relays @ Watsonville, 3 pm; Gilroy Invitational @ Gilroy; San Mateo City Meet @ CSM, 10 am.
- Mar 29 - Soquel Invitational @ Soquel, & Pentathlon-Decathlon (2 days).
- Apr 5 - Alhambra @ San Ramon.
- Apr 6 - Menlo-Atherton @ Sequoia, 3:15 pm; J.F. Kennedy @ Mission San Jose, 3:30 pm; King City @ Gonzales; Watsonville @ Monterey, 4 pm; San Mateo @ Hillsdale, 3:15 pm; Harry Ells @ El Cerrito, 3:15 pm.
- 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, 10 am; San Ramon Relays @ San Ramon, Danville; Carlmont Relays @ Carlmont, 9:30 am.
- Apr 11 - Gunn & Terman @ Woodside, 3:15 pm.
- Apr 12 - Del Valle @ San Ramon.
- Apr 13 - Woodside @ Sequoia, 3:15 pm; Camden @ Leigh; Irvington @ Mission San Jose, 3:30 pm; Crestmoor @ Aragon, 3 pm; Alameda @ El Cerrito, 3:20 pm; Carlmont @ San Carlos, 3:15 pm; Capuchino @ San Mateo, 3:15 pm; Woodside @ Sequoia, 3:15 pm; Seaside @ Watsonville, 4 pm.
- Apr 14 - Overfelt @ Milpitas, 3:30 pm; Ayer @ Oak Grove, 3:30 pm; Silver Crk. @ Hill, 3:30 pm; Mt. Pleasant @ Piedmont Hills, 3:30 pm; MTAL Relays @ Morello, 1:15 pm; Serra & Mitty @ St. Ignatius, 3:30 pm.
- Apr 15 - Blossom Hill Relays @ Leigh, 9:30 am; Kennedy Relays @ Contra Costa College, 10:30 am; Antioch Invitational @ Antioch.
- Apr 18 - Cubberley @ Menlo-Atherton; Sequoia @ San Carlos, 3:15 pm; Bellarmine @ Serra, 3:30 pm; Ravenswood @ Woodside, 3:15 pm.
- Apr 19 - Leigh @ Blackford; Campbell @ Camden, 3:30 pm; San Ramon @ Miramonte; Milpitas @ Ayer, 3:30 pm; Hill @ Overfelt, 3:30 pm; Oak Grove @ Mt. Pleasant, 3:30 pm; Lick @ Silver Creek, 3:30 pm.
- Apr 20 - Woodside @ Menlo-Atherton, 3:15 pm; Palo Alto @ Sequoia, 3:15 pm; San Carlos @ Ravenswood, 3:15 pm; Mission San Jose @ Washington, Fremont, 3:30 pm; Aragon @ Mills, 3 pm; Watsonville @ Aptos, 4 pm; Richmond @ El Cerrito, 3:20 pm.
- Apr 21 - Camden @ Los Gatos, 3:30 pm; Prospect @ Leigh; Ayer @ Hill, 3:30 pm; Mt. Pleasant @ Milpitas, 3:30 pm; Overfelt @ Lick, 3:30 pm; Piedmont Hills @ Oak Grove, 3:30 pm; Morello @ King City.
- Apr 22 - Downey Invit. @ Modesto, 3:30 pm; Martinez Relays @ Martinez; Santa Rosa Relays, 9:30 am; Pacific Grove Invit., 9 am.
- Apr 25 - El Cerrito @ Pinole Valley, 3:15 pm; Serra @ Riordan, 3:30 pm; Cubberley & Wilbur @ Woodside, 3:15 pm; Menlo-Atherton @ San Carlos, 3:15 pm.
- Apr 26 - San Ramon @ Piedmont.
- Apr 27 - Watsonville @ Alisal, 4 pm; Aragon @ Capuchino, 3 pm; Pacific Grove @ King City; Mills @ San Mateo, 3:15 pm; Sequoia @ Carlmont, 3:15 pm; Cubberley & Wilbur @ San Carlos, 3:15 pm; James Logan @ Mission San Jose, 3:30 pm.
- Apr 28 - Hill @ Mt. Pleasant, 3:30 pm; Lick @ Ayer, 3:30 pm; Milpitas @ Piedmont Hills, 3:30 pm; Silver Crk. @ Overfelt, 3:30 pm; Leigh @ Los Gatos; Del Mar @ Camden, 3:30 pm; Foothill Invit. @ Miramonte (night).
- Apr 29 - Salinas City Championships, Santa Cruz County Kiwanis Championships, 10 am; El Cerrito Relays, 11 am; Castro Valley Invit., 5:30 pm; Pacific Grove Invit. @ Pacific Grove (schedule conflicts...see Apr. 22...someone let me know which is correct!!)
- May 2 - ACAL Trials (North) @ DeAnza, 2:45 pm; Seq. District Trials @ Sequoia, 2 pm.
- May 3 - Acalanes @ San Ramon.
- May 4 - ACAL Finals (North) @ DeAnza, 2:45 pm; Watsonville @ North Salinas, 4 pm; Hillsdale @ Aragon, 3 pm; San Mateo @ Burlingame, 3:15 pm; Mission San Jose @ Newark, 3:30 pm.

SENIORS - WOMEN - AGE GROUP

- Mar 10 - Hawaii International Masters Championships, Univ. of Hawaii (Cooke Field) - 3 day meet. Stan Thompson, 1613 Kamole St., Honolulu, Hawaii 96821. (Divisions from 30 years of age and up).
- Mar 11 - Age Group Girls Season Opener; West Div. @ San Jose CC, East Div. @ Orinda/Moraga (Contacts: West - Augie Argabright, 18430 Baylor Ave., Saratoga, CA 95070; East - Don Bailes, 133 Selbourne Way, Moraga, CA 94556).
- Mar 18 - Masters All-Comers Meet @ Sunny Hills H.S. (Los Angeles), 10 am; Will's Relays (Women/Girls), Sacramento, contact Will Stephens, 6349 Dorchester Ct., Carmichael, CA 95608.
- Mar 19 - Senior Track Meet (40 and over), Los Altos High, 1 pm - contact John Hutchinson, 548 Castenada, San Francisco, CA (681-1736).
- 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, CA 95678).
- Apr 1 - Masters events in El Segundo Relays (no other information available).
- Apr 8 - Second Annual Grandfather Games, Los Angeles Valley College, Van Nuys, contact George Ker, LA Valley College, 5800 Fulton, Van Nuys, CA 91401 (entries close Apr. 3); Millbrae Relay Carnival, Mills H.S. (women, girls, age group), 10 am, contact Dr. Harmon Brown, 2335 David Ct., San Mateo, CA 94403 (Ph. 944-1662).
- Apr 15 - San Jose Invitational (women, age group), San Jose CC, 10 am, contact Augie Argabright, 18430 Baylor Ave., Saratoga, CA 95070; Masters 2 mile run and 440 relay at UCLA, Westwood.
- Apr 16 - Masters All-Comers Meet @ Cal-State Fullerton, 10 am.
- Apr 22 - Age Group Sectionals, West Div. (Millbrae, contact Dr. Brown, 2335 David Ct., San Mateo, CA 94403), East Div. (Sacramento, contact Will Stephens, 6349 Dorchester Ct., Carmichael, CA 95608).
- Apr 23 - Tentative CDMTC, Seniors TC, & SDTC @ UC Irvine (40 and over), 10 am.
- Apr 29 - Decathlon @ Cal-State Fullerton (2 days); Orinda Invit. (all ages, girls, women), contact Don Bailes, 133 Selbourne, Moraga.
- May 6 - San Jose State College Invitational (women's 100, 220, 440, 880), contact Augie Argabright, 18430 Baylor, Saratoga, 95070; Age Group Girls Full Program, Paradise, 10 am, contact Willie Dreyer, P.O. Box GG, Paradise, 95969 (Ph. 877-9220).
- May 7 - Masters All-Comers Meet @ Chapman College, 10 am.

RACE WALKING

- Mar 11 - Northgate 15 Km. Walk, San Rafael, 10 am.
- Mar 18 - Senior National 35 Km., Pomona, CA.
- Mar 26 - Lake Merced 7 Miler, San Francisco, CA, 10 am.
- Apr 8 - Sacramento Invit. 10 Kilometer, Sacramento State College, 5 pm.
- Apr 9 - Senior National 25 Km., Seattle, Wash.
- Apr 15 - Senior National 20 Km., New York, N.Y.
- Apr 30 - Olympic Qualifying 20 Km. & 50 Km., Woodside, 9:30 am.
- May 7 - Walking Pentathlon, Sunnyvale H.S., 10 am.
- *****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 Av., #1, Larkspur, CA 94939.

Jerry Lansing's Career Takes a Big Step Forward: (Stockton, Jan. 8) - Jerry Lansing started a new chapter in his career as a race walker by smashing all previous doubts on his performance by taking a convincing victory in the Junior National 35 Kilometer Championships in Stockton. Taking full command at around 15 kilometers, Lansing continued on to record a very good 3:18:21, over seven minutes ahead of Jim Bentley. Seventeen-year-old Lansing recorded 5 Km. splits in route of: 27:55, 54:55, 1:21:50, 1:49:55, 2:17:50, 2:46:47, 3:18:21. Surprising 14-year-old Brad Bentley finished third behind brother Jim, only 39 seconds back!! Bryan Snazelle (16), was another 14 seconds back, so we certainly have a good group of young walkers coming up in Northern California. Results: (1) Jerry Lansing (17) 3:18:21, (2) Jim Bentley (16) 3:25:45, (3) Brad Bentley (14) 3:26:24, (4) Bryan Snazelle (16) 3:26:38, (5) Dave Bryant (34) 3:35:38, (6) Kevin Brintnell (16) 3:50:28, (7) Don Jacobs (52) 4:01:25, (8) Jack Halligan (38) 4:17:59, (9) Phil Mooers (54) 4:24:31, (10) Lyndon Blodgett (16) 4:32:32. Cold (mid to upper 30's).

Ranney Records Fast Time Victory in Rose Bowl 10 Mile Handicap: (Los Angeles, Jan. 23) - Athens AC's Bill Ranney finished only fifth in the field at the Rose Bowl Handicap Race, but it was good enough for fast time (77:05). Rudy Haluza, who's doing the comeback trail thing, came through with a good performance of 79:03. Conditions were cold and very windy. That was Bill's third race for the weekend. The night before that, Jan. 22, he walked in the Sunkist Invitational, placing third with a time of 6:45. Larry Walker won the race in 6:41 with Don Denoon close on his neck at 6:42. Bob Kitchen got the ax. He finished the race, but timers and place judges didn't get it together properly we've been told.

Klopfer Burns a Big One: (Golden Gate Park, S.F., Jan. 30) - Out of a total of 12 starters, only two managed to finish the PA-AAU 40 Kilometer Championships, with Athens AC'er Goetz Klopfer hustling to a new Association record by more than 8 minutes, hanging up a sparkling 3:20:27 clocking. Second (and last place) place finisher Jim Bean of the Stockton Walkers was a distant runnerup in 3:39:48. Those that chose not to go the whole distance by choice and premeditation included Bob Johnson, Jim Bentley, Jr., Brad Bentley, Sheryl Robinson, and probably Bill Ranney. He went 10 Km. at unrecorded pace. Poor Steve Lund had a 3:25:38 at 35 Km. but was then DQ'ed over the last 5 Km. Bob Bowman, Wayne Glusker and Roger Duran went 30 Km. (except 25 Km. for Duran) before dropping out. Bowman recorded a good 2:32:28, Glusker a 2:53:48, and Duran was 2:33:25 for the shorter distance. Bob Johnson did 1:42:48 for 20 kilos. Brad Bentley did only 5 Km. in 27:15 while brother Jim did 10 Km. in unrecorded time. Ranney actually went 20 Km. hard (1:39:07) with leaders Klopfer and Bowman before dropping off and strolling to 30 Km. He didn't go unrecorded as reported above. Sheryl Robinson did 5 Km. in real good form (29:52.5).

Kitchen Comes on Strong to Capture Athens Invitational: (Oakland, Feb. 12) - Athens AC ace Bob Kitchen, more noted for his exploits at the longer distances, made his presence felt at the Athens Invitational (indoors) Mile Walk with a good 6:39.0. West Valley TC's Esteban Valle, a native Nicaraguan, went out very fast and seemed to have the race in the bag, but was given a warning with several laps to go and slowed down to watch his form in order not to get DQ'd. In the process of slowing down, fast closing Bob Kitchen caught him coming off the final turn with Jim Bean also coming on strong (6:40.2 to 6:41.0). Other times of finishers: (4) Bill Ranney (Athens) 6:46, (5) Roger Duran (SJV) 6:46.5 -- his best performance in a long while. Other finishers (not necessarily in order): Mick Brodie, Bob Jackson, Jerry Lansing, Wayne Glusker, Steve Lund, Jim Bentley.

Kitchen Again - New American 50 Km. Walk!!: (San Francisco State, Feb. 27) - Late Flash!! Race walker Bob Kitchen of Athens AC set an American record in the 50 Kilometer Walk (4:13:36), breaking the old mark by 1:48, in an Olympic qualifying trial at San Francisco State College. Kitchen also broke the American 25 and 30 mile and 40 Km. marks in route (no times available). He was the only finisher of 7 starters. Bill Ranney qualified for the Olympic Trials by winning the 20 Km. race in 1:35:34. More details next time.

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TRACK & FIELD RESULTS

Pacific Ass'n Winter Championships: (Feb. 6, College of San Mateo) - Girls Division: SP: (8#) J. Lane (Roseville) 38-1, D. Trimble (SVTC) 35-11 1/2, B. Blackham (Lassen) 34-9 1/4, K. Allenby (MLTC) 34-5, J. Simon (SLTC) 34-0, K. Dunn (USJ) 33-2; HJ: D. Kemp (WS) 5-1, C. Reynolds (St. Geo.) 5-0, E. McQuillan (WS) 4-10, C. Hyrkas (USJ) 4-10, L. Bennett (Berk.) 4-8, M. Fitzpatrick (RCS) 4-8; LJ: R. Albers (SLTC) 16-3 1/4, C. Reynolds (St. Geo.) 16-3, S. Beugan (RCS) 16-1, J. Western (St. Geo.) 16-0 1/4, Z. Hernandez (WS) 15-9, J. Richmond (WS) 15-8 1/4; 440R: Ravenswood 49.8, Berk. TC 50.8, MLTC "A" 51.2, Half Steppers 51.6, (tie) Integra & MLTC "B" 52.8; 440: J. Richmond (WS) 60.1, M. Rogers (SVTC) 61.0, K. Haughey (SJC) 61.6, L. DeLaRue (SJC) 61.7, D. Larsen (unat.) 62.0, C. Caldwell (unat.) 62.1; 60: D. Julian (Rav) 7.2, S. White (Berk) 7.2, C. Hammel (Rav) 7.4, B. Scott (SLTC) 7.4, J. Western (St. Geo.) 7.5, C. Winlock (Dusters) 7.6; 880: E. Claugus (WS) 2:13.3, L. Enshenko (SJC) 2:15.5, T. Anex (WS) 2:18, S. Langan (WS) 2:20.5, N. Hickman (MLTC) 2:20.9, S. Springs (WS) 2:25; 60HH: J. Benford (Berk) 8.0, B. Scott (SLTC) 8.4, Y. Richardson (Lassen) 8.5, I. Vidal (MLTC) 9.0, G. Pickel (MLTC) 9.0, Z. Hernandez (WS) 9.2; 220: C. Miller (Rav) 26.0, C. Hardeman (MLTC) 26.9, S. Hendricks (Integra) 27.3, L. Bennett (Berk) 27.4, J. Richmond (WS) 27.7, R. Frazer (Integra) 27.8; Mile: E. Claugus (WS) 5:04.4, T. Anex (WS) 5:06.2, S. Langan (WS) 5:28.5, D. Carron (MLTC) 5:29.6, A. Mears (SJC) 5:35.5, D. Wilson (RCS) 5:40.8; 880 Medley: Ravenswood 1:52.5, MLTC "A" 1:54.2, San Jose Cindergals 1:54.9, Half-Steppers 1:55.2, MLTC "B" 1:58.4, Orinda "A" 1:58.8; MileR: Millbrae Lions TC 4:15.8, Redwood City Str. 4:17.1, Wills Spikettes 4:17.2, United San Juan 4:22.5, San Jose Cindergals 4:27.5, WS "B" 5:09.3; Teams: Wills Spikettes 84, Millbrae Lions TC 51.5, Ravenswood Juliettes 46. Women's Division: Mile Walk: S. Robinson (SRW) 8:40.8, E. Potter (SRW) 10:23.0; 60: U. Morris (LATC) 7.1, J. Svendsen (LATC) 7.1, A. Christoff (MLTC) 7.2, L. Johnson (Cal-St) 7.2, C. Poat (SJC) 7.3, M. Gerard (RCS) 7.4; 60HH: D. Carlsen (SRR) 8.0, M. King (MLTC) 8.2, L. Vaamonde (MLTC) 8.5, P. Pickel (MLTC) 8.5, D. Phillips (Lassen) 10.0; SP (4 Kg.): M. Seidler (Mayor Daley YF) 48-6 1/4, J. Svendsen (LATC) 41-8 1/2; LJ: M. King (MLTC) 18-2 3/4, L. Vaamonde (MLTC) 17-5 1/2, L. Johnson (CSH) 16-0 1/2, D. Lickey (WS) 15-3 1/2, D. Phillips (Lassen) 14-10; HJ: M. King (MLTC) 5-1, D. Lickey (WS) 4-10; 2 Mile: Francie Larrieu (SJC) 11:01.2, Freedomberg (WS) 11:06.8, J. Dixon (SJC) 11:14.4, E. Guina (SJC) 11:31.6, Johnson (WS) 11:31.8, V. Eberly (SJC) 11:40.2; 440R: Millbrae Lions TC 48.9 (fastest time in PA in 2 years), San Jose Cindergals 50.5; 440: N. Mullen (SRR) 59.1, L. Hetu (SRR) 61.7, F. Larrieu (SJC) 62.3, A. Parrish (Berk) 62.5, M. Gerard (RCS) 68.1; 880: V. Cooper (SJC) 2:22, K. Miller (SJC) 2:22, J. Dixon (SJC) 2:23.4, L. Wooten (SJC) 2:25.1, D. Phillips (Lassen) 2:36.1; 220: K. Hammond (SRR) 24.8, A. Christoff (MLTC) 25.3, D. Carlsen (SRR) 26.2, V. Cooper (SJC) 26.3, C. Moore (HS) 26.7, L. Wooten (SJC) 27.4; Mile: R. Slosson (WS) 5:00.8, C. Poor (SJC) 5:12.4, J. Dixon (SJC) 5:15.5, J. Freedomburg (WS) 5:19.6, L. Johnson (WS) 5:26.7, N. Stuart (Orinda) 5:30.3; MileR: Sac'to RR 3:57, San Jose Cindergals 4:05.7, Will's Spikettes 4:40.6; Teams: San Jose Cindergals 71, Millbrae Lions 70, Sac'to Road Runners 55.

NorCal High School & Junior College Indoor Championships: (Oakland Coliseum, Feb. 11) - JC-LJ: E. Smith (West Hills) 23-11 1/2, C. Roberts (West Hills) 22-8, K. Kring (Hancock) 22-2 3/4; HS-PV: Mark Behr (Miramonte) 14-6 3/4, K. Calvert (DelMar) 14-0 3/4, P. Dempster (Crlmt) 13-0, S. Turner (DelMar) 13-0, G. Sula (Lemoore) 13-0; HS-SP: B. Mannon (Los Gatos) 60-10 1/2, D. Gherardi (SI) 56-2, L. Stark (San Lorenzo) 55-6 1/2, A. Stevenson (McCly) 54-8 1/2; HS-2 Mi: Bob Grubbs (Wash. Frmt.) 9:22.4, T. Burrough (DeAnza) 9:28.0, J. Bellah (Leigh) 9:30.6, J. Garcia (Redwood) 9:33.2, M. Pinocci (Wash. Frmt.) 9:41.6, M. Kingery (San Carlos frosh) 9:43.0; HS-LJ: Ken Duncan (McClatchy) 24-2, Ron Relles (McClatchy) 22-7, T. Cohee (Oak Tech) 22-6 1/2, M. Cleghorne (Berk) 22-5 1/2; JC-SP: Ken Kirschenman (Am Rvr) 54-0, R. Bragg (Laney) 50-2 1/2, C. Montgomery (Merritt) 49-8 3/4, R. Fogg (Foothl) 49-0 1/4, S. Blake (Mont) 48-3 1/4, T. Hankins (Chab) 47-10 1/2; JC-Sprt Med: Fresno 3:35.3, Diablo Vly 3:35.6, San Jose CC 3:37.8, San Francisco 3:39.3; HS-HJ: Chris Schneider (Canyon) 6-6, O. Williams (Ells) 6-6, Clarence Burgess (Oak Tech) 6-4; Girls Age Group Relay: Millbrae Lions 2:07.8, Salinas Valley TC 2:11.7, Redwood City Str. 2:11.8, Orinda TC 2:14.1; JC-2 Mi: Mike Lundblad (Mont) 9:28.8, G. Hall (Fresno) 9:34.8, T. Pelton (Mont) 9:42.0, P. Flores (Yuba) 9:42.8, B. Smith (DeAnza) 9:46.8, B. Johnson (CCSF) 9:49.2; HS-2 Mi Rly: Mt. Pleasant 8:07.4, Carlmont 8:17.6, Berkeley 8:24.6, El Cerrito 8:25.4, Hoover 8:28.0, Miramonte 8:32.0; HS-500: Ken Williams (Mt. Pleasant) 58.8, Richard Matthews (Highlands) 59.8, T. Pruess (Amador Vly) 61.1, Bruce Veal (San Carlos) 61.3; JC-500: Howard Brack (Delta) 59.7, F. Malone (Laney) 60.7, M. Jefferson (Merritt) 60.9, B. Moring (Sequoias) 61.6, K. Kring (Hancock) 62.5; JC-2 Mi Rly: San Jose CC 8:01.6, West Valley 8:03.0, Diablo Valley 8:10.8, Merritt 8:11.4, San Mateo 8:14.6; Senior Mile: Dennis Teegarden (NCSTC) 4:46.7, Dave Stevenson (SRC) 4:46.9, Vance Koerner (NCSTC) 4:54.4, Frank Harrison (NCSTC) 4:55.2, R.E. Haynes (SRC) 4:59.0, Peter Wood (NCSTC) 4:59.2.

Athens Invitational: (Oakland Coliseum, Feb. 12) - HS-60HH: Derek Ligons (Mt. Eden) 7.5, G. Densmore (Pleasant Vly) 7.5, Tom Cohee (Oak Tech) 7.6, J. Green (LaSierra) 7.7, K. Duncan (McClatchy) 7.7; JC-60HH: Al Hall (SJCC) 7.3, C. Jackson (Seq) 7.6, J. Butler (DVC) 7.6, G. Jordan (Mod) 7.6, G. Chambers (DVC) 8.0; HS-60: Mike Shavers (Albany) 6.2, D. Wilson (Alb) 6.3, Mike Farmer (Wilson) 6.3, C. McCullough (Sac'to) 6.5, G. Jones (Lemoore) 6.5; JC-60: Maxie Parks (Fresno CC) 6.2, P. Chewing (Delta) 6.2, E. Jefferies (Fresno) 6.3, J. Butler (DVC) 6.3; Open 60HH: Thomas Hill (Ark. St.) 7.1, Tommie White (SCS) 7.1, Charles Rich (Cal Int TC) 7.2, Paul Gibson (UEFP) 7.3, Lance Babb (SC) 7.4; Women's SP: Faina Melnik (USSR) 56-4 1/2, Maren Seidler (MDYF) 51-10 1/2, Janet Svendsen (LATC) 45-2 1/2; Open 60: Valeriy Borzov (USSR) 6.1, Warren Edmonson (UCLA) 6.1, Dave Gilliard (CITC) 6.2, Bobby Turner (CITC) 6.3, Ronnie Ray Smith (SCS) 6.3; PV: Kjell Isaksson (Swe) 17-4, Hans Lagerqvist (Swe) 17-4, Sam Caruthers (CITC) 16-0, Jim Eshelman (unat.) 16-0; Women's 60HH: Deanne Carlsen (SRR) 7.9, Marilyn King (Millbrae Lions) 8.1, Janet Benford (Berk TC) 8.2, Evonne Richardson (Lassen) 8.2, Cherrie Sherrard (unat.) 8.3; LJ: Henry Hines (USC) 26-0, Hans Baumgartner (West Germ) 25-5, Stan Royster (BAS) 24-7 1/2, Steve Rogaway (BAS) 24-4 1/4; Women's HJ: Denise Kemp (Wills Spik) 5-5, K. Favorite (Unat.) 5-2, Cindy Reynolds (SGTC) 5-2, Marilyn King (MLTC) 5-2; Sr. 60: Jim Lingel (NCSTC) 6.8, Huel Washington (Unat.) 7.0, Ed Mahany (NCSTC) 7.0, Ed Dowell (NCSTC) 7.1, Robert Jordan (NCSTC) 7.1; SP: Al Feuerback (PCC) 67-1 3/4, George Woods (PCC) 67-1, Randy Matson (Tex.Str.) 66-4 1/4, Rimantas Plunge (USSR) 62-3 3/4, Nikolay Karasov (USSR) 54-11 3/4; Boys Age Group Relay: Hoover TC 2:07.0, Salinas TC 2:07.2, Millbrae Lions TC 2:07.5, Berkeley TC 2:20.0; HS Med. Relay: El Cerrito 3:36.2, McClymonds 3:36.3, Vacaville 3:41.5, Serra 3:43.2, Fremont 3:48.8; Mile Walk: Bob Kitchen (AAC) 6:39.0, Esteban Valle (West Valley TC) 6:40.2, Jim Bean (Stktn Walkers) 6:41.0, Bill Ranney (AAC) 6:46.0, Roger Duran (SJ Yearlings) 6:46.5; JC Mile: Ron Genschmer (Chabot) 4:21.3, Jack West (Butte) 4:21.7, Rich Milan (Chabot) 4:22.3, Mike Schaecher (West Valley) 4:23.0, Juan Ramirez (SJCC) 4:25.0; HJ: Reynaldo Brown (CITC) 7-0, Rustam Akhmyetov (USSR) 7-0, Jerry Culp 6-10, Clarence Johnson (BAS) 6-10; 500: Martin McGrady (CITC) 56.9, Wes Williams (SDTC) 57.8, Kermit Bayless (BAS) 58.2, Ron Whitney (SCS) 58.4; HS MileR: McClymonds 3:33.2, Lemoore 3:33.4, Kennedy (Rchmd) 3:34.1, Mt. Pleasant 3:34.2, Oakland 3:41.6; TJ: Dave Smith (BAS) 54-6 1/4, Robert Reader (Statters TC) 52-4 3/4, Milan Tiff (CITC) 51-2 3/4, Jim Fraser (BAS) 49-8 3/4; Women's 500: Kathy Hammond (Sac'to RR) 64.5, Nancy Mullen (Sac'to RR) 67.6, Cindy Poor (SJC) 68.8, Valerie Cooper (SJC) 69.6, Nancy Hickman (MLTC) 72.2; HS-Mile: Brad Duffy (Lowell, SF) 4:19.5, Dave Taylor (Merced) 4:21.2, Bill Solomon (Monte Vista) 4:21.5, Perry Anderson (Antioch) 4:23.8, James Hughes (Rchmd) 4:28.5; 1000: Marco Alto (Finland) 2:13.1, Willie Eashman (CSH) 2:13.5, Mathias Michael (UOP/CITC) 2:14.2, Brian Middlestadt (Stanford) 2:17.4; JC-MileR: San Jose CC 3:29.2, Contra Costa 3:29.5, American Rvr. 3:30.3, Modesto 3:31.6; 2 Mile: Emil Puttemans (Belgium) 8:34.2, Don Kardong (West Valley TC) 8:34.6, Kerry O'Brien (Australia) 8:39.0, Bob Price (AIA) 8:41.0, Gerry Lindgren (Cougar TC) 8:45.6; Women's Sprint Medley: Sacramento RR 2:22.8, San Jose Cindergals 2:23.2, Millbrae Lions 2:23.5, Ravenswood Jul. 2:29.0; Mile: Byron Dyce (Unat) 4:05.6, Gianni Del Buono (Italy) 4:05.9, Andre De Hertoghe (Belg) 4:06.5, Vladimir Pantyeley (USSR) 4:08.0, Bob Messina (Unat.) 4:09.8, Eugenio Amaya (Cal) 4:12.9, Duncan Macdonald (Stanford) 4:15.5; Open MileR: Cal-State Hayward 3:22.8, Cal 3:23.5, Cal Int'l TC 3:23.5, Bay Area Str. 3:23.9, Stanford 3:25.3, San Jose St. 3:26.3, West Valley TC 3:35.4.

San Diego Indoor Games: (Feb. 19) - Only the following results are available at presstime. Would appreciate a full set of results so I can print all NorCal finishers: 2 Mile: World outdoor 2 mile record holder Emile Puttemans took his second race in a week with a fast 8:30 to hold off rapidly improving Don Kardong of the West Valley TC, who ran in Tiger flats (Boston's) and hung up his PR 2 mile with an excellent 8:32.8. Frank Shorter was 3rd, followed by Gerry Lindgren, Tom Laris...Rex Maddaford was 9th in 8:42! Mile: Bob Maplestone of Eastern Washington St. won in 3:59.3. West Valley TC's Duncan Macdonald, running for Stanford, recorded his lifetime best indoors and improved mightily over his 4:15 of a week before in finishing 4th with a 4:01.3, just a few tenths behind Bob Messina who was third. Sr. 2 Mile: The SFOC's duo of Jim O'Neil & Don Pickett ran 4th & 5th (10:08.4, 10:25.1) in establishing U.S. age group records for the distance. O'Neil's best college time was only 10:00.4 (a U. of Miami record)! Peter Mundle, 43, also set a new age record with an incredible 9:32.7. He thus equalled his winning time in the Northern Div. Meet for Univ. of Oregon, way back in 1951!!

National AAU Indoor Championships: (Feb. 25, New York) - We have only sketchy results of Northern California's success in this meet, but to my knowledge, four individuals qualified for the US-USSR dual meet on March 17 by virtue of placing in the top two in their respective events. The Bay Area Striders landed two individuals on the team in the name of Olympian Lee Evans (600) and Robert Reader (triple jump). Dave Smith of the Striders was third in that event while Reader was second. West Valley TC's Don Kardong stayed around third or fourth for most of the race, jockeying for position mostly, in the three mile run. He came up with his usual strong finish, ending up behind only Belgian Emile Puttemans (world 2 mile record holder outdoors), 13:17, and Houston TC's Len Hilton who edged Don by a stride or two. Kardong came up with a lifetime best mark of 13:19.8. Ex-Athens AC runner Eamon O'Reilly, now competing for Georgetown AA in Washington DC, came in fourth with a 13:21. The tightly-bunched field saw seventh placer Tom Laris, now living in Palo Alto (but competing for his hometown New York AC), record what is believed a PR of 13:24 in his Olympic year comeback. Frank Shorter was one place behind Tom. The only other Northern Californian to qualify for the US-Soviet dual was the Sacramento Road Runner's Kathy Hammond who qualified in the 600. No time or details are available. In the mile walk, West Valley TC's Esteban Valle did respectably well in seventh place, improving his seasonal best to 6:34. Complete results would be appreciated so we can list all NorCal competitors. Incidentally, the Striders' Robert Reader went 52-9 3/4 in the triple jump. We have no time on Evans.

LONG DISTANCE RESULTS

World Masters Marathon (Chapman College, Orange, CA - Jan. 29): California TC's Dave White improved tremendously in his first sub-2:20 effort as he cruised to a 2:17:44 clocking on the new course, more than a minute ahead of Pat McMahon's meet record of 2:18:47. Teammate Mark Covert ran with White through splits of 25:30, 51:27, and then Covert pulled ahead to hit 15 miles in 1:18:27 to White's 1:19+. But then White whittled away at the lead and took it back, leading at 20 miles, 1:44+ to 1:45:30. The meet officials pointed Dave the wrong way at the finish and he ran about 90 yards short and so the above time has been corrected. After the 18 mile mark it was all White, but Covert completed his first-ever marathon in a very commendable 2:22:35, thus qualifying for the Olympic Trials this summer. One other finisher, Jim Perez of the Golden West AA, earned a trip to Eugene by virtue of his 2:29:41 in third. This was only Jim's second attempt at the distance. White's winning effort was the best ever by a 19 year old anywhere. Toshiharu Sasaki of Japan held the old mark at 2:19:54. Only NorCal runner I could detect (at least in the top 32 placers) was Paul Reese of the NorCal Seniors TC who did a very good 2:51:59. Paul is 54 years of age!! His place of 17th overall was even more astounding.

Las Vegas Marathon is All Bringhurst Again: (Feb. 5) - In only his second attempt at the marathon (his last was in this same race the previous year when he recorded a 2:20:18), Scott Bringhurst of the University of Utah in Salt Lake City, ran away from the field after a brief challenge from Jose Cortez (through 5 miles in about 25 minutes!), hanging up a PR of 2:19:24 and breaking his own course record in the process. I have been informed that this year's course is pending certification and is considered to be accurate by the meet directors. Last year's course was 175 yards short. A good-sized group of Northern Californian's journeyed down for the race, with the Redwood City Striders annexing the team title in fine fashion with 4th through 6th place. Jose Cortez led the tightly bunched group with 2:34:02, followed by Bryan Gieser's personal best of 2:35:42, just astride ahead of Mitch Kingery's 2:34:43, only 7 seconds off his best. Colorado State Univ. had second & third positions (Tom Berger - 2:31:02 and Mike Baer - 2:33:15). Two others broke 2:40 (Nabor Herrera of Mexicali was 2:36:59 and John Pagliano of the Golden West AA was 2:38:17). The Olympic Club's Jim O'Neil (46 years old) ran a very good 2:48:46, just off his best ever. Elaine Pedersen ran a very good 3:43:58 and was the top woman finisher in the race. Other NorCal finishers: (15) Randy Lawson (RCS) 2:47:11, (18) Mike Stansbury (U.Nev.) 2:48:29, (19) Jim O'Neil, (25) Frank Cortez (unat.) 2:53:15, (34) David Cortez (RCS) 2:58:59, (35) Peter Sinnott (U.Nev.) 2:59:14, (47) Dick Villareal (Carson City HS) 3:08:13, (58) Mike Ipsen (RCS Coach) 3:21:18, (59) Larry Hildenbrand (U.Nev.) 3:22:03, (73) Bruce Veal (RCS) 3:31:51, (78) Bob Hart (RCS) 3:34:13, (89) Dave Bingley (RCS) 3:41:46, (90) Ricky Jensen (Madera) 3:41:53, (93) John Jones (U.Nev.) 3:42:45, (95) Elaine Pedersen, (98) David Wilson (RCS) 3:49:07, (100) Rick Nolan (RCS) 3:50:28, (107) David Crevelt (RCS) 3:57:13, (108) Leroy Rosing (RCS) 3:58:15, (120) Tom Graycar (RCS) 4:18:06. -- 129 finishers. Note of interest: It seems that quite a few sprinters have recently taken up marathoning as a way of getting strength (or killing themselves first). The RC Striders' Bruce Veal ran his first and finished in 3:31:51 and takes the "sprinter gone freak" award away from West Valley TC's Herb Ashton, who completed his first marathon later in the month in something over 4 hours at Burlingame. -- Other notes: Jim O'Neil was second senior, two minutes back of Don Jones of the Seniors TC. David Wilson (12) was the youngest finisher.

Scobey Second in Pop Marty 10 Miler: (Feb. 6) - West Valley TC's Bill Scobey, now living in Van Nuys, ran a good 10 mile in finishing second to Dave Heffern's course record of 48:09 (old record by Mike Kimball at 48:15). Scobey, according to the paper, was clocked in 49:10, but the paper also shows Heffern & Scobey running together and a misleading caption indicating they have just crossed the finish line. Maybe Bill was 48:10 and not 49:10 (let us know Bill). Phil Camp took third in 49:25, followed by Ron Kurrle (49:44) and Jon Sutherland (50:58). -- Reported by Mike Ryan!! (via the grapevine to Tennessee)

Jose Cortez Takes Arizona Admissions Day Marathon: (Feb. 12) - Mike Ipsen's roving RC Strider band spread NorCal distance strength into the southwest and took both individual and team titles. Under a clear but slightly warm (75-78°) sky, Jose Cortez pretty much had the race to himself, winning over teammate Randy Lawson's second best ever. Cortez broke 2:30, but just barely, with a good 2:29:35 under the conditions. Lawson was 2:38:40. David Cortez rounded out the Strider scoring in 9th overall (2:51:22). Other NorCal finishers: (13) Frank Cortez (unat.) 3:01:25, (14) Rick Nolan (RCS) 3:02:47, (32) Mike Ipsen (RCS) 3:17:05, (61) Dave Wilson (RCS) 3:48:01, (62) Dave Crevelt (RCS) 3:48:35.

Further Results from PA-AAU 20 KM.: (Jan. 23) - (Top 39 listed in January NCRR) - (40) Stacy Geiken (RCS) 1:16:36, (41) Matthew Logan (unat.) 1:16:44, (42) Gary Lepori (ARRA) 1:16:47, (43) Donal Coghlan (NCSTC) 1:16:56, (44) Unknown 1:17:34, (45) Rick Nolan (RCS) 1:17:43, (46) Manny Mahon (unat.) 1:17:54, (47) Randy Lawson (RCS) 1:18:08, (48) David Fried (LVRC) 1:18:21, (49) Alexander Monterrosa (Pamakids) 1:18:27, (50) Paul Reese (NCSTC) 1:18:43, (51) Pat Purcell (unat.) 1:18:51, (52) Rich Kennealy (ARRA) 1:18:59, (53) Steve Brooks (ARRA) 1:19:03, (54) Jose Garza (RCS) 1:19:18, (55) Mike Ipsen (RCS) 1:19:36, (56) Al White (NVRC) 1:19:51, (57) Pat Cunneen (Pamakids) 1:20:07, (58) Don Sommer (NVRC) 1:20:20, (59) Tom Jordan (RCS) 1:20:50, (60) Don Peterson (SRC) 1:21:11.

DARREN GEORGE TAKES LAURELS IN PA-AAU 15 KILO

(Jan. 9, Napa) - Despite poor publicity, the PA-AAU 15 Km. Championships had 53 finishers and a good number of top-notch competitors. Napa Valley's Darren George, running very consistently as of late, hung up a strong win as he pulled it out from West Valley's Gary Berthiaume over the last few miles under perfect conditions. His time, over the probably short course, was 45:49. Last year the course was long and so it was changed this year, but not measured accurately in the process. Berthiaume, running well on the roads after a successful cross country season, was a good 46:07 for second. West Valley placed three in the top five, but couldn't come up with a full team and so Napa came up with the team title (I think). If anyone has the team placings, please send them to me. Ross Smith of Reno, Nevada, was an easy winner in the senior division with a brilliant 51:42. Bob Malain was over 2 minutes back as second in the 40-and-over category. Below, and on the next page, are listed the top 30 finishers.

1 - Darren George (Napa Valley RC)	45:49	6 - Greg Chapman (Solano TC)	49:22	11 - Mark Evans (San Jose State)	50:52
2 - Gary Berthiaume (West Valley TC)	46:07	7 - Dan Anderson (Valley TC)	49:54	12 - Mike Conroy (RC Striders)	51:34
3 - Bob Crow (West Valley TC)	47:41	8 - Romero Mendoza (Santa Rosa JC)	50:16	13 - James Everard (Santa Rosa JC)	51:38
4 - Darryl Beardall (Marin AC)	47:47	9 - Doug Butt (Marin AC)	50:25	14 - Ross Smith (West Valley J&S)	51:42
5 - Jack Leydig (West Valley TC)	48:23	10 - John Butterfield (Boston AA)	50:36	15 - Dave Zumwalt (unatt.)	51:53

16 - Dave Stevenson (Stanford RC) 52:16	21 - Nils Carlson (Solano TC) 53:46	26 - Jim Engle (Napa Valley RC) 54:31
17 - Paul Kaski (unatt.) 52:24	22 - Ray Menzie (Marin AC) 53:54	27 - Peter Mattei (NCSTC) 54:40
18 - Oliver Bastien (Napa Valley RC) 52:34	23 - Robert Malain (NCSTC) 54:09	28 - Ken Miller (Valley TC) 55:01
19 - Butch Alexander (Santa Rosa JC) 53:14	24 - Gerald Haslam (Napa Valley RC) 54:18	29 - Paul Reese (NCSTC) 55:25
20 - Lambert Kelly (Solano TC) 53:28	25 - Don Coghlan (NCSTC) 54:28	30 - Greg Riley (Santa Rosa JC) 56:22

****Note: Correction to statement on previous page. Dave Stevenson was the second senior, not Bob Malain, and he was only 34 seconds back of Ross Smith...the closest anyone's gotten in a long time. The team scores were: (1) Napa Valley - 97, (2) Santa Rosa JC - 97, (3) Solano TC - 108,...a real squeaker. Napa got the win because of Darren George's higher place as first man.

CORTEZ AGAIN AT MAGNAN RUN

(Jan. 29, Woodside) - Jose Cortez, seemingly unbeatable on the hills of the Magnan Race, cruised 1:50:35 over the shortened 16 mile course (due to freeway construction) to take the title for the second year in a row. Undisturbed when arriving at the top of the 1500 foot climb (in 2 miles) and finding no one to guide the runners, Jose went to the task of laying out branches carefully in the form of an arrow to direct his followers. Duncan Macdonald soon caught up and joined in the task so that runners would not get confused. From there on out it was all Cortez. Surprising Ian Jackson, meanwhile, picked it up to second, recording a very pleasing 1:52:11 over the approximate 16 mile circuit. Macdonald dropped to third in his longest race ever at 1:54:07. The RC Striders easily copped the team title with first, fifth and eighth, as well as ninth. The Stanford Indians were second and West Valley TC third. Peter Mattei proved he is tough to beat on the hills as he was first senior by almost 3 minutes. However, he was frustrated in that he was beaten by close to a minute by Jackie Dixon of the San Jose Cindergals. Amazing Jackie finished 22nd overall (66 finishers) and came very close to many topclass runners. The fact that she was only about 7 minutes out of the top ten over such a long course is even more amazing. The top 30 finishers are listed below:

1 - Jose Cortez (RC Striders) 1:50:35	11 - Dick Day (Stanford) 1:59:56	21 - Jim Haberkorn (unatt.) 2:05:27
2 - Ian Jackson (West Valley TC) 1:52:11	12 - Randy Lawson (RC Striders) 1:59:59	22 - Jackie Dixon (SJ Cindergals) 2:05:49
3 - Duncan Macdonald (Stanford) 1:54:07	13 - John Weidinger (Pamakids) 2:01:07	23 - Peter Mattei (NCSTC) 2:06:42
4 - Darryl Beardall (Marin AC) 1:54:20	14 - Dave Zumwalt (Unatt.) 2:02:06	24 - Steve Slawson (Solano TC) 2:09:06
5 - Bryan Gieser (RC Striders) 1:54:54	15 - Mark McConnell (Stanford) 2:02:20	25 - Nils Carlson (Solano TC) 2:09:06
6 - Rich Delgado (West Valley TC) 1:55:59	16 - Steve Lawry (Stanford) 2:03:08	26 - Dave Stevenson (Stanford RC) 2:09:25
7 - Brian Mittelstaedt (Stanford) 1:57:02	17 - Frank Cortez (Unatt.) 2:04:27	27 - Unknown runner 2:10:37
8 - Bob Darling (RC Striders) 1:57:24	18 - Rich Nolan (RC Striders) 2:05:20	28 - Robin Clark (Maranon) 2:11:06
9 - George Kirk (RC Striders) 1:57:39	19 - Dean Williams (Unatt.) 2:05:22	29 - Gus Cano (RC Striders) 2:12:06
10 - John Butterfield (Boston AA) 1:58:52	20 - Frank Donahue (RC Striders) 2:05:24	30 - Matthew Logan (Unatt.) 2:12:15

JON ANDERSON LEADS MASS RECORD ASSAULT AT VALLEJO

(Feb. 5, Vallejo) - Oregon TC's Jon Anderson was skeptical of the fast times, but the fact remained that it was the same course that was run the previous year (Peter Duffy's 50:21 and Alvaro Mejia's 50:24 were the two previous fastest times) and several watches were present, thus ruling out the chance of a misreading. Greg Chapman, upon remeasuring the course, came up with 263 yards short of 10 miles, which seems about right. This puts Jon Anderson's amazing 47:46 winning time slightly under (corrected) Bud Edelen's American track record of 48:28, set in 1963. But the times didn't stop there. Ed Haver, ex-UC Davis star, now running with American Athletes in Action, recorded a quick 48:45, followed by Gary Berthiaume (49:17) and Gordon MacMitchell (only a junior in high school!) with 49:48. Jack Leydig in fifth was only 15 seconds off the old course mark with 50:36. West Valley TC easily annexed the team title, 39-56 over the Sacramento TC. Solano TC had 129 for third. Ross Smith kept his win string for seniors alive by placing 27th overall in 55:28, four minutes ahead of Don Pickett. Fourteen-year-old Roy Kissin opened some eyes with his 54:20 in 20th place. Kelly Cunneen was the first woman of the 145 finishers in 112th position. Her time was 1:18:37. David Jaeger of Napa Valley took the junior division in 1:05:20 (75th). The race was held under rainy and cold conditions, but the runners ran faster to warm up. The top five ran in a pack for several miles before Haver and Anderson broke away. Shortly afterwards Anderson took the lead for good.

1 - Jon Anderson (Oregon TC) 47:46	21 - Lambert Kelly (Solano TC) 54:39	41 - Richard Read (Sacramento TC) 58:16
2 - Ed Haver (Athletes in Action) 48:45	22 - Jim Brady (Sacramento TC) 54:55	42 - James Engle (Napa Valley RC) 58:51
3 - Gary Berthiaume (West Valley) 49:19	23 - Robin Clark (Maranon) 54:57	43 - Rock Meservey (Gold Spike R) 59:13
4 - Gordon MacMitchell (Unatt.) 49:48	24 - John Butterfield (Boston AA) 55:13	44 - Don Pickett (SF Olympic Club) 59:14
5 - Jack Leydig (West Valley TC) 50:36	25 - Oliver Bastien, Jr. (NVRC) 55:15	45 - John Swearingin (Funky St. BC) 59:42
6 - Darryl Beardall (Marin AC) 51:32	26 - Jim Bowles (West Valley TC) 55:25	46 - Pat Cunneen (Pamakids) 59:44
7 - Kevin Furey (Sacramento TC) 51:47	27 - Ross Smith (West Valley J & S) 55:28	47 - Louis Vecchi (Funky St. BC) 59:51
8 - Bob Crow (West Valley TC) 51:56	28 - Ray Menzie (Marin AC) 55:32	48 - Alexander Monterrosa (Unatt.) 59:58
9 - John Marconi (West Valley TC) 52:11	29 - Adam Ferreira (Unatt.) 55:49	49 - Bill Long (Unatt.) 59:59
10 - Steve Litchfield (Sac'to TC) 52:16	30 - Roger Merritt (Unatt.) 56:07	50 - Vance Koerner (NCSTC) 59:59
11 - Ray Darwin (Culver City AC) 52:43	31 - Raul Koski (Unatt.) 56:08	51 - Paul Reese (NCSTC) 60:00
12 - Greg Chapman (Solano TC) 53:07	32 - Bill Posedel (Pamakids) 56:27	52 - Alan Gliatto (Funky St. BC) 60:04
13 - John Weidinger (Pamakids) 53:13	33 - Steve Slawson (Solano TC) 56:48	53 - Jon Higley (US Air Force) 60:37
14 - Mark Evans (San Jose State) 53:27	34 - Mike Eash (Unatt.) 56:49	54 - Joe Wesp (Unatt.) 60:48
15 - Nicholas Vogt (Gold Spike R) 53:31	35 - David Schupp (Funky St. BC) 57:05	55 - Andy McBride (Unatt.) 60:49
16 - Mike Tulley (Sac'to TC) 53:34	36 - Doug Essary (Sacto TC) 57:18	56 - Pat Purcell (RC Striders) 61:11
17 - Denny Mathews (Unatt.) 53:37	37 - Mark Daniel (Unatt.) 57:36	57 - David Warren (Unatt.) 61:14
18 - Mark Gardner (Unatt.) 53:44	38 - John Finch (Unatt.) 57:41	58 - Tom Pinckard (Unatt.) 61:38
19 - Bob Barker (Sacramento TC) 54:12	39 - Terry Weaver (Funky St. BC) 58:00	59 - Orval Osborne (West Valley TC) 61:49
20 - Roy Kissin (West Valley TC) 54:20	40 - Randy Sturgeon (Solano TC) 58:06	60 - Richard Gentry (Unatt.) 62:19

CHUCK SMEAD IN EASY CLAM BEACH WIN

(Feb. 12, Trinidad, CA) - West Valley's Chuck Smead, running his first distance race since the Cross Country Nationals, recorded an easy victory in the scenic Clam Beach race near Eureka. The last half of the race is on the beach. The beautiful weather led to a very fast time of 42:20, but fell short of Bill Scobey's 1970 course record of 41:50. Dan Mullens (an 8:50 steeplechaser) and Craig Streichman of Humboldt State battled it out for second, with Mullens getting the nod by 15 seconds. Humboldt State also won the team title. Rich Joyce, normally a 440-880 man (he's the prep 880 record holder), showed his versatility by placing seventh. Darryl Beardall took the 30-39 age division in fifth overall. Rod Kausen in 14th, was the top high schooler, and Bob Malain of Redding was an easy winner in the 40-49 division (22nd overall). Course length: 8.5 miles. Below are the top 30 finishers (95 completed the race).

1 - Chuck Smead (West Valley TC) 42:20	6 - Ron Plemons 45:01	11 - Steve Owen (Humboldt St.) 46:44
2 - Dan Mullens (Humboldt St.) 43:11	7 - Rich Joyce (West Valley TC) 45:44	12 - Hershall Jenkins (Humboldt St.) 46:47
3 - Craig Streichman (Humboldt St.) 43:26	8 - Chris DeFazio 45:46	13 - Joe Giovannetti (Humboldt St.) 47:02
4 - Howard Labrie (Humboldt St.) 44:19	9 - Rick Spavins (Otherways AC) 46:42	14 - Rod Kausen (High School) 47:03
5 - Darryl Beardall (Marin AC) 44:37	10 - David Zumwalt (Unatt.) 46:44	15 - Alan Beardall (Oregon) 47:05

WEST VALLEY MARATHON: A CLASSIC RACE

(Feb. 13, Burlingame) - The Second Annual West Valley Marathon, held February 13, 1972, gave the co-sponsoring West Valley TC and San Mateo Recreation Department exactly what they were hoping for--fast times. Who knows, in a few short years, this race may rival Fukuoka and Boston as the top quality race of the year. The course, consisting of five 5-mile loops and a short loop of one mile, 385 yards at the end, has been officially certified by Ted Corbitt's Standards Committee as being an accurate marathon. The race was held on a day tailor-made for both runner and spectator. Clear blue skies, temperatures in the low 50's, and very little wind, made it ideal for everyone concerned. The race was officially started by Bill Shumard, Superintendent of Recreation for the City of San Mateo, and 211 warm bodies made their dash down Carolan Avenue, many of whom were hoping to run a qualifying time of 2:30 for the US Olympic Trials in July. The results were stunning. A total of 12 runners made qualifying times, many more than the sponsors had hoped for. No other race except Boston and the AAU Championships had ever featured so many U.S. Citizens running so fast.

Something good appeared to be in the making when Don Kardong, Chris Miller, Jim Backus, Dan Anderson, and Darren George came tromping by the five mile checkpoint in 26:42. By ten miles, 'Large Don', as he is affectionately called by his teammates, Backus, and George had pulled to the fore. Their time of 53:04 was 22 seconds ahead of Chris Miller. Charging by the next checkpoint at 1:18:44, Kardong had broken away from George, who trailed now by 10 seconds, and Backus, who was another 25 seconds back. George dropped out about 3 miles later. From then on it was all Kardong as he cruised 20 miles in 1:44:52 in route to a final clocking of 2:18:05.6, just off Mejia's meet mark of 2:17:22.2, but setting a record for the new course. Had he not run the wrong way with only a mile to go, his time would have been even more impressive (10-15 seconds better). Not only was this his first attempt at the marathon distance, but only 12 hours earlier he had recorded a PR in the Athens Invitational with an 8:34.6 two mile, finishing only a fraction of a second behind outdoor world record holder for the distance, Emile Puttemans of Belgium.

Of the next 11 finishers, only fourth and fifth placers Tom Bache and Bill Clark failed to record PR's (correction, Bache had a best and Backus, in sixth, did not). Second and third placers Duncan Macdonald and Brook Thomas (who along with Kardong are Stanford grads) proved that experience is not mandatory to be able to run fast times as they recorded 2:21:31 and 2:23:28 respectively, to inaugurate their first attempts. At the tail-end of the sub-2:30 group was 15-year-old Mitch Kingery, who claimed a world age record with his unbelievable 2:29:11. But that wasn't all the story: three other world age records were broken in this race. Twelve year old David Hargus of the San Diego TC took hold of the record in his age group with a great 2:59:07, knocking some two to three minutes off of David Cortez's mark. For the Boitano family of San Francisco, this had to be one of their most prosperous days. Ten year old Mike picked off his age group's record with a 3:19:38, while 8-year-old sister Maryetta captured her age group's record with a 3:37:15 (corrected from 3:37:08 as previously reported in official results). As if that wasn't enough, 55-year-old Wayne Zook of San Diego TC ran an American record of 2:58:56. First senior Ross Smith of Reno, Nevada, ran a splendid 2:38:18 to finish 16th and become one of the select sub-2:40 men in the 40-and-up competition. Paul Reese, 54 years old from Sacramento, ran an equally fantastic time of 2:47:34 in 28th. First woman finisher, Natalie Cullimore of Pacifica, didn't attain her 3:18 clocking of last year, but still ran a very commendable 3:25:39.

The host West Valley TC defended their title by scoring 7 points (they scored a perfect 6 last year), followed by Sacramento TC with 31 and High Sierra TC with 38. A total of 15 teams finished 3 or more runners. A total of 165 finished the race (78%) as compared to 140 (73%) last year, thus proving that it isn't necessarily easier to drop out on a loop course. Winner Don Kardong received a paid trip to the Olympic Trials in Eugene, courtesy of the Bank of America, who donated \$80 to help support American Olympic potential. -- Thanks again for making this year's race a memorable one and hope to see you all again in 1973. The top 60 finishers:

1 - Don Kardong (West Valley TC)	2:18:05	21 - Jack Leydig (West Valley TC)	2:42:06	41 - Steve Williams (Unatt.)	2:53:14
2 - Duncan Macdonald (WVTC)	2:21:31	22 - Dan Anderson (Valley TC)	2:42:17	42 - Art Dudley (Unatt.)	2:53:15
3 - Brook Thomas (Unatt.)	2:23:28	23 - Don Gregory (High Sierra TC)	2:43:05	43 - Richard Cordone (Marin AC)	2:54:14
4 - Tom Bache (San Diego TC)	2:24:54	24 - Mark Gardner (Unatt.)	2:43:37	44 - Jim Gallon (Unatt.)	2:57:00
5 - Bill Clark (West Valley TC)	2:25:38	25 - Ron Grandner (Unatt.)	2:45:51	45 - Tom Blake (Unatt.)	2:57:10
6 - Jim Backus (Unatt.)	2:27:11	26 - Lee Holley (Marin AC)	2:46:37	46 - Dave Muek (Pamakids)	2:57:25
7 - Chris Miller (West Valley TC)	2:28:17	27 - Dave Stevenson (Stanford RC)	2:47:20	47 - Tom Pinckard (Unatt.)	2:57:26
8 - John Weidinger (Pamakids)	2:28:24	28 - Paul Reese (NCSTC)	2:47:34	48 - Jim Bowles (West Valley TC)	2:57:54
9 - Bob Darling (RC Striders)	2:28:53	29 - Grover Prowell (San Jose St.)	2:47:49	49 - Jack Jamieson (Unatt.)	2:58:16
10 - Dave Bronzan (High Sierra TC)	2:29:00	30 - Doug Essary (Sacramento TC)	2:48:04	50 - Wayne Zook (San Diego TC)	2:58:56
11 - Reuben Dias (Mid-Pacific RR)	2:29:02	31 - Ramsey Thomas (Baltimore OC)	2:48:05	51 - David Hargus (San Diego TC)	2:59:07
12 - Mitch Kingery (RC Striders)	2:29:11	32 - Jack Bellah (West Valley TC)	2:48:45	52 - Steve Litchfield (Sac'to TC)	3:00:41
13 - Ian Jackson (West Valley TC)	2:33:05	33 - Peter Mattei (NCSTC)	2:48:50	53 - Mark Blanchard (Unatt.)	3:01:56
14 - Roy Vogel (Sacramento TC)	2:35:50	34 - Dave Donaldson (Merced TC)	2:49:30	54 - Dave Dunbar (Unatt.)	3:01:58
15 - Bob Barker (Sacramento TC)	2:38:15	35 - Don Pemberton (West Valley TC)	2:50:08	55 - Don Peterson (Stanford RC)	3:02:00
16 - Ross Smith (West Valley J&S)	2:38:18	36 - Bill Posedel (Pamakids)	2:50:47	56 - Matthew Logan (Unatt.)	3:02:36
17 - Dale Severy (Unatt.)	2:39:54	37 - Mike Bergkamp (Unatt.)	2:51:16	57 - Bill Snavelly (Unatt.)	3:02:42
18 - John Butterfield (Boston AA)	2:40:10	38 - Ernst Hayman (Unatt.)	2:51:43	58 - Vic Weber (Unatt.)	3:03:11
19 - Mike Tulley (Sacramento TC)	2:40:41	39 - Wayne Van Dellan (HSTC)	2:52:34	59 - Joe Henderson (Unatt.)	3:03:37
20 - Mike Pinocci (West Valley TC)	2:41:27	40 - Denny Mathews (Unatt.)	2:52:40	60 - Bill Hargus (San Diego TC)	3:04:47

****A complete set of results may be obtained by sending a self-addressed, stamped envelope to West Valley TC, P.O. Box 1551, San Mateo, CA 94401.

RESULTS OF AGE GROUP RACES AT CONCORD

(Feb. 13) - No other information than the following was provided by the meet director, Vern Forry. If anyone has more details, please send them to me for next issue. Girls 9 & Under: (3/4 Mile) Kathy Callaghan (Green Valley RC) 5:07; Boys 9 & Under: (3/4 Mi) Nick Sakelarios (RC Striders) 5:14; Girls 10-13: (3/4 Mi) Pam Allen (Lassen Club) 4:28; Boys 10-13: (1.5 Mi) Vance Eberly (Sparta) 8:38; Girls HS: (1.5 Mi) Lori Enshenko (San Jose Cindergals) 8:34; Boys Frosh-Soph: (2.25 Mi) Dave Cantrell (Pleasant Hill TC) 12:02; Boys Varsity: (3 Mi) Steve Noga (Moreau High) 16:24; Open: (5.5 Mi) Doug Butt (Marin AC) 28:04.

MISCELLANEOUS RESULTS

Alvaro Mejia returned to competition in the Bay Area by capturing the Martinez 8.4 Miler (new course) in 40:20 for the third year in a row. A tight pack at the turn-around (halfway) point of Mejia, Wayne Badgley, Jack Leydig, and Ed Haver broke apart shortly thereafter with Badgley taking second, about 20 seconds back of Mejia, Haver at 41:27 and Leydig in 41:54. Bob Crow, John Marconi, Byron Lowry and Rich Delgado took the next four places. *** The first annual Pleasanton 20 Km. was won by returning-to-form Bryan Gieser of the RC Striders, followed by Doug Butt and Mitch Kingery. No other times or places available. *** Ex-Fort Ord runner, now competing for the Oregon TC, Russ Pate, took a convincing marathon victory over a strong field at Seaside in 2:22:59, beating runnerup Gary Harrison of Vancouver by exactly 2:30. Gerry Lindgren, in his first marathon, went out like a bomb and passed 15 miles in something like 1:17 before hitting a wall shortly thereafter and finally taking fifth in 2:27:47. James Pearson (2:25:35) and Larry Miller (2:25:59) were the only others under 2:30. Other NorCal finishers: (12) Ron Iff - 2:33:21, (14) Howard Labrie - 2:34:25, (19) Coveney - 2:36:07, (22) John Butterfield - 2:36:39, (25) Harold DeMoss - 2:37:54, (?) Paul Reese - 2:51:57, (?) Pax Beale - 3:23, (?) Elaine Pedersen - 3:27 (her best by some 10 minutes!). *** More details on these races in the March issue.



DAVID HARGUS



MIKE BOITANO



MARYETTA BOITANO



MITCH KINGERY

THE FOUR RUNNERS ABOVE SET WORLD AGE-GROUP RECORDS FOR 12, 10, 8, AND 15 YEARS, RESPECTIVELY IN THE 2ND WEST VALLEY MARATHON



BRYAN GIESER WON THE FIRST PLEASANTON 20 KILOMETER RUN. SHOWN AT PA 20 KM. /MARCONI/



JACKIE DIXON IS FEATURED IN THIS MONTH'S NORTHERN-CALIFORNIA PORTRAIT.



MILLBRAE LIONS COACH -ED PARKER- FEATURED IN COACH'S CORNER THIS MONTH



IAN JACKSON, THIS MONTH'S WEST VALLEY PORTRAIT, SHOWN IN LAST MILE OF MAGNAN. /BEINHORN/



DON KARDONG GLEEFULLY GRABS FINISH BANNER AT THE WEST VALLEY MARATHON UPON RECORDING A VERY GOOD 2:18:05.6 IN HIS FIRST ATTEMPT AT THE DISTANCE. TWO WEEKS LATER HE RAN A 13:19.8 THREE MILE TO EARN A SPOT ON THE US-SOVIET DUAL TEAM. /SAN MATEO REC. DEPT. PHOTO/



(Credits for top four photos to SM Recr. Dept.)



THE BIG CROWN AT THE START OF THE PA-AAU 20 KILO CHAMPIONSHIPS. WINNER JON ANDERSON, ON #18'S HEAD, SET A COURSE RECORD. /MARCONI PHOTO/

LEFT: BAY AREA STRIDER ACE QUARTER-MILER LEE EVANS EARNED A SPOT ON THE US TEAM VS. THE USSR ON MARCH 17 IN THE 600 YD. RUN. /STAN PANTOVIC PHOTO/

1972 WEST VALLEY MARATHON RESULTS

The Second Annual West Valley Marathon, held February 13, 1972, gave the co-sponsoring West Valley TC and San Mateo Recreation Department exactly what they were hoping for--fast times. Who knows, in a few short years, this race may rival Fukuoka as the top quality race of the year. The course, consisting of five 5 mile loops and a short loop of one mile, 385 yards at the end, has been officially certified by the Standards Committee as being an accurate marathon.

The race was held on a day tailor-made for both runner and spectator. Clear blue skies, temperatures in the low 50's, and very little wind, made it ideal for everyone concerned. The race was officially started by Bill Shumard, Superintendent of Recreation for the City of San Mateo, and 211 warm bodies made their dash down Carolan Avenue, many of whom were hoping to run a qualifying time of 2:30 for the U.S. Olympic Trials in July. The result was stunning. A total of 12 runners made qualifying times. No other race except Boston and the AAU Championships had ever featured so many U.S. citizens running so fast.

Something good appeared to be in the making when Don Kardong, Chris Miller, Jim Backus, Dan Anderson, and Darren George came tromping by the five mile checkpoint in 26:42. By ten miles, 'Large Don', Backus, and George had pulled to the fore. Their time of 53:04 put them 22 seconds ahead of Chris Miller. Charging by the next checkpoint at 1:18:44, Kardong had broken away from George who trailed by 10 seconds, and Backus who was another 25 seconds back. From then on it was all Don as he cruised 20 miles in 1:44:52 in route to a final clocking of 2:18:05.6, just off Mejia's meet mark of 2:17:22.2, but setting a record for the new course. Had he not run the wrong way with about a mile to go, his time would have been 10-15 seconds faster. Not only was this his first attempt at the marathon distance, but only 12 hours previously he had recorded a PR in the Athens Invitational with an 8:34.6 two mile, finishing only four-tenths behind outdoor world record holder Emile Puttemans of Belgium.

Of the next 11 finishers, only fourth and fifth placers Tom Bache and Bill Clark failed to record PR's. Second and third placers Duncan Macdonald and Brook Thomas (who along with Kardong are Stanford grads) proved that experience is not mandatory to be able to run fast times as they ran 2:21:31 and 2:23:28 respectively, to inaugurate their first attempts. At the tail-end of the sub-2:30 group was 15-year-old Mitch Kingery, who claimed a world age record with his unbelievable 2:29:11. But that wasn't all the story: three other world age records were broken in this race. Twelve year old David Hargus of the San Diego TC took hold of the record in his age group with a great 2:59:07, knocking some two to three minutes off of David Cortez' mark. For the Boitano family of San Francisco, this had to be one of their most prosperous afternoons. Ten year old Mike picked off his age group's record with a 3:19:38, while 8-year-old sister Maryetta captured her age group record with a 3:37:08. As if that wasn't enough, 55-year-old Wayne Zook of San Diego TC ran an American record for his age of 2:58:56. First senior Ross Smith of Reno, Nevada, ran a splendid 2:38:18 to finish 16th and become one of the select sub-2:40 men in 40-and-up competition. Paul Reese, 54 years old from Sacramento, ran an equally fantastic time of 2:47:34 in 28th place. First woman finisher, Natalie Cullimore of Pacifica, didn't attain her 3:18 of last year, but still ran a very commendable 3:25:39.

The host West Valley TC team defended their title by scoring 7 points (they scored a perfect 6 last year), followed by Sacramento TC with 31 and High Sierra TC with 38. A total of 15 teams finished 3 or more runners. -- Thanks again for making this year's race a memorable one and hope to see you in 1973. --- Winner Don Kardong received a paid trip to the Olympic Trials in Eugene, courtesy of Bank of America.

Meet Directors:

Jack Layden
John Marconi

