



NORTHERN CALIFORNIA RUNNING REVIEW

A WEST VALLEY TC PUBLICATION
P. O. BOX 1551, SAN MATEO, CAL. 94401
PH. (415)-342-3181

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NCRS STAFF: Editor - Jack Leydig; Printer - Frank Cunningham; Chief Photographer - John Marconi; Cartoonist - Lee Holley; Coach's Corner - John Marconi; NorCal Portrait - Jon Hendershott; West Valley Portrait - Willie Cronin; Women - Roxy Anderson, Jim Hume, Dr. Harmon Brown; Seniors - John Hill, Emmett Smith, Willis Kleinsasser, George Ker; Editorials - Bill Clark; Race Walking - Steve Lund, Bill Ranney; AAU & Road Results - Jack Leydig; High School - Mike Ruffatto, Dave Stock, Roy Kissin; Collegiate - John Sheehan, Jon Hendershott, Jerry Kokesh, Fred Baer; --- anyone else wanting to help by sending us material regularly (especially need high school and collegiate results) can become one of our staff. You needn't be a club member obviously to help. This is a cooperative effort. Write and let us know if you're interested.

September's Contributors: George Werner, John Brennand, Ernie Marinoni, Wes Alderson, Walt Lange, Red Estes, Clark Smithson, Dean Allen, W. Thompson, Darren Walton, Harold DeMoss, Art Butt, Bill Kirchmeir, John Trent, Jim O'Neil, Homer Latimer, Brian Gieser, Bill Daskarolis, Harry Young, Bob Anderson, Joe Henderson, Bill Adams, Dan Anderson, Bob Lynde, Marshall Clark, John Weidinger, Lurana Hoetger, McMahill, Ross Smith, Leslie Anderson, Mike Bergkamp, Bob Rush, Nick Vogt, Bill Kelly.

The Northern California Running Review is published on a monthly basis by the West Valley Track Club. It is a communication medium for all Northern California track & field athletes, and it covers age group, high school, collegiate, senior, AAU, and women's events. The NCRS is available at many road races and track meets throughout the area for 25¢ an issue, or for \$3.50 a year for mailed subscription (usually third class unless it is an unusually thin issue...then we mail first class). All West Valley TC members receive their copies free 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. This month we had a great number of contributors but it was disappointing to see the very poor response we had from coaches for scheduling. We sent out over 100 free August issues with requests for cross country meet information and had only about a 10% response. We can always use good photos for our publication. They should be good contrast and preferably black and white. All information should be sent to the editor, NorCal Running Review, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415-342-3181). Be sure and give photo credits, those competing, and the event being run. Any size print will do, but please don't send the negative if possible. We will return the prints afterwards if you want us to.

WHEN YOU MOVE---Please send us your address change immediately. The NCRS is not forwardable usually as it is third class. Many of our subscribers have not been getting their issues because of this mistake.

ON MAILING---You probably noticed last time that your NCRS came first class, even though we said it would come third class!! It was a rare occurrence. The paper our printer used just happened to be super-light and we passed 7 sheets for under an ounce. Usually we can only get 6 sheets for an ounce. We shall continue to mail first class when possible in the future when weight allows us to do so. Light paper is not always available and it is much more difficult to run through our printer's equipment.

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A WORD ON THE NEXT ISSUE---This issue will be my last effort before going to Europe for 6 weeks. Starting with next issue, the NCRS will be edited by an entirely new staff. I have faith that they can do an excellent job. They are all volunteers, so give them your help by sending us results early. There may be several type styles because of different typists, but we're trying to put it together so it'll look good. Our new editorial staff: Lurana Hoetger, Harold DeMoss, Herb Ashton, Art Dudley and John Marconi.

IN THIS ISSUE

NCRS Long Distance Point Race thru Emerald Hills Run; Article on Women's Track & Field in the PA-AAU; Coach's Corner on Mike McCord - Burlingame High; West Valley Portrait on Chuck Smead; No NorCal Portrait (editor in Europe); Long Distance Scheduling thru mid-November; Extensive High School, Collegiate & Women's XC Scheduling; Race Walking Schedule thru mid-November; Final CSM All-Comer's Meet Results and all Chabot All-Comers Results; Northwest Senior's Classic; Nevada County T&F Championships; National AAU Jr. Olympics Results (Spokane); Seniors Meet at College of Marin; Pikes Peak Marathon; El Cerrito Hillside Run; Resurrection Pass Trail Marathon; Felton (for what it's worth!!); Lafayette; Tahoe Relay--Full Results!!; Mt. Misery; Bolinas (Pierce Pt.) Run; Golden Empire XC Run; Dipsea (Partial); Emerald Hills Run.

CLUB NEWS

This section of our publication is devoted to various clubs in the area. If your club would like to put in any announcements or other news, please send it in. Our circulation is not small anymore---about 500 mailed alone---so your message will be noticed. As long as news is pertinent to track & field or long distance running and kept to a reasonable length, we will print it, possibly in edited form. Let's hear from your club for a change.

WEST VALLEY TC: The month of August was a bit slow as the club only gathered in five new bodies, but all of them are already excellent athletes or show great potential. Dan Anderson, who used to run for the now defunct Valley TC, merely added a "West" in front of his affiliation. Dan is 20 and lives at 18828 California St., Castro Valley, CA 94546 (Ph. 582-6581). He has best marks of: Mi - 4:29.9, 2 Mi - 9:35.8, 3 Mi - 14:43.9, 10 Km - 31:55.8. Jeff Arnold now becomes one of our most promising young marathoners off his third place 2:36:26 in the super-tough Ocean-to-Bay race. Jeff ran his first marathon there and was 16 at the time. He currently resides at 3041 Deakin, Berkeley, 94705 (Ph. 845-6701). With a two mile time of 9:51 this past spring, he is good on the track in addition to the roads. John Dean lives at 15783 Via Sorrento, San Lorenzo, 94580 (Ph. 351-3572) and is 18 years old. With bests of 4:39 in the mile and 10:02 for twice that far, John has shown that he will continue to improve. Skip Houk is one of Northern California's (actually Reno's) veteran distance runners at the young and tender age of 30. His current address is 1345 Stardust, Apt. 3 in Reno 89503 (Ph. 702-747-5379). With track bests of 4:18, 9:00 and 14:09, 29:30, he has shown more promise in the ultra-distances. He has run 5:15 for 50 miles and was last year's AAU Champ at that distance in 5:19. His 2:22:05 marathon best was set some 4 years ago, but he placed in the top 10 at the Olympic Trials in July. Bruce Orr comes to us from talent-laden Leigh High in San Jose. At 15 years of age, Bruce owns an excellent 4:32.8 mile and was 8th in the CCS Frosh-Soph XC Finals last fall (2nd in Region III). His current address: 5157 Alan Ave., San Jose, CA 95124 (Ph. 264-5749).

Address Changes for members: Manny Adriano to 237 Beemer, Sunnyvale, 94086 (same phone #); Larry Gruse to 3459 Divisadero St., San Francisco (Apt. 105) 94123; Joel Jameson to a temporary school address of Box 401, Occidental College, 1600 Campus Rd. Los Angeles, CA 90041; Vic Cary to 77 Glen, Oakland. *** And now so all you people can send me cheer whilst I'm truckin' about Europe, I will reveal my itinerary...or actually 5 addresses where I may receive mail in my journey: The dates listed are the last days I would be able to get mail there. Send about 6-8 days ahead of that time at the latest. Until Sept. 22 - c/o Oscar Moore, Cedar Ridge Apts., W14, Little Gloucester Rd., Blackwood, New Jersey 08012 (also mail here until Nov. 6); until Oct. 2 - c/o American Express International, 6 Haymarket, S.W.1, London, England; until Oct. 15 - c/o American Express Co. m.b.H., Glockengiesserwall 4, Hamburg, West Germany; until Oct. 25 - c/o American Express Co., S.A.I., Via

Vittor Pisani, 19, Milan, Italy; until Nov. 3 - c/o American Express Co. m.b.H., Promenadeplatz 3, Munich, West Germany. Good luck to all of you this cross country season. Let me hear from some of you. See you in November.

A bunch of WVTC athletes have already been in Europe this summer and more will follow. So far, Bob Crow, Duncan Macdonald, Don Kardong, Esteban Valle, Wayne Glusker, Jim Dare, Alvaro Mejia, Hernan Barreneche, Victor Mora, Bob Brunkan, and Domingo Tibaduiza have all been. Maybe more that I don't know about or forgot to mention. The four Colombians and Valle were participating in the Olympic Games, Valle for Nicaragua in the walks.

Joel Jameson reports that he'll be attending Occidental College this fall (as a freshman). They will have a pretty good team with four frosh around 9:20, including himself. He spent much of the summer in Torreon, Mexico.

Skip Houk has managed to gain financial support from unknown sources in Reno and will be traveling to the London-Brighton Race on Oct. 1, representing the U.S.A. and West Valley TC. Your President is planning to be on hand to help with "waterboy" duties. He hopes to average 6 minutes a mile and says, "I'm going over there to win." Best of luck Skipper. Chris Moore, whose mother and stepfather live near London, will also be there to help Skip out. Chris is a 1:52 half-miler who runs for the club. Last year the race was won in 5:21 by David Levick of South Africa. That is the record.

Rumors have it, although not confirmed, that Rich Joyce, our club's ace half-miler who still holds the prep 880 record (although Dale Scott ran a prep best at the Kennedy Games in non-prep competition), will move to Australia for a year or more. He will teach P.E. and biology at the secondary level there. Jim Hunt at Arcata's Humboldt State will miss the help Rich has given him in coaching the middle distance men up there. He has injured his foot earlier in the year and is still bothered by it. Lot's of luck in Australia, Rich. Let us hear from you. Your new address?

Don Kardong, now living fairly permanently in Seattle (will be attending grad school there he tells us), has decided to run unattached and will probably join a club in his area. Lot's of luck to "Large Don", who rewrote many of the club's distance running records during the past year. He should go on to greater achievements in the future years.

Mike Ryan, our Tennessee foothold, has been getting really a raw deal from the Air Force. He had applied for an early out, effective July 14th, and it had been approved. He was planning on going to UOP law school in Stockton, they (he and his wife Amey) had already packed and Amey had quit her job, when he got a call from personnel. They proceeded to tell him that the orders had been cancelled. After a hell of a lot of checking around, he found out that a congressman from Louisiana and Chairman of the House Armed Services Committee, had found out about Air Force Academy graduates getting out early, and he raised hell with the Secretary of the Air Force. The result was that about 71 guys who had been given permission for an early separation were suddenly screwed to the wall. The really bad thing is that no firm decision has been made about letting them out or keeping them in. So Mike may well have to wait awhile until all the politics get ironed out. Meanwhile, they suffer.

A way to get \$\$\$ for the Nationals: The newly opened Athletic Dept. in Berkeley (2114 Addison, Ph. 843-7767) has made a really special effort to help West Valley TC in its attempt to send a team to Chicago in November to try to win the AAU Cross Country Championships. Anyone (including non-club members) who makes a shoe purchase from their store will automatically ensure a \$1.00 contribution to our travel fund. Just mention that you read about the Athletic Dept. through the Northern California Running Review...be sure and do this. Encourage your friends to shop there too. We can really use that \$\$\$.

Travel to Chicago: Our treasury now stands at about \$300... not one heck of a lot to try and send a full team to the Nationals on!! Income is slow and chances of us going free (at the club's expense) are pretty dismal. Anyone wanting to donate to our cause should mail it to our P.O. Box. Everything helps. One way you can help out is to sell NCRR subscriptions. Approach your teammates if you're going to high school or college. I will be driving my "magic bus" to Chicago about 6 days before the Nationals for anyone that wants to come partway (or all the way). Costs can be cut some by flying only part of the distance or one-way coming back. I will be attending the AAU Convention in Kansas City following the Nationals and so won't be coming back for about a week afterwards. I should return to the Bay Area from my European travels on Nov. 13-14. Get in touch if you're interested. The AAU Meet is on Nov. 25 this year. That's a Saturday.

New jerseys are in: Yes, the fancy (nylon-mesh) jerseys are in and have been silk-screened. They are being mailed out to those that have already paid their \$4.00. We have a limited number left in all sizes (mostly medium). If you don't have a jersey and would like one, mail \$4.00 and we'll send one. Enclose an extra 50¢ for first class postage. We are out of the \$2.00 types,

except for the large size (and they're really large!!). Please don't order the new ones if you've already got a jersey, at least not at this time. Many don't have jerseys at all yet...give them a chance first.

Jost Schmitt will be moving back to Germany indefinitely, but hopes to return to the Bay Area in a year or two. He has been busy doing his thesis at Cal this past year. Jost, for those that haven't met him, is one of our sprint corps. Lot's of luck in Germany, Jost.

Domingo Tibaduiza ran 12th in his 10,000 meter heat at Munich, tying his PR of 29:24.0 after running with the leaders thru a PR 5000 meters in 14:10!! He will be attending Nevada this fall and should really help out the club at Chicago. He was going to run in the 5000 as well, but the Colombian Olympic Committee made a big boo-boo and didn't even bother to sign him up for the race beforehand!! They didn't enter Mora in the 3000m SC either. Now all of them will be running the marathon only, except Tiba of course.

Bill Clark finished third place in the Sydney Sun's equivalent of the Bay to Breakers Race. He was beaten by John Farrington and Jeff Julian (New Zealand). No other results are available and no times. More later. Tommy Owen of the RC Striders also competed.

Bob Crow finished third in his class at Hastings Law School in San Francisco this past year...quite an accomplishment at a very highly regarded school. There were 500 in his class!!

Chuck Smead set an ascent record in the Pikes Peak Marathon by some five minutes, breaking Steve Gachupin's mark in the process. He didn't get the roundtrip mark, but did manage to win by an impressive 20 minute margin. More in the race results section. Chuck also ran the National AAU 15 Kilo Championships in Denver the week before Pikes Peak, winning this one too! Mike Wagenbach of Southern California was 4th in that race.

Harold DeMoss finished third overall in the Alaskan Marathon at Resurrection Pass Trail near Anchorage. He was first in his division. More results in the back of this issue.

Victor Mora has run impressively in pre-Olympic races, showing he's ready for a good one at the Games. He recorded an 8:18 for 3000m at high altitude (6200 feet) Lake Tahoe (Tibaduiza was 8:30 in the same race). Then in a meet at Munich he did 7:59.4 for a PR (equivalent to about an 8:35 two mile).

Jim Dare ran a rarely contested 2000 meters in about 5:09 in Europe on a televised meet. Can't remember which meet this was, but Jim laid back for 3 laps, then led for about 600 meters before getting outkicked by Benson, Howe, and a couple of others. The winning time was around 5:06.

WVTC Finishers in Road Races: (If not listed elsewhere in this issue) - Tiburon: (52) Dave Power 50:14, (60) Mike Bergkamp 51:04, (67) Bruce Kaufman 51:33, (81) Santos Reynaga 52:38, (117) Ingo Greer 56:27, (145) Mike Shaughnessy 58:19, (152) Bob Greer 58:31, (182) Billy Tracey 61:43---259 finishers. Lafayette: (58) Ingo Greer. Mt. Misery: (32) Mike Shaughnessy 70:52. Note: Ingo Greer's time at Lafayette was not readable in the preliminary copy (poor xerox) we received.

THIS AND THAT

In and about Northern California---The PA-AAU Board of Managers announces its next meeting will be at the San Francisco Rowing Club, 540 Jefferson St. on Sept. 30 (Sat.), at 12:30 pm. A light buffet will be served.---The National AAU Convention will be held from November 26 to December 2 at the Hotel Mulbach in Kansas City, Missouri.---Dave Maggard, UC Athletic Director, managed and coached a track team made up largely of non-qualifiers in the Olympic Track & Field Trials. They toured Europe and made outstanding meets available.---Ross Smith writes that the Pioneer Marathon, which was held in Salt Lake City in July, actually was changed from last year's race. It started at an elevation of about 6000 feet & climbed about 1400 feet in the first five miles. Then the course dropped sharply for five miles and then up 300 feet in a mile or so. Then it dropped to 4200 feet (in Salt Lake), followed by a 200 foot rise in the last mile-and-a-half. All in all, the course was very tough and Ross says Darryl's winning time was excellent under the elevation changes and altitude.---Lee Ferrero recently moved from Mather AFB (the Air Force moved him actually) to Chanute AFB in Rantoul, Illinois (near Champaign). He ran in the base's first annual track and field meet and collected firsts in the 3 mile, 1 1/2 mile, mile, and 880 while finishing second in the 6 mile!!! He said all were slow times, however. He used to be a Sacramento TC runner while living in NorCal. He says he will soon join the Illinois TC. Anyone wishing to write him; 342 S. Tanner St., Rantoul, Ill. 61866.---Norm Bright informs us that he has been given special permission to compete in the Fukuoka Marathon this fall in Japan. They usually have a 2:30 cutoff entry time. Norm is the old Dipsea Record Holder and is now 62 (I think).---Thomas Jefferson sends us a correction on the Redwood Empire Marathon. He was mistakenly listed as a non-finisher. Actually he ran a 3:47 and did make the entire distance. Congratulations Tom!---Ex-Athens AC runner Ray Hatton, now 40 and living in Oregon, ran away from such

notables as Russ Pate (5th) and Mark Savage (8th) to win the Seaside Beach Run (7.2 miles) in 38:23. The race was over 1/2 mile of dunes, and the rest over hard sand---270 starters. How about that for an old man's performance!---Of course it's old news now, but Eddie Hart, Cal's (or rather ex-Cal now) sprint ace, was misinformed on the starting time of his heat for the 100 meters at the Munich Games and didn't compete at all except in the relay.--- A correction...the photo of Jack Leydig and the Major of Elmira in last month's issue was not taken by Jim Engle but by Mike Healy. Also, the photo in the June-July issue of "Bay Area Strider triple jump ace" was Dave Smith (bottom row, second from left) for those who didn't know. Sorry we forgot to put the name in.

The Senior Team took off for Europe to compete in several meets on August 20, and Jim O'Neil reports on the Epping Forrest 5 mile run in England. "The British are everything we heard and then some in the distance runs. There were 170 starters for the 5000m to be run tonight, so they will conduct 2 races with the top 40 in the first run. It will be on the track and the rest will run on the roads, starting and finishing on the track. To get the top 40 they set a standard of 16 minutes!! This means the US will have a grand total of 3 (three, that is) entries...Higdon,

Mundle, and Yehnert. So it's them against 7 Aussies, 3 Canadians, and 27 Englishmen. A dumb way to do it I'd say. Our big hope is Higdon. He just jogged through the Epping Run. Last night he set a new world veterans record in the steeplechase in 9:37. Results of the Epping Run (with Americans listed after top 5): (1) W. Stodart (GB) 25:27, (2) Bill Gookin (US) 26:28, (3) R. Franklin (GB) 27:17, (4) R. Budd (GB) 27:26, (5) Pete Mundle (US) 27:37, ... (10) Virgil Yehnert (US) 27:52, (11) Jim O'Neil (US) 27:58, (23) R. Packard (US) 28:41, (25) R. Anspach (US) 29:01, (26) W. McConnell (US) 29:03, (29) Peter Wood (US) 29:15, (34) W. Stock (US) 29:50, (39) J. Lafferty (US) 30:15, (45) Scott Hamilton (US) 30:28, (55) J. Hartshorne (US) 31:11, (57) Vance Koerner (US) 31:22, (59) W. Andberg (US) 31:29, (77) Bill Zook (US) 32:28, (79) John Hutchinson (US) 32:33, (82) Norm Bright (US) 32:45, (83) R. Boal (US) 32:45, (85) R. Long (US) 33:13, (86) R. Fine (US) 33:14, (88) T. White (US) 33:22, (89) Bill Hargus (US) 33:28, (93) A. Escamilla (US) 33:45, (103) Dave Pain (US) 34:22, (108) U. Miller (US) 34:39, (112) L. Paton (US) 34:46, (117) H. Wallace (US) 35:28, (123) M. Tamanaha (US) 35:45, (129) Emmett Smith (US) 36:13, (133) J. Hutchinson (US) 36:25, (137) T. Morrison (US) 36:56, (143) J. Garcia (US) 37:35, (146) W. Bigelow (US) 39:09, (150) W. Cameron (US) 41:21, (157) K. Steiner (US) 49:05. -- 160 finishers.

NCRR LONG DISTANCE POINT RACE

This year's NCRR 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 average placing. To figure out your own total, merely take your average placing and divide it 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 (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 attended by a reasonable number of athletes (to be determined by the editor at this point in time...maybe using some other method later), and must be PA-AAU sanctioned events, 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 six (senior) for our rankings...you need not be limited to this in figuring your own personal totals. If a listed runner finished out of the top ten (or top 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 Anderson), as well as PA athletes residing outside the Association (e.g. - Bill Scobey); (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 (e.g. - Lake Merritt, Monterey, etc.). The scoring year starts with the Lake Merritt Races on Columbus Day. Below are listed the top 15 open competitors and top 9 seniors. Handicap races are counted, but order of finish is not used. Instead, fast-time is used in determining the point ratings. In case of ties, the placing is figured as an average. If 2 individuals tied for 4th place, then 4.5 would be used as the finish placing. Below, ties (2-way) are indicated by an asterisk (*), and 3-way ties are indicated by a degree sign (°). We are always interested in hearing comments from our readers on how we might improve our system...maybe taking into consideration the number of competitors, quality of field, length of race?? Send us your ideas. Maybe in the coming year we can devise an equation based on all (and more) of these factors and feed it to a computer to get standings. The totals below include all races through the Emerald Hills Run, except the Felton and Dipsea Races, which we have not received complete results on as yet. We expect the Dipsea results shortly, however, Felton seems to be a real mess. After 3 letters to the Felton Businessmen's Ass'n, the race sponsors, concerning a list of names of finishers instead of race numbers, I have as yet to receive even a reply. **IMPORTANT:** We know the top 6 in the race, but that is all. If anyone has knowledge as to who finished 7-10 (their race numbers were 255, 143, 193, and 237 respectively), please rush the names to us immediately. We need to compile the totals soon because the scoring year is almost over. We also need to know who the top 6 seniors were. Come on you old men...let us know how you placed or we will have to ignore this race completely or just count those we know about. Your help is needed urgently. Thanks. *** Meanwhile, back in the standings...Jack Leydig (it's actually kind of embarrassing to be leading in your own game) continues to pull ahead in the open division with a 0.160 to 0.204 lead over Darryl Beardall, with Dan Anderson closing fast in third with 0.214. Both the latter ran in the Felton Race but we can't add their totals yet. It would move Darryl up to 0.191 and leave Anderson essentially unchanged. Remember, the totals for this year end with the Napa Marathon...not much time left. A newcomer to the list entered in impressive fashion. Tom Hale blitzed his way all the way into a tie with Victor Mora for fourth. Other than that, not too many changes in the open division standings. Ross Smith (who else) finally broke team mate Bill Mackey's one year old senior record of 0.080 by taking two firsts to run his total to 15 out of 18 tries year. Ross' new mark, if he doesn't take it up still further, stands at a remarkable 0.071!! The seniors didn't run too much the past month and the next 3 didn't change. Only other change is that Paul Reese edged ahead of Jim Nicholson for fifth place (Paul is 55), and Gil Tarin made the list for the first time ever, displacing Peter Wood. The standings:

SENIORS

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	Aver. Place	Rating
Ross Smith/West Valley J&S (18)	15	1	2	0	0	0	1.28	0.071
Dave Stevenson/Stanford RC (16)	9	5	1	1	0	0	1.63	0.106
Jim O'Neil/SF Olympic Club (15)	7	6	2	0	0	0	1.67	0.111
Bob Malain/NCSTC (20)	6	7	2	0	0	0	2.40	0.120
Paul Reese/NCSTC (21)	2	5	5	3	4	2	3.38	0.161
Jim Nicholson/NCSTC (20)	3	5	4	3	2	3	3.25	0.162
Peter Mattei/NCSTC (14)	1	4	3	2	4	0	3.04	0.235
Dennis Teegarden/NCSTC (8)	3	2	2	1	0	0	2.12	0.265
Gil Tarin/NCSTC (13)	1	1	5	3	2	1	3.54	0.272

OPEN

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
Jack Leydig/West Valley TC (20)	8*°	3*	1	1	3	2	2	0	0	0	3.20	0.160
Darryl Beardall/Marin AC (19)	3*	5	0	3	3	3	1	1	0	0	3.87	0.204
Dan Anderson/West Valley TC (25)	2	3	3	1	0	8	4	1	1	2	5.36	0.214
Tom Hale/Unatt. (4)	3	1	0	0	0	0	0	0	0	0	1.25	0.312
Victor Mora/West Valley TC (4)	3	1	0	0	0	0	0	0	0	0	1.25	0.312
Byron Lowry/SF Olympic Club (7)	3	0	1	2	0	0	1	0	0	0	3.00	0.429

Runner/Club (# of races run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Place	Rating
Pat Stordahl/Chico St. AC (3)	2	1	0	0	0	0	0	0	0	0	1.33	0.445
Jon Anderson/Oregon TC (7)	3	1	1	0	0	1	0	0	1	0	3.29	0.470
John Butterfield/Boston AA (13)	1	0	3	0	2	1	1	1	1	3	6.15	0.473
John Weidinger/Unatt. (11)	0	1	3	2	0	0	1	1	3	0	5.55	0.504
Jose Cortez/RC Striders (7)	1	2	0	2	0	1	1	0	0	0	3.72	0.531
Darren George/Napa Valley RC (7)	1	2	1	0	1	1	1	0	0	0	3.72	0.531
Greg Chapman/Solano TC (10)	1	0	1	1	1	3	1	1	1	0	5.50	0.550
Alvaro Mejia/West Valley TC (5)	2	0	1	1	1	0	0	0	0	0	2.80	0.560
Ritchie Geisel/West Valley TC (4)	2 ^o	1*	0	1	0	0	0	0	0	0	2.38	0.562
Doug Butt/Marin AC (11)	0	1	1	0	2	3	0	2	1	1	6.18	0.562

SPECIAL ARTICLE

The women athletes in the Pacific Association who compete in the AAU organized track and field events, used the inspiration of a trip to the Olympics to spur their performances during the 1972 season.

During cross country season, Will's Spikettes from Sacramento proved themselves unbeatable as they DOMINATED the national cross country meet in the Girls' Division (14-17) by placing 1,2,3,7, and 11 with Eileen Claugus, Tina Anex, Shirley Springer, Sandy Langan, and Shellie Lucas. This was Eileen's second individual championship in a row, and the Spikettes' second team championship.

In the Women's Division (14/up), the San Jose Cindergals were third in the team standings as Francie Larrieu was the fourth individual finisher.

For the first time, a separate race was used to choose the United States team for the International XC Race. The Seattle race in February found Eileen Claugus of the Will's Spikettes just four seconds behind Doris Brown, with Tina Anex (also of the Spikettes) and Jackie Dixon from the Cindergals also making the U.S. team. In England, the team took second to England, as Eileen was the second finisher in her first international race.

During the indoor season there was no let up in the quality of running, as Kathy Hammond of the Sacramento Roadrunners sped to a world record in the 600 yard run during the U.S.-Soviet Indoor Meet, after she had won the 440 at the AAU Indoor Nationals in 54.9.

Outdoors, Kathy continued her complete domination of the 400/440 as she won the nationals by fifteen yards, and won the Olympic Trials with a new American record for the 400 at 51.8 to finish 1.5 seconds ahead of the field.

On a national level it has been the half mile and the mile in which the Pacific Association has in recent years had the most quality and depth. This year was no exception as girls from the PA won national championships at 400, 1500, 3000 and in the two mile relay (San Jose Cindergals).

In the 800, Francie Larrieu of the Cindergals led the association with her best ever performance of 2:04.8. Cis Schafer of the Millbrae Lions TC moved up a notch at this year's nationals from the fourth of the last two years to third, and improved her time to 2:07.0. Nancy Mullen of the Sacramento Roadrunners, doing her first serious half-miling, moved into fourth at the nationals, and showed continuous improvement through the Olympic Trials. Cindy Poor, from San Jose, ran the half in 2:09.6 at the State Meet to finish second to Wendy Koenig from Denver.

In the 1500 and mile, Francie Larrieu dominated more clearly than did Kathy Hammond in the 400. Francie did not lose a race all year, and topped her pre-Olympic efforts with a near world record 4:10.4 for 1500 at the Olympic Trials. Eileen Claugus, in her quest for an Olympic berth, had the dubious misfortune of chasing Francie all year. Eileen, who has just turned seventeen, started slowly on the track after her cross country successes, and came on like a whirlwind to record a best time of 4:21.4, just missing the Olympic 1500 meter standard of 4:20, and finishing second in the national 1500 and fourth at the Olympic Trials race.

While Eileen was seeking an Olympic berth, her team mate Tina Anex captured the girls' division mile (4:50.9) and the women's division 3000 meters (9:48.2). Tina is a year younger than Eileen!!

The 5 minute mile has been a milestone in the career of women runners, and this year eight girls joined Francie, Eileen, and Tina under that mark or its 1500 meter equivalent. In this select group you can find Spikettes Ronalee Slosson and Sandy Langan, Cindergals Jackie Dixon and Vicki and Valerie Eberly, and Lioness Cis Schafer.

In other track events, the PA women have proved themselves of similar quality. In the 100 meter hurdles, Deanne Carlsen and Cherrie Sherrard (both of the Sacramento Roadrunners), both qualified for the finals in the nationals and the Olympic Trials. Cherrie finished sixth in the nationals, and both lowered their personal bests to a PA record tying 13.9.

In the pentathlon, the PA got its third Olympian when Marilyn King of the Millbrae Lions finished second in the Olympic Trials, just behind Jane Frederick who now lives in Denver, but who comes from Orinda. Marilyn's 4206 in the five eventer (100 meter hurdles, 4 kilo shot, high jump, long jump, and 200 meter run) produced two personal best performances (high jump at 5-5 and long jump at 20-6 3/4).

Other Olympians who came to the PA for their training include Maren Seidler, who has been training with Dr. Brown, the Lions' field event coach, since Christmas, and Lucia Vaamonde, a pentathlete from Venezuela who is working with Marilyn King and Lions' head coach Ed Parker.

Jan Svendsen, from San Mateo but now attending UCLA, will join Maren as a shot putter as Jan reached the Olympic qualifying standard in her very last qualifying meet...as did King reach her 4206 in her last effort.

While prophets of doom and gloom and the press will probably only point out that American women track and field performers are not competitive internationally, they are only partially correct. While United States runners, jumpers, and throwers will probably not garner many medals in Munich, for the first time the women have met the Olympic qualifying standard in EVERY event, and in most events the U.S. lasses are beginning to show real depth. Simply "making the standard" is no longer assurance of a trip to the Games.

Internationally, the United States' women cannot be dismissed as of no consequence...ask the Russians. In March, the U.S. squad downed the Russian team in their first ever indoor meeting, 52-43. The best of the Americans are equal to the best from overseas in only a few events, but the quality of American women's track and field continues to improve at an unprecedented level. The Pacific Association is certainly in the midst of it all.

---Jim Hume, MLTC Coach



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RUNNING UNLIMITED now has discount books. All the most popular Runner's World and Track & Field News publications are available. If interested, write for a free price list and order form: 407 California Ave., Palo Alto, CA (Ph. 328-4274).

THE ATHLETIC DEPT. IS NOW OPEN: If you'd like to help West Valley TC send a team to Chicago this November in an attempt to take the AAU Cross Country title away from Florida TC...you can help. The Athletic Dept., 2114 Addison, Berkeley (Ph. 843-7767) is now stocking the new Nike line and is offering to help WVTC send a team to Chicago if you will help them. By purchasing a pair of shoes you can help the PA-AAU have a chance at a National Championship team. The Athletic Dept. will give \$1.00 to help our cause for each pair of shoes you buy from them. But you must mention that you heard about the Athletic Dept. through the NorCal Running Review when you purchase your shoes. Club members especially...here's your chance to buy shoes at an already low cost and help your team too. Thanks.

COACH'S CORNER

Meet Mike McCord: (Cross Country Coach at Burlingame High School) - The highlights of Mike's brief coaching career at Burlingame High have come recently: at the Distance Runners' Breakfasts at the Hyatt House and the 1971 Mid-Peninsula League Track Meet where his distance runners (varsity) took two firsts and a second, and four of his sophomores significantly improved their PR's. He hesitates to take credit for all this, but says, "I was quite proud of them. Just being around freaky distance runners is a treat."

Mike never ran track or cross country. "In high school I hated running. In college I started hanging around with Stanford's distance running weenies, became interested, started jogging, and it all escalated after that." He now runs quite regularly, hits an occasional road race, and enjoys it thoroughly. "I wish I had more experience," he relates, "but I'm learning from the running and coaching I'm doing now, and eventually I may catch up." His original sources of knowledge in the training of his athletes were Arthur Lydiard and Karl Griepenburg (ex-Burlingame track & XC coach) but lately he's been giving a lot of thought to the Duncan Macdonald system: "long, short and medium runs at moderate, fast, or slow pace, separated by short, medium, and long intervals."

"Since training varies greatly with ability and personality factors, it's difficult for me to say to many specifics on how I train my athletes." The general pattern he sets forth is as follows: In mid-season XC---Mon. moderate distance (7-10 miles), Tues. Meet, Wed. long distance (10-16 miles), Thurs. moderate distance (8-12 miles), Fri. off-track intervals (880 or mile) followed by a short distance run (3-5 miles). On the weekend, runners are on their own. "Many of them work in runs between parties." Some of his runners work out in the morning and lift weights. "I encourage this individual work but don't really require anything beyond the school week schedule and an occasional Saturday workout. I like hills and try to include at least one or two tough hills in each distance workout."

In reference to road racing for his runners, Mike feels that, "young runners should run road races if they enjoy them---I encourage my runners to at least try one for the experience. I don't feel, however, that any young runner should run races of

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any kind all year-round, and I have discouraged runners from attempting a marathon when they weren't adequately prepared."

Mike hits a discordant note when talking about the American system of athletics. "I feel that the American system of athletics is about as good as the American system of politics. Anything is tolerable if you have a proper appreciation of the absurd. If any athlete keeps his head, he can enjoy athletics in spite of idiotic sportswriters, ulcerated coaches, athletic scholarships, and organized hassles. But of course I may be wrong---being a terrible athlete myself I've never been subjected to these pressures."

At any rate, Mike will have himself a pretty fair cross country team this coming fall, led by a probable threat for the Mid-Peninsula XC individual crown in Peter Brown, who had a tremendous early season last fall before being felled with a knee injury. He could go all the way on to win the C.C.S. title if all goes well and if Mike continues to coach his athletes in a "humane way", not pressuring them into things they'll rebel against. Mike will most certainly continue to become one of the better coaches in the area with a bit more experience.

WEST VALLEY PORTRAIT

Meet Chuck Smead: The month of September brings to the West Valley Portrait a runner who truly has disproven the old Victorian belief that marathon races are for the older and more mature distance runners. When at the tender age of 17, he effortlessly came home the winner in the tough Palos Verdes Marathon in a time of 2:23:04. That was in 1969. Just a little over three years later Chuck has proven himself to be a true "mountain goat" by blitzing to an ascent record in the Pikes Peak Marathon in Colorado---a sparkling 2:09:30, which broke Steve Gachupin's record by some five minutes. (Read about this in the results section of the current issue). Chuck also has very good marks in other events besides the marathon. Not blessed with a great deal of speed (25.8 for the 220), Chuck can run the 880 in 1:59.1 and the mile in 4:16.2. In the longer distances, he has done 9:07 for 2 miles, 14:15 for 3 miles, 29:25 for 6 miles and a very good 11 miles, 1461 yards for the hour run while still 17 years old. On the roads, Chuck has done 49:51 for 10 miles and 1:37:09 for 30 Kilos among other times.

The schedule of training that has contributed to the above performances is a constant steady output of 90-100 miles per week, executed in a hard-easy pattern with a long run of 20-32 miles on weekends. His track workouts are limited to only 3 times a week in season (5 x 1 mile and two sessions of sprint work). All other workouts are done on the roads with the addition of a fartlek workout once a week during cross country season. "The pace of my workouts varies between 5 minutes and 8 minutes a mile, depending on how I feel." He also believes in upper body work and does pushups, pullups and situps twice a week. "I believe a great deal in altitude training. I try to get above 5000 feet at least once a week if possible."

Despite his credentials in long races, his goal for now is the shorter distances (or at least sub-marathon) at 2, 3, and 6 miles on the track and cross country, with placing in the top 5 in the NCAA College Division XC Championships his goal. With all his best track times coming at the age of 16-17, he stands a good chance of success in the shorter races. His three most exciting moments in his career have come at the Palos Verdes Marathon when he ran his 2:23:04 while still 17, winning the National AAU 15 Kilo and following it up the next week by winning the Pikes Peak Marathon. When he broke 9:20 for the first time in high school (as a junior) he also had one of his major career moments. Currently a student at Humboldt State, Chuck should have a tremendous cross country season with his great early season conditioning (in Colorado). All his team mates wish him the best of luck in his quest for a place in the AAU Meet this fall as well as the NCAA College Meet.

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LONG DISTANCE

SCHEDULING

Note: All runs listed below are sanctioned by the AAU except those specified as DSE races, or otherwise noted. These are strictly run-for-fun races that are sponsored by the Dolphin/South End Runners of San Francisco. Some of the races listed below are out of the PA-AAU and are noted as follows: Southern Pacific (*SPA), Pacific Southwest (*PSWA), Southern Nevada (*SNA), Central California (*CCA). All other out-of-state races are also out-of-Association. All requests for entries should be made to addresses listed (if noted). More information on other associations can be obtained from: SPA-AAU (John Brennan, 4476 Meadowlark Ln., Santa Barbara, CA 93105); PSWA-AAU (Tom Bache, 4920 Kane St., San Diego, CA 92110); CCA-AAU (Bill Cockerham, 1717 S. Chesnut, Fresno, CA 93702); SNA-AAU (John Romero, Hotel Sahara, Las Vegas, Nev. 89114); DSE (Walt Stack, 321 Collingwood, S.F., 94114). Pacific Association of the AAU is located at 942 Market St., Suite 601, S.F., CA 94102. --- Please enclose self-addressed stamped envelopes when requesting information from the above individuals or asking for entry blanks.

- Sep 16 - PA-AAU 25-Kilo Championships, Golden Gate Park, S.F., 10 am. Peter Mattei, 1000 North Point, S.F. 94109.
- Sep 16 - Lake Wildwood 10 Mile Run, Grass Valley, 10 am. Golden Spike Runners, Nick Vogt, Star Route, Smartville, CA 95977.
- Sep 16 - Watermelon Run, 2-4-6- Mile Races, Age-Groups, CIF approved (Predicted time awards). Fresno State College, Fresno. (*CCA)
- Sep 16 - Occidental College XC, 4.4 Miles (Open), 2.2 Miles (Novice/Girls), 9:30 am. (*SPA)
- Sep 16 - DSE Biathlon (run & swim), Dolphin Club, S.F., 9 am. Contact Robyn Paulson (Ph. 751-8825).
- Sep 16 - 5 Mile Handicap Run, Sunset Park, Las Vegas, Nev., 8 am. (*SNA)
- Sep 17 - Roseburg Marathon, Roseburg, Oregon (no other information available).
- Sep 17 - Bass Lake Half-Marathon. Divisions, 3 pm. Bill Cockerham, Pacific College, 1717 So. Chesnut, Fresno, CA 93702. (*CCA)
- Sep 23 - DSE Golden Gate Bridge Run, 3 Miles, 10 am (Meet at Toll Plaza Parking Lot, below statue).
- Sep 23 - Equinox Marathon, College, Alaska. John Gilmore, Dept. of Health & Physical Education, Univ. of Alaska, College, Alaska 99701.
- Sep 23 - 5 Mile Handicap Run, Sunset Park, Las Vegas, Nev., 8 am. (*SNA)
- Sep 23 - Clear Lake Triathlon (Run 5, Swim 6, Climb 3000'). Ben Ginliano, c/o Lake County Chamber of Commerce, Box 517, Lakeport, 95453.
- Sep 24 - 28th Annual Walnut Festival 5.7 Mile Run, Walnut Creek, 10 am. ABSOLUTELY NO POST ENTRIES...ENTRIES CLOSE SEPT. 21. Andrew MacCono, 1840 Geary Rd., Walnut Creek, CA 94596.
- Sep 30 - Second Annual Fremont Atalanta 8 Mile Women's Race, Fremont, 8 am. Pathfinder, Inc., Fremont Chamber of Commerce, 39737 Padre Parkway, Fremont, CA 94538.
- Sep 30 - 5 Mile Handicap Race, Sunset Park, Las Vegas, Nev., 8 a.m. (*SNA)
- Oct 1 - All-Comers Marathon, Eugene, Oregon, 9 am. Janet Newman, 2161 University, Eugene, Ore. 94703 (Also a half-marathon).
- Oct 1 - Evergreen Marathon, Pullman, Wash. Jim Dunne, Box 133, Pullman, Wash. 99163.
- Oct 1 - Napa Marathon, Napa, 9 am. Napa Valley Runners, Mike Healy, 690 Costa, Napa, CA 94558.
- Oct 1 - Seventh Big Bear City Run, 10 Miles (also 5 miler), 11 am. (*SPA)
- Oct 7 - Will Rogers/CCAC XC Race, 15 Kilometers, Will Rogers Park, Los Angeles, 9 am. (*SPA)
- Oct 7 - Fresno State College Invit. XC (Open-6 Miles), Woodward Park, Fresno. (*CCA)
- Oct 7 - 16th Annual Sac'to Invitational XC (All Day/All Div.), Sac'to State. H. Roloff, Sac'to State College Athletic Dept., 95819.
- Oct 7 - 5 Mile Handicap Run, Sunset Park, Las Vegas, Nev., 8 am. (*SNA)
- Oct 8 - 22nd Annual Columbus Day 5 & 10 Kilo Races, Lake Merritt, Oakland, 8:30 am. Enrico Dell Osso, 1803 3rd Ave., Oakland, 94606.
- Oct 14 - 15 Kilometer Race, Sunset Park, Las Vegas, Nev., 8 am. (*SNA)
- Oct 14 - 7.5 Mile Run, Daly City, Westlake Park Clubhouse, 9 am. Pamakid Runners, Pat Vidosh, 372 Northgate Ave., Daly City, CA 94015.

- Oct 15 - PA-AAU & Nat'l AAU 50 Mile Championships, Rocklin, 8 am. Bob DeCelle, P.O. Box 362, Alameda, CA 94501.
- Oct 15 - 10 Kilo Race, Chico, 8:30 am. George Wright, Political Science Dept., Chico State College, Chico, CA 95926.
- Oct 15 - DSE Ferry Bldg. Race, 4 Miles, 10 am (Meet at Dolphin Club, S.F.).
- Oct 15 - Santa Barbara Marathon, Santa Barbara, CA. John Brennand, 4476 Meadowlark Ln., Santa Barbara, CA 93105. (*SPA) (7:30 am)
- Oct 15 - National AAU Senior 30 Kilo Championships, Central Park, New York City.
- Oct 15 - First Annual NorCal Srs. TC Fall XC Race, Lake of the Pines (between Auburn & Grass Valley), 2 pm, MUST BE 30 Years or older. Ed Phillips, 141 Jefferson Dr., Menlo Park, CA 94025. (Ph. 323-8454)
- Oct 21 - 15 Kilometer Handicap Race, Sunset Park, Las Vegas, Nev., 8 am. (*SNA)
- Oct 21 - PA-AAU Jr. 10 Kilo XC Championships, Golden Gate Park, S.F., 10 am. Don Sommer, 3524 Webster St., San Francisco, CA 94123.
- Oct 22 - Seniors TC 4 man 10 mile medley relay, Alondra Prk., 9 am. (*SPA)
- Oct 28 - 25 Kilo Run, Woodlake, Age Groups, no time listed. Wayne Van Dellen, 37149 Road 192, Woodlake, CA. (*CCA)
- Oct 28 - 5 Mile SNA-AAU Championships, Sunset Park, Las Vegas, Nev., 9 am. (*SNA)
- Oct 28 - 23rd Mt. SAC Invit. & SPA Veterans XC Champs, 6 Kilo, 12:30 pm. (*SPA)
- Oct 29 - Seventh Annual Berkeley to Moraga Run, 14 Miles, 10 am. Bay Area Road Runners, Chas. MacMahon, 855 Glendome Circle, Oakland.
- Oct 29 - 10th Long Beach Marathon Prep, 16.2 Miles (& 4.1 miler), Cal-State Long Beach, 8 am. (*SPA)
- Nov 4 - Turkey Trot Races, 10 Miles Open & Age Groups, Oakland, no time listed. Peter Mattei, 1000 North Point, San Francisco 94109.
- Nov 4 - SNA-AAU One Hour Run Championships, Univ. of Nevada, Las Vegas, Nev., 9 am. (*SNA)
- Nov 5 - DSE Practice Daly City Hill Run, Colma Intermediate School, Daly City, 6.25 Miles, 10 am.
- Nov 5 - 10th Annual Phelan Blind Handicap, 15 Miles Intermediate & 5 Miler, 10 am. (*SPA)
- Nov 11 - PA-AAU XC Championships, Golden Gate Park, 10 Kilos, 10 am. SF Olympic Club, Jim Stephenson, 132 Del Casa Dr., Mill Valley, CA.
- Nov 11 - 10 Mile Handicap, Sunset Park, Las Vegas, Nev., 9 am. (*SNA)
- Nov 11 - SPA-AAU XC Championships, 10 Kilos, Mt. SAC, 10 am. (*SPA)
- Nov 12 - PA-AAU 50 Kilometer Championships (formerly 32 miles), Location to be selected, 10 am. Peter Mattei, 1000 North Point, SF.
- Nov 12 - DSE 4.7 Miler, Golden Gate Park (Polo Fields), S.F., 10 am.
- Nov 18 - SNA-AAU 15 Kilo Championships, Sunset Park, Las Vegas, Nev., 9 am. (*SNA)
- Nov 18 - Daly City Hill Run, 6.25 Miles, Daly City, 11 am. Daly City Recreation Dept., Daly City, CA 94014.
- Nov 18 - Colfax Carnival Age-Group XC Races, 10 Miles Open Class, Colfax, 10 am. Ian Whitman, Rt. 1, Box 2699, Colfax, CA 95713.
- Nov 18 - PSWA-AAU XC Championships, 10 Kilos, no time available. Tom Bache, 4920 Kane St., San Diego, CA 92110. (*PSWA)
- Nov 19 - 4th Pico Rivera Turkey Trot, 8.2 Miles, El Rancho H.S., 9:30 am. (*SPA)
- Nov 19 - DSE Golden Gate Bridge Run, 3 Miles, Meet at Toll Plaza, 10 am.
- Nov 19 - Seattle Invitational Marathon, Seattle, Wash. Contact Univ. of Wash. RC, Intramural Activities Bldg., Rm 208, Seattle, Wa 98105.

CROSS COUNTRY

***We need more scheduling!! Out of 100 coaches that I wrote, high school and college, only about 10 responded to my plea for scheduling. Perhaps they just haven't started school yet and haven't had a chance. Whatever...please, if you know of an invitational or any other large meet that you don't see listed below, please send us information on it, including place, distance and starting time if at all possible. Your help is appreciated. Thanks.

- Sep 16 - Long Beach Invit. XC, Long Beach State, 5 Mi., 10 am.
- Sep 19 - De LaSalle High @ Alameda, 3:30 pm.
- Sep 21 - Moreau & Antioch @ Alameda, 3:30 pm.
- Sep 22 - Marin, Skyline, Monterey, DeAnza and San Mateo at Half Moon Bay Beach Run, 3:45 pm.
- Sep 23 - Block D Invitational @ Mt. Diablo High, 9 am; Cal-State Stanislaus @ Cal-State Sonoma, 12 noon; RC Striders Women's XC Meet, Mike Ipsen, P.O. Box 868, Redwood City, CA; Aragon @ Half Moon Bay, 10 am; Alum Rock Invit. @ Alum Rock Park, San Jose, 10 am.
- Sep 27 - San Leandro & Pacific @ Kennedy, 3:30 pm.
- Sep 28 - Westmoor @ Aragon, 3 pm; Campbell @ Leigh, 3:30 pm.
- Sep 29 - Contra Costa College @ Chabot, 4 pm.
- Sep 30 - Cal-Poly SLO @ Fresno State, Woodward Park, 6 mi., 11 am; Cal-State Hayward & Sonoma St. @ Sac'to St., 12 noon; SF State @ Chico State; College of San Mateo & LA City College @ Santa Monica JC, 3 pm; Nevada XC Carnival, Reno, 12 noon; Millbrae Lions Beach Run, Dunes Beach (Half Moon Bay), Jim Hume, 351 Hazel Ave., Millbrae, CA; St. Ignatius Invit., Lake Merced, San Francisco, 10 am; UC Davis, Oregon State & West Valley TC (tentatively) @ Humboldt St.
- Oct 2 - Aragon @ Burlingame, 3 pm.
- Oct 3 - Chabot @ Santa Rosa JC, 4 pm.
- Oct 4 - Richmond & Pinole @ Ells, 3:30 pm.
- Oct 5 - Mills @ Burlingame, 3 pm; Leigh @ Saratoga, 3:30 pm.
- Oct 7 - Nevada Union Inv. @ Nev. Union HS, Grass Valley; Half Moon Bay Invit., 10 am; San Ramon Invitational, 9 am; Golden Gate Invitational (JC), San Francisco, 10 am; Fresno State Invit., Woodward Pk., Fresno (HS, Coll, Open), all day; Club West & West Valley TC & SBAA @ Cal-Poly SLO, 8 miles, 11 am; Sonoma St. Invit. @ Rohnert Park, 5 miles, noon; Chico State Invit. @ Chico; NorCal Invitational, Stockton, 10:30 am; Sac'to State Invit. (all divisions, all day meet); Aptos Invitational, 9 am.
- Oct 8 - Salinas Valley Invit. (women), Dick Casper, 624 Alameda Ave., Salinas.
- Oct 10 - Aragon @ Capchino, 3 pm.
- Oct 11 - Chabot and Laney @ San Jose City, 3 pm; DeAnza & Alameda @ Berkeley, 3:30 pm.
- Oct 12 - CSM, Foothill & CCSF @ Coyote Park, San Jose, 3 pm; Prospect & Los Gatos @ Leigh, 3:30 pm; Center Meet @ Sunset Bch or Hallmk.
- Oct 14 - Folsom Invit., Brown's Ravine @ Folsom Lake; Aptos Invit. (Schedule conflicts--see Oct. 7), 10 am; CSM Invitational @ Crystal Springs (Belmont), noon; Orinda XC (women), Don Bailes, 133 Selborne Way, Moraga; Cal-Aggie Invit. @ UC Davis, noon; USTFF Long Beach XC, 6 miles, 11 am; LA State & San Fernando Valley State @ Fresno State, 6 miles, 11 am.
- Oct 17 - San Mateo @ Aragon, 3 pm.
- Oct 18 - El Cerrito & Encinal @ Alameda, 3:30 pm.
- Oct 19 - Center Meet @ Sunset Beach or Hallmark Hills, 3 pm; Leigh & Westmont @ Blackford, 3:30 pm; Laney, CSM & Merritt @ Newark, 3 pm; Chabot, SJCC & Foothill @ Newark, 3 pm.
- Oct 21 - Soquel Invit. at Soquel HS, 9 am; Pleasant Hill Invit., college & HS, noon; San Jose St. & West Valley TC @ Stanford, 10 am; Cal-State Hayward & Humboldt St. @ SFS; Sac'to St. @ Chico St.; UC Davis @ Sonoma St., noon; Cal-Berkeley & UC Davis @ Sonoma St., noon; Aztec Invit., San Diego St.; Rio Linda Invit. @ Gibson Ranch; Foothill @ Stanford, 11 am; Hancock Invit., Santa Maria, 11 am.
- Oct 24 - Crestmoor @ Aragon, 3 pm;
- Oct 25 - South ACAL Finals, site and time to be determined.
- Oct 26 - Center Meet, Sunset Beach or Hallmark Hills, 3 pm; Branham & Leigh @ DelMar, 3:30 pm.
- Oct 27 - CSM, Diablo Valley & Chabot @ Crystal Sprgs (Belmont), 3 pm.
- Oct 28 - Leigh Blossom Hill Challenge, 10 am; Terra Nova Invit., 9 am; Southern Div. Pac-8 Meet @ Stanford, 10 am; Richard Knox Memorial (Relay Meet), Rusch Park, contact Mira Loma HS, Bob King; Cal-State Long Beach @ UOP, 11 am; Sonoma St. & Chico St. @ Humboldt St., noon; UC Davis @ Cal-State Hayward; SFS @ Sac'to St.; Fresno St. @ UCSB, 6 miles, 11 am.
- Oct 31 - Aragon @ Hillsdale, 3 pm.
- Nov 1 - ACAL Championships, DeAnza, 3 pm.
- Nov 2 - Leigh & Camden @ Navitate, 3:30 pm.
- Nov 3 - CSM & San Jose City @ Foothill, 3 pm; Chabot, CCSF & Merritt @ Foothill, 3:30 pm; Laney, Stanford JV's & Diablo Vly @ Foothill.
- Nov 4 - Fresno Pacific @ UOP, 11 am; Far West Conf. Championships @ Sac'to CC; California Club Championships, Santa Barbara; Two Mile High School Postal Race @ San Jose CC, 10 am.
- Nov 5 - PA-AAU Women's XC Championships, Sacramento, contact Will Stephens, 6349 Dorchester Ct., Carmichael, CA, Ph. 944-1662.

- Nov 7 - League Finals (Leigh High, etc.), site to be arranged, 3:30 pm.
 Nov 9 - Mid-Peninsula League Finals, Hallmark Course, 3:00 pm; NCS Division I Meet @ Cal-State Hayward, 3:30 pm.
 Nov 10 - Golden Gate Conference Meet @ College of San Mateo, 3 pm (Crystal Sprgs, Belmont).
 Nov 11 - Mills Freshman Invitational, 10 am; PCAA Championships @ UOP, 6 miles, 11 am; Pac-8 Championships @ Univ. of Wash., Seattle, 11 am; PA-AAU XC Championships @ Golden Gate Park, 10 Km., 10 am; NCAA College Division Championships.
 Nov 12 - Women's California Conf. XC Championships @ San Luis Obispo, contact Jim Hume, 351 Hazel Ave., Millbrae (Ph. 697-4814).
 Nov 15 - North Coast Section Finals @ Lafayette Reservoir, 3:30 pm.
 Nov 16 - Region III CCS Finals @ Soquel, 3:30 pm; North Area Meet, Hallmark Course, 3 pm.
 Nov 17 - NorCal JC Cross Country Finals @ Crystal Sprgs, Belmont, 1 pm.
 Nov 18 - San Joaquin Section Meet @ Gibson Ranch; USTFF Western Regionals @ Woodward Park, Fresno, 6 miles, 11:30 am (Coll, Open), also individual HS (no team) competition at 3 miles.
 Nov 20 - NCAA Championships, Houston, Texas, 11 am.
 Nov 22 - Central Coast Section Finals @ Sunset Beach (near Aptos), 3 pm.
 Nov 25 - AAU Championships at Washington Park, Chicago, 10 Kilos, noon; Cal. State JC Championships @ College of the Canyons, Valencia, 1 pm; Women's National AAU Championships at Long Beach, Jim Hume (See Nov. 12); NorCal HS Champs (very tentative) @ Gibson Ranch, contact Dick Seward, Rio Linda HS.
 Dec 2 - 3 Mile HS Postal Race @ San Jose CC, 10 am.

RACE WALKING

- Sep 16 - 100 Mile Track Walk, Columbia, Mo. (Hickman H.S.), 1 pm.
 Sep 16 - Fairfax Festival Walk (7 miles open, 2 miles girls, novice), meet at park next to firehouse in downtown Fairfax, 1:45 pm.
 Sep 24 - Lake Merced 15 Kilo handicap race (meet at Boatdocks), 10 am.
 Oct 1 - Senior Natl. 30 Kilo Championships, Kansas City, noon.
 Oct 8 - Columbus Day Races, 5 Kilos, Lake Merritt Boat House, Oakland, 9 am.
 Oct 22 - Golden Gate 10 mile handicap (Polo Grounds, GG Park, SF), 10 am.
 Nov 5 - Senior Natl. AAU 50 Kilo Championships @ Golden Gate Park (tennis courts), 9 am.

***Details on the above races and any other pertinent poop on race walking can be obtained from one of these three outstanding race-walking freaks: Bill Ranney, One Barker Ct., Fairfax, CA 94930 (Ph. 456-2641); Steve Lund, 402 Via Hidalgo, Greenbrae, CA 94904 (Ph. 461-5492); Frank Hagerty, 616 Hillsborough, Oakland, CA. --- Sorry we don't have any results for this issue. Don't know if there were any or if we just haven't heard about them. No details on how "our boys" Klopfer & Dooley did in the Olympic 20 kilometers.

TRACK & FIELD RESULTS

Chabot All-Comers: (July 13, Hayward) - OPEN - 100: Lack (Chab) 10.1; 440: Gonzales (Chab) 51.1; Mile: Seaver (Un) 4:54.1; 3 Mile: D. Anderson (Chab) 16:04.8; 70HH: Ligons 8.8; HJ: Schneider (Cnyn) 6-5; PV: Lorenz (Chab) 13-0; SP: McCullom (CSCH) 51-3 1/4; DT: McCullom (CSCH) 164-0; LJ: Gaudinier (Chab) 23-0 3/4; TJ: Kimble (Chab) 47-1; MileR: (Jackson, Estrada, Gitsu, Tracy) 3:33.5; HIGH SCHOOL - 100: Burt (Un) 10.2; 220: Burt (Un) 23.6; 440: Demeduk (Mt. Eden) 56.2; Mile: Harris (Amador) 4:57.0; 70HH: Smith (Hay) 9.3; SP: Towers (Mor) 40-11; DT: Mackey (Un) 112-5; LJ: Smith (Hay) 21-0 3/4; TJ: Smith (Hay) 41-6; MileR: (Smith, Gallahan, Wright, Burt) 4:01.8. /Reported by Dan Anderson/

Northwest Seniors Classic: (July 15-16, Gresham, Ore.) - A bunch of NorCal Seniors went up this year to a meet which is growing rapidly in popularity because of its hospitality added to pleasant weather conditions. The events were scheduled in the evening with the temperature at 80 degrees and no wind. Al Guidet was named outstanding athlete in the 50-59 group for his winning efforts of 100y (10.87PR), 220y (24.6PR, 330IH (46.12PR) and 15-11 long jump. We think that all except the long jump are WR54's also. Ken Carnine was named the most outstanding in 60-and-over as he won 4 events (100 12.24, 220 28.34, Jav 134-2, Disc 131-6) and also took 3rd in the shot (37-0) added to a 4th in the LJ (12-4)..quite a collection. Huel Washington had two excellent days--100 1st 10.70, 220 1st 23.97, TJ 1st 34-10, and LJ 2nd 18-7. However, Don Love of SDTC was given the top rating for winning the HJ, LJ, and 330IH and 3rd or better in Jav, Shot, Disc, 100 and 220. Also, in the 40-49 group, Lee Schroder won the Disc (135-7) and Shot (41-3) and 2nd in HJ (5-0), and Ed Phillips had 2nd in Jav (149-7) and Disc (94-4). Al Guidet was the only 50-59 for the NCSTC competing. A.J. Puglizevich took most of what Carnine didn't in the 60-and-over with a Shot 1st 41-8, 100 2nd 12.42, 220 2nd 29.25, LJ 2nd 13-6 1/2, Jav 3rd 100-1 1/2, and 3rd Disc 107-3. Mel Shine had two quick wins, 440 68.46 and 880 2:40.43. Notable performances included a 30:44.2 six mile by Ray Hatton. The dream that Jim Grelle would stay in 4-min shape through 40 got a setback. He finished 3rd in the 30-39 with a 4:39.54. (edit--Mel Shine also did a 3rd in the 220 with 30.86). /Reported by Al Guidet & Ken Carnine/

Chabot All-Comers: (July 20, Hayward) - OPEN - 100: Lack (Chab) 10.0; 440: Gonzalez (Chab) 50.8; Mile: Anderson (Chab) 4:33.8; 2 Mi: Anderson (Chab) 9:35.3; 70HH: Carpenter 8.0; PV: Witt (CSH) 12-6; HJ: Caires (Chab) 6-3; SP: Boschetti (CSH) 45-1, DT: Boschetti (CSH) 156-1 1/2; LJ: J. Estrada (WVTC) 20-2; TJ: Carpenter 42-2; MileR: (Milan Gonzalez, Kiely, Smith) 3:31.4; HIGH SCHOOL - 100: Key (Hay) 11.3; 440: Beltran (Sunset) 57.5; Mile: Callahan (Nwk) 4:46.4; 2 Mi: Quintana (SLz) 9:59.9; 70HH: Reeves (Aragon) 9.2; PV: Nagy (Mor) 12-0; HJ: McGowan (Un) 5-10; SP: Mackey (CV) 44-5 1/2; DT: Rodrigues (SLz) 115-0; LJ: Smith (Hay) 20-6 3/4; TJ: Smith (Hay) 41-7 1/2; MileR: Newark 3:49.7. /Reported by Dan Anderson/

Chabot All-Comers: (July 27, Hayward) - OPEN - 100: Lack (Chab) 10.2; 440: Gonzales (Chab) 52.3; Mile: Milan (Chab) 4:30.8; 3 Mile: Anderson (Chab) 15:27.5; 70HH: Carpenter (JMTC) 9.1; HJ: Schneider (Cnyn) 6-4; PV: Anderson (Chab) 12-6; SP: McCollum (CSH) 50-6; DT: Wolf (OTC) 179-3; LJ: Mosier (Un) 20-6 3/4; TJ: Kimble (Chab) 46-7; 440R: (Kimble, Estrada, Carpenter, Lack) 45.1; HIGH SCHOOL - 100: Murchan (ME) 10.7; 440: Quintana (SLz) 56.5; Mile: Flynn (Arr) 4:34.9; 3 Mi: Quintana (SLz) 16:13.0; 70HH: Smith (Hay) 9.6; HJ: McGowan (Un) 5-10; PV: Nagy (Mor) 11-6; DT: Otterstetter (Mar) 169-11; LJ: Smith (Hay) 20-3 1/2; TJ: Abuan (Nrk) 42-7 1/2. /Reported by Dan Anderson/

Chabot All-Comers: (Aug. 3, Hayward) - OPEN - 100: Wilson (Chab) 10.6; 220: J. Estrada (WVTC) 24.2; 440: Gonzales (Chab) 52.0; Mile: Anderson (Chab) 4:45.7; 2 Mi: Anderson (Chab) 9:45.7; 70HH: Carpenter (Chab) 9.1; SP: McCollum (CSH) 48-11; DT: McCollum (CSH) 159-7; LJ: Gaudinier (Chab) 23-1; TJ: Gaudinier (Chab) 43-11; 440R: (Wilson, Gonzales, Riley, Gaudinier) 45.1; HIGH SCHOOL - 100: Marchand (ME) 10.6; 220: Hardeman (Oakd) 23.8; 440: Marchand (ME) 56.1; Mile: Smith (ME) 5:41.0; 2 Mi: Hatakyama (SLz) 11:05; 70HH: McGowan (Sun) 9.6; HJ: McGowan (Sun) 5-10; PV: Hirata (SLz) 11-6; SP: Wooley (SLz) 46-3 1/2; DT: Wolley (SLz) 138-3; LJ: Smith (Hay) 20-0. /Reported by Dan Anderson/

Nevada County Track & Field Championships: (Aug. 5, Grass Valley) - Abbreviations will be used as follows: B for Boys, G for Girls, M for Men and W for Women. Ages will be marked by 6/U for six and under, 7-9 for seven to nine, etc. Open will be marked by an O. Men's and women's open by MO and WO respectively. *** G-6/U - LJ: Ipsen (RCS) 5-11 1/2; 50: Ipsen (RCS) 10.8; 440: Ipsen (RCS) 2:03.4; G/7-9: Vaughn (RCS) 9-9 1/2; 100: Beauchamp (Rosev) 14.5; 440: Beauchamp 1:18.3; G/10-11 - LJ: Clark (Dust) 13-5 1/4; SP: Rose (RCS) 27-1; 440: Roberts 69.1; 100: Clark (Dust) 13.0; 880: Rudolph 2:50.3; G/12-13 - Mile: Adams (Sp) 5:32.5; SP: O'Conner 31-7; 440: Nelson 61.9; LJ: Elmore 15-8 1/2; 100: Elmore 11.9; HJ: Chawhan (Sp) 5-0; B-6/U - LJ: Deniz (GSR) 7-9 3/4; 50: Robinson 7.6; 440: Hunt 1:38.4; HJ: Clark 2-5; B/7-9 - LJ: Oliver (RCS) 12-8 1/2; HJ: Green (Dust) 3-9; 440: Matranga (San Juan) 70.2; 100: Rodigo (SJ) 13.3; B/10-11 - SP: Engri (Un) 23-0 3/4; HJ: Hawkins 4-0; 440: Stafford (GSR) 67.4; LJ: McKeen (Dust) 14-8; 100: Engi 12.3; 880: Chaney (PHTF) 2:38.8; B/12-13 - SP: Shumaker (VJHS) 43-7 1/2; Mile: Felix 5:34; 440: Hauser 56.2; LJ: L. Hawkins 16-11 1/4; 70LH: Shugg 10.0; HJ: Darrall 5-10; 100: Hill (Stkn) 11.0; M/14-15 - 120HH: Hodge (Tro) 17.7; 2 Mi: Bruhn (Chi) 10:23.0; 100: Butler (RCS) 10.4; SP: Sharicle 52-8 1/4; LJ: Peat (Pl) 19-2 3/4; PV: Palumbo (SacTC) 10-0; Mile: Buckley (Pl) 4:54.4; HJ: Palumbo (Dust) 5-10;

880: Drumbheller 2:13.1; 220: Cannistraci (Tro) 23.9; 440: Cannistraci (Tro) 56.5; M/16-17 - 120HH: Johnson 15.6; SP: Fagon (StPl) 42-2; 2 Mi: Lantrip (Oro) 10:11.8; 100: Glass (Tro) 9.8; PV: DePiazzi (Dust) 12-0; HJ: Auginbaugh 6-1; LJ: Veal (RCS) 21-4 1/2; Mile: Sisler (Pet) 4:42.1; 880: Kasser (RCS) 1:59.0; 220: Glass (Tro) 22.1; 440: Veal (RCS) 50.9; M/O - 120HH: Sheley (Chico) 19.4; 100: Holmes (Chico) 10.4; 880: Hyatt (Un) 1:58.8; SP: Watt (Ch) 51-11 1/2; 220: Ashton (WVTC) 23.0; LJ: Rainwater 23-8 3/4; Mile: Hyatt (Placer) 4:34.2; 2 Mi: Haver (AIA) 9:36.2; HJ: Walker (RCS) 5-4; 440: Ashton (WVTC) 51.6; W/O - 100: Julian (Rav) 11.2; Mile: Anex (WS) 5:19.4; SP: Lane (Rose) 41-9; 220: Miller (Rav) 25.0; 880: Langan (WS) 2:25.0; LJ: Winlock (Dust) 16-10 1/2; HJ: McQuillan (WS) 5-8; 440: Mullen (SRR) 58.6; M/Sr - 100: Parish (HH) 11.0; Mile: Koerner (NCSTC) 5:04.8, /Reported by Nick Vogt/

Chabot All-Comers: (Aug. 10, Hayward) - OPEN - 100: Glass (Cast) 10.1; 220: Woods (CSH) 23.3; 440: Gonzalez (Chab) 52.2; Mile: Anderson (Chab) 4:36.5; 3 Mi: Anderson (Chab) 15:10.0; 70HH: Carpenter (Chab) nt; LJ: Johnson (BAS) 22-0 1/2; TJ: Byrd (Chab) 46-0; PV: Pastor (Chab) 12-6; SP: Boschetti (CSH) 43-11; DT: Boschetti (CSH) 148-7; 44OR: (Milan, Wilson, Gardiner, Gonzalez) 44.4; HIGH SCHOOL - 100: Marchand (ME) 10.6; 220: Glass (Cast) 22.1; 440: Marchand (ME) 55.2; Mile: Gallahan (Nwk) 4:38.6; 3 Mi: Flynn (Ar) 15:58.0; 70HH: McGowan (Sun) nt; LJ: Lamendola (CV) 18-3 1/2; TJ: Schneider (Ala) 42-11; PV: Colosimo (Mor) 10-0; SP: Drunkores (JMTC) 21-6; DT: Rodrigues (SLZ) 115-4; 44OR: (Meaks, Larson, Smith, Blass) 48.8. /Reported by Dan Anderson/

US-Canadian Olympic Women's Meet: (Aug. 12, Champaign, Ill.) - MileR: (Debbie Edwards, Madeline Manning Jackson, Mabel Ferguson, Kathy Hammond) 3:33.9 (New American Record).

CSM All-Comers Meet: (Aug. 12, San Mateo) - OPEN - 44OR: Palo Alto TC 43.7; 120HH: Allmond (Srmte) 15.2, Fields (CSF) 16.5; Mile: Johnson (SFC) 4:24.4, Henderson (SFC) 4:28.2, Zapata (WVTC) 4:29.5, Lloyd (SRC) 4:30.7; Jav: Healy (SFVSC) 189-10, Trujillo (RCS) 177-2; 100: Payton (BAS) 9.8; Shields (SJS) 10.0, Watkins (Mer) 10.3; 440: Wandro (Serra) 51.4, Henkle (WVTC) 52.5, Burch (DeAnza) 52.7; LJ: SP: Mannon (LG) 51-7, McCullom (CSH) 50-7 1/4, Heintz (SLPD) 43-2 1/2; 3 Mi: Kingery (SC) 15:28.6, Finch (NCSTC) 15:42.8, Dunbar (Oc) 16:10.0; 880: Bordoni (Stan) 2:00.3, Mustachio (Seaton Hall) 2:01.4; D. Tracy (WVTC) 2:02.0; TJ: Gaudinier (Chab) 42-11; 220: Rogers (SSC) 22.1, Cornell (Stan) 23.2; HJ: Sullivan (Chico St) 6-6, Fields (CCSF) 6-4; PV: Blanc (SRJC) 12-6; DT: Kennedy (BAS) 179-4, McCollum (CSH) 164-4, Heintz (SLPD) 148-9; SENIORS - Mile: Stevenson (SRC) 4:44.2, MacIntosh (Maranon) 5:35.3; 100: Juilland (NCSTC) 11.0, Mangogian (Un) 11.1, Schroeder (SLPD) 11.7; 3 Mi: MacIntosh (Mar) 18:40.8; 220: Juilland (NCSTC) 25.4; HIGH SCHOOL - 44OR: S. City Str. 45.0; 120HH: Swartzell (SCS) 15.3, Howard (EC) 17.9; Mile: Powell (Oc) 4:48.4, Wrulke (WTC) 5:00.2, Lippi (Wstmr) 5:01.5; SP: Mannon (LG) 60-3 3/4, Swartzell (SCS) 51-0 3/4, Bryant (SM) 43-1; LJ: Nakado (SM) 19-11 1/2, Derosans (SFPS) no mark, Swartzell (SCS) 18-2; 100: Westfall (Oc) 10.5, Allmond (Srmte) 10.8, Weaver (Oc) 10.9; 440: Siirila (Buch) 51.4, Allen (Srmte) 53.3, Fitts (Ara) 53.7; HJ: DeRosans (SFPS) 6-0, Orr (W) 5-10, McCune (EC) 5-10; 2 Mi: Fiamengo (Carl) 10:14.6, Fuller (Carl) 10:59.0, Miller (Westlake) 11:22.4; PV: Stavish (Oc) 13-9, Patos (SM) 13-0, Katches (Carl) 13-0; TJ: DeRosans (SFPS) 42-4 1/2, Allmond (Srmte) 41-6 1/4; DT: Mannon (LG) 161-4, Swartzell (SSF) 142-2, Walker (Amador) 140-4; 880: Liston (West) 2:09.4, Orwig (Wash/Frmt) 2:10.5. /Harry Young/

Chabot All-Comers: (Aug. 17, Hayward) - OPEN - 100: Wilson (Chab) 10.5; 220: Rodgers (SSC) 21.5; 440: Gonzalez (Chab) 52.9; Mile: Anderson (WVTC) 4:31.6; 3 Mi: Anderson (WVTC) 14:54.0; 70HH: Ligons (ME) 9.2; HJ: Schneider (Cnyn) 6-2; LJ: Gardinier (Chab) 21-8; TJ: Byrd (Chab) 48-4; PV: Schwartz (Un) 12-9; SP: Braggs (Laney) 51-8; DT: McCollum (CSH) 155-11; 44OR: BAS 43.3; HIGH SCHOOL - 100: Glass (Cast) 10.0; 220: Glass (Cast) 22.8; 440: Demeduk (ME) 53.3; Mile: Gallahan (Nwk) 4:31.4; 3 Mi: Noga (AITC) 15:36.5; 70HH: McGowan (Sun) 9.6; HJ: Katches (Un) 5-6; LJ: Monroe (ME) 19-6 1/2; TJ: Monroe (ME) 38-0; PV: Stavish (Sky) 13-3; SP: Watkins (Ten) 37-8; DT: Rodriguez (SLZ) 107-3. /Reported by Dan Anderson/

Sixth Annual Junior Olympics: (Aug. 17, Spokane, Wash.) - The track and field meet was held at the beautiful Spokane Falls Community College. The final day of competition was witnessed by over 5,000 spectators. The outstanding star of the meet was double winner Barney Cobb of Richmond, Virginia. He won the 100 in 9.7 and equalled the record in the 440 with a brilliant 47.3 race. Cobb was voted the outstanding boy athlete in the entire Jr. Olympics competition which included swimming, diving, trampoline, gymnastics and judo. Bob Prince set a new record in the 880 of 1:52.5 and Charles White of LaCrosse, Kansas was second in a fine time of 1:52.8. Other excellent marks were the 6-8 high jump by three jumpers, a 62-1 shotput heave by Howard Banich of Arvada, Colorado. In the girls competition, Janice Wiser of Chillum, Md. equalled the low hurdle record of 10.8, four girls equalled the high jump mark of 5-4 3/4, and a 440 relay team from Region 2 set a new record of 46.8. New records were set in two new events--the boys one mile walk (Steve Herman of LaCrosse, Kans. with a fine 7:09.8) and in the girls discus Waynette Mitchell of Honolulu threw 137-5. World Record Holder Bob Beamon and three time Olympian Ron Loris were present to give inspiration to the young competitors. Mr. Tracy Walters was the meet director and his staff conducted a meet which was acclaimed by coaches and AAU officials as the finest in the history of the event. Following is a list of the California finalists in the meet: BOYS - 120HH: (2) Michael Nealy (Stockton) 14.3; 100: (2) Wendall Tyler (Los Angeles) 9.8; 880: (8) Steven Beck (Malibu) 2:00.4; Mile: (1) Curtis Beck (Malibu) 4:14.3; Mile Walk: (2) Brad Bentley (Reno) 7:23.9; LJ: (4) Danny Williams (Fresno) 22-2; SP: (5) Bruce Brooks (Los Angeles) 55-8 1/2; 880R: (1) Neely, McZeal, Tyler, Williams) 1:28.9; GIRLS - 100: (7) Denise Julian (E. Palo Alto) 11.2; 220: (6) Creola Miller (E. Palo Alto) 25.2; 440: (3) Marie Nickson (Oakland) 56.3; 880: (5) Patty Cape (Long Beach) 2:18.6; LJ: (5) Collette Winlock (Rancho Cordova) 17-9 1/2; HJ: (1) Kathy McQuillan (5-4 3/4--Equals Rcd); DT: (3) Judy Lane (Wheatland) 131-6 1/2; 44OR: (Winlock, Miller, Julian, Benford) 47.5. /Reported by George I. Werner, Chairman of Games/

Pre-Olympic Track Meet: (Aug. 19, Kempton) - 3000mSC: 1 - Doug Brown (US) 8:57.2, 2 - Jim Dare (US/WVTC) 9:07.4; 800: 1 - Ken Swensen (US) 1:48.2, 2 - Rick Brown (US/Cal) 1:48.5.

Senior Track & Field Meet: (Aug. 19, College of Marin, Kentfield) - Division I: 440: Rademaker 56.2, Wallace 60.7, Koerner 61.1; 880: Lloyd (39) 2:06.4, Fitzgerald 2:13.6, Hutchinson 2:20.7, Cameron 2:43.2; Mile: Evans 5:25.0; SP: Phelps (16#) 30-9 1/4; 100: Schlegel 10.5, Marlin 10.7, Rademaker 10.7, Glasgow 10.7, Frederickson 11.0, Hearney 11.4, Wallace 11.4; 120HH: Rademaker 16.9, Roemer 19.6; DT: Wallace 100-11, Phillips 100-1; 220: Marlin 24.6, Rademaker 24.7, Frederickson 25.4; HJ: Evans 4-0; 3 Mi: O'Neil 15:56.8, Koerner 17:22, Kirchmeir 17:33.2; PV: Brown 10-0, Freiberg 10-0, Wallace 9-0; JT: Phillips 146-8, Wallace 137-3; Division II: 440: Knuppel 60.7, Halpen 61.6, Pain 64.6, E. Smith 65.1, Carey 67.9, Long 68.2; Mile: Pain 5:30.5; SP: Hill (12#) 36-0 1/4; 100: Caesar 12.4, McNeice 12.5, Carey 13.3; DT: Aldrich 121-6; 220: Glasgow 25.0, Halpin 27.6; 3 Mi: Long 18:36.2, Carey 19:41, Hill 23:15.2; JT: Aldrich 125-7; Division III: 440: Deacon 67.3, Bright 68.2, Bierlein 72.4; SP: Puglizevich 34-0 (12#), Dick 31-8 3/4; DT: McFadden 92-0; 220: Puglizevich 29.9, Lum 32.3; HJ: Bigelow 4-4, Dick 4-3, Bierlein 4-1 1/2, McFadden 3-8 1/2; 3 Mi: Bright 18:44, Tamanaha 19:59, Bigelow 21:22; JT: Dick 114-0. /Reported by Jack Leydig/

LONG DISTANCE RESULTS

Chuck Smead Races to New Pikes Peak Marathon Ascent Record: (Aug. 13, Pikes Peak, Colo.) - Only a short week after winning the National AAU 15 Kilo title in Denver, West Valley TC's Chuck Smead, a student at Humboldt State College in Arcata, California, proved that it was indeed possible to beat Steve Gachupin at his own game...namely running the famed Pikes Peak Marathon. In fact, Chuck not only had an easy time beating Gachupin, but so did eight others. Working hard on the ascent, Smead had a commanding 23 minute lead at the top, and smashed Gachupin's record by some five minutes in the process. His 2:09:30 will probably not stand very long though if he runs it again next year. Although tiring on the downhill portion (last half), he still managed a 3:44:21, but missed the record (also held by Gachupin) by about 5 minutes...record is 3:39:47 and Chuck ran 3:44:21. The time was set in 1968 (assume the ascent record was set at that time too, but don't know for sure). Dave Quinn, 24, of Steamboat Springs, Colorado was a well-beaten second, but managed to close slightly on the leader to record a 4:04:55 in front of Lee Courkamp (Arvada, Colo.), 4:22:35. Ex-miler Ernie Cunliffe did well and got fourth in 4:23:00. Californians did exceptionally well as 4 finished in the top 10. Peter Hanson of Colfax got 6th overall (2:49:25, 4:28:24), followed by Bob Bruner of Venice (2:55:03, 4:48:16) in 7th and Harry Ainsleigh (also of Colfax) in 10th (3:11:10, 4:53:50). Other Californians who made the round trip were James Weil (20th--3:34:47, 5:43:31) of Mill Valley and John Owens of Bakersfield who was

in the next slot at 3:26:49, 5:44:28. A total of 40 runners made the round trip. Most made the ascent only. Lots of other Californians made the ascent only in various divisions. They are summarized below, but first a few comments...Northern California's representatives did an excellent job, and not only in the open (round trip) division. Larry Fox, 50, of Campbell, ran a great second place in his division (50-59), with an elapsed time of 3:16:40 behind Dr. Frank McCabe's record 3:00:50. Mary Crevelt got second in her division (girls 15 and under) with a 5:55:25, behind the 4:28:26 of Elisa De Ciuttis of Palos Verdes (it should be mentioned that Mary is 9 while Elisa is 14!!). In the women's race (16 & over), Joan Ullyot, 32, of San Francisco, missed the winner by only 6 minutes and recorded a great 3:34:30 for second. Ageless Walt Stack, now 64, took his time in 3:46:13 to win the 60-69 division. but fell far short of his record of last year (3:25:56). And now the other Californians who made the trek to Colorado: Boys 16-18: 2 - Bill Hammer (17) China Lake 2:39:14, 4 - Billy Newmyer (17) China Lake 2:44:44, 12 - Carl Udesen (17) Goleta 2:59:20, 20 - Orval Osborne (16) San Jose 3:25:45, 27 - Tom Ghormley (18) Rolling Hills 3:40:44, 28 - Mario de Ciuttis (18) Palos Verdes 3:40:44; Boys 13-15: 4 - Michael de Ciuttis (15) Palos Verdes 3:24:06, 13 - David Crevelt (14) Redwood City 4:43:28; Men 35-39: 3 - Ken Youngdahl (36) Inglewood 3:17:30, 8 - Robert La Poncey (36) Barstow 3:41:52; Boys 12/U: 1 - Carl de Ciuttis (11) Palos Verdes 4:10:31 (New Rd); Men 70+: 2 - Noel Johnson (73) San Diego 7:02:59; Men 50-59: 2 - Larry Fox (50) Campbell 3:16:40, 9 - Luka Sekulich (50) Concord 4:16:40, 11 - Garland Osborne (50) San Jose 4:45:00; Men 40-49: 1 - Merlyn Midstokke (41) Inglewood 2:42:26, 5 - Monte Wolford (43) Oakhurst 3:28:27, 7 - Jim Woodruff (42) Los Altos 3:38:49, 8 - David Henopp (41) Rialto 3:43:00, 11 - Vincent de Ciuttis (47) Palos Verdes 4:05:21, 13 - Peter Strudwick (42) La Palma 4:20:29; Girls 15/U: 1 - Elisa de Ciuttis (14) Palos Verdes 4:28:26 (Rcd), 2 - Mary Crevelt (9) Redwood City 5:55:25; Women: 2 - Joan Ullyot (32) San Francisco 3:34:30, 3 - Isa Varela (47) Tustin 3:56:15; Men 60-69: 1 - Walt Stack (64) San Francisco 3:46:13, 3 - Ken Leavitt (64) Burlingame 5:15:23. /Reported by Rudy Fahl & McMahl/

DSE Practice Dipsea #1: (August 13, Mill Valley) - (1) Butch Alexander 54:01, (2) Wes Hildreth 54:03, (3) Dave Dunbar 54:09, (4) Gene Fitzgerald 55:35, (5) Gil Tarin 58:43, (6) Alex Monterrosa, (7) Stu Ruth 61:01, (8) Steve Richardson 63:15, (9) Harry Limbert 63:19, (10) Armand Castro 63:41, (11) Frank Evans 63:51, (12) Dave Williams 64:22, (13) John Brennan 64:41, (14) Lee Adams 64:53, (15) Mike Getas 65:02. /Reported by Grace Ruth/

Rich Delgado Wins El Cerrito Hillside Run: (August 19, El Cerrito) - A little publicized race (I didn't even know about it until after it was run) drew a fairly large field and Rich Delgado won handily over 4 miles in 21:05. Jeff Arnold, his West Valley TC team mate, took second spot in 21:42. The top 15: (3) Ron Gallahan (Un) 21:59, (4) John Toki (Alameda TC) 22:01, (5) Wes Hildreth (Marin AC) 22:05, Gene Fitzgerald (RichFD) 22:14, (7) Juris Sinats (Un) 22:26, (8) Chris Bell (Albany HS) 22:29, (9) Dennis Teegarden (NCSTC) 22:48, (10) Dean Allen (WVTC) 23:12, (11) Jeff Knox (Un) 23:21, (12) Rich Martinez (Un) 23:56, (13) Dave Larson (Rich.HS) 24:05, (14) Ernst Hayman (Un) 24:10, (15) Tom Bradfield (El Cerrito HS) 24:11. Division winners: First elementary - Dan Martinez 26:11; First Junior High - Dean Allen 23:12; First High School - Jeff Arnold 21:42; First College - John Toki 22:01; First Under 35 - Rich Delgado 21:05; First Over 35 - Dennis Teegarden 22:48; First Woman Under 18 - Katie Robben 33:24; First Woman Over 18 - Pearl Hayman 31:57. /Dean Allen/

Bay Area Runners Take First Place in Three Divisions in Alaska Marathon: (August 19, Hope, Alaska) - The Resurrection Pass Trail Marathon was run over a very scenic course in the Chugach National Forest at Hope, Alaska, starting at 200 feet altitude and going up to 1700 feet in 13 miles along the Resurrection River and back. Temperature in the 50's, overcast skies, and snow on the 6 to 8 thousand foot peaks on each side of the river made for a very enjoyable and scenic run. Unfortunately it started raining after about 2 1/2 hours, and the trail became extremely muddy and slippery, slowing the times considerably for everybody past three hours. First and Second place went to local Alaskan runners, Gene Morgan at 2:45:44, and Chris Haines in 2:50:25. They also placed the same order the week before in a 36 mile bike race, 1:38 and 1:42. They are also the two top locals in cross country skiing. Harold DeMoss of West Valley TC was third overall and first in the 30-40 year-old division. Skip Swannack of the Dolphin Club and Redwood City Striders was 15th overall and first in the women's 30-40 division. Walt Stack (also a Dolphin clubber), was 16th and first in the "Half-Century" division. The times of these three, respectively, were 3:04:47, 4:26:50, and 4:39:25. Buck Swannack also ran and finished in 5:37. Buck and Skip had spend the previous weekend climbing half-way up Mt. McKinley. About 40 runners in all divisions started and finished the race. The course record was 3:28 set last year on a slightly long course by Chris Haines. This year the course was measured and AAU certification is pending, with the first six runners under last year's time. Walt Stack, as a member of the Alaskan "Pulsators" running club became the first member to run the equivalent distance from Anchorage to Washington, D.C., and during a simple ceremony had his footprint preserved in concrete for posterity. According to John Trent, Pulsator president, and the man responsible for the well-run and planned affair, Walt's footprint will eventually be a cornerstone of a building on the Trent Homestead. A rough but enjoyable experience, and any runner vacationing in Alaska next August should plan to run it. There were only 37 starters, but 36 finished! /Harold DeMoss/

DSE Practice Dipsea #2: (August 19, Mill Valley) - (1) Dave Dunbar 53:45, (2) George Conlan 57:52, (3) Mike Healy 57:58, (4) Chuck Stagliano 58:00, (5) Charles Benarroch 59:47, (6) Alex Monterrosa 59:59, (7) Boyd Tarin 60:22, (8) Roger Major 60:53, (9) Harry Limbert 60:57, (10) John Brennan 60:58, (11) Augie Louis 61:05, (12) Russ Kiernan 61:36, (13) Bill Kell 61:37, (14) Frank Harrison 61:49, (15) Tom Pierce 62:15. /Reported by Grace Ruth/

Felton Results Urgently Needed: (July 9, Felton) - It's been two months now since this race and the meet directors haven't done anymore than send me a list of competitor's numbers (the ones that were worn in the race) and times...lot of good that does. Even after three letters explaining why I need names and not numbers, I haven't received a word from them. So...fellow readers, I guess we'll never get to print these results unless they have a change of heart. All we know are the following places and times: (1) Jim Dare (WVTC) 52:55, (2) Jack Bellah (WVTC) 53:08, (3) Darryl Beardall (Marin AC) 54:27, (4) Alex Aguilar (ARRA) 54:46, (5) Tony Rodrigues (ARRA) 55:00, (6) Mike Bergkamp (WVTC) 55:05,...(9) Dan Anderson (Un) 56:44. Other times in the top 10 are 7th-55:40, 8th-56:17, and 10th-58:09. Runners who ran this race...get your heads together and send us your place if you remember it, especially if you were in the top 10 or were one of the top seniors (we need the top 6 over-40 for our point race). Thanks for the help. We need this immediately.

TOM HALE OVERCOMES HEAT TO EDGE BEARDALL AT LAFAYETTE

(July 15, Lafayette Reservoir) - Tom Hale, on his way to Oregon this fall to run for "Bowerman's boys", made his summer road-running debut in fine style, but almost succumbed to the 90 degree heat (even though the race was held at 9 in the morning) as three runners were less fortunate and collapsed and had to be taken to the hospital in extremely poor condition. Race officials were completely unprepared for this situation and failed to issue warnings when the race began. Hale started out at a very fast pace, dragging Jack Leydig behind him for about 2 miles before he went on alone (Leydig dropped out, thinking it wise not to challenge the heat). However, in the latter stages of the race he slowed remarkably and Darryl Beardall, running a more conservative race under the adverse conditions, almost hauled him down, missing by only some 24 seconds. The others were far arrears after a fairly close pack had formed at the half-way point. The course consisted of twice around the Lafayette Reservoir for a supposedly accurate 10,000 meters. A bit extra was added to make it come out precisely. Ross Smith again showed why he's the best senior in the area as he took 14th overall and beat his nearest senior rival by some 1 1/2 minutes...Dennis Teegarden in 18th. A total of 161 finished the grind, but quite a few starters found it all too tempting to call it quits after one lap with the searing sun draining willpower and stamina. Kathleen O'Conner, 15, of the Redwood City Striders, was the top female finisher in 49:34, about a minute ahead of her nearest challenger. Winners of other divisions were: Under 15 - Dave Cortez (8th, 35:52), 15-29 - Don Curtis (5th, 35:04), 30-39 - John Weidinger (4th, 34:39), 50-59 - Paul Reese (33rd, 41:04), 60+ - Wilfred Bigelow (109th, 50:32). The top 45 placers and their times. /Reported by Clark Smithson/

1 - Tom Hale (Unat.)	32:21	6 - Dan Anderson (Unat.)	35:24	11 - Jeff Arnold (Unat.)	36:47
2 - Darryl Beardall (Marin AC)	32:45	7 - Tom Castro	35:26	12 - Doug Butt (Marin AC)	37:02
3 - Dick Kimball (Sac'to TC)	34:16	8 - Dave Cortez (RC Striders)	35:52	13 - John Thelin	37:02
4 - John Weidinger (Unat.)	34:39	9 - Jim Bowles (West Valley TC)	36:04	14 - Ben Sawyer (Otherways AC)	37:10
5 - Don Curtiss (Unat.)	35:04	10 - Bill Fairwell	36:41	15 - Lee Shoop (RC Striders)	37:10

16 - Ross Smith (WVJS)	37:28	26 - Ken Biehl	40:07	36 - Jeff Knox (Unat.)	41:06
17 - Bruce Johnson (Alameda TC)	37:39	27 - Doug Essary (Sac'to Track Club)	40:10	37 - Bill Kirchmeir (NCSTC)	41:19
18 - Ron Peck	38:14	28 - Mike Knott (Pleasant Hill TF)	40:13	38 - Ken Peterson	41:23
19 - Unknown runner	38:49	29 - Unknown runner	40:15	39 - Craig Loop	41:29
20 - Dennis Teegarden (NCSTC)	38:55	30 - Russ J. Wright	40:17	40 - Lawrence Collins	41:38
21 - Dave Warren	39:16	31 - Dick Kent	40:40	41 - Ralph Paffenbarger (NCSTC)	41:48
22 - William R. Cartmell	39:18	32 - Jim Freeman	40:50	42 - Lee Adams (Solano TC)	41:59
23 - Unknown runner	39:31	33 - Robert D. Hart (RC Striders)	40:59	43 - Duane L. Booth	42:02
24 - Bridges Miles Stewart	39:41	34 - Gordon Holmes	41:00	44 - Jeff Purcell	42:24
25 - Robert Alan Wharton	39:55	35 - Paul Reese (NorCal Seniors TC)	41:04	45 - Tom R. Plant	42:42

***Note: Upon checking the results I noted that ties were counted as one place, so the introductory paragraph doesn't quite give the places of all finishers mentioned (e.g. - Ross Smith is 16th, not 14th, etc.). In the results, Doug Butt, who was tied for 12th with John Thelin, was actually given the same place as John and Ben Sawyer was then listed as 13th. Other ties were noted in the results.

WEST VALLEY KNOCKS 14 MINUTES OFF TAHOE RELAYS RECORD

(August 12, Lake Tahoe) - It wasn't too long ago, 1968 to be exact, when the first sub-7 hour effort was made "around the lake", and people were talking about how a club squad would never go that fast (the 6:55 was run by a put-together team from the Olympic Training Camp in So. Lake Tahoe and included such notables as Van Nelson, Gene Comroe, Tracy Smith, and others). But pretty soon quite a few clubs had dipped below the magic mark. Pacific Coast Club was the first to do so in 1970 along with West Valley TC. Last year West Valley lowered PCC's mark even further to 6:47:11 and two other teams went under 7 hours...Mad River and a make-shift team mostly of Oklahoma State runners. People were pretty sure the record would go again with a stronger WVTC squad, but no one had dreamed that any team could get so close to 6:30. The team, composed of Skip Houk, Domingo Tibaduiza, Hernan Barreneche, Bill Clark, Peter Duffy, Victor Mora, and Jack Leydig, completely buried the former standard with a phenomenal 6:33:19.4 clocking. What is even more amazing is the fact that Alvaro Mejia ran on the club's "B" team, at his own request, because he didn't feel well. He then proceeded to knock off a course record 62:03 for the first leg to put the "B" team about 3 minutes or more ahead. Had Mejia run for the "A" team as originally planned, the record would have gone down to 6:29:41!! Whether any team will be able to go that fast in the foreseeable future remains to be seen, but chances are that the current mark will hold up for many a year...maybe until next Olympic year (1976). In addition to Mejia's first leg mark (knocking about 2 minutes from Scobey's record), the following leg bests were set: 2nd leg - Domingo Tibaduiza broke John Halberstadt's mark with a stellar 53:23, about a minute below the old standard; Chris Miller's 3rd leg record withstood the attack and stays at 55:57; Bill Clark was way off Mark Covert's 1970 4th leg blitz of 55:20 (Bill ran 57:35); Peter Duffy lowered Bill Kelly's effort to 53:16 (from 54:28); Victor Mora destroyed Rich Delgado's old 6th leg mark of 54:53 by going 52:49; and Jack Leydig just did get Doug Butt's longest standing mark (54:22) on the final leg with his 54:05.4. West Valley's "B" Team had misfortune at the 5th leg when Dan Anderson headed towards Truckee and lost 8-9 minutes before getting back on course. They still managed the second best scratch time and would have gone under 7 hours as well as it not for the wrong turn. Sandwiched in between the two top scratch teams were two super-fast senior aggregates: the NorCal Seniors and the West Valley Joggers & Striders. They staged a battle royal & finished only a bit less than 4 minutes apart. First high school team to finish was also a West Valley squad...they copped tenth place, the same as they did last year. We don't have names on all the clubs (names of individuals I mean), so we're just going to list the splits of all finishing teams. You know what leg you ran and you can figure out your splits (total times are listed). Since the clock started with the senior teams at 8 am, all the scratch teams have to subtract an hour from the times listed below (final times) to get their actual running time. Other teams will have to subtract appropriate amounts for the headstarts they got: (1) WVTC "A" Team (2:05:41, 2:59:04, 3:55:34, 4:53:09, 5:46:25, 6:39:14, 7:33:19.4); (2) NCSTC (1:16:29, 2:25:23, 3:36:42, 4:44:06, 5:47:25, 6:54:43, 7:57:03); (3) West Valley Joggers "A" Team (1:14:34, 2:20:00, 3:33:39, 4:41:49, 5:49:36, 6:51:20, 8:00:57); (4) WVTC "B" Team (2:02:03, 3:01:17, 4:03:42, 5:03:28, 6:11:30, 7:07:12, 8:03:24); (5) Marin AC "A" Team (2:09:00, 3:08:35, 4:06:53, 5:10:02, 6:12:33, 7:15:43, 8:14:09); (6) High Sierra TC "A" Team (2:10:04, 3:09:08, 4:11:30, 5:13:36, 6:14:54, 7:14:10, 8:15:32); (7) Sacramento TC "B" Team (2:11:54, 3:13:15, 4:16:48, 5:18:41, 6:19:17, 7:17:52, 8:19:17); (8) Redwood City Striders (2:06:21, 3:04:06, 4:17:33, 5:18:57, 6:14:59, 7:17:40, 8:21:31); (9) Alameda TC (2:08:17, 3:12:13, 4:20:34, 5:23:52, 6:22:05, 7:27:23, 8:30:42); (10) West Valley TC "High School" (2:10:50, 3:18:17, 4:24:18, 5:31:12, 6:33:44, 7:36:55, 8:34:04); (11) Pleasant Hill TC "A" Team (2:07:48, 3:08:38, 4:20:48, 5:24:05, 6:29:55, 7:33:39, 8:36:37); (12) Lassen TC (2:00:09, 3:06:38, 4:12:46, 5:22:04, 6:33:44, 7:39:37, 8:45:07); (13) Friends of Valley Printing Center (2:12:44, 3:13:08, 4:27:29, 5:34:10, 6:46:28, 7:47:18, 8:50:01); (14) Solano TC (2:22:36, 3:27:12, 4:31:58, 5:38:32, 6:45:40, 7:51:40, 8:54:10); (15) Sacramento TC "A" Team (2:16:18, 3:21:56, 4:25:08, 5:35:41, 6:45:00, 7:49:10, 8:56:09); (16) High Sierra TC "B" Team (2:09:40, 3:11:02, 4:22:16, 5:38:06, 6:42:13, 7:45:40, 9:00:29); (17) Stanford RC (2:03:26, 3:11:59, 4:29:35, 5:50:49, 6:53:56, 7:55:29, 9:04:19); (18) South Tahoe "B" Team (2:13:01, 3:12:30, 4:13:50, 5:58:50, 6:42:03, 7:56:34, 9:12:35); (19) WVTC "C" Team (2:15:00, 3:15:21, 4:24:48, 5:23:57, 6:29:00, 8:08:28, 9:17:01); (20) Flying Squirrels TC (2:38:37, 3:41:11, 4:53:28, 6:04:27, 7:14:33, 8:17:36, 9:20:17); (21) South Tahoe "A" Team (2:18:30, 3:28:24, 4:45:51, 5:48:12, 7:05:59, 8:18:37, 9:25:04); (22) Gold Spike (2:14:50, 3:16:45, 4:31:30, 5:48:08, 6:59:49, 8:08:12, 9:29:46); (23) Mather AFB (2:05:03, 3:21:56, 4:37:43, 6:03:12, 7:20:12, 8:31:56, 9:41:52); (24) West Valley Joggers "C" Team (2:24:44, 3:33:48, 4:52:22, 6:13:17, 7:34:12, 8:42:18, 9:48:58); (25) SF Police AL (2:27:35, 3:36:58, 4:55:30, 6:16:28, 7:37:42, 8:50:20, 10:05:07); (26) Pleasant Hill "B" Team (2:22:27, 3:33:44, 4:45:35, 6:13:48, 7:27:42, 8:47:02, 10:21:56); (27) Alameda TC "B" Team (2:30:38, 3:44:25, 5:06:59, 6:36:02, 8:05:02, 9:11:57, 10:23:43); (28) Marin AC "B" Team (2:33:50, 3:50:49, no time, 7:00:31, 8:04:28, 9:14:26, 10:26:58); (29) West Valley TC "D" Team (2:18:00, 3:32:30, 4:59:57, 6:17:00, 7:58:01, 9:13:11, 10:30:01); (30) McClatchy AC (2:38:26, 4:01:57, no time, 7:05:15, 8:17:17, 9:16:56, 10:34:28); (31) Tahoe Seniors (1:37:47, 2:58:40, 4:40:27, 6:21:01, 7:50:03, 9:15:24, 10:38:48); (32) West Valley Joggers "B" Team (1:30:11, 3:01:17, 4:23:42, 5:49:12, 7:21:40, 9:01:25, 10:38:58)...the relay is 72 miles for the uninformed. /Reported by Art Butt/

DAVE HARRISON & DON BENNETT SHARE MT. MISERY HONORS

(August 19, Placerville) - A total of 71 starters showed up at the Kiwanis Club sponsored 7.5 Miler just outside of Placerville in the Sierra foothills. San Juan Strider runner Dave Harrison took advantage of his 20 minute handicap and easily defeated the field, besting runnerup Paul Reese by some two-and-a-half minutes!! Reese had a 10 minute start himself. The handicapping didn't seem to offer very much chance for the scratch runners, as Don Bennett, whose 44:42 scratch time was off Lee Ferrero's 1971 course mark of 42:50, didn't even break into the top ten (he was 11th). Frank Krebs and Jim Bowles had the next two best scratch marks. Actually, Gil Tarin, who only finished ninth at the tape, was a 24 second winner over Paul Reese for senior fast times. First woman finisher was Elaine Pedersen in tenth, while Debbie Deckard was top in the girls' division. Jim Freedman, fifth overall, was top high school frosh and Bill Weed, in third, was the best soph. Richard Read and George Koch were top junior and senior classmen respectively. Pax and Lindi Beale copped the father-daughter award. They came in within 4 seconds of each other, despite 10 minutes difference in handicaps. Below are the top 30 individuals with true times being listed and handicaps in parentheses following affiliations. Add handicap to true time in order to get total time. /Reported by Ernie Marinoni/

1 - Dave Harrison (SJnStr) (20)	56:59	11 - Don Bennett (Gold Spike) (0)	44:42	21 - Jerry Martinez (Big Valley TC) (0)	48:06
2 - Paul Reese (NCSTC) (10)	49:30	12 - Debbie Deckard (Wills Spik) (20)	65:07	22 - Bob Cooper (Unat.) (0)	48:09
3 - Bill Weed (Unat.) (10)	49:48	13 - Frank Krebs (Sac'to TC) (0)	45:21	23 - Robert Koch (Unat.) (5)	53:29
4 - David Diekmyer (Big Valley)(10)	50:48	14 - Jim Bowles (West Valley TC) (0)	45:45	24 - Jeff Mortimore (Fly. Sq.) (5)	53:56
5 - Jim Freeman (SJnStr) (15)	55:22	15 - George Koch (Sac'to TC) (0)	45:58	25 - John Selmer (Big Valley) (0)	48:59
6 - Rod Read (Sac'to TC) (15)	56:00	16 - Dave Ramer (Sac'to TC) (0)	45:59	26 - Arthur Branchini (0)	49:21
7 - Richard Read (Sac'to TC) (5)	46:38	17 - Jim Bredy (Sac'to TC) (0)	46:12	27 - Bill McCray (Unat.) (0)	49:36
8 - Peter Witt (Sac'to TC) (5)	47:29	18 - Lee Adams (Solano TC) (5)	51:45	28 - Ed Collins (Gold Spike) (0)	50:02
9 - Gil Tarin (NCSTC) (5)	49:06	19 - Randy Buob (Unat.) (0)	46:58	29 - Greg Tinloy (Gold Spike) (5)	55:37
10 - Elaine Pedersen (W.L.) (15)	59:32	20 - Jim McFall (Unat.) (0)	47:47	30 - Wes Davis (Lassen TC) (0)	50:38

HALE STOMPS FIELD AT BOLINAS RUN

(August, 20, Bolinas) - In a last minute effort to keep the race from going on the rocks, the Pierce Point race directors moved their race from the regular location to a spot north of Bolinas, some 35 miles away (estimate). Signs were put up at important inter-sections so that runners wouldn't go to Pierce Point by mistake (the farm could not be used this year and they didn't find out until a day or two before the race). Many of them blew down and no one really knows how many were left wandering along the coastside, not really knowing if there was a race or not. Anyhow, a hardy group of some 55 finishers was led by stellar Tom Hale, seeming to get stronger with every race. The conditions were overcast and very muggy...quite unpleasant I thought. Hale found it to his liking, however, and recorded a 39:09 over the approximately 7.7 mile course, leaving his nearest competition, George Stewart, some 51 seconds arrears. Surprise third placer was Jerry Maydahl of UC Davis, a strong runner, but not normally in too good of shape at this point. Angelo Martinez also pulled off a surprise by notching a fourth place finish, ahead of the likes of Jack Leydig, Dan Anderson, and Doug Butt, to name a few. The only senior of any note to show up was Don Pickett and he placed 27th in 48:45. Fran Conley was the only woman finisher to our knowledge in 41st (52:37). The top 39 finishers: /Reported by Darren Walton/ Merchandise awards were given to finishers.

1 - Tom Hale (Unatt.)	39:09	14 - Bob Darling (RC Striders)	43:32	27 - Don Pickett (NCSTC)	48:45
2 - George Stewart (West Valley)	40:00	15 - Tim Docheff (Unatt.)	43:37	28 - Walter Byrd (SFPAL)	49:11
3 - Jerry Maydahl (Unatt.)	40:10	16 - Allen Sanford (West Valley TC)	44:33	29 - Gus Cano (Redwood City Striders)	49:31
4 - Angelo Martinez (Alameda TC)	40:37	17 - Unknown runner	44:49	30 - Thomas Plant (Unatt.)	50:01
5 - Jim Anderson (Unatt.)	40:49	18 - Ken Peterson (Alameda TC)	45:09	31 - Joe Scarborough (Unatt.)	50:05
6 - Jack Leydig (West Valley TC)	41:10	19 - Bruce Johnson (Alameda TC)	45:18	32 - Don Elsener (Marin AC)	50:24
7 - Dan Anderson (West Valley TC)	41:23	20 - Joe Taxiera (Alameda TC)	45:54	33 - Tom Bartasi (South Side TC)	51:21
8 - Doug Butt (Marin AC)	42:17	21 - Eugene Fitzgerald (Unatt.)	46:04	34 - Bob Immethun (Alameda TC)	51:30
9 - Steve Noga	42:40	22 - Nils Carlson (Solano TC)	46:27	35 - Dave Larson	51:30
10 - Ken Scalmanini (Pamakids)	42:59	23 - Bob Pope	46:44	36 - Robert Cooley (Unatt.)	51:37
11 - Dave Zumwalt (Unatt.)	43:03	24 - Unknown runner	47:16	37 - Mike McCord (Unatt.)	52:08
12 - John Butterfield (Boston AA)	43:07	25 - Bert Botta (Pamakids)	47:51	38 - Geoffery MacDermott (Unatt.)	52:13
13 - Darryl Beardall (Marin AC)	43:20	26 - Jeff Knox (Unatt.)	48:29	39 - Jim Treacy (SF Olympic Club)	52:27

ROBERTSON NIPS STORDAHL IN GOLDEN EMPIRE CLOSIE

(August 26, Grass Valley) - University of Utah's (ex-CSM) Dave Robertson gave a tremendous kick to come from behind in the Fourth Annual Golden Empire XC Race and came out on top with a 22:30 clocking over 4 miles, 420 yards. He beat Pat Stordahl, who has been undefeated in road races this summer until now. But the margin was only one second. Another close battle was between third and fourth where Jack Leydig nipped team mate Jim Howell by 3 seconds in one of Jim's better races in quite a while. The top five runners had been together at about 3 miles, but then the back split apart rapidly. A total of 25 runners finished, but the depth of good competition for that small a field was remarkable. Ed Haver, who has done in the 8:40's for the steeplechase, finished fifth! Actually, the seniors ran in the same race but were scored separately. Ross Smith would have placed 10th in the open competition, but settled for the senior crown---some 2 minutes ahead of the next challenger. Fourteen in the 35-and-over (seniors for this race) category finished the race. Winners of the other different divisions were as follows: Girls 13 and under (1 mile, 765 yards) Kathy Adams 8:52.5; Women 14 and over (2 miles, 210 yards): Eileen Claugus 12:08; Boys 9 and under (1/2 mile) Mark Matranga 2:44; Boys 10-14 (1 mile, 765 yards) David Cortez 8:25.0; Men 15-18 (2 miles, 210 yards) Mike Kasser 11:19.5. This year there were 209 participants, along with new records in the boys 9 and under and in the men's 35 and over. The top 15 finishers in the open men's race:

1 - Dave Robertson (Utah)	22:30	6 - Doug Butt (Marin AC)	23:31	11 - James Kuska	26:18
2 - Pat Stordahl (Chico State AC)	22:31	7 - Ed Spolorich	23:37	12 - Bill McCray	27:10
3 - Jack Leydig (West Valley TC)	22:49	8 - Jim Bowles (West Valley TC)	24:43	13 - Brian Lodge	27:11
4 - Jim Howell (West Valley TC)	22:52	9 - Daniel Best (RC Striders)	24:48	14 - John Hanzlik (Cal-State Hayward)	27:46
5 - Ed Haver (Athletes in Action)	23:12	10 - Steve Bennette	26:02	15 - Hal Michael	28:36

Seniors: (1) Ross Smith (WVJS) 25:12.6, (2) Arthur Branchini 27:20, (3) L.E. Collins (Gold Spike) 27:29, (4) Robert Emmerling 27:48, (5) Lee Fox (Solano TC) 28:10. Girls 13/Under: (1) Kathy Adams 8:52.5, (2) Penny Reaneau 8:53, (3) Debbie Rudolph 9:01, (4) Lisa Edgington 9:02, (5) Dei Eddy 9:11. Women 14/Over: (1) Eileen Claugus (WS) 12:08, (2) Tina Anex (WS) 12:45, (3) Holly Morr 13:36, (4) Dale Phillips (Lassen) 13:37, (5) Robbie Reneau 13:47. Boys 9/Under: (1) Mark Matranga 2:44, (2) Nick Sakelarios (RCS) 2:49, (3) Robert Cleborne 2:52, (4) David Rodigo 2:53, (5) Ron Avila 2:55. Boys 10-14: (1) David Cortez (RCS) 8:25.0, (2) Kim Velasquez 8:35, (3) David Crevelt (RCS) 8:38, (4) Ray Eddy 8:56, (5) David Hurrison 9:01. Men 15-18: (1) Mike Kasser (RCS) 11:19.5, (2) Richard Read (Sacto TC) 11:26, (3) Steve Rutl 11:30, (4) Ron Cartnell 11:32, (5) Gary Singer 11:33. /Reported by Nick Vogt/

LEYDIG CRUISES EMERALD HILLS RACE

(September 2, Redwood City) - In his last road appearance before taking off for Europe, West Valley's Jack Leydig led a club sweep in the annual Emerald Hills Run, sponsored by the Redwood City Striders. After running in the pack for about 2 miles, Leydig took command at the first hill and was never headed after that. With two miles to go and almost a minute lead, he slowed down a bit, coasting in to the finish, but still was almost a half-minute up on second placer Rich Delgado at the tape. His 37:36 was one of the best ever times on this course and missed Bill Clark's 1971 course standard by a half-minute (37:04). Bill Mackey, making a comeback of sorts after a year with little activity, showed he still has lots of class by winning the senior division in 44th place (43:39). He was almost two minutes up on second senior Jim Nicholson who did 45:28 in 57th. In an outstanding effort, Amy Haberman came in 70th as first woman finisher in an excellent time of 46:03. Chris Sakelarios was 98th for second woman in a time of 50:56. A total of 166 finished the race. Top 45 placers and their times: /Reported by Bryan Gieser/

1 - Jack Leydig (West Valley TC)	37:36	16 - Jeff Arnold (West Valley TC)	40:20	31 - Keith Kruse (West Valley TC)	42:15
2 - Rich Delgado (West Valley TC)	38:02	17 - John Marconi (West Valley TC)	40:22	32 - Ben Sawyer (Otherways AC)	42:18
3 - Dan Anderson (West Valley TC)	38:16	18 - Wayne Smith (Millbrae Lions TC)	40:32	33 - Jim Holl (West Valley TC)	42:20
4 - Ritchie Geisel (West Valley TC)	38:27	19 - George Kirk (RC Striders)	40:38	34 - Lee Shoop (RC Striders)	42:22
5 - Bill Kelly (West Valley TC)	38:29	20 - Bob Immethun (Alameda TC)	40:57	35 - Joe Seaver (Unatt.)	42:33
6 - Bryan Gieser (RC Striders)	38:30	21 - David Cortez (RC Striders)	41:08	36 - Bill Flint (Alum Rock RA)	42:47
7 - Bill Seaver (Unatt.)	38:52	22 - Steve Carey (Millbrae Lions TC)	41:26	37 - Tom Jordan (RC Striders)	42:48
8 - Steve Noga (Alameda TC)	38:52	23 - Robin Clark (RC Striders)	41:28	38 - Ian Jackson (West Valley TC)	42:51
9 - Neil Glnesk (Millbrae Lions)	38:53	24 - Mike Kasser (RC Striders)	41:29	39 - Santos Reynaga (West Valley TC)	43:08
10 - Steve Slawson (Solano TC)	39:03	25 - Mike O'Halloran (Unatt.)	41:34	40 - Tim Wright (RC Striders)	43:13
11 - Darryl Beardall (Marin AC)	39:25	26 - Rudy Snyders (Unatt., CSM)	41:36	41 - Dave Marsh (Pamakids)	43:23
12 - Jessie Smith (Unatt.)	39:33	27 - Stacey Geiken (RC Striders)	41:40	42 - Ron Kartmell (RC Striders)	43:27
13 - Bill Hansen (Aggie TC)	39:37	28 - Bob Cooper (RC Striders)	41:46	43 - Ed Jaynes (Bay Area Striders)	43:35
14 - John Butterfield (Boston AA)	39:48	29 - Unknown Runner	41:53	44 - Bill Mackey (West Valley J & S)	43:39
15 - Nick Vogt (Gold Spike)	40:09	30 - Unknown Runner	41:57	45 - Bob Hart (RC Striders)	43:43

LATE NEWS: Tom Hale won the Alameda XC Carnival in 37:10 (new course) with Don Curtis next at 37:58, followed by Bill Kelly 38:12, Rich Delgado 38:17, Vic Cary 38:37, and Dan Anderson 38:53. *** Complete results of this race, Dipsea, and many others in next issue.



Jon Anderson set a PR of 28:34.2 in his Olympic Games' 10,000 meter heat but didn't run final. /Marconi/



Burlingame High School's Mike McCord is featured in this issue's Coach's Corner. /SM Recreation Dept./



Bill Clark, shown leading 1971 PA-AAU One Hour Run, was third in the Sydney Sun's Cross City Race. /Marconi/



Dave Robertson won the Golden Empire cross country race by one second to spare. /Marconi/



Chuck Smead, leading here, is the West Valley Portrait for the month of September. /Marconi/



Alvaro Mejia, shown setting a new record on his leg of the Lake Tahoe Relay last month. /Mike Shaughnessy/



Walt Stack won both of his divisions at Pikes Peak and Resurrection Pass Trail Marathons, with one week's rest between. /J. Trent/



Start of the Alaskan Resurrection Pass Trail Marathon near Hope. Four Bay Area Runners made the journey: Harold DeMoss, Walt Stack and Skip & Buck Swannack... all shown here. /John Trent/



Skip Swannack, shown running in the Resurrection Pass Trail Marathon, was first in the women's 30-40 division. /Trent/