



**Nor-Cal
Running
Review**

DEC. 1973 (No. 45)

**SPECIAL
XC PICTORIAL
60¢**

the athletic department

2114 Addison Street
Berkeley, California 94704
(415) 843-7767



"Oregon Waffle" Cross Country/Road Racing Lightweight Flat
Available Mid November in Limited Quantity
Pre-orders receive priority
Sample "Waffle" on display at THE A.D.

- * Closeout NIKES: Suede Obori \$ 13.50
Super Cortez \$ 13.95
Nylon Cortez I \$ 9.00
Flyte Casuals \$ 12.95

- * BOSTON '73: Red and Blue with Obori sole
Special Price for November \$ 14.95!!!

- * OPEN 10-6 Monday thru Saturday
NOW OPEN Thursday Evenings to 9 p.m.



Olympic Sports

Our Specialty

RUNNING, SWIMMING, SOCCER
AND OTHER OLYMPIC SPORTS

OWNED & OPERATED BY OLYMPIANS 12 WEST 25TH AVE.
ALVARO MEJIA & SAN MATEO, CA 94103
TERRI STICKLES MEJIA PHONE 349-6904



Track Shoes



★ PHOTO QUIZ ★



WHO IS THIS LOCAL
ROAD RUNNER?

RULES: (1) Submit your guess (one per person) on a post-card and mail it to: PHOTO QUIZ, P.O. Box 1551, San Mateo, CA 94401. (2) Card must be postmarked by no later than Jan. 31. (3) Ties broken by a drawing. The prize is a 1-year sub. or renewal to the NCCR (or \$5 off dues of WTC members). All readers are encouraged to send in photos for consideration.

Last Month's Answer: The 1964 Olympian was 10,000 meter winner Billy Mills. A total of 29 correct answers were submitted (no incorrect ones) and the winner of a one-year subscription by drawing is Ed Collins of Beale AFB, CA.



NORTHERN CALIFORNIA RUNNING REVIEW

A West Valley TC Publication
P.O. Box 1551, San Mateo, Cal. 94401
(342-3181)

On the Cover

Rich Kimball, a senior at Concord's De-LaSalle High School, blitzed to a California State record for 3 miles on the track with a 13:43.6 effort in a U.S. postal meet at San Jose State on December 1. He broke Terry Williams' 1972 record by some 10 seconds and recorded the 8th fastest time ever by a U.S. prep, moving into 6th spot on the all-time performer list.

Dec. 1973 ... No. 45

\$5.00 FOR 12 ISSUES

Staff

EDITOR: Jack Leydig
PUBLISHER: Frank Cunningham
CARTOONIST: Lee Holley
CIRCULATION MGR.: Dave Shrock
ADVERTISING MGR.: Bill Clark
STAFF PHOTOG.: John Marconi

STAFF WRITERS: Jon Hendershott, Bill Clark, John Marconi, Art Dudley, Jack Leydig.

PRODUCTION & MAILING: Harold DeMoss, Bill Clark, Ellen Clark, Jack Leydig, Dave Shrock, Mike Duncan, Dave Stock, Bruce Orr, John Tengelsen.

CONTRIBUTING PHOTOGRAPHERS: Mike Shaughnessy, Dave Stock, Wayne Glusker, Jay Marlowe, George Beinhorn.

NCCR LDR POINT-RACE EDITORS: Art Dudley (NorCal), Stan Rosenfield (SoCal).

REGULAR CORRESPONDANTS: (NorCal) - Roxy Andersen, Fred Baer, Dawn Bressie, Dr. Harmon Brown, Marshall Clark, Dave Colburn, Bob DeCelle, Ruth Dettering, Roger Duran, Dick Gilchrist, Wayne Glusker, Frank Hagerty, Jon Hendershott, John Hill, Lurana Hoetger, Jim Hume, Chris Kinder, Roy Kissin, Steve Lund, Joe Mangan, Jay Marlowe, Dick Meyer, Mark Payne, Rich Perry, Bob Rush, Mike Shaughnessy, John Sheehan, Emmett Smith, Walt Stack, Dave Stock, Joe Taxiera, Bob Vincent. (SoCal) - Wes Alderson, John Brennand, Bill Cockerham, Tom Cory, Kaj Johansen, George Ker, David Pain, Stan Rosenfield, Tom Sturak. (Natl. & Internat'l) - Long Distance Log, Runner's World, Starting Line, Track & Field News, Track Newsletter, Women's Track & Field World.

Subscriptions

MAILING: Third-class bulk rate from San Mateo, California at intervals of from 5-7 weeks. No issue should require longer than two weeks delivery in the U.S. First class & airmail rates available. NCCR is not forwardable...send us any change of address as soon as possible.

RATES: \$5.00 for 12 mailings, 3rd class bulk rate. Multiple year subscriptions: \$9.25/24 issues; \$12.75/36 issues; \$20.00/60 issues. Add \$2.50/year for 1st class in U.S., Canada, & Mexico. Add \$3.50/year for airmail in U.S. & Canada. Add \$1.00/year for 3rd class to Canada. Add \$1.25/year for 3rd class to all other foreign countries. Foreign airmail rates available on request. Special rates for schools, libraries, and newsmedia: \$3.00 for 12 issues in the U.S.

BACK ISSUES: Single copies are available for 70¢ each by 3rd class mail...50¢ each (60¢ for quarterly pictorials) when purchased at races, etc.

Contributors

All news, features, results, photographs, and other correspondence should be sent to: NCCR, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415/342-3181). Due to irregularity of publication dates, all information should be mailed as soon as possible for consideration. Prospective volunteer correspondants and photographers should request details from the above address. Everyone is encouraged to submit meet results. Credits are always given for any material used. Please request permission for use of NCCR materials other than meet results. Thank you.

CONTENTS

Photo Quiz	2	West Valley Portrait	11
This & That	3	Special Article	11
NCCR LDR Point Ratings	7	Scheduling	14
Club News	7	Race Walking News	15
Classified Ads	9	Cross Country Results	16
Letters to the Editor	9	Cross Country Pictorial	17
Coach's Corner	10	Road Race Results	23
NorCal Portrait	10	Late News	26

THIS & THAT

•People News: Sacramento's crack master's runner, Jim O'Neil, has been sidelined indefinitely with a torn cartilage in his knee. The doctors say that he may never be able to run again, but we know Jim better than that....Humberto Hernandez, one of West Valley TC's active cross country runners this fall, has moved to Yuba City and is getting tired of training alone. Anyone in the area who would like a training partner, please contact Humberto at 674-5343....Bill Frank, who attended high school at Travis AFB (Vanden HS) about 4 years ago, is captain of the U.S. Air Force Academy cross country team....Eileen Waters, who recently set a new world record for women in the 50 mile run, reportedly ran nearly seven minutes faster than any other finisher over the closing 15 miles, and her final mile was 6:46, also topping the field....Ex-San Jose Stater, Maury Greer, is now living in the southland and coaching at Northview High School in Covina. He inherited a program that had won only two meets in four years, and they went 4-4 this past season. Not bad for the first year....John Butterfield sends his regards to all his Northern California friends, along with the rest of his running family. John is now stationed in Iran with the U.S. Navy and has just started up a group called the "Iran Roadrunners". Their first race drew 75 runners (Nov. 16)!....Dr. John Pagliano, the southern California podiatrist (foot specialist) who likes to run ultra-marathons, has moved from his old office into a new one at 4301 Atlantic Ave., Suite 6, Long Beach, CA 90807 (Ph. 213/426-0376). His office will now specialize in athletic injuries of the foot and lower extremity, mainly with distance runners....Jon Anderson, 1973 Boston Marathon winner who made his home in the Bay Area for several years, is now back in his hometown, Eugene, Oregon, and running well. He competed in the Fukuoka (Japan) Marathon in early December and took a good 4th place in a PR of 2:15:52.8. Frank Shorter won in 2:11:45 (4th best performance ever by an American).

•All-American Selections: The following Californians made the grade as 1973 All-Americans in men's long distance running and race walking: (Men's LDR) - 15 Kilos (Chuck Smead/Santa Barbara AA); One-Hour Run (Dave White/BHS); Marathon (Doug Schmenk/East LA TC). (Race Walking) - 20 Kilos (Bill Ranney/Unat.), (Bob Kitchen/Unat.); 35 Kilos (Bill Ranney); 50 Kilos (Dr. William Weigle/Colorado TC). Men's Track & Field All-American selections were not available at this printing, and they will be printed in a later issue. In Women's Track & Field & Cross Country, the following were selected to All-American status: (Women's T&F) - 100y (Martha Watson/LATC); 220y (Mabel Ferguson/West Coast Jets), (Jackie Thompson/Missiles);



PLEASE LET US KNOW YOUR NEW ADDRESS!!!

★Since the NCCR is mailed 3rd Class Bulk Rate, your issue will not be forwarded to a new address if you move. Don't miss an issue...keep us informed!

440y (Kathy Hammond/Sac'to RR); 880y (Mary Decker/Blue Angels); Mile (Francie Larrieu/San Jose Cindergals), (Eileen Claugus/Will's Spikettes); 2 Mile (Eileen Claugus/WS), (Tina Anex/WS); 100mHH (Debbie Lansky/SLOT); 400mIH (Clydine Crowder/La Mirada Meteors); LJ (Martha Watson/LATC), (Jane Frederick/Univ. of Colorado); DT (Monette Driscoll/LATC), (Vivian Turner/LATC); JT (Kathy Schmidt/South Coast TC), (Lynn Cannon/Sac'to RR); HJ (Deanne Wilson/South Coast TC); SP (Marien Seidler/Mayor Daley YF), (Jan Svendsen/SLOT); 880yMR (West Coast Jets); Mile Relay (Mickey's Missiles); 2 Mile Relay (San Jose Cindergals--Haughey/Eberly, Poor, Larrieu); Pentathlon (Jane Frederick/Univ. of Colorado). (*Cross Country*) - Francie Larrieu (SJCG), Valerie Eberly (SJCG), Mary Decker (BATC), Nadia Garcia (SDTC).

•Apology--Our last issue had Joe Taxiera listed as finishing in 29th place at the Lake Merritt 10 Kilo Run. Somehow he got printed up wrong on the results sheets and actually he managed an 8th place finish. Don't know who was actually 29th.

•World Publications, who put out *Runner's World*, among many other fine magazines, has moved their office to 1400 Stierlin Rd. in Mtn. View (new phone number is 415/965-8777). Their mailing address is still P.O. Box 366, Mtn. View, CA 94040.

•1974 AAU Applications are out. If you intend to run in an AAU-sanctioned event of any sort this year, be sure that you register with the PA-AAU Office. It (the card) costs \$1.50, and there is an optional fee of \$1.00 if you want year-round insurance coverage through the AAU. Applications are available through the PA-AAU Office, 942 Market St., Suite 601, San Francisco, CA 94102 (Ph. 415/986-6725). West Valley TC members should have a 1974 application stapled in this issue. *Concerning Sport Codes*: you'll notice that there is a place on the application to indicate 'sport code', both major and minor sport. It is important that you fill this item in since many types of fundings for athletes are dependent on the proportion of registered athletes in each AAU sport. So...if you're primarily a long distance runner (or if that's all you do), be sure and put this down as your major sport. Likewise, if you consider yourself to be mostly track & field oriented, indicate that code. Of additional importance to Long Distance Running: a new rule was adopted at the 1973 Convention that relates to voting power in committee meetings when considering bids for National and Regional AAU Championships. In the future, when District Associations bid for these championships, their voting power will be in proportion to the number of registered LDR athletes!!

•Leigh High School of San Jose has registered perhaps the most impressive dual meet record in cross country in the history of the sport. If anyone can site a better record, please contact us. In the past 4 years, Leigh has swept their league (West Valley AL) in all 4 divisions, with the exception of varsity in 1970 and 1971 when they took second to Camden (both by scores of 1 point). Their record (all divisions) is 142-2 in the last 4 years, being 72-0 in the last two. Two years ago, Jack Bellah won the league in 13:10 on the same course, and Matt Sommer (see West Valley Portrait for this issue) was the only other runner under 14 minutes. This year there were 15 runners under that mark, with four of them being in the JV race! -- Another bit of news from Leigh HS: -this track season, the school is getting a 4:14 miler who is a transfer from Texas. He ran that mark as a soph at the Texas state meet, and won the state XC title this past fall as a junior. According to rumor, he doesn't have any coaching and does very little training! Hmmm!

•Concerning the Amateur Athletic Act that is now before the Senate: Kenny Moore reports that his chief impression while in Washington recently, was that many senators are on the fence, waiting to hear from the athletes. They have heard at great, dreary length from the AAU, NCAA, and USOC. Thus, a letter from an athlete to his senator will carry significant influence. If you have feelings one way or the other on this important piece of legislation that could drastically affect our amateur sports setup, the NCCR urges you to write your senator. Don't delay...time is running very short. We will all, no doubt, be affected by this new legislation should it pass.

•Chinese to Run 7800 Miles: Teams of 150 young Chinese runners will each cover a distance equivalent to the "Long March" --25,000 lis or 7800 miles-- by January 15, the Peking People's Daily reported recently. More than 700,000 young people take to the streets of Peking daily at dawn to participate in the run, which began on Nov. 15. The People's Daily said Peking's young Communist League organized the two-month collective marathon. The paper underlined the physical benefits of it, particularly for sedentary workers.

•1974 Boston Marathon: For this year's race, you must have run a 3:30:00 marathon to qualify. You can no longer qualify by doing a comparable time at a shorter distance. Also, the NCCR will not sponsor its annual Boston Group Airfare this year because of failure to come up with enough bodies in the past few years. It seems there are quite a few alternative methods for reduced airfares, and interest in our group plan has dwindled. Sorry!

•CAUTION--U.S. Masters intending to compete in ITA sponsored meets in 1974: Jim Terrill, Meet Director for the ITA (professional track), has invited Masters athletes to compete in selected events during the ITA's second professional track season. Terrill stated that "we'd like very much to entertain the prospect of a few over-40 events in our meets in each city." In the most recent issue of the U.S. Masters International Track Team Newsletter, editor Dave Pain printed this information, and now the NCCR is urging all Masters athletes to be fully aware that this is against amateur rules and technically any individual competing in the same meet (not necessarily the same event) with a professional is subject to losing his amateur status. Terrill had stated that the rule doesn't apply to over-40 athletes...but this just isn't so. The rule applies to all amateur athletes. Some of you better veteran competitors might think twice before competing in one of these ITA affairs...remember, amateur competition in your age group is just starting to become widespread, and international trips are held each year. You wouldn't want to take a chance on having your amateur status taken away and thereby missing out on a trip. If you have any further questions concerning this matter, please contact the Natl. AAU Office, c/o Bob Lafferty, Track & Field Administrator, 3400 W. 86th St., Indianapolis, Indiana 46268.

•The following bit of useful? information was taken from our own California Penal Code (take a copy to a party sometime as they make for many a laugh). This bit of wisdom and trivia was submitted by Art Dudley. (Para. 11450-11453): (Public human endurance contest or exhibition.) - It is unlawful for any person (includes any firm, copartnership, corporation, association, society, club, or individual) to conduct, carry on, manage or maintain, or to cause or permit to be conducted, carried on, managed or maintained, or for any person to participate in, or to cause or permit to be participated in, or to aid or assist in the conducting or maintenance of, any public so-called "marathon dance," "walkathon," "speedathon," or any public human endurance dancing, walking, running, skipping, jumping, sliding, gliding, rolling, or crawling contest or exhibition, under any other designation or name, or any similar



adidas
(OLYMPIADE)

OVER FIFTY-THREE MODELS IN ADIDAS
TRACK AND OTHER ATHLETIC SHOES!!

Darcy's
Ski & Sport

HOURS
Monday, Thursday, Friday - 9:00-9:00
Tuesday, Wednesday, Saturday - 9:00-5:30

200 2ND AVENUE ■ SAN MATEO, CALIFORNIA ■ 343-1801

public exhibition or contest of human endurance in dancing, walking, running, skipping, jumping, sliding, gliding, rolling or crawling, within the State. (Exemptions) - Section 11450 does not apply to amateur or professional athletic events or contests or to high school, college or intercollegiate athletic contests or sports, or to any events or contests licensed by the State or by any board, commission or officer thereof.

(Punishment: Separate offenses) - Any person violating any of the provisions of this article is guilty of a misdemeanor and is punishable to a fine of not to exceed five hundred dollars (\$500) or by imprisonment in the county jail for not to exceed six (6) months or by both such fine and imprisonment. Each separate day or any portion thereof during which any violation of this article occurs or continues constitutes a separate offense and is punishable as provided in this section. -- This article was enacted in 1953. No cases could be found interpreting the statute. Looking at the exceptions, Art wonders who would ever be punished. It seems everybody would qualify under the exception.

•Miracle Food For Distance Runners: (Submitted by Wes Alderson/Culver City AC) - Nutrition expert Dr. A.G. Misanthrope announced recently a new breakfast cereal designed specifically for the unusual dietary needs of long distance runners. The following analysis of ingredients has been published (with percent of total volume in parentheses): Whole grain organic wheat (2.1%), Refined bleached sugar (4.8%), Inert ingredients (11.0%), Butylated hydroxytoluene (23.2%), Methyl Mercury (2.4%), Sulfur Dioxide (7.8%), Monosodium Glutamate (15.0%), ACTH (12.5%), Benzocaine (19.6%), Sodium Bicarbonate (8.1%), Vitamin E (15.0%)...Total (118.9%). -- The methyl mercury alone provides more than the average runner will need in five years, or perhaps life, depending on its effects, Dr. Misanthrope noted. He indicated that the monosodium glutamate acted to tenderize muscle tissue, thus preventing leg cramps during difficult races such as marathons. The ACTH, a pituitary hormone, acts to stimulate the adrenal cortex to produce cortisone, which in turn reduces the inflammation induced by other ingredients in the cereal. Benzocaine functions as a pain suppressor, thus nullifying an unfortunate side effect of the cortisone. The sodium bicarbonate calms the upset stomach which is produced by the benzocaine. The vitamin E, the Dr. notes, is added so that the runner can build himself up while he is tearing himself down. The large percentage of inert ingredients, Dr. Misanthrope explains, is to mask the unpleasant flavor of the remaining ingredients. Morphine is being considered as an additive in order to insure that the runner includes Misanthrope cereal in his diet on a regular basis. The fact that the total percentages, as listed above, add up to 118.9% is due solely to Dr. Misanthrope's poor mathematical ability. Herman Dogkavski, a noted runner from the Culver City AC, has been eating Misanthrope Cereal for eight months as part of a pilot experimental study. Dogkavski reports that the cereal has dramatically altered his marathon ability. He has not finished a race since beginning the program! -- (Incidentally, I hope that none of you out there took last month's report of the effects of marathoning on IQ very seriously...some actually seemed to have. I even got a reply from Ted Corbitt, who felt that under conditions of extremely adverse temperatures, heat stroke could occur and this would frizzle some brain cells. However, we don't want you to stop running for fear of turning into a mental midget. Most of us are mental midgets in the first place for even running that far!!)

•1974 Indoor National Track Championship Standards: (Men) - (Standards must be made after Oct. 15, 1973) - 50y (5.4), 60y (6.2), 70y (7.1), 60HH (7.4), 70HH (8.4), 600y (1:11.5), 1000y (2:11.0), 880 (1:51.0), Mile (4:09.0), 2 Mile (8:50.0), 3 Mile (13:39.0), LJ (24-6), HJ (6-10), PV (16-6), TJ (49-9), SP (61-0), 35# Wt. (61-8), Mile Relay (3:21.0), 2 Mile Relay (7:42.0), Medley Relay (no standard), Mile Walk (6:45.0), 3000m Walk (13:40.0), 2 Mile Walk (14:40.0)...outdoor marks achieved after Jan. 1, 1974: 440 (47.6), 880 (1:50.0), Mile Relay (3:15.0). (Women) - (Standards must be on or after Dec. 1, 1973) - 50y (5.8), 50m (6.3), 55m (6.8), 60y (6.8), 60m (7.4), 70y (7.8), 220 (25.0, 24.6 outdoors), 300y (36.5), 300m (40.2), 440 (57.0, 56.0 outdoors), 500y (1:07.3), 500m (1:14.9), 600y (1:23.3), 600m (1:32.3), 880 (2:12.0, 2:10.0 outdoors), 1000y (2:34.1), Mile (5:00.0, 4:55.0 outdoors), 1500m (4:40.0, 4:35.0 outdoors), Mile Walk (9:00.0), 50yHH (7.0), 50mHH (7.4), 55mHH (8.2), 60yHH (8.2), 60mHH (8.7), 70yHH (9.4), LJ (18-9), HJ (5-6), 4 Kilo SP (46-0), Relays (no standards).

•1974 PA-AAU Long Distance Schedule & Handbook: This indispensable item, now in the form of a booklet, including a host of valuable subjects,...the 1974 LDR Schedule, a description of your LDR Committee & its functions, 1974 AAU Championships (Nationals), a list of 1973 PA-AAU Championship winners

STONE



TROPHIES

643 LAUREL

SAN CARLOS, CA 94070



593-6236

Engraving on Premises

Immediate Delivery!!



Special Rates: Schools, Clubs, & Leagues!



(teams & individuals), long distance running records, a PA-AAU Club Directory (including some non-AAU Clubs), a 'key contact' listing, an AAU Officials directory, an article on the 1973 PA-AAU All Star LDR Team, and even a page to record your 1974 race results. All in all, a fantastic bargain for only 25¢ (35¢ mailed). Pick one up at most road races, or write to one of the following: (send 35¢) - NorCal Running Review, P.O. Box 1551, San Mateo, CA 94401; PA-AAU Office, 942 Market St., Suite 601, S.F., CA 94102; Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061. Your money will go directly into the District 'Long Distance Running Fund'. Read about how these funds are being used to develop and improve various aspects of our sport...you'll have to buy one to find out!

•Report from PA-AAU LDR Committee Meeting (Nov. 8): Next two meetings are Jan. 10 and March 7 at Rich Perry's, 3909 Peppertree Ct., Redwood City, CA 94061 (364-5599)...all interested individuals are invited to attend, and each club has one vote. - A \$100 allocation was made by the committee to purchase needed items for the "meet directors' warehouse". The purpose of this warehouse is to enable meet directors to save time and money by either purchasing, or renting for a nominal fee, items that are usually needed to put on a long distance run. With a centrally located warehouse, items may be picked up at one spot, instead of running all over town trying to find them. Hopefully, meet directors can thereby pass on the savings to the runners in their race...either by lowering the entry fee, or by offering more awards. For more information on this warehouse, contact Jack Leydig (same address as this publication). --- A total of \$697.56 was allocated by the Committee for travel by local athletes to various National Cross Country Championships in November. The top eligible finisher from the PA-AAU XC Championships, Domingo Tibaduiza (the winner, Hans Menet, was obligated to run for his college team at the USTFF Meet in San Diego), was awarded a round-trip airfare to the AAU National Championships in Gainesville, Florida, which totaled \$297.56 (nite flight). He placed 12th in that meet. The area's top high school runner, Rich Kimball, was allotted a sum of \$50 to help him in attending the same meet...he finished a very commendable 43rd. It was voted that an all-star PA-AAU Masters team be sent to the Natl. AAU Masters XC Championships in Ohio, and that the team should be composed of the top four finishers in the NCRRL LDR Point Race plus Jim Shettler.



adidas

"SL-72"

\$25.95

VIC'S SPORTS

This month's feature: The adidas "SL-72"...a fabulous training shoe with superlight blue nylon uppers. Every technical advantage has been incorporated into this model to relieve strain on the achilles tendon. Long wearing traction-tread sole securely wraps around thick heel wedge for a truly cushioned run. Built-in nylon heel cup for prevention of turned ankles and "heel drift". Form-fitting foam tongue. Very attractively priced. -- Drop by our store or call Vito D'Aloia at home in the evening at 408/296-3982. Make VIC's SPORTS your one-stop store for all your running needs.

26 WASHINGTON ST., SANTA CLARA

2 BLS. NORTH OF HIGHWAY 17
AT BASCOM AVE. TURNOFF

984-7111

Open Monday-Saturday 10-6 -- Thursdays 'til 9

When it was determined that Jim O'Neil (injured) and Dave Stevenson (busy) couldn't make the trip, Mike Healy and Jim Nicholson were finally selected as alternates. Under a new AAU ruling, District Association AAU Teams can be a legitimate scoring team at National Masters Championships. Our team of Healy, Nicholson, Shettler, Ross Smith and Ken Napier defeated defending champions San Diego TC to win the title (see results section of this issue for complete list of finishers). --- The committee also set up a course certification committee to help out meet directors with measuring their courses to comply with the newly approved 'minimum race standards for the PA-AAU'. Heading the committee will be Don Peterson and Bill Flodberg.

•Perhaps a good method for our own District to follow is the one that the SPA-AAU uses for enforcing AAU registrations. Beginning with the first road race of the year, their district requests that AAU cards be shown at each competition, or the entry fee will be doubled. Sounds like a pretty good system to me. Once you're registered, all you have to do is remember to bring your wallet with you (with the card in it of course).

•Oakland Invitational Indoor Meet: Group discounts are available on for \$5 and \$6 tickets only in groups of 25 or more (not necessarily in a block, sitting together). The discount is \$2 off on the \$6 tickets and \$1 off on the \$5 tickets...so you might as well get the better seat for the same price! Also, under-18 patrons will get 1/2 off on any regular seat. The PA-AAU Track & Field Executive Committee voted to give \$12.00 per diem to all local open athletes competing in the meet, and amounts for out-of-area athletes would be left up to the Meet Director, Bob DeCelle. Each open athlete was also to receive one complementary ticket. The afternoon session will be free when a night-time ticket is purchased. All distances will be metric. There will be a hospitality room for athletes at the Oakland Hilton...T-shirts to open athletes in the night meet.

•As of Oct. 3, the PA-AAU had 4719 men registered in track & field (3505 women) and 3535 men in long distance running (395 women).

•In financial matters approved by the PA-AAU Track & Field Exec Committee, \$50 was granted to the Alameda TC for use in sending Rich Kimball to the AAU Cross Country Meet in Florida. This matched the funds approved by the LDR Committee. A contingency loan of \$100 was approved for the Women's National AAU Marathon (Feb. 10 in San Mateo).

•Schedule Changes for LDR: Please make these corrections to the 1974 PA-AAU LDR Schedule--the PA-AAU 15 Kilo will begin at 9am (not 10am as on the schedule) at Woodside High School (Alameda and Woodside Rd.)...the Magnan 18 miler, scheduled originally for 10am, will also now be moved back to 9am.

•Important Changes in AAU Code: At the 1973 Convention in West Yellowstone, it was a great step forward for long distance running...at least financially. Henceforth, admission fees for National Championships will no longer go to the A.A.U. (national office). They will now be distributed thusly: 75% to the Association LDR Committee where the race is being held, 15% to

the Natl. Men's LDR Travel Fund, and 10% to the National AAU Office for handling charges. This means that the District Associations will now have the say in where the funds will go. In many cases previously, meet directors went into the hole after giving all their entry fees (many times the only substantial revenue) to National. Obviously, with the decision being made at a local level, a more equitable distribution can be made whereby both the sponsor and District may benefit...thus obviously helping our sport. A total of 75% may now actually revert back to the sponsor if this is determined as necessary on the district level. --- Perhaps the most important piece of legislation coming out of the Convention that directly concerns long distance running is that our National Committee is now a truly autonomous body, and is recognized as such in the AAU Code. We will have our own Men's LDR Handbook that will contain the administrative and competitive rules of the sport...in the past, our sport was defined in the Track & Field Sports Rules. The LDR Committee now has complete jurisdiction over all races of 3000 meters and above that are not held as part of a bona fide track & field meet. --- In sports rules changes that directly affect long distance running, the Association LDR Chairman now must see to it that sponsoring organizations of local races have adequate checking stations (in races of 10 miles or longer, refreshment stations must now be placed at intervals of approximately 2.5 miles) and also a police escort for the lead runner.

•Results of PA-AAU All-Star Long Distance Team Ballot: In the last issue of the NCR, all subscribers were mailed a ballot on which they were to vote for our District's All-Star long distance team. Out of approximately 850 mailed ballots, we received only 37 ballots back!! With this sort of apathetic response, perhaps the LDR Committee had best just set up a panel to choose the team in 1974. At any rate, the results are as follows: (7 members...1 masters competitor and 6 open) -- First place votes were worth 6 points, second place votes were worth 5 points, etc. Masters got only one point per vote. Top vote getter was George Stewart (WVTC), who tallied 149 points, with Dan Anderson (WVTC) a close second with 145. Then came Jim Nucio (WVTC) with 105, Phil Camp (Navy) 83, Jon Anderson (Oregon TC) 74, and Mitch Kingery (Camino West) 32. The battle for top over-40 runner was also close, with Ross Smith (16) edging out teammate Ken Napier (WVJS) by two points, 16 to 14. Others receiving votes: - (Open): Bill Seaver (WVTC) 31, Darryl Beardall (Marin AC) 26, Jack Bellah (WVTC) 24, Steve Dean (GWTC) and Daryl Zapata (WVTC) 15, Ken Scalmanini (Pamakids) 13, Rich Kimball (Alameda TC) 12, Jim Dare (WVTC) 9, John Butterfield (BAA) 8, Mike Buzbee (NWAC) 5, Don Gregory (HSTC) 3, Dave Garcia (Fresno State) 2, Matt Yeo (RC Striders) & Bob Darling (Excelsior TC) 1. - (Masters): Paul Reese (NCSTC) 2, Jim Shettler (WVJS), Jim Nicholson (NCSTC), Jim O'Neil (SFOC) and Len Thornton (HSTC) 1.



(LEFT) ROSS SMITH, TOP VOTE GETTER IN THE MASTERS DIVISION ON THE PA-AAU ALL-STAR LONG DISTANCE RUNNERS BALLOT. /Pete League/
(RIGHT) GEORGE STEWART, LEADING A 2-MILE RACE HERE, WAS THE PEOPLE'S CHOICE IN THE OPEN DIVISION. /John Marconi/

•The NorCal Track & Field Association's 1973 All-Star High School Team: Annually since 1962, this association has had a panel of knowledgeable coaches choose the top 22 preps in Northern California in cross country. This year, the panel only consisted of five individuals...usually its considerably more than that. The athlete of the year was DeLaSalle's Rich Kimball, who is featured in this month's NorCal Portrait. Top junior was Mitch Kingery (San Carlos), while the best soph was Camden's Bob Paulin. Downey's (Modesto) Tim Holmes took frosh honors with his 15:10.8 three-mile clocking, which was a national 14-year-old record. A total of 8 juniors and 14 seniors made the All-Star Team...on the following page, juniors are starred*.



(LEFT) DOWNEY (MODESTO) FROSH, TIM HOLMES, RAN TO A NATIONAL AND WORLD AGE-14 THREE MILE RECORD OF 15:10.8 AT A SAN JOSE POSTAL MEET ON DECEMBER 1. (RIGHT) DOWNEY'S SOPH SAC-JOQUIN SECTION CHAMPS (JOHN SWIFT, ERIC FITZ, ALFRED SOTO, TINO TELLECHEA, TIM HOLMES, DOUG ELTON). /William Mensing/

The All-NorCal High School Team is listed in alphabetical order: *Bob Barnett (Hillsdale), Tom Burroughs (DeAnza), Roger Casillas (Franklin,Stktn), *Jerry Emory (Gunn), Paul Frederickson (Homestead), *Ron Fritzke (Leigh), Stacey Geiken (Cubberley), Benton Hart (Modesto), *John Johnson (Skyline,Okld), Mike Kasser (St. Francis), Rich Kimball (DeLaSalle), *Mitch Kingery (San Carlos), *Roy Kissin (San Ramon), *Jim Mebust (Bella Vista), Rusty Nahirny (Washington,Frmt), *Don Patterson (Del Valle), Mark Piccillo (Pacific,San Leandro), Bob Powell (Oceana), Tom Reade (Mission San Jose), Loren Ringo (Cordova), John Sisler (Petaluma), Dave Stock (Leigh). --- According to Plato Yanicks, who submitted this data, and who has been the brains behind this team selection process since its inception, Carlmont heads the all time team with a total of 32 individuals over a period of some 20 years (since 1953). A panel did the choosing since 1962, and before that, Plato used the top finishers in the North Coast Section Finals (at that time there was no C.C.S.). Following Carlmont closely is Palo Alto with 27 selections. Then comes Washington of Fremont with 16, and Homestead and Hillsdale are tied with 12 apiece.

•Downey frosh Tim Holmes led his soph team (see photo above) to the Sac-Joaquin Section title after the team had posted a 7-0 Central California Conf. dual meet record. On December 1, Holmes broke Eric Hulst's world age-14 three-mile mark of 15:18 by clocking a 15:10.8, besting St. Francis marathoning phenom, Dave Cortez, by some 22 seconds! He is undefeated in dual meet (soph) competition this year. Another comer for the team is also a frosh, Tino Tellechea, who recorded a 4:47 mile while in the 8th grade last spring. He finished 5th in the Section Meet. Close behind is soph Alfred Soto, who was 7th in that same meet, and has clocked a 4:40 mile (as a frosh). These three, along with the rest of their championship team, should be a power to reckon with in the next few years on the varsity level.

•NCRRL Long Distance Point Ratings: This issue will not list the NorCal ratings. We'll wait until next time to publish our first rankings so we can have a significant number of races to work with. Stan Rosenfield, our SoCal point rating editor, is rounding out his rankings for 1973...the NorCal scoring year goes from Lake Merritt Columbus Day Races. Ratings are figured by dividing average placing by number of races run. Only top 10 places are counted (open), and top 6 (masters). The scoring below includes all scheduled SPA-AAU races through the California Club Championships (Nov. 3), with the exceptions of the Yankee Doodle XC Runs, Walnut Sports Festival, Japanese-American Optimist XC Runs, Big Bear, Blue Angels 10 Kilo, and Mt. San Antonio 6 Kilo. Following are listed the top 15 open and top 10 masters, with the following information in parentheses (club/races run, average placing, rating): (Open) - 1. Bill Scobey (BHS/15, 1.73, .115), 2. Ron Kurrle (BHS/21, 3.19, .152), 3. Mike Wagenbach (ELATC/4, 1.12, .280), 4. Mark Kushner (GWAA/10, 3.30, .330), 5. Bill Anderson (SBAA/11, 4.45, .405), 6. Doug Schmenk (ELATC/5, 2.20, .440), 7. Joe Toledo (STC/10, 4.70, .470), 8. Chuck Smead (SBAA/2, 1.00, .500), 9. Mike Chambliss (SBAA/11, 5.64, .513), 10. Pat Miller (Un/11, 5.82, .529), 11. Dave White (BHS/3, 1.60, .533), 12. Jon Sutherland (Un/3, 1.67, .556), 13. Art Ting (Un/8, 4.87, .610), 14. Vince Engel (SLO/2, 1.25, .625), 15. Dennis Wilson (GWAA/5, 3.20, .640). (Masters) - 1. Owen Gorman (STC/16, 1.94, .121), 2. Sam Nicholson (STC/21, 3.00, .143), 3. Dave Parker (STC/12, 2.17, .181), 4. Jerry Smartt (BHS/8, 1.62, .202), 5. Dick Durand (STC/14, 4.00, .286), 6. Aurelio Camacho (STC/13, 3.85, .296), 7. Dave Waco (CCAC/4, 1.25, .312), 8. Dick Bartek (SBAA/6, 2.00, .333), 9. Norm Luman (STC/9, 3.33, .370), 10. Pete Mundle (SMTC/3, 1.33, .444).

CLUB NEWS

•This section of our publication is devoted to various clubs in the area. If your club would like to put in an announcement or other news, please send it in. Our circulation is now large enough to ensure that many of your members will probably see the notice. As long as the news is pertinent and kept to a reasonable length, we will print it, possible in edited form. Let's hear from you! This isn't just for West Valley TC ya know!

DOLPHIN/SOUTH END ROWING CLUB: Grace Ruth has been relieved of her editing duties with the DSE Newsletter, and is being replaced by Ruth Dettering, 828 El Camino del Mar, San Francisco, CA 94121 (Ph. 221-1784). If you have any results or news concerning club members, please send it to her for publication.

GILROY TRACK CLUB: At the club's recent elections, the following individuals were chosen as 1974 officers: Pres. - Jay Patrick Marlowe; Treas. - Ruben y Barre "The Wolf"; Sec. - Stacy Hanoum; RRC Coordinator - Bill Flodberg.

SOLANO TRACK CLUB: We have a new mailing address. Please send all entry blanks and information to: Solano TC, P.O. Box 624, Vallejo, CA 94590.

WEST VALLEY TC: The club picked up only 5 new members during the past month, but several of them are quite talented individuals. Louise Adamson, 24, 2510 Bancroft, #214, Berkeley, 94704 (Ph. 843-7169), is a third year graduate student at the University of California (Berkeley). She could become one of the area's great distance runners in a very short time. Although her first competitive effort was only a few months ago (Berkeley-Moraga 14-miler), she recorded a very good 1:38:08 and finished closely behind Peggy Lyman and Joan Ulyot as the 3rd woman finisher. She has plans of running a sub-3 hour marathon in the near future (perhaps at the upcoming Nationals in February), and a 2:37:30 eventually...the world record no less! With her very successful early start, her goal may become a reality in the not too distant future. Hans Menet, 26, c/o Ed Brown, 1775 Evans, #319, Reno, Nevada 89502, is a frosh at the University of Nevada and hails from Switzerland. This very talented addition to the club has best marks of 3:47.2 (1500m), 8:03.4 (3000m), 8:32.8 (3000mSC), 13:56 (5000m), and 29:15 (10,000m). He shadowed Colombian teammate Domingo Tiba-duiza most of the season (beating him twice), and capped off a successful season by taking second at the National USTFF Cross Country Championships in San Diego (he actually finished first but was moved back to second for alleged elbowing). Pat Shaughnessy, 41732 Higgins Way, Fremont, 94538 (Ph. 656-1116), is the younger brother of Mike, who is currently a WVTC Exec Council member. He is a frosh at Mission San Jose High, 14 years old, with marks of 2:27 (880), 5:19 (mile), and 10:45 (2 mile). He recently ran a fine 50:56 at the Livermore 8.5 Miler, finishing first in his division (junior). Dan Turner, 28, 1648 Hollenbeck, Apt. E, Sunnyvale, 94087 (Ph. 732-1977), has not competed in long distances yet, but has trained up to 16 miles in a single workout, and would like to run a marathon in competition. He competed in the sprints (10.8 and 22.8 for 180LH) and jumps (20 feet and 38 feet in the LJ and TJ) before taking up distance running. Bruce Williams, 23, P.O. Box 9295, Reno, Nevada 89507 (Ph. 702/786-8752), is from Rhodesia, and is a very versatile middle distance runner, long jumper, and cross country runner. The Univ. of Nevada frosh has clockings of 23.0 (200m), 48.0 (400m), 1:53.3 (800m), and 54.9 (400mIH), and also has gone 22'8-3/4" in the long jump. His goal is to represent Rhodesia in the 1976 Olympics at Montreal.

•Address Changes: Here are a few address changes. Not all the changes for December are listed since the club directory will have all of them and is to be mailed in early January. All address changes should be noted in the directory as they appear in the NCRRL...there will also be a space for adding addresses of new members. -- Mike Ruffatto to 211 Sigma Chi, Bowling Green State Univ., Bowling Green, Ohio 43403 (Ph. 419/372-1595). Danny Urutiaga to 2190 Tiara, San Jose 95127. Jim Holl to 11201 Santa Teresa Dr., Cupertino 95014. Armando Garcia to 945 Walnut Woods, #3, San Jose 95111 (Ph. 279-1179). Terry Chappell to 3598 Mt. Diablo Blvd., Apt. D, Lafayette 94549 (Ph. ??). John Sheehan to 336 "J" St., Apt. 20, Davis 95616 (Ph. 916/756-9528). Kerry Hogan to HHB 19th ADA Group, Ft. MacArthur, CA 90731.

•Art Dudley, our honorary member from Fresno (ex-San Mateo), passed the Bar Exam with flying colors and is now eligible to practice. Congrats. Anyone on the club ever needing legal advice should contact him. Pretty soon we should have two more lawyer-types in Bob Crow and Rich Delgado.

•Art Reade's Westmoor High School cross country team had a very successful season, winning their league, taking second in the Region I meet, and winding up a strong third at the C.C.S. Finals, upending perennial powerhouse Carlmont in the process, and on their home course. Congrats to Art and his team.

•Our illustrious First V.P., Bill Clark, finally made it over the hill when he turned 30 on December 2. A surprise(?) party was thrown to celebrate his entrance into the 'not to be trusted' age-group. Everyone got smashed (a good example for all us runners to follow), and Bill managed to crawl out of bed next afternoon at 5 o'clock. Testing out his new-found vigor by attempting to run the Livermore 8.5 Miler, young Bill found that senility had already begun to set in as he misjudged his forward ground speed while making the long trip from San Jose, and wound up starting the race about 5 minutes late.

•George Stewart has been named as an alternate for his very first international trip, the San Blas Half-Marathon in Puerto Rico. Currently, Tom Fleming, Kenny Moore, Gary Tuttle, and Bill Rogers (AAU 20K winner) will make the trip unless one or more of them decide they don't want to go, or can't make it for any other reason. Evidently, Jon Anderson and Frank Shorter both declined the trip, and Tuttle & Rogers were set up as replacements, with George as first alternate. The race is Feb. 3.

•Bob Grubbs, although having a sub-par cross country season, managed to win the Oregon USTFF-AAU championships (10K) on Nov. 23 at Gresham. His winning time of 30:36 upended Oregon teammate Dale Hammitt (30:49). Geoff Henderson, attending Oregon State, managed a 22nd (32:16) in the same race. Grubbs also turned in a fairly commendable 2-mile clocking of 9:04 at the San Jose CC all-comers meet on Dec. 22.

•The club, for the 4th year in a row, was represented well at the National AAU XC Championships, this year in Gainesville, Florida. In the past four years, only two other U.S. clubs have been represented each time, Florida TC and Univ. of Chicago TC (Florida had the championships this year, and Chicago has had it twice). So WVTC is the only club in the country that has travelled four years straight to attend the championships! This year, of course, we have the Nationals, and I feel we well deserve it. This year we didn't place as well as expected, but still ran commendably in 6th position. The club's best finish was its 2nd behind Florida TC in 1971 (47-60), followed by last year's 4th in Chicago and 1970's 6th place, also in Chicago. A full story of the meet appears in the results section of this issue. The club's "B" team travelled to San Diego to compete in the Natl. USTFF Championships and finished a disappointing 7th in the team standings. The team there was sparked by Roy Kissin's 12th place finish...he's only a junior at San Ramon High School (16 years old)! Domingo Tibaduiza led the way at the Florida meet, also finishing 12th, one spot worse than he managed in 1972. -- The club dug into its treasury approximately \$1500 worth for both championships, and was aided significantly by both the Pacific AAU and National. The PA-AAU Long Distance Running Committee sent Domingo on the basis of his finish at the District Meet (2nd). Since Hans Menet (the winner) went to the USTFF to represent Nevada, Tibaduiza got the flight to Florida. The National Office appropriated a total of \$1000 to aid needy clubs in attending this meet. The amount that was given to our club was \$250.

•Speaking of Tibaduiza, he continued on home (Bogota) from Florida to compete in the trials for the Sao Paulo (San Silvestre) Midnight Run on New Year's Eve. Shortly after arrival, he registered a 14:59 for 5000 meters at 9000 feet elevation on a very poor track. Victor Mora recently ran about an 8:30 for 3000 meters at a similar elevation, but was followed closely by young 18-year-old phenom, German Correa, only a few seconds to the rear.

•Jost Schmitt, WVTC's West German middle-distance runner & sprinter, is working hard at getting his PhD thesis finished so he can take a breather. He plans on returning to the Bay Area for a short time this summer to vacation and renew old acquaintances. While in competition this past fall, Jost turned in the following performances: 400m - 50.2, 800m - 1:55.0, 1000m - 2:34.6, 1500m - 4:09.6, 5000m - 16:59.4, Pentathlon - 3017 pts. (a new club record).

•Dave Swift, one of the club's race walkers (and distance runners) from the Reno area, is training hard with the Bentley's in the hopes of walking well on the indoor circuit this winter. He recently dropped his PR in the mile to 4:27 (at altitude), so he certainly isn't lacking speed. His younger brother, Brian, received the Most Valuable Freshman award on this year's cross country team at Sparks High...WVTC'er Esteban Valle is coach.

•Mike Ryan, now living in Dayton, Ohio, has been getting himself back into fair shape and enjoying running very much. He recently participated in the USAF World-Wide Distance Running Championships at Scott AFB (near St. Louis) and ran first in

the 3 mile race in 13:50 (on what he figures just has to be a short course). Ken Misner won the 6 miler in 28:17, with Cliff Clark (formerly of Merced) in second at 28:43. He thinks that Lee Ferrero (ex-Sac'to State) was 5th. Mike Denny, stationed at Castle AFB (Merced), was 4th. Mike also finished 7th in the Ohio USTFF race (25:37 for 5 miles), in what he said was a very good race for him at this time.

•Mike Pinocci, a soph at Odessa College in Texas, and probably headed for Oklahoma State next fall on a full scholarship, had a very successful season. After running 2nd and 3rd man on his college's XC team (his other two very worthy teammates are Bernard Rose & Trevor Viljoen, both from South Africa), he ran 9th in the National JC Championships in Tallahassee, Florida, two seconds in front of Viljoen (10th), and 23 seconds back of winner John Roscoe of SWn Michigan (Rose was 2nd in 18:41.6) with a 19:05 clocking over a course that was about 100-150 yards short of 4 miles. That performance qualified him for WVTC's Florida-bound AAU squad. He ran commendably there too, finishing 49th, just a few places behind this month's NorCal Portrait, Rich Kimball. He finished as the club's 3rd man at the meet behind Tibaduiza and George Stewart.

•Mike Ruffatto, a frosh at Bowling Green State in Ohio, was second man on the varsity this fall in most of the races, behind Craig Macdonald. He finished 17th in the Mid-American Conference Meet.

•Perhaps the biggest story of the fall was Joel Jameson of Occidental. Only a 9:04 two-miler last spring (although 15th in the NAIA cross country last fall as a frosh), Joel started off the season big with a 2nd place in the UCLA Invitational, just behind Mike Wagenbach. He then capped off an undefeated dual meet season with a victory at the NAIA District Meet, upending Swede Peter Fredriksson by over 30 seconds on the five-mile course. But the clincher was the NAIA Championships in Salina, Kansas. He ran with the leaders the entire way until he just couldn't hold on any longer, but managed a sterling 23:59 in third position, losing only to Tony Brien (4th placer in the Natl. AAU Meet) and Dennis Williams (EnNM). The times were 23:42.5, 23:48, and 23:59 (4 mile course). He bested such noteables as Philip Ndo, Rex Maddaford, Lucien Rosa, and Mike Boit, among others. Joel would certainly have helped the club finish several places higher at Florida, but his dedication to training in the early season had put him way behind in his studies and he needed the Thanksgiving vacation to get it back together. Congratulations on a fantastic season!

•More news from South America. Victor Mora ran a 28:57.2 for 10,000 meters in Buenos Aires on Oct. 27, winning handily.

•1974 Dues Time! - It's that time of the year again. Enclosed with this issue, all club members should find a dues notice. This will be your last NCRR (or last club communication, period) unless your dues are paid up by Feb. 1. If you fall into the \$10/year category, you may pay half your dues now and the rest in July. Please be prompt in your payment. The club needs your dues to function properly. Thank you.

•1974 Club Directory: You're probably getting kind of tired of me saying the Directory is 'in the process of being put together', and will be mailed shortly. Well, it seems that everything has hit your poor president at once this past month (Xmas Relays, NCRR, West Valley Marathon, Directory, and lots of other odds and ends), and so please be patient. The Directory will be out sometime this month and will be in mimeo form (not ditto) to hold down the costs...and so as not to work our poor printer to death. The new 1974 Officers will be listed, as well as all those who were members in 1973. If your dues are received in time, and you were not a member in 1973, you will get your name in the Directory. Please send any corrections and additions to our P.O. Box immediately.

•West Valley Marathon and First Natl. Women's AAU Marathon: Please get in touch with Jack Leydig right away if you can help out with putting on this race. The race is Feb. 10 (only a month away from now). It always seems that the same people are doing all the work at these meets, so let's see a little more club involvement. The club can't continue to be great without the support of all of its membership, so let's everyone pitch in and do something. Please return the enclosed signup sheet as soon as possible. Thanks.



JOEL JAMESON (LEFT), 3RD IN THE NAIA CHAMPIONSHIPS, LOSING A 2-MILE TO MARK MCCONNELL THIS YEAR.

•West Valley TC's high schooler's did very well this season, with Dave Stock (6th) leading the way in the CCS Finals, and Leigh teammate Bruce Orr next (11th). Leigh won the team title. In the NCS title meet, WVTC runners placed 2-3-4, with junior Roy Kissin and Tom Read duplicating their 1972 placings, and Rusty Nahirny getting a strong 4th place.

•John Sheehan and Dan Anderson ran to 5th and 6th place in the Far West Conference Meet. Sheehan runs for UC Davis, and Anderson for Cal-State, Hayward.

•Following are the WVTC finishers in road races that didn't finish high enough to be listed in regular results of this issue...Berkeley-Moraga Run: (156) Jack Gottsche 1:51:12. PA-AAU Senior XC Championships: (73) Jeff Brody 36:36, (78) Bill Lamb 36:55, (117) Lary Hayden 39:46, (168) Jack Gottsche 47:15. Palo Alto 10-Miler: (Places not listed...Bill Lamb 75:40, Paul Arenson 79:00 approx.). Pepsi 20-Miler: (82) Emil Magallanes 2:08:36, (86) Santos Reynaga 2:09:07, (95) Keith Kruse 2:10:49, (315) Jack Gottsche 2:42:08. Livermore 8.5-Miler: (120) Jerry Markle 55:10, (133) Ted McRice 56:26, (188) Bill Lamb 60:10, (234) Jack Gottsche 63:34, (264) Chuck Russell 68:51.

CLASSIFIED ADS

OUR RATES: Interested in selling your product or promoting your race or meet? With a circulation of nearly 900 mailed subscriptions per month (and nearly three times that many who read it), the NCRS will get results for you. Monthly Rates: (Per line as printed--25¢; Per square-inch--25¢; Quarter-page ad--\$5.85; Half-page ad--\$11.70; Full-page ad--\$23.40; One-page insert--\$20.00 (\$25.00 for printing on both sides...8-1/2 x 11) ...advertiser supplies the inserts. Special Rates: (3-5 months running--10% discount; 6-11 months running--25% discount; 12 months or more running--40% discount. A contract must be drawn up between the advertiser and editor before any special-rate ads can be run. All ads must be approximately the same size during the entire year unless approved otherwise by the editor. We would appreciate ads in their final size, but will reduce or enlarge if necessary. Make all ads proportional to an 8-1/2 x 11 inch page or portion thereof, leaving room for margins (allow 3-1/2 x 4-7/8 for a 1/4 page ad, including black-line border, etc.). All half-toning is double the above rates except when you supply the inserts. Add 25% for odd-sized ads (other than 8-1/2 x 11) that are inserts, and any ad that we have to compose from your instructions. All advertisers get free copies as long as their ads run. For more details, write the editor, or Bill Clark, Advertising Manager, 6210 Lean Ave., San Jose, CA 95123. Special rates for mailing race entry blanks: \$15/sheet, 8-1/2 x 11, printed one or both sides...same cost.

MAKE \$\$\$ SELLING NCRS SUBSCRIPTIONS: You can make \$1.00 per subscription (per year) selling the NorCal Running Review to your friends, but you must already be a subscriber...this is our reader-referral plan. If you're interested, get in touch with us at P.O. Box 1551, San Mateo, CA 94401 (Ph. 415-342-3181) and we'll send you sample copies and subscription blanks.

HIGH SCHOOL TRACK 1974: This year's (16th edition) High School Annual offers a round-up of action on the high school track and field scene for 1973, with athlete of the year selections, an event-by-event review, a 50-plus-deep 1973 outdoor performers & performances list for each event, and a 1973 indoor best performances list. Up-to-date national, age, and class records are given, as are all-time outdoor and indoor best performances. High School Track 1974 is the basic statistical guide to prep track, and any coach, athlete, or fan of the sport should have a copy to read, enjoy, and refer to. Booklet is 48 pages in length and costs only \$1.50....published by Tafnews Press (Book Division of Track & Field News). Now available from NorCal Running Review, P.O. Box 1551, San Mateo, CA 94401.

LOCAL ROAD RACE SHOE SALESMAN...AND OTHER GOODIES: Your roving Starting Line Sports shoe salesman is in need of your help at this moment in time. Your friendly NCRS Editor is approaching the verge of bankruptcy due to spending most of his time with this here 'rag' you're reading, and he could use some \$\$\$ from all you rich folks out there...otherwise, you may be witnessing the decline of the NCRS due to lack of time. I'm available at most road races in the area, and coaches should feel free to contact me, as I'm available to make 'house calls' on schools with a full stock and up to a 10% discount on quantity purchases of running shoes. Actually, I can order just about any type of athletic device/equipment you need, including hurdles, field implements, vaulting boxes and landing pits, etc. Mail orders are welcome. I carry the full line of Runner's World Booklets, ERG, warmups, shorts, jerseys...you name it. Inquire today as

to how you can order whatever you need. I'm available on appointment to visit your school. Please refer to the advertisement on the back cover & call me at 415/342-3181...please ask for Jack Leydig. Thank you.

NEED ANOTHER ROOMMATE! My current roomie is moving out as of Jan. 8 (or earlier), and I need a replacement quicklike! If you're between 18 and 35 and need a place to rent (or know of someone who does)...please contact Jack Leydig, Ph. 415/342-3181, immediately. Can be either male or female and willing to share responsibilities around the house...references preferred. Rent is \$107.50/month plus utilities. House is completely furnished (or you can use your own bedroom furniture if you prefer), with carpets, fireplace, good stereo system, large kitchen, big backyard with BBQ pit. Located near downtown San Mateo...near bus and train stations (5 minute walk).

CENTRAL COAST SECTION CROSS COUNTRY CHAMPIONS - 1973

Niedrauer Stock Fritzsche Orr Evans Tengelsen Hamilton



LETTERS TO THE EDITOR

Ted Corbitt (New York City): "I read your story on James Pongeny, M.D., on the effects of marathon running on I.Q., with surprise and amusement. I don't understand all that he said (ed. - primarily because a lot of it was double-talk), but there might be unsuspected changes where the races are a great strain and where weather conditions are 'impossible'. Not all marathons are a great strain and the easier marathons (which may be the fastest for some men) wouldn't stress the body as much as the toughies. It is certainly possible to be killed spiritually by one super-hard race. One can't take the I.Q. loss claim seriously, but the loss of spirit and accompanying deterioration in performance may be real."

Ken Napier (Los Gatos, CA): "Just a note to inform you the \$350 allotted to send a Masters Cross Country Team to the Nationals in Elyria, Ohio, was a worthwhile investment. A team composed of Ken Napier, Jim Shettler, Ross Smith, Jim Nicholson, and Mike Healy journeyed to Ohio and finished 3rd, 5th, 9th, 19th, and 27th, respectively, to edge out two-time defending champion San Diego TC, 63 to 78, for the National Team Championship. Hal Higdon of the Indiana Striders was the overall winner, leading from start to finish in the excellent time of 33:37.1. Please express my thanks to Messrs. Bob DeCelle, Rich Perry, and Jack Leydig for their time and efforts in helping to make this trip possible. Without their help, the team championship would still be in Southern California."

Andrew MacCono (Walnut Creek, CA): (Letter originally written to Grover Prowell & transmitted to NCRS for printing). "Thank you for your letter commenting on our Walnut Festival Race. You have no idea how many different ways we have tried to make our new race course longer---and have been prevented by various things. First of all, we want a SIMPLE, easy to follow course without dangers to the most clumsy runners. We had the service road (narrow road up hill) swept THREE times to make sure there was no loose rock/gravel to cause slipping, falls and injuries to the runners. The road behind the park that crosses the irrigation canal is not open to public use and is a risky venture at best. Marchbanks Drive is owned by the developer and has not been dedicated to the city, and the police refused to let us use the street...the way it looks now, the course as presently constituted will remain that way....5920 feet (or 1.121 miles). What we may do is start the race on

FLOOD DISASTER

SPECIALTY SPORTS, formally of New Caney, Texas, was hit by a flood which resulted in the destruction of three quarters of the inventory along with many orders and records. The area was declared a National Disaster Area which made us eligible for federal disaster assistance not only for our business but for our home and contents which were also destroyed. Many of the orders were lost, destroyed or mutilated beyond legibility.

We request that any individuals, schools or groups that placed an order with us prior to July 1 that have not received their complete order to please write to us giving us the date of their check or purchase order (copy of purchase order please), the amount of the order or check, what was ordered and what was received (if part shipment was made). Please advise if you would like the order completed or a refund. As soon as we cross reference this information received against our financial records and order files, the transaction will be completed.

We would like to publically express our sincere thanks and appreciation to the thousands of people who have written us with their warm words of understanding and encouragement not only concerning the flood but also the vicious physical assault on my family.

We have relocated in Houston and as you read this, our inventory will have been replenished to its' previous existing level thereby permitting us to again ship your orders within a few days of receipt.

OUR 1974 COLOR CATALOG IS NOW COMPLETE AND WILL BE SENT TO YOU FREE OF CHARGE UPON YOUR REQUEST

SEND FOR YOUR COPY TODAY

We thank you for your years of patronage

John D. R. Bowen

President

Bowen Industries, Inc.

DIVISIONS: Specialty Sports
Field And Track Imports, Ltd.
Track Equipment Co.
Running Digest Quarterly
Sportex Company
Southwest Research Prod. Co.
Allied Athletics
World Marathon Runners Assoc.
... quality products for better performance



TM . . . everything but the desire
to win



The Running Bug

TRACK, FIELD, XC, TRAINING
ROAD RACING

- UNIFORMS
- SHOES
- ACCESSORIES
- TRAINING AIDS
- WARM UPS
- VITAMINS
- CUSTOM IMPRINTING
- RUNNING MAGAZINE
- T & F EQUIPMENT
- STOPWATCHES



WRITE FOR OUR FREE CATALOG
SPECIALTY SPORTS
3482 W. 12th ST., HOUSTON, TX. 77008

N. San Carlos straightaway, 50 yards above the corner, and then have the finish line 50 yards beyond this year's finish....making the race distance the same as this year---but giving the start a straightaway without the danger of spills and pileups by fast starters trying for starting advantages at the first corner. The girls: well, it is difficult to start tiny 9-year-olds and under fairly. Frank Sutton did a fine job under the conditions. Possibly next year we may start off at 9am with the OPEN race, then 13-18 year-olds; then family race, and then let the girls take over and remain as long as they desire. We all work together here and have some fun and grief too. In 10 years time the new park will be beautiful, have some buildings, and the Festival will be entirely located there---I think the 1.121 mile course is the shortest long distance race course in California, if not the U.S.--given time and work, it can become a classic...something different. Thank you for your genuine interest. Come back next year! Board meets to elect a new president...the new president selects his own chairmen...always a chance someone else takes over race chairman's job (not likely as the job pays nothing and is a lot of work, planning, details, etc.)."



(LEFT) SAN RAMON HIGH SCHOOL'S CROSS COUNTRY & TRACK COACH, BOB VINCENT, IS FEATURED IN THIS MONTH'S COACH'S CORNER. HIS TEAM PULLED AN UPSET BY WINNING THE N.C.S. XC TITLE THIS FALL. ON THE RIGHT IS SAN RAMON'S JUNIOR, ROY KISSIN, WHO TOOK SECOND IN THE N.C.S. AFFAIR & GOT 12TH AT THE USTFF NATLS. /John Marconi/

COACH'S CORNER

Meet Bob Vincent: "Vincent is more concerned with kids expanding and bettering themselves than with winning every meet. It's not the end of the world if we lose." This statement by one of Bob Vincent's premier athletes seems to sum up the quiet man who has been head cross-country and track coach at San Ramon High School in Danville for 23 years.

Vincent, a 1948 graduate of Cal, came to San Ramon in 1951 after coaching "just about every sport" at Clarksburg High near Sacramento for 3 years.

Bob's own athletic career saw him doing just a little running 'for fun', and playing quite a bit of tennis. While at Cal, he played two years of varsity tennis and taught lessons. Nearly every day after finishing with his runners, he still hits the courts for a few hours.

When asked what goals he has for both himself and his athletes, Vincent replied, "For myself, I try to give a little back to athletics in return for what athletics has given me--health and enjoyment. I like to see my runners realize their potential both as athletes and as people. To have them become well-balanced individuals with diversified interests is what I seek to accomplish as a coach."

Apparently, the hang loose philosophy at San Ramon has had no bad effects on performances. The Wolves have not lost a league dual meet in either cross country or track since 1971. This fall, they won the N.C.S. cross country title after narrowly missing in 1972 and finishing 3rd in 1971.

When Vincent first started coaching distance runners, he, like most others at that time, relied heavily on interval train-

ing. However, in the last few years, he has mellowed a bit and changed to a Lydiard system consisting of long road runs in the summer and winter, with a combination of strength and distance work during cross country, and shorter intervals with distance during the track season. Total mileage and difficulty of the work varies from person to person. In Vincent's opinion, daily dedication is a must for success; however, he refuses to be a dictator and hold a gun to a kid's head to make him run. "Motivation must come from the individual," he emphasizes. Motivation is apparently no problem at S.R., where as many as 15 boys run at least 500 miles each during the winter months, and even the sprint corps totals about 25 miles a week!

Looking to track, San Ramon will be a power to be reckoned with in the East Bay. The team will be based around Senior Kurt Hollmer, who has marks of 10.0, 23'1", 44'1", and can do just about anything he puts his mind to, according to Vincent. Other top returnees are Dennis Abbott (6'6"), Mark Schratz (1:58), and juniors Matt Priewe (51.6) and Roy Kissin, who ran 9:17 as a soph and led S.R.'s strong distance contingent to the N.C.S. cross country title. "Depth will be the key to our success as we really have no weak spots," states Vincent.

With talent like this and such a competent man at the wheel, you can be sure that San Ramon will produce winners for a long time to come.

NOR-CAL PORTRAIT

Meet Rich Kimball: (By Jon Hendershott) - All you nostalgia freaks out there in television land will no doubt recall that the name of "The Fugitive" in the TV series some years ago was Dr. Richard Kimball. He was the falsely-accused criminal who was perpetually running from the law, seemingly always with a furtive glance over one shoulder just to make sure he was one step ahead.

Well, there is another Rich Kimball doing a lot of running around here--strictly on the up-and-up--and a lot of people have been looking over their shoulders for him. Just as many, it seems, have been looking ahead as Kimball widens his gap to victory.

The 5-9, 140-lb. senior at Concord's DeLaSalle High has shown his talented heels to runners at all levels. During the 1973 track season, Kimball placed sixth in the Cal State two-mile (9:08.8), besting runners like Mike Ruffatto, Mitch Kingery, and frosh sensation Eric Hulst. Young Richard claimed the U.S. prep junior class six-mile best with a sterling 29:57 effort, good for sixth in the AAU Junior Championships last June. He covered 56 of the Alameda TC's 111 miles in this summer's 24-hour relay at San Jose State. This fall, he won the Artichoke Invitational cross country race and the small-school division of the Pleasant Hill Invitational--his 9:08.8 being the fastest time in all three divisions. For good measure, he placed 47th in the Dipsea, but his 53:56 ranked 10th fastest overall. Certainly his finest harrier performance was his 43rd place in the AAU overland race in Gainesville, besting such names as '73 six-mile champ (NCAA) Charlie Maguire, Charles Boatright, John Gregorio (2nd NCAA three-mile), Cliff Clark, Lowell Paul, and Bob Price. In addition to all this, Kimball managed to defend his N.C.S. title over a talented field that included Roy Kissin, Tom Read, and Rusty Nahirny.

Perhaps the most amazing thing about Kimball's superb results during the '73 track season was the fact he had broken an ankle in late February and didn't get out of his cast until mid-April. Hmmm...makes you wonder, doesn't it? If no cast...

Additionally, during '73, Kimball clocked personal bests of 4:12.0 (mile), 9:01.4 (2-mile), and 13:43.6 (3-mile), besides his six-mile best. The latter mark is the 8th fastest performance ever by a high schooler, and he is now the 6th fastest individual all-time behind Lindgren, Riley, Virgin, Merrick, and Prefontaine! The mark is also a California State record for preps. And the day after his record 'six', he toured half that distance in 14:14.0 for 8th in the AAU Junior. Again, you wonder, "No cast in '74 and...?"

That ankle fracture forced Kimball into the second layoff of his young career, which began as a seventh-grader. "I started running seriously as a freshman," he points out.) Other injuries, plus some surgery, sidelined him for eight months as a frosh. More wondering--what happens when he gets in a good stretch with no injuries?

And Kimball does the work necessary to achieve even more. "I work out twice a day, every day, all year," he reveals. Usually six miles in the morning and 8-12 in the afternoon. Sundays I do a long run, 15-20 miles. During the summer and cross country season, I do more distance work and toward the end of cross country begin adding more speed for indoor racing and outdoor track." His ability as an indoor runner is indicated by



(LEFT) NOR-CAL PORTRAIT, RICH KIMBALL, RAN TO A STATE 3-MILE RECORD OF 13:43.6 IN A U.S. POSTAL MEET RECENTLY. /Mike Shaughnessy/ (RIGHT) WEST VALLEY PORTRAIT, MATT SOMMER, WAS THE TOP NORCAL FINISHER IN THE STATE JC MEET, PLACING THIRD. /Marconi/

his second in the '73 Examiner Meet two-mile in 9:14.2, and a 4:03.0 (1500m) victory in the Oakland Invitational prep race.

"My training consists of running double workouts each day and doing the hard workout in the afternoon. I do a lot of interval training, such as 20 quarters at 65 pace with a minute recovery. I try to run in the hills because I enjoy them."

"When it comes down to racing, I try to set a quick pace so I won't get caught in the pack. I have no real tactics except maybe on the track where I always let someone else set the pace at the start."

Why does he run? "I run for the enjoyment of it. I feel better physically after running. It gives me a mental rest and a feeling of freedom and independence."

Kimball is definitely not looking over his shoulder when it comes to what he wants to achieve as a runner—"I want to run close to 4:00 in the mile, 8:40 two-mile, 13:30 three, and 28:40 six and want to make the U.S. Junior Team. For the future I hope to run in the Montreal Olympic Games." Kimball clearly knows just where he wants to run.

Richard Charles Kimball, Concord, CA (DeLaSalle High and Alameda Track Club). Born April 19, 1956 in Oakland, CA, 5'9", 140 lbs. Began running in 1968; coached by Ron Staszko (DLS). Best marks: 4:12.0, 9:01.4, 13:43.6, 29:57.0 (U.S. High School Junior Class Record).

WEST VALLEY PORTRAIT

Meet Matt Sommer: (By Bill Clark) - One of the talented distance runners giving West Valley TC one of the best junior teams in the country is Matt Sommer. In Matt's case, it's not just talent that produces results, but also lots of hard work. Matt was a 1973 graduate of Leigh High School in San Jose, where he benefited from the excellent coaching of Homer Latimer, and learned the value of consistent training. He has been a member of Leigh's 500-1000 mile club for the last three summers and has reaped the benefits during the school year.

In his senior year at Leigh, Matt set a course record in winning the West Valley AL cross country title, and then capped off a successful track season by breaking Jack Bellah's school record by placing fifth in 9:16.8 in the C.C.S. Finals. This must have caused some mixed emotions for Matt's girlfriend, Elizabeth Bellah (let's hear it for girlfriend track fans!). The transition to junior college competition was easy for Matt, as he led West Valley JC to the team titles at the Hancock Invitational and Camino Norte Conference Championships by winning the individual titles. The latter team victory marked the fourth consecutive league title for WVJC and Coach Bill Campbell. Matt's young career reached its competitive peak when he placed

a gutty third in the California JC State cross country meet at CSM in November (see photo at left).

Matt's competitive successes are a reflection of a sound training program and intelligent coaching. In addition to the mileage-oriented summers, his cross country regime includes concentrated runs from 7 to 15 miles, with hill work and mile loops added for strength, pace, and speed development. Between seasons, it's back to the overdistance work, and as track season approaches, interval training (mostly 440's) is mixed with progressively shorter and faster continuous runs to reach a season-end peak. Matt's goals for 1974 are 4:16, 9:00, and 14:00, which certainly seem attainable. Realizing the importance of speed development early in his career, he would like to hit 53 seconds for the quarter, and under 2:00 in the half. His long term goals are to always stay interested in athletics and continue to improve. Matt will fit right in with the colorful NorCal road running crowd. This summer, he and some friends accomplished a (Pax) Bealean feat by relaying from Lake Tahoe to San Jose via Yosemite and 9900 foot Tioga Pass, the highest in California. The 365-mile excursion was completed in 12 days.

In addition to his competitive successes, Matt's biggest thrill was receiving his first trophy as the JV Most Inspirational Trackman, while only a soph at Leigh. It is motivational devices such as this, and the encouragement of parents, friends, and coaches, that may help Matt become the second WVTC junior to make an international team. Bob Grubbs was the first this past summer.

Matthew Sommer, San Jose, CA (West Valley JC & WVTC).
Born Nov. 28, 1954, 5'11-3/4", 145 lbs. Best marks: 4:25.4, 9:16.8.

SPECIAL ARTICLE

The Fred Grace Story: (Submitted by Walt Stack, written by Fred Grace.) - What do you want me to tell you? That I was born on Dec. 26, 1897, when Larry (Lewis) was 30, and therefore when I'm 105, he'll be 135? That I quit eating and drinking junk at age 13, and since then I've taken 5 to 7 workouts a week? That as a result I've never been constipated and have slept like a no-colic and clear conscience baby? That I've never worn a corset? That I've never bled internally with an aspirin? That no medic has cut me up or prescribed poison for me? That I've lifted weights, boxed, baseballed, handballed, judoed, and long-stuff run? That at about age 73 I quit eating meat, poultry and fish? That until then I made breakfast of eggs, milk, and fresh fruit? Lunch of fresh and dried fruits and a variety of nuts? And supper of vegetables, fruit and flesh foods? That since age fifty I've been on a natural vitamin jag? That I take more vitamins in one day than Johnny-come-lately medics take synthetics in six months to a year? That until lately I used to run about 140 miles a week? But that now I'm running only about 120? But now I run two 25's and a 30? That I no longer lift weights for strength but do high reps only, for endurance? What will I be doing next year? Who knows? I don't. I'm always working on an experiment. And I'm my own guinea pig.

At 12 I started reading MacFadden's Physical Culture. By 14 I was a convert and had quit white bread, sugar, canned and packaged food. I had replaced these goodies with fruit and raw vegetables. The only cooked vegetables I ate were spuds and sweet potatoes. By 18 I was a pretty fair semi-pro ball player and better than average boxer. At 18-19 I added a little lifting and short morning runs to my keep-in-shape routine. I also started on handball and played it for years. By 40, my workouts consisted mostly of boxing and lifting. At about 64, I added judo to my life style. I quit at about 66 because I was told I was too old to compete. Too old? I couldn't even get the kids my weight to work out with me. Not that I was any good. Just too strong and rough for them. I quit judo and went to a nearby playground and took up running...in a big way. By the end of the first month I was running 20 miles. At 67-68 I ran mornings and lifted nights. This stint, which has to be a record, lasted from January 1st 'til December 31st. At 69, Howard Barnes, Prexie of the LA Seniors TC, heard of my running, came to my home, and I put my sig on the dotted line. He had me on radio, TV, and in the papers. Soon the old-timers started looking for their sweats and running shoes and the 'seniors' soared from a handful to hundreds. I was as big a "freak" in LA as Larry is in San Fran...and about as modest! I caught Larry on the Merv show. Merv never got a word in... and that's hard to do. Keep an MC quiet, I mean.

You know the rest. Since a month before my 70th year, I've been running marathons in about four hours. And I'll be running them at 80. I have enough shoes and sweats to last.

DON'T MISS - - THE GREATEST
TRACK CLINICS IN THE WORLD

Gill National Track and Field Clinics
(Programs for both men and women)
Los Angeles

January 18, 19, 20, 1974
Sheraton Universal Hotel
North Hollywood, California

Chicago, Illinois
January 25, 26, 27, 1974
Sheraton-Ohare Hotel
(Rosemont, Ill.)

(Sponsored by Gill Co., Urbana, Ill.)
Fantastic Clinic Programs Featuring

At Los Angeles

Ron Allice (Long Beach St.)
Bill Toomey (Univ. of Calif., Irvine)
Cliff Abel (Univ. of Calif., Northridge)
Harmon Brown (Cal. St., Hayward)
Bill Dellinger (Univ. of Oregon)
Bill Price (Norfolk St. College, Va.)
Tom Telliz (UCLA)
Fortune Gordien (San Bernardino CC)
Joe Rodrigues (Lincolnway HS, Ill.)
Dick Tomlinson (El Camino CC)
Don Sawyer (Cal. St., Hayward)
Dr. Bert Lyle (Texas Women's Univ.)

At Chicago

Bill Bowerman (Univ. of Oregon)
Phil Delevan (Kansas St. College)
Mel Brodt (Bowling Green St. Univ.)
Joe Newton (York High School)
Jan Johnson (Alabama Univ.)
Bob Lawson (Univ. of Wisconsin, Parkside)
Max Armer (Lyons Township)
Tony Perrone (Arch Bishop Molloy HS, NY City)
Dr. Bert Lyle (Texas Women's Univ.)
Mike Goodrich (East St. Louis)
Wayne "Spikes" Dixon (Indiana Univ.)
Oscar Moore (Glasboro St., NJ)
George Holliday (Lincoln, Ill.)
Rod White (Centralia, Ill.)
Sidney Miller (Chicago St.)

Giant Clinic Syllabus
(All Lectures Included-Available Free to
all Registrants)

Demonstrations - Films - Lectures
Social Hour

Reduced Room Rates

Graduate Credit Available at Clinics

Low Pre-Registration \$20.00

Cassette Tapes of all lectures: \$6.00/Lecture

Clinic Syllabus: \$5.00

For Information Contact:

Joe Rodriguez
P.O. Box 415
Mokena, Ill. 60448
(312) 479-5169
(815) 485-2551

OR

Jim Santos (Athletic Dept.)
California St. Univ.
Hayward, CA 94542
(415) 846-7287
(415) 884-3093

WATCH FOR BROCHURE WITH YOUR GILL CATALOG

I will no longer enter a run under 26 miles. Why should I? I run 25-30 miles four to six times a week. I'll no longer drive long distances to run a marathon. Why should I? Five miles from home I have Centinella Park...hilly, semi-shaded, world-known for its beauty...and a mile and a fifth course.

I quit heavy lifting and do only endurance work...like 1000 squats with bodyweight on the bar. I also quit boxing. No one shows up to box anymore.

I've been on a multi-vitamin, multi-mineral jag for 25-26 years. If you believe the FDA, I should have been poisoned years ago. At about 73 I quit meat, fish, and poultry...not for health reasons; for humanitarian ones. What effect has it had on me? I seem to have more endurance, but this may be due to my longer runs. Becoming a "humanitarian" has saved me oodles of work. I cook nothing. The stove now just decorates the kitchen. In Biblical times, heavenly food was named Manna. Being irreligious, I call my heavenly food Goop. Let me give you Goop's recipe. I eat it three times a day. All I need is a bowl and a spoon. -- Three-fourths spoonful of Primary Grown Brewers Yeast flakes, a spoonful of carob powder, a pour of liquid lethicin, a spoonful of bonemeal powder, a spoonful of dolomite powder, a pour of organically grown grains, a pour of sunflower seed meal, a cupful of non-fat powdered milk, a pour of honey. Then I add water and stir thoroughly.

My all-time promoter is Bill Selvin. He saw me run a 16-miler and has been promoting me ever since...though neither I nor anyone else can figure out why.

Scheduling

LONG DISTANCE

NOTE: Always check with the Meet Director (or contact listed) to verify the dates and times of runs listed below...mistakes are possible, and it could save a long drive. Cancelled races

****1974 PA-AAU LONG DISTANCE SCHEDULE & HANDBOOK IS READY. TURN TO PAGE 5 TO FIND OUT HOW TO ORDER YOURS. A 32-PAGE BOOKLET...25¢.**

- Jan 5 - Natl. AAU Jr. (Under 20) 15 Kilo Championships, Looking Glass, Ore., noon. Roseburg TC, 1778 NW LeMans, Roseburg 97470.
- Jan 5 - Mini-Marathon, Henderson to Las Vegas, 13.2 Miles (Eldorado), 9 am. Las Vegas TC, PO Box 869, Las Vegas, Nev. 89109. (*SNA)
- Jan 5 - STC Age-Group Runs, La Mirada Park, 4 Miles, 9 am. Jim Bole, Ph. 213/597-5146. (*SPA)
- Jan 6 - PA-AAU 15 Kilo Championships (printed incorrectly as Jan. 5 in PA-AAU Schedule), Woodside High School, Woodside, 9 am. Mike Ipsen, Redwood City Striders, P.O. Box 868, Redwood City, CA 94064 (Ph. 368-1095).
- Jan 6 - DSE Presidio Gate 4 Miler (meet at Dolphin Club, S.F.), 10 am. (*DSE)
- Jan 12 - Mission Bay Marathon (Pre-Entries Req'd), Mission Bay Pk., San Diego, 8 am. Bill Gookin, 5946 Wenrich, San Diego 92120.
- Jan 12 - Sunset Park 5 Mile Handicap, Las Vegas, Nev., 10 am. Las Vegas TC, PO Box 869, Las Vegas, Nev. 89109. (*SNA)
- Jan 12 - Tigard Road Run, (7.25 & 12 Mi.), Tigard HS, Tigard, Ore., 1 pm. Norm Oyler, 5911 SW Carman Dr., Lake Oswego, Ore. 97034.
- Jan 12 - 3rd Annual Big Valley 10 Miler, Lincoln HS, Stockton, 10 am. Wayne Badgley, 2226 Gardena Ave., Stockton, CA 95204.
- Jan 13 - 3rd Annual Daisy Hill Runs (7 & 14 Mi.), Sonoma St. College, Rohnert Park, 10 am. Bob Lynde, Track Coach, Sonoma St. College, Rohnert Park, CA 94928.
- Jan 13 - 2nd Annual Pico Rivera Anniv. Run, 5 Mi., 3:30 pm (Smith Park). Manny Guerero, Ph. 213/692-0401 (days). (*SPA)
- Jan 13 - DSE 1-1/2 Mile Muni Pier Run (meet at Dolphin Club, S.F.), 10 am. (*DSE)
- Jan 19 - Magnan Memorial 18 Miler, Woodside Elem. School, Woodside, 9 am. Mike Ipsen, P.O. Box 868, Redwood City, CA 94064.
- Jan 19 - San Dieguito Half-Marathon (Pre-Entries Req'd), Warren JHS, Solana Beach, 10 am. Bill Gookin, 5946 Wenrich, S.D. 92120.
- Jan 19 - SNA-AAU 30 Kilo Championships, Sunset Park, Las Vegas, 10 am. Las Vegas TC, PO Box 869, Las Vegas, Nev. 89109. (*SNA)
- Jan 19 - Salem RR 6 Miler, Judson HS, Salem, Ore., 1:30 pm. Chuck Bowles, Willamette Univ., Salem, Ore. 97301. (*OA)
- Jan 20 - 16th Long Beach Ocean Runs, 10 Kilos, 3 pm. Tom Cory, 515 N. Howard, Glendale, CA 91206. (*SPA)
- Jan 20 - Orienteering (place to be arranged), 10 am. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (*PSA)
- Jan 20 - DSE Double Muni Pier Run (3 Miles), Dolphin Club, S.F., 10 am. (*DSE)
- Jan 26 - Fifth Annual Big Dipper Run, 6 Miles (Handicap). Larry Lung, 3356 N. Monroe, Fresno, CA 93705 (Ph. 209/266-5915). (*CCA)
- Jan 26 - SNA-AAU District XC Championships, 6 Miles, Sunset Pk., Las Vegas, Nev., 10 am. LVTC, P.O. Box 869, Las Vegas, Nev. 89109.
- Jan 26 - Mt. Miguel Run, 5 Miles, 10 am (Pre-Entries Req'd). Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (*PSA)
- Jan 27 - PA-AAU 20 Kilo Championships, Portola Vly School (nr. Woodside), 10 am. Rich Perry, 3909 Peppertree Ct., Redwood City, CA.
- Jan 27 - 4th World Masters Marathon (Pre-Entries Req'd), Chapman College, 7:30 am. Bill Selvin, PO Box 5694, Orange, CA 92667.
- Jan 27 - DSE 8 Mile Bridge Plaza Run (meet at Dolphin Club, S.F.), 10 am. (*DSE)
- Feb 1 - RTC Indoor Run, 10/20/30 Minute Runs, Roseburg, Ore., 7 pm. Stan Stafford, 744 SE Rose St., Roseburg, Ore. 97470. (*OA)
- Feb 2 - Oregon AAU 30 Kilo Championships, Crow HS, nr. Eugene, 1 pm. John Hepner, 4160 Avalon, Eugene, Ore. 97402. (*OA)
- Feb 2 - Trinidad Beach Run, 8.5 Miles, McKinleyville HS (nr. Arcata), 2 pm. Richard Gilchrist, 281 Hidden Vly Rd., Bayside 95524.
- Feb 2 - Las Vegas Marathon, Univ. of Nevada, Las Vegas, 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89109. (*SNA)
- Feb 3 - 4th Annual Channel to Lake 10 Miler, Vallejo, 10 am. Solano TC, P.O. Box 624, Vallejo, CA 94590.
- Feb 3 - 26th "Pop" Marty Memorial Run, 9.6 Miles, Montebello JHS, 9 am. Tom Cory, 515 N. Howard, Glendale, CA 91206. (*SPA)
- Feb 3 - DSE 4 Mile Ferry Bldg. Run (meet at Dolphin Club, S.F.), 10 am. (*DSE)
- Feb 9 - Reedley Kings River Run (Very Tentative), 4 Miles. Bob Lehman, Reedley College, Reedley, CA 93654. (*CCA)
- Feb 9 - Mystery Relay Race, Univ. of Nevada (Las Vegas) track, 10 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89109. (*SNA)
- Feb 9 - Mini-Marathon, 15 Miles, Crater HS, Central Point, Ore., 11 am. Lloyd Hoffine, Crater HS, Central Point, Ore. 97501. (*OA)
- Feb 9 - Salem RR 6 & 9 Milers, McCulloch Stadium, Salem, Ore., 1:30 pm. Chuck Bowles, Willamette Univ., Salem, Ore. 97301. (*OA)
- Feb 10 - Seaside Warm-up, Half-Marathon or 5 Mi., Alton Baker Pk., Eugene, Ore., 1:30 pm. Jeff Hollister, 855 Olive, Eugene 97401.
- Feb 10 - 22nd Hermosa Beach Run, 5 Miles, 10 am. Tom Cory, 515 N. Howard St., Glendale, CA 91206. (*SPA)
- Feb 10 - 4th Annual West Valley Marathon & 1st Natl. AAU Women's (14 & over) Marathon (special 13/under & 40-and-over divisions for women), San Mateo, 9 am. (Pre-Entries Encouraged...Late Fee). (WVM) Contact Jack Leydig, P.O. Box 1551, San Mateo 94401, and (Women's Natls.) Contact Dawn Bressie, San Mateo Recreation Dept., City Hall, 330 W. 20th Ave., San Mateo 94402.
- Feb 16 - Ivanhoe 6 Miler. Jerry Hobbs, 15616 Avenue 328, Ivanhoe, CA 93277. (*CCA)
- Feb 16 - Moorpark College XC Run, 10 Miles, 9 am. Connie Rodewald, 852 Sharon Dr., Camarillo, CA 93010. (*SPA)
- Feb 16 - 5000 meter track run, Univ. of Nevada, Las Vegas, 10 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89109. (*SNA)

are rare, but do happen occasionally. The following schedule of long distance runs contains races from Oregon through Southern California and Nevada, as well as a few other popular out-of-area races. Where no contacts are listed on the schedule itself, check to see what District AAU Association it's in (following all the information, in parentheses...see codes below). Then, contact the individual listed on the District contact listing for additional information. FUN RUNS, sponsored by the Dolphin/South End Runners of S.F. (DSE), are noted as such, and the contact is listed below. No pre-registration is necessary on these runs...signup is on race day. Area contacts follow, with coding in parentheses: Pacific Ass'n: (*PA) Rich Perry, 3909 Peppertree Ct., Redwood City, CA 94061 - Ph. 415/364-5599; Southern Pacific Ass'n: (*SPA) Tom Cory, 515 North Howard St., Glendale, CA 91206; Pacific Southwest Ass'n: (*PSA) Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120; Central Calif. Ass'n: (*CCA) Bill Cockerham, 1717 So. Chesnut, Fresno, CA 93702; Southern Nevada Ass'n: (*SNA) John Romero, P.O. Box 14337, Las Vegas, Nev. 89114; Oregon Ass'n: (*OA) Richard Raymond, 2575 NW Lovejoy, #37, Portland, Ore. 97210; DSE Runs: (*DSE) Walt Stack, 321 Collingwood, San Francisco, CA 94114 - Ph. 415/647-9459. The PA-AAU District Office is 942 Market St., Suite 601, San Francisco, CA 94102 (Ph. 415/986-6725)...AAU applications are available from this address. *****When requesting information on any of the races or from any one listed above, please enclose a self-addressed, stamped envelope. ***Let us know of any races in your area so we can be sure to list them in our schedule...it's free!!**

→ ANNOUNCING--Runner's World sponsored Fun Runs: No entry fees, no advance entry, no AAU cards required. Every Sunday at Foothill College, Los Altos (off I-280)...10:30am. A 1/2-mile race each week and following distances on successive weekends each month: 1 & 5 Mi.; 1 & 2 Mi.; 1 & 4 Mi.; 1 & 3 Mi. Contact Runner's World, P.O. Box 366, Mtn. View, CA 94040 (Ph. 415/965-8777) for more information.

- Feb 17 - DSE 3-1/2 Mile Twin Peaks Run (meet at Portola Dr., & Twin Peaks Blvd., S.F.), 10 am. (*DSE)
 Feb 17 - 3rd Annual Elk-a-thon, 5 Miles Open (3/4 Mi. to 3 Mi. age-group), Concord, 10 am. Vern Forry, 166 Greenwood, Walnut Crk.
 Feb 23 - 5th Annual Martinez Run, 8.4 Miles, Rankin Pk., Martinez, 10 am. Luka Sekulich, 1485 Darlene Dr., Concord, CA 94520.
 Feb 23 - 5 Mile Handicap Run, Sunset Park, Las Vegas, Nev., 10 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89109. (*SNA)
 Feb 23 - Seaside (Trail's End) Marathon (Pre-Entries Req'd), Seaside, Ore., 11:30 am. Ralph Davis, Seaside Chamber of Commerce, P.O. Box 7, Seaside, Ore. 97138. (*OA)
 Feb 24 - 6th LAPD Run (6.1 Miles Open), Elysian Park, 9 am. Bob Burke, Ph. 213/221-3101. (*SPA)
 Feb 24 - DSE 5 Mile Lake Merced Run (meet at boathouse), San Francisco, 10 am. (*DSE)
 Mar 2 - Searsville Lake Run, 8 Miles, Woodside, 9:30 am. Raymond White, Stanford RC, 788 Mayview Ave., Palo Alto 94303.
 Mar 3 - 3rd Annual Fremont 10 Kilo, Fremont, 10 am. Jim Sigman, Recreation Dept., City Gov't Bldg., Civic Center Dr., Fremont.
 Mar 3 - DSE 4.5 Mile Golden Gate Park Run (meet at Polo Fields), San Francisco, 10 am. (*DSE)
 Mar 3 - Natl. AAU Senior (& Masters) 30 Kilo Championships, Culver City, 7 am. Phil Clarke, 15232 Burton, Van Nuys 91402. (*SPA)
 Mar 9 - Camellia Festival 100 Miler, Sacramento (time TBA) (Entries Close March 2), 24-Hour Limit. John Hill, 604 Flint Way, Sacramento 95818.
 Mar 10 - Camellia Festival 100 Mile Relay, Sacramento (time TBA) (Entries Close March 2). Paul Reese, 2789 17th St., Sac'to 95818.
 Mar 10 - 20th San Fernando Handicap (6 Miles), Portsmouth Start, 10 am. Tom Cory, 515 Howard St., Glendale, CA 91206. (*SPA)
 ****ADDITION**** Jan 12 - 3rd Patrick's Pt. Race (2.2 & 6.2 Miles), Palmer Pt., nr. Arcata, 1 pm. Dick Gilchrist, 281 Hidden Vly Road, Bayside, CA 95524.

****LONG DISTANCE SCHEDULES NEEDED!** Would the following individuals/Associations please send us your latest schedules before Feb. 1 so we can print them in next issue? -- John Romero (Las Vegas area schedule); Ruth Dettering (DSE schedule); Oregon AAU (anyone); San Diego area (Bill Gookin/Kaj Johansen); Bill Cockerham (Central Calif.). Thanks for your help.

CROSS COUNTRY

Don't forget...the Pan-American Cup Cross-Country Championships will be held Feb. 2 at the Alameda Golf & Country Club, with the Alameda Chamber of Commerce playing host and sponsor. Bob DeCelle will be Meet Director. The Meet is open to any country in the America's. No time is available at present, but check your local papers as the date draws near...(Just found out...1 pm).

TRACK & FIELD

- INDOOR MEETS-** Following is a complete list of all West Coast Indoor Meets (and other selected meets) through mid-March.
 Jan 18 - Idaho State Meet of Champions, Pocatello (Bob Beeten, Box 159, Idaho State Univ., Pocatello, Idaho 83201.)
 Jan 19 - Sunkist Invit., LA Sports Arena (Al Franken, 1101 So. Robertson Blvd., Los Angeles, CA 90035.)
 Jan 26 - Oregon Invit., Portland (Bob Newland, 1177 Melvina Wy, Eugene, Ore. 97402.)
 Feb 1 - Examiner Games, Cow Palace, Daly City (SF) (Jim Terrill, Box 1032, Los Altos, CA 94022.)
 Feb 2 - Albuquerque Invit., Tingley Coliseum (Drew Hunter, PO Box 2273, Albuquerque, N.M. 87103.)
 Feb 2 - Seattle Invit., Seattle Center Coliseum (Bill Roe, Club Northwest, 2557 25th Ave., East, Seattle, Wash., 98112.)
 Feb 8 - LA Times Invit., The Forum, Inglewood (Will Kern, Special Events Dept., LA Times, Los Angeles, CA 90053.)
 Feb 9 - Bennion Games, Pocatello (Bob Beeten...see Jan. 18).
 Feb 16 - Oakland Invit., Oakland Coliseum (Bob DeCelle, P.O. Box 1606, Alameda 94501 - Ph. 523-2264, days.)
 Feb 16 - San Diego Indoor Games, San Diego Sports Arena (David Pain, 1951 Cable St., San Diego, CA 92107.)
 Feb 22 - Natl. AAU Indoor Championships (Men & Women), Madison Square Garden, New York (Dan Ferris & Ollan Cassell, A.A.U., 444 Madison Ave., Room 2405, New York, NY 10022)
 Mar 1 - ITA, Los Angeles (Tentative).
 Mar 8 - ITA, Cow Palace, Daly City (SF) (Tentative).
 Mar 8 - NCAA Championships, Detroit (two days).
 Mar 9 - Masters Indoor Track Championships, Peddie School, Highstown, NJ (Bob Fine, Masters Sports Ass'n, 11 Park Pl., New York, NY 10007.)

-WINTER ALL-COMERS MEETS- The following list is by no means complete, but it is all we've received to date...remember, if you know of any meets in your area, let us know so we can spread the word to all our readers. *** Mills High School, Millbrae: The regular winter series that normally takes place at CSM, sponsored by the NorCal T&F Ass'n, is being held at this alternate location because the resurfacing isn't yet complete at CSM. The track is dirt (but drains well and should be ok except under only very adverse conditions). Long jump & pole vault start at 11 am, and first running events are at noon. Meets will continue on each Saturday through January except for the 12th. For more information, contact Harry Young, 2120 Adeline Dr., Burlingame, CA 94010 (Ph. 343-3778, night). *** San Jose City College: Each Saturday except Jan. 19, thru Feb. 2, starting at 9 am (running events at 9:30). All weather track, 1/4 inch spikes req'd. Open & high school divisions. For more information, contact Bert Bonanno, Track Coach, San Jose CC (Ph. 408/298-2181, ext. 227). *** Glendale College (LA area): Fridays at 1 pm (running events at 3 pm) on Jan. 11, 18, and 25. Short spikes req'd on runways. *** Cal-State/Northridge: Fridays at

3 pm on Jan. 11 & 25, and Feb. 1 & 15. *** Fresno Pacific College: Jan. 5, 10 am. Meet could be postponed because of rain, even a few days before meet...contact Bill Cockerham, 1717 So. Chesnut, Fresno 93702 (Ph. 209/251-7194 days, 209/264-5847 evenings). *** Mt. SAC: Feb. 2, 9:30 am...Annual Pre-Season All-Comers (Walnut). *** LA Valley College: (Van Nuys) Masters all-comers meets on March 2 & 30, beginning at 1 pm...don't know if there are open events also. *** Cal-State, Bakersfield: Feb. 23 (tartan)...contact Charlie Craig, Track Coach, Cal-St. Bakersfield.

-INDOOR QUALIFYING MEETS (S.F. EXAMINER & OAKLAND INVIT.)- A number of sites will be set up for the Examiner Games qualifying meets. All will be on Jan. 12. At San Jose City College will be the high school, boys age-group, and devil-mile trials. At Cal-State Hayward will be the college, women's, and girls age-group trials. At Mills H.S. (Millbrae) will be the Masters trials (over-40)...dash (40+ and 55+), mile, and LJ (age based on year of birth). All meets start at noon. The JC trials were originally scheduled for SJCC on the 26th (noon), but we're not sure when they are now...better check with George Newlon at 342-5526...Area Code 415. *** Oakland Invit. qualifying dates are not yet known, although we do know that the afternoon session of the meet will qualify teams for the night competitions...if those events are to be held in the evening. Check with Bob DeCelle, P.O. Box 1606, Alameda 94501 (Ph. 523-2264, days) for further information...Masters qual. on 1/12.

-OTHER EARLY SEASON OUTDOOR MEETS- *In the next issue we will be printing track schedules in detail...so please (coaches & athletes) send us a list of your meets...especially the big relay meets and invitationals. We need these by Feb. 1!*

- Jan 19 - Just found out that the Oakland Invit. Women's qualifying meet will be at San Jose CC on this date, beginning at noon...50HH, LJ, SP, 500m, 1500m, 800m (13/U), 4 x 220 Relay, AG 4 x 110 Relay.
 Jan 26 - Winter Championships (Women, 14/15), Menlo College, Menlo Park (Nick Sakelarios, 11 Burbank Ave., Redwood City 94063...Ph. 365-1797.)
 Feb 23 - Hayward All-Comers (Cal-State), 11 am (Jim Santos, Track Coach, Cal-State, Hayward.)
 Mar 2 - Cal-State Hayward & SF State at San Jose State, 1 pm.
 Mar 2 - Golden Gate Conference Relays, CSM, 10 am.
 Mar 2 - Sac'to State & Bay Area Striders at UC Berkeley, 11 am.
 Mar 9 - Cal-Poly (SLO) at Cal-State, Hayward, 1 pm.
 Mar 9 - Arizona St. & Long Beach St. at UC Berkeley, 1:15 pm.
 Mar 9 - Stanford at San Jose State, 1 pm.
 Mar 16 - Brotherhood Games at Laney College, Oakland, 3:30 pm.
 Mar 16 - Sac'to State at Cal-State, Hayward, 1 pm.
 Mar 18 - Hayward Decathlon (Cal-State), 9 am (two days).

RACE WALKING

Scheduling: For further information on scheduling, contact the following individuals--Frank Hagerty, 2973 W. Swain Rd., #37, Stockton, CA 95207 (Ph.??) for NorCal; Bob Bowman, 8711 Pershing Dr., Playa Del Rey, CA 90291 (Ph. 213/823-6910) for SoCal; Don Jacobs, Box 23146, Tigard, Ore. 97223, for Oregon and the Pacific Northwest. -- I'm assuming Frank Hagerty is the PA-AAU's new Race Walking Chairman, although no one has informed me.

Jan 6 - 10 Kilo Handicap, Griffith Park, L.A., 9 am.
 Jan 20 - Rose Bowl 10 Mile Handicap, Brookside Park, Pasadena, 9:30 am.
 Feb 1 - San Francisco Examiner Games Invit. One Mile Walk, Cow Palace, Daly City, evening.
 Feb 8 - L.A. Times Indoor Games Invit. One Mile Walk, Inglewood Forum, evening.
 Feb 16 - San Diego Invitational (Tentative Walk), San Diego.
 Feb 16 - Oakland Invit. 3000m Walk, Oakland Coliseum, Oakland, evening.
 Feb 17 - SPA-AAU District 10 Kilo Championship & Annual Indio Date Festival Open 10 Kilo, Indio Fairgrounds, 10 am.
 Feb 22 - Natl. AAU Indoor Championships, 2 Miles, New York, night (14:40 qualifying time, 6:45/Mi, 13:40/3000m).
 Mar 3 - SPA-AAU 25 Kilo Championships, Echo Lake Park, Los Angeles, 9 am.
 Mar 10 - Natl. AAU Junior (19 & Under) 15 Kilo Championships, Reno, Nevada.
 Mar 17 - Natl. AAU 35 Kilo Championships, Los Angeles, 9 am.

NOTICE: We have absolutely no results in race walking for this issue...is anyone doing any walking? Anyone out there with results, please send them to us. As soon as someone has an inkling as to the PA-AAU Walk Schedule for 1974...send it to me!!

CROSS COUNTRY RESULTS

Alum Rock Invit.: (Sept. 22, San Jose) - (JC): 1. Bigelow (SJ) 25:31 CR, 2. G. Brooks (SJ) 26:32, 3. S. Brooks (SJ) 26:32, 4. Chesnut (SJ) 26:32, 5. Ryder (SJ) 26:33. Teams: SJCC 15, Ohlone 76, Canada 79. (HS): Varsity - Teams: Leigh 82, Silver Crk. 91, Hoover (Fresno) 112. 1. Barnett (Hills) 11:22 MR, 2. Read (MSJ) 11:25, 3. Aguilar (SCrk) 11:26, 4. Powell (Oc) 11:34, 5. Stock (Lei) 11:37, 6. Millward (SCrk) 11:40, 7. Fredrickson (Hom) 11:52, 8. Eger (Fre) 11:53, 9. Grieco (Hoov) 11:57, 10. Niedraur (Lei) 12:00. JV - Teams: Leigh 28, Mt. Pleasant 58. 1. Drozier (MP) 12:30 MR, 2. Evans (Lei) 12:31, 3. Vonderwergh (MP) 12:35, 4. Sheppard (Lei) 12:41, 5. Sullivan (Lei) 12:54. Sophs - Teams: Lick 69, Homestead 75, Leigh 111. 1. Johnson (Ov) 12:35, 2. Borunda (Lick) 12:39, 3. Cowperthwaite (Fre) 12:42, 4. Baum (Hom) 12:43, 5. Murray (Fre) 12:48. Frosh - Teams: Leigh 80, B'game 86, Mt. Pleasant 95. 1. Reith (Fre) 13:00 MR, 2. Daniels (Burl) 13:16, 3. Shower (Burl) 13:18, 4. Torres (Oc) 13:37, 5. Shaughnessy (MSJ) 13:39. /Joe Mangan/

PA-AAU Girls' 14-17 and Age-Group Championships: (Oct. 27, Salinas) - (14-17): Teams - SJCG "A" 29, WS 68, SJCG "B" 96, SJuan Str. 114, MLTC 125, RCF 186. 1. Anex (WS) 14:26, 2. Guina (SJ) 14:26, 3. Adams (WS) 14:43, 4. Mears (SJ) 14:46, 5. Val Eberly (SJ) 14:50, 6. Carron (ML) 14:51, 7. McManus (SJ) 14:54, 8. Burns (SJ) 14:57, 9. Reneau (BRR) 14:59, 10. Powell (SJ) 15:09, 11. Greenburg (SJ) 15:23, 12. Dimmick (SJ) 15:27, 13. Sakelarios (RCF) 15:29, 14. Gentry (WS) 15:30, 15. Nachbar (SJ) 15:33. (12-13): Teams - Salinas 50, RCF 83, Cupertino 103, Roseville 107. 1. Bain (BRR) 12:44, 2. Trayson (SV) 12:47, 3. Cobb (SV) 12:57, 4. Wolfe (RCF) 12:58, 5. Seibel (USJ) 13:13, 6. Hansen (SV) 13:25, 7. Drake (SV) 13:26, 8. Taylor (SL) 13:27, 9. Allred (SJS) 13:28, 10. G. Sakelarios (RCF) 13:35. (10-11) Teams - Salinas 89, Roseville "A" 90, Appaloosa 94, RCF 99, San Juan Str. 173. 1. Bier (Ap) 10:09, 2. Allred (SJS) 10:14, 3. Franklin (MLTC) 10:34, 4. Choy (SV) 10:45, 5. Van Tassel (SJS) 10:56. (9/U) Teams - Roseville "A" 65, Cupertino 83, Appaloosa 84, San Juan Str. 85, Salinas 107. 1. Frye (SJS) 7:49, 2. Grijalva (SV) 7:55, 3. Stein (Cup) 8:01, 4. Fuller (SJS) 8:02, 5. Martinez (WS) 8:11. /Jim Hume/

Leigh Blossom Hill Challenge: (Oct. 27, San Jose) - Var: Teams - Leigh 29, Overfelt 105, Homestead 133, Saratoga 153, Fremont 158, Salinas 164. 1. Fritzsche (Lei) 17:05, 2. Stock (Lei) 17:13, 3. Barnett (Hills) 17:24, 4. Orr (Lei) 17:38, 5. Fredrickson (Ho) 17:39, 6. Miller (Wstmr) 17:46, 7. Eger (Fre) 17:49, 8. Mangan (Fre) 17:52, 9. Tengelsen (Lei) 18:00, 10. Wardell (Sal) 18:05. JV: Teams - Leigh 17, Overfelt 74. 1. K. Maurer (Lei) 18:47, 2. Sullivan (Lei) 18:56, 3. Adams (Lei) 19:08. Sophs: Teams - Leigh 37, Homestead 67. 1. Gray (Ten) 18:39, 2. Galaskie (Lei) 18:55, 3. Baum (Hom) 19:06. Frosh: Teams - Leigh 21, Mitty 94. 1. Bergkamp (Lei) 19:49, 2. Reyes (Lei) 20:03, 3. Reith (Fre) 20:06. /Homer Latimer/

Richard Knox Invit.: (Oct. 27, Citrus Hgts.) - Var: (Team race of 5 men, 2.7 Mi/each) - Highlands 72:21, Bella Vista 73:05, Mira Loma 73:14. 1. Nahirny (Wash/Fre) 13:25, 2. Bell (Albany) 14:01, 3. Payne (Davis) 14:12, 4. Emerson (EC) 14:19, 5. Gillette (LeMoore) 14:23. JV: Teams - Madera 73:11, Casa Roble 75:59. 1. Capello (LaSierra) 14:09, 2. Arroyo (Beyer) 14:17.

Sophs: (1.6 Mi) 1. Costa (Beyer) 8:40. Frosh: (1.6 Mi) 1. De Fount (Highlands) 9:12. /Mark Payne/

Valley Conf. JC Championships: (Nov. 3, Modesto) - Teams: American River 48, San Joaquin Delta 49, Consumnes River 76, Sac'to CC 90, Fresno CC 124. 1. Buenrostro (SJ) 19:50, 2. Van Slyke (SJ) 19:54, 3. Betschart (Sac) 19:55, 4. Green (AR) 20:25, 5. Schaechterle (AR) 20:27, 6. Howard (CR) 20:40, 7. Gates (AR) 20:44, 8. Kipp (Sac) 20:44, 9. McLean (CR) 20:46, 10. Rodriguez (SJ) 20:48. /Mark Payne/

Golden Valley Conf. JC Championships: (Nov. 3, Weed) - (40° & 1 inch of snow!!) Teams: Lassen 22, Butte 66, Yuba 68, Redwoods 77. 1. Caputo (L) 20:01, 2. Harris (L) 20:37, 3. Overend (R) 20:46, 4. Rizzo (L) 20:49, 5. Law (L) 21:05. /Mark Payne/

Far West Conf. Championships: (Nov. 3, Hayward) - Teams: Chico 46, Davis 48, Humboldt 59, Sac'to 102, Sonoma 135, Hayward 164, CCSF 178. (5.0 Miles) - 1. Furey (Sac) 25:05, 2. Harms (D) 25:14, 3. Smead (Hum) 25:19 (fell), 4. Shuman (C) 25:35, 5. Sheehan (D) 25:39, 6. Anderson (H) 25:43, 7. Griffen (C) 25:48, 8. Price (C) 25:51, 9. Martinez (D) 25:52, 10. Brown (C) 25:53, 11. Flores (Sac) 26:04, 12. Jenkins (Hum) 26:08, 13. Elias (Hum) 26:13, 14. Reynoso (D) 26:15, 15. Lowry (Hum) 26:19. /J. Santos/

California Club Championships: (Nov. 3, Santa Barbara) - Teams: Beverly Hills Str. 39, Athletes in Action 55, SDTC 64, Big Vly Harriers/Stockton 78, Golden West AA 96, GPAC 133. 1. Lux (SDTC) 30:16, 2. Covert (ELATC) 30:27, 3. Kelly (SCTC) 30:44, 4. Valentine (Un) 30:46, 5. Patterson (BHS) 30:47, 6. Badgley (BVH) 30:50, 7. Hughes (BHS) 31:02, 8. George (AIA) 31:05, 9. P. Ryan (GWAA) 31:09, 10. Price (AIA) 31:20, 11. Riggs (AIA) 31:24, 12. Kurrle (BHS) 31:26, 13. Davis (BHS) 31:32, 14. Lord (BVH) 31:35, 15. L. Ryan (GWAA) 31:37, 16. Zarate (WVTC) 31:41, 17. Wickstrom (SDTC) 31:52, 18. Maier (BHS) 31:59, 19. Lassegard (BHS) 32:00, 20. Verhe (WVTC) 32:01...29. Haver (AIA) 32:45, 32. Greer (BHS) 33:10, 37. Hagerty (BVH) 33:42, 43. Bergkamp (WVTC) 35:07, 45. Collins (BVH) 35:31. /Brennand/

Women's PA-AAU Championships: (Nov. 3, Belmont) - Teams: SJCG "A" 27, WS 69, SJCG "B" 73. 1. Anderson (SJ) 16:52, 2. Graham (Un) 17:00, 3. Poor (SJ) 17:46, 4. Adams (WS) 17:50, 5. Carron (ML) 17:51, 6. Guina (SJ) 17:52, 7. Mears (SJ) 18:06, 8. Powell (SJ-B) 18:09, 9. Anex (WS) 18:15, 10. Eberly (SJ) 18:22, 11. C. Sakelarios (RCF) 18:25, 12. Burns (SJ-B) 18:41, 13. Eddy (SJS) 18:46, 14. Cortez (RCS) 18:48, 15. Dimmick (SJ-B) 18:57. (9/U) - 1. Grijalva (Sal) 4:15, 2. Stein (Cup) 4:18, 3. Martinez (WS) 4:27, 4. Frye (SJS) 4:27, 5. Fuller (SJS) 4:31. (10-11) - 1. Allred (SJS) 10:21.8, 2. Franklin (ML) 10:39, 3. Hoskins (Ros) 10:43, 4. Van Tassel (SJS) 10:44, 5. Choy (Sal) 10:50. (12-13) 1. Bier (Ap) 12:57.5, 2. Bowers (SJ) 12:59, 3. Greenberg (SJ) 12:59, 4. Cobb (Sal) 13:12, 5. Salisbury (Or) 13:22. (14-17) - 1. Greenberg (SJ) 19:12.4, 2. Slivkoff (SJ) 19:36, 3. Neary (SC) 19:45, 4. Jones (SJ) 19:46, 5. Bonacich (SJ) 19:59. /Ipsen/

U.S. Postal Meet: (Nov. 3, San Jose) - (2 Miles on track) - 1. Kingery (SC) 9:00.5 (Jr), 2. Nahirny (Wash/Fre) 9:04.1, 3. Kissin (SRamon) 9:13.0 (Jr), 4. Kasser (SFR) & Bega (Mer) 9:17.8, 6. Aguilar (SCr) 9:19.0, 7. Johnson (Sky) 9:20.0 (Jr), 8. Barnett (Hills) 9:23.0 (Jr), 9. Fritzsche (Lei) 9:24.3, 10. Powell (Oc) 9:25.0, 11. Fredrickson (Hom) 9:26.2, 12. Emory (Gunn) 9:26.5 (Jr), 13. DeLaGarza (Wat) 9:31.8 (Jr), 14. DeBarr (Ken) 9:33.0, 15. Stock (Lei) 9:34.0, 16. Ryan (Irv) 9:35.0, 17. Geiken (Cub) 9:36.0, 18. Orr (Lei) 9:37.0, 19. Jordan (SFR) & Tengelsen (Lei) 9:38.0, 21. Young (Carl) 9:38.2 (Jr), 22. Danielson (Cup) 9:40.0 (Jr), 23. Shroyer (Carl) & Sullivan (Soq) 9:42, 25. LaForge (Oc) 9:43.0. Teams: Leigh 47:58.2, St. Francis 48:14.8, Merced 48:34.5, Carlmont 48:59.9, Skyline 49:04.0, San Carlos 49:19.0, Leigh #2 49:24.0, Soquel 49:44.0, Kennedy 49:53.0, Mt. Pleasant 50:18.3. (Sophs): Leigh 51:35.5, Mt. Pleasant 51:45.7, Lick 52:16.0, Irvington 52:19.0, Homestead 52:35.7. 1. Bartholomew (Sky) 9:46.0, 2. Marshall (Soq) 9:55, 3. Miller (MP1) 9:57, 4. Vincent (Wash/Fre) 10:00.6, 5. Travrig (SCr) 10:01.0. (Frosh): St. Francis 53:28.0, Mt. Pleasant 53:41.1, Carlmont 54:03.0, Leigh 54:36.6 (8 second spread!!). 1. Cortez (SFR) 9:47.0, 2. Daniels (Burl) 10:03.0, 3. Melendez (MP) 10:06.4, 4. Munoz (MP) 10:12.9, 5. Smith (SRamon) 10:14.0. /Mike Shaughnessy/

PA-AAU Boy's Age-Group Championships: (Nov. 4, Belmont) - (9/U) - 1.0 Mi. - Teams: RCF 34, Cup 77, SVTC 79, RCF "B" 132, Santa Cruzers 157. 1. Sells (SV) 6:27.1, 2. Aviles (RCF) 6:31, 3. Aviles (RCF) 6:42, 4. Lutting (PH) 6:52, 5. Carlson (Cup) 6:57, 6. A. Sakelarios (RCF) 6:59, 7. Stein (Cup) 7:02. (10-11) - 1.6 Mi. - Teams: SVTC 35, RCF 58, SJS 78, Cup 146, PHTC 149.

1. Burke (SV) 9:52.2, 2. Owen (RCS) 9:56, 3. N. Sakelarios (RCF) 10:11, 4. O'Donnell (SJS) 10:15, 5. Martinez (RCF) 10:16, 6. Bunds (SJS) 10:20, 7. Casper (SV) 10:21. (12-13) - 2.6 Mi. - Teams: San Juan Str. 45, RC Str. 50, Pleasant Hill TC 53, MLTC 138, Appaloosa TC 155. 1. Williams (SJS) 14:27, 2. Graycar (RCS) 14:35, 3. Reynolds (PH) 14:42, 4. Eddy (SJS) 14:53, 5. Kadie (SJS) 14:55, 6. D. Martinez (RCS) 14:58, 7. Himinez (RCS) 15:00, 8. Vasquez (PH) 15:01, 9. Chaney (PH) 15:02, 10. Lowmiller (SV) 15:14. (14-15) - 3.0 Mi. - Teams: (none). 1. Sane (RCS) 16:41, 2. Farwell (RCS) 16:53, 3. Tambini (Ap) 16:58. /Mike Ipsen/

Sac-Joaq. Div. II Finals: (Nov. 8, Rio Linda) - Varsity: Teams - Highlands 18, Hiram Johnson 72, Elk Grove 89. (2.8 Mi.) - 1. Bau-dendistel (H) 14:17 CR, 2. Weber (H) 14:17, 3. Lane (H) 14:27, 4. Garrett (EG) 14:40, 5. Marino (H) 14:49, 6. Venegas (Bur) 14:51, 7. Drumheller (H) 14:54, 8. Kostal (H) 15:01, 9. Edwards (H) 15:03, 10. Castanada (HJ) 15:05. JV: 1. Williams (YC) 14:51 CR, 2. Rash (B) 15:11, 3. James (EG) 15:17. Sophs: Teams - Sac'to 74, Christian Bros. 81, McClatchy 125, Yuba City 140. (1.9 Mi.) - 1. Van Horn (JFK) 10:06, 2. Ferriera (CBS) 10:16, 3. Small (H) 10:21. Frosh: Teams - Foothill 22, Don Julio JHS 65. 1. DeFount (Campos Verde) 10:25 CR, 2. T. Mott (F) 11:07. /Mark Payne/

Sac-Joaq. Div. I Finals: (Nov. 10, Rio Linda) - Varsity: Teams - Mira Loma 42, San Juan 51, Del Campo 61, Bella Vista 71. (3.0 Mi.) - 1. Deis (SJ) 14:53, 2. Mebust (BV) 15:00, 3. Thomas (BV) 15:00, 4. Mumma (DC) 15:07, 5. Hanson (DC) 15:12, 6. Carroll (ML) 15:14, 7. Flores (ML) 15:18, 8. Scenberg (ML) 15:19, 9. Adams (SJ) 15:21, 10. Burris (ML) 15:23. JV: 1. Lonzack (RA) 15:13, 2. Gaben (EC) 15:24, 3. Capello (LS) 15:26. Sophs: Teams - Bella Vista 30, Mira Loma 35, Del Campo 71, LaSierra 90. (2.0 Mi.) - 1. Stickel (BV) 10:31, 2. Rios (BV) 10:32, 3. Frye (ML) 10:35, 4. Mack (ML) 10:39, 5. West (DC) 10:42. Frosh: Teams - Del Campo 35, Bella Vista 53, Mira Loma 53. 1. Van Metre (DC) 10:30, 2. Fite (BV) 10:32, 3. Aront (DC) 10:35. /Mark Payne/

Sac-Joaq. Div. III Finals: (Nov. 10, Folsom) - Varsity: Teams - Cordova 24, Jesuit 59, S. Lake Tahoe 81, Placer 86. (2.8 Mi.) - 1. Yriarte (C) 14:06, 2. Ringo (C) 14:09, 3. White (SLT) 14:13, 4. Payne (Dav) 14:17, 5. Feenstra (J) 14:28, 6. Sutherland (C) 14:36, 7. Buckley (P) 14:37, 8. Archeluta (C) 14:44, 9. Mueller (SLT) 14:46, 10. Billington (C) 14:49. JV: 1. Boyd (O) 14:32, 2. Weed (Fol) 14:34, 3. Collins (Armijo) 14:37. Sophs: Teams -

S. Lake Tahoe 50, Oakmont 69, Casa Roble 74, Vacaville 85. (1.9 Mi.) - 1. Wright (Vanden) 9:56, 2. Rinde (CR) 9:57, 3. Forgeon (SLT) 10:05, 4. Giboney (O) 10:10, 5. Napieralski (O) 10:12. Frosh: Teams - Mills 26, Jesuit 106, Woodland 111, Oakmont 118. 1. Teague (M) 10:00, 2. Ragland (M) 10:04, 3. Rice (Van) 10:09, 4. Tenthory (M) 10:20, 5. Navarro (O) 10:24. /Mark Payne/

Sac-Joaq. Div. IV Finals: (Nov. 10, Stockton) - Varsity: Teams - Merced 39, Modesto 64, Stagg 66, Manteca 91, Franklin 136. (3.0 Mi.) - 1. Hart (Mod) 14:43, 2. Casillas (Frnk) 15:08, 3. Vargas (Mer) 15:26, 4. Bega (Mer) 15:33, 5. Diekmeyer (S) 15:36, 6. Packer (Man) 15:37, 7. Loue (Mod) 15:45, 8. Valenzula (Mer) 15:48, 9. Cavazos (Mer) 15:50, 10. Cordova (S) 15:54. JV: 1. Arroyo (Beyer/Mod) 16:00, 2. Console (Al) 16:01, 3. McHugh (SM) 16:12. Sophs: Teams - Downey 53, Merced 70, Modesto 91. (2.0 Mi.) - 1. Holmes (D) 10:12, 2. Koris (Lodi) 10:17, 3. Costa (Bey) 10:18, 4. Reyne (Tok) 10:24, 5. Rodriguez (Mer) 10:30. Frosh: Teams - Lincoln 77, Turlock 109, Grace Davis 116. 1. Ybarra (LeGrande) 10:35, 2. Rodriguez (Lo) 10:36, 3. Azevedo (Tur) 10:46, 4. Pyeatt (Lin) 10:47. /Mark Payne/

SPA-AAU 10 Kilo Championships: (Nov. 10, Centinela Park) - 1. Lux (SDTC) 31:13, 2. Covert (ELATC) 31:17, 3. Wagenbach (ELATC) 31:28, 4. Scobey (BHS) 31:37, 5. Martinez (ELATC) 31:46, 6. Patterson (BHS) 31:49, 7. Smith (Un) 31:52, 8. Price (AIA) 31:53, 9. Harter (SMTc) 31:57, 10. Valentine (Un) 32:02, 11. Miller (ELATC) 32:03, 12. Hughes (BHS) 32:08, 13. Schmenk (ELATC) 32:13, 14. Sybert (AIA) 32:14, 15. Cox (BHS) 32:15... 26. Haver (AIA) 33:16. /John Brennand/

Mills Frosh Harrier Run: (Nov. 10, Millbrae) - (3 Miles Appx.) Large Schools: Teams - Leigh 44, Cupertino 51, Soquel 68, Cam-den 111. 1. Eberly (LG) 16:27, 2. McLean (Soq) 16:58, 3. Jackson (Cup) 16:59, 4. Watson (Cup) 17:07, 5. Mooney (Soq) 17:13, 6. Siquieros (Wat) 17:16, 7. Houser (Lei) 17:18. Small Schools: Teams - St. Francis 38, Burlingame 56, Alta Loma 78, Mills 98. 1. Daniels (Bur) 17:03.3, 2. Bolds (AL) 17:03.5, 3. Showey (Bur) 17:09, 4. Reynolds (SFr) 17:53, 5. Catton (SFr) 17:58. /Joe Dees/

PCAA Finals: (Nov. 10, Santa Barbara) - (6 Mi.) Teams: Fresno St. 39, LBS 46, SJS 51, UCSB 88. 1. Arthurhold (F) 30:27, 2. Sweeney (LB) 30:28, 3. Gruber (SJ) 30:41, 4. Garcia (F) 30:45.

CROSS COUNTRY PICTORIAL



Credits: Above & Upper Right /Marconi/; Lower Right /Marlowe/



(ABOVE) START OF A BELMONT HIGH SCHOOL CENTER MEET. (RIGHT) GIRL AGE-GROUPERS. /John Marconi/



(LEFT TO RIGHT) JIM NUCCIO, HANS MENET & DOMINGO TIBADUIZA LEAD PA-AAU 10 KILO XC. /Shaughnessy/



JOHN NGENO LEADS 'PRE' UP FIRST HILL IN PAC-8 CHAMPIONSHIPS AT STANFORD... 'PRE' WON. /Marconi/



WINNING TEAM AT CHRISTMAS RELAYS, THE LOMPOC '5': (TERRY WILLIAMS, ROGER FABING, JIM SCHANKEL, JIM WARRICK, ED CADENA). /SM Rec. Dep./



(ABOVE) TONY SANDOVAL LEADS TEAMMATE JACK BELLAH, JIM NUCCIO, ROLAND VERHE, AND BILL JOHNSON AT MILE MARK IN A RECENT QUADRANGULAR XC MEET. /Marconi/ (LEFT) TOP AAU CLUB TEAM AT XMAS RELAYS WAS WEST VALLEY TC (BILL CLARK, GEORGE STEWART, BILL SEAUER, DARYL ZAPATA...ALEX AGUILAR MISSING). /San Mateo Recreation Dept./ (RIGHT) BILL SEAUER HANDS OFF TO GEORGE STEWART, WHO RAN A QUICK 50:11 FOR HIS 4TH LEG AT THE XMAS RELAYS. /Shaughnessy/





MAYBE IF I FLAP MY ARMS HARDER? /John Marconi/



GIRLS ARE NOW RUNNING WITH THE BOYS IN HIGH SCHOOL XC. /Marconi/



LOOK MOM, NO HANDS! /John Marconi/



AH--IT FEELS SO GOOD!/Marconi/



SMILE, YOU'RE ON TELEVISION! /M. Shaughnessy/



COME ON--LET ME GIVE YOU A HAND! /Jay Marlowe/

Some Top Prep Talent



RUSTY NAHIRNY--WASHINGTON /Shaughnessy/



BENTON HART--MODESTO /Shaughnessy/



TOM BURROUGHS--DEANZA /Shaughnessy/



TOM READ--MISSION SAN JOSE /Shaughnessy/



JERRY EMORY--GUNN /Marconi/



MITCH KINGERY--SAN CARLOS /Marconi/



RON FRITZKE--LEIGH /Marconi/



DAVE STOCK--LEIGH and
ALEX AGUILAR--SILVER CREEK /Shaughnessy/



BOB BARNETT--HILLSDALE /Marconi/

NAIA District 3 Meet: (Nov. 10, Biola) - Teams: Occidental 56, Westmont 75, Fresno Pacific 101 (USIU - only 4 runners finished). 1. Jameson (Oxy) 24:28.6, 2. Fredriksson (USIU) 25:03, 3. Spotts (Redlands) 25:34, 4. Matthews (USIU) 25:43, 5. Reinsua (Wst) 25:47. /Jameson/

NorCal JC Championships: (Nov. 10, CSM) - (Large School) Teams: San Joaquin Delta 84, SJCC 95, Amer. River 112, Diablo Vly 129, COM 131, Wst Vly 137. 1. Buenrostro (SJD) 19:33, 2. Sommer (WV) 19:46, 3. Betschart (Sac) 19:49, 4. Van Slyke (SJD) 19:54, 5. Sweeney (COM) 19:57, 6. Quintana (Chab) 20:07, 7. Pearson (DVC) 20:11, 8. Green (AR) 20:14, 9. Schaecterle (AR) 20:21, 10. Hartig (FCC) 20:25, 11. Morris (WV) 20:30, 12. Sanchez (SJCC) 20:31, 13. Killeen (COM) 20:32, 14. G. Brooks (SJCC) 20:35, 15. S. Brooks (SJCC) 20:38. (Small School) 1. DeLa Garza (Cab) 19:55, 2. Pelton (MPC) 20:14, 3. McVeigh (Sky) 20:20, 4. Magallanes (MPC) 20:29, 5. Caputo (Lassen) 20:31, 6. Howard (CRC) 20:33, 7. Fitzgerald (Cab) 20:39, 8. McLean (CRC) 20:42, 9. McDaniel (Sky) 20:45, 10. Stone (Yuba) 20:53. /Bob Rush/

NCAA Small College Championships: (Nov. 10, Wheaton, Ill.) - 5 Miles - Teams: S. Dakota St. 88, SW Missouri 92, E. Illinois 99, N. Dakota St. 102, W. Illinois 161, Cal-St. Chico 180, Cal-St. Northridge 205. 1. Bentley (SDS) 23:49, 2. Duggan (Sprgfld) 24:09, 3. Rukenschagiza (Siena) 24:10, 4. Schwegel (NDS) 24:15, 5. Wold (SDS) 24:17, ...8. Furey (Sac'to) 24:29, 9. Granillo (Bak) 24:30, 15. White (Full) 24:36, 21. Sheehan (UCD) 24:46, 23. Shuman (Chico) 24:50, 26. Martinez (UCD) 24:54, 35. Clenard (CSN) 25:02, 50. Price (Chico) 25:16, 55. Ruggle (Chico) 25:18, 58. Brown (Chico) 25:20, 59. Finn (Chico) 25:21, 62. Gonzales (CSN) 25:26, 75. Horn (CSN) 25:37, 81. Griffen (Chico) 25:40, 90. Cassanova (CSN) 25:56, 94. Anderson (CSH) 26:02, 117. Wright (Cal-St.) 26:32, 138. Lantrip (Chico) 26:59. /Bill Adams/

Pac-8 Championships: (Nov. 10, Stanford) - Teams: Oregon 32, WSU 36, OSU 105, Wash. 112, Cal 126, Stanford 130, UCLA 141, USC/NS. 1. Prefontaine (O) 28:05.4 CR (Old Record 28:32.4 by Pre and Lindgren in 1969), 2. Ngeno (WS) 28:36.7, 3. Murphy (WS) 28:45, 4. Hill (OS) 29:14, 5. James (O) 29:14, 6. Clark (WS) 29:15, 7. Taylor (O) 29:17, 8. Williams (O) 29:18, 9. Sandoval (S) 29:21, 10. Harper (WS) 29:25, 11. Barger (O) 29:26, 12. Innes (UCLA) 29:28, 13. Anderson (W) 29:31, 14. Ebba (OS) 29:40, 15. Fleet (WS) 29:42, 16. Tolleson (W) 29:49, ...19. Hall (C) 30:00, 22. McConnell (S) 30:07, 25. Duffey (C) 30:14, 26. Johnson (C) 30:15, 29. Maxwell (C) 30:21, 32. Crowley (S) 30:47, 34. Rees (OS) 30:52, 35. Smith (C) 30:53, 36. Brown (S) 30:57, 39. Bellah (S) 31:10, 40. Dean (C) 31:26, 45. Cummings (S) 32:02, 50. Carey (OS) 33:34, 51. Chun (C) 33:42. /Marshall Clark/

Women's & Girls' State XC Championships: (Nov. 11, CSM) - (33 teams & 543 runners!) - (14/Over, Women): Teams - SJC "A" 51, WS 71, UCLA 86, RCF 148, RCS 165, Rialto RR 166, BATC 276. 1. Poor (SJC) 17:23.3, 2. Brown (UCLA) 17:39, 3. Bridges (LATC) 17:42, 4. Graham (SJC) 17:43, 5. Johnson (UCLA) 17:50, 6. Anderson (SJC) 17:56, 7. Jewell (LBC) 18:16, 8. Choate (UCLA) 18:16, 9. Adams (WS) 18:41, 10. Freedenburg (WS) 18:43, 11. Cortez (RCS) 18:49, 12. Monroe (LC) 18:52, 13. C. Sakelarios (RCF) 18:54, 14. Gentry (WS) 18:58, 15. Ulyot (UCMC) 19:31, 16. Bonacich (SJC) 19:33, 17. Martinez (WS) 19:34, 18. Brodock (RRR) 19:36, 19. Heald (LMM) 19:55, 20. Maier (UCMC) 20:03. (14-17): Teams - RRR 50, SJC 59, BATC 108, LBC 130, SBS 213, SJS 232, MLTC 236, BATC -B) 294, SJC-B) 318. 1. Decker (BATC) 13:24, 2. Johnson (RRR) 13:55, 3. Assumma (RRR) 13:59, 4. Carron (MLTC) 14:16, 5. Parish (Un) 14:21, 6. Mears (SJC) 14:22, 7. Jewell (LBC) 14:22, 8. Albert (RRR) 14:24, 9. Hollins (RRR) 14:31, 10. Guina (SJC) 14:34, 11. Powell (SJC) 14:38, 12. Dandoy (SBS) 14:42, 13. Miller (Un) 14:43, 14. Val Eberly (SJC) 14:45, 15. Crowder (LMM) 14:48. (12-13): Teams - RRR 30, SCC 60, LBC 100, SJC 122, PCP 137, SVTC 235, LMM 258, RCF 271, BATC-B 291, RRR-B 345, CY 384, SJC-B 452, RG 513, MLTC 529. 1. Sanchez (RRR) 10:09, 2. McQuarrie (LBC) 10:10, 3. Jewell (LBC) 10:19, 4. Lineberger (SCC) 10:19, 5. Keith (RRR) 10:31, 6. Holland (RRR) 10:31, 7. MacMillam (RRR) 10:36, 8. Hafen (SCC) 10:37, 9. Greenberg (SJC) 10:37, 10. Cobb (SVTC) 10:42. (10-11): Teams - RRR 45, BATC 75, RRR-B 165, RG 182, RCF 201, SJC 256, CY 285, SVTC 289, SJS 306, BATC-B 360, SLTS 367, ATC 419, RG-B 495. 1. Nunez (RRR) 8:04.8, 2. Gibbs (LI) 8:07, 3. Gomez (RRR) 8:22, 4. Boitano (SERC) 8:23, 5. Allred (SJS) 8:26, 6. Sanchez (RRR) 8:28, 7. Strathmaw (BATC) 8:39, 8. Kirkorn (BATC) 8:42, 9. Van Tassel (SJS) 8:44, 10. Franklin (MLTC) 8:45. (9/U): Teams - BATC 32, RRR 51, SJS 124, LBC 149, CY 151, RG 178, ATC 190, BATC-B 232, RG-B 329. 1. Lantry (BATC) 5:18.7, 2. Wilson (BATC) 5:22, 3. Cook (RRR) 5:24, 4. Kirkorn (BATC) 5:26, 5. Stein (CY) 5:32, 6. Stary (LBC) 5:36, 7. Frye (SJS) 5:37, 8. Lauck (BATC) 5:38, 9. Nunez (RRR) 5:39, 10. Johnson (RRR) 5:40, 11. Katier (LBC) 5:41, 12. Fuller (SJS) 5:45. /Dawn Bressie/

N.C.S. Div. I: (Nov. 14, Hayward) - Varsity: (3 Mi., wet & muddy) Kennedy/Fre 66, Tennyson 120, Alameda 131, Castro Vly 146, Bishop O'Dowd 176. 1. Kimball (DLS) 15:13, 2. Read (MSJ) 15:42, 3. Piccillo (Pac) 15:51, 4. Burroughs (DA) 15:57, 5. Nahirny (Wash/Fre) 16:00, 6. Padilla (M) 16:04, 7. Rudy (CV) 16:04, 8. DeBarr (K) 16:13, 9. Guillard (I) 16:14, 10. Sanchez (K) 16:25. F-S: (2 Mi.) Mission SJ 53, Washington/Fre 93, El Cerrito 108, O'Dowd 115, Irvington 126. 1. King (EC) 11:05, 2. Smith (MSJ) 11:10, 3. Tapia (I) 11:11, 4. Martinez (K) 11:12, 5. Giudici (W) 11:13, 6. Harris (MSJ) 11:14, 7. Benson (MSJ) 11:14, 8. Lee (C) 11:16, 9. Cummings (BO) 11:17, 10. Smith (N) 11:23. /S'nessy/

N.C.S. Div. II: (Nov. 14, Pleasant Hill) - Varsity: (50 yds. under 3 Mi.) Pleasant Hill 78, Mt. Diablo 83, San Ramon 90, Ygnacio Vly 103, Clayton Vly 124. 1. Kissin (SR) 14:07.9, 2. Svendsgaard (Pdmt) 14:16, 3. Patterson (DV) 14:17, 4. Emry (CV) 14:23, 5. Cantrell (MD) 14:29, 6. Cunningham (PH) 14:33, 7. Adams (PH) 14:35, 8. Poulin (CV) 14:36, 9. Jacobson (YV) 14:39, 10. Bell (Alb) 14:40. F-S: (2 Mi. less 3ly) Miramonte 66, College Park 110, Livermore & Mt. Diablo 123, Ygnacio Vly 124. 1. Taylor (LL) 9:36.6, 2. Searls (CPK) 9:40, 3. Reed (MD) 9:53, 4. Haas (Mir) 9:54, 5. Guzman (CV) 9:55, 6. Dowling (CPK) 9:55, 7. Jones (Mir) 9:58, 8. McClish (Cam) 10:00, 9. Waldrop (PH) 10:01, 10. Hasbrook (Mir) 10:02. /Bob McGuire & M. Shaughnessy/

N.C.S. Div. III: (Nov. 14, St. Helena) - Varsity: San Rafael 48, Redwood 75, Petaluma 87, Eureka 94, Napa 115. 1. Sisler (Pet) 12:48, 2. Green (SR) 12:54, 3. Brainey (Red) 12:55, 4. Stibish (SR) 12:56, 5. Chesser (Nap) 12:57, 6. Sabouran (Pet) 13:01, 7. Wells (Eur) 13:04, 8. Aldridbe (Pet) 13:05, 9. Mendanial (Nap) 13:06, 10. Pyler (RC) 13:07. F-S: Redwood 35, San Rafael 61, Healdsburg 111, Tamalpais 165, St. Helena 169. 1. Borland (DN) 10:51, 2. Roberts (SR) 10:54, 3. Schultz (Red) 11:02, 4. Mianiloss (Red) 11:05, 5. Ingram (CG) 11:10, 6. Pena (H) 11:13, 7. Linscott (Red) 11:21, 8. Lehman (Red) 11:22, 9. Osuna (RC) 11:26, 10. Soares (SR) 11:28. /Steve Shaw/

C.C.S. Region IV: (Nov. 14, Salinas) - Var: Watsonville 57, Pacific Grove 64, Salinas 95, Soquel 104, Seaside 110. 1. DeLa Garza (Wat) 14:53, 2. Jones (Carm) 15:05, 3. McConnell (Soq) 15:16, 4. Flores (KC) 15:21, 5. Sandretti (SCz) 15:24, 6. Wardwell (Sal) 15:26, 7. Rumrill (PG) 15:29, 8. McAviney (Sea) 15:33, 9. Adams (PG) 15:37, 10. Mingues (Soq) 15:38.

C.C.S. Region I: (Nov. 15, Belmont) - Var: St. Francis 46, Westmoor 73, Serra 118, Mills 145, Hillsdale 146. 1. Barnett (H) 14:59, 2. Powell (O) 15:12, 3. Kasser (SF) 15:12, 4. Miller (W) 15:36, 5. Goss (SSF) 15:42, 6. Donovan (SF) 15:42, 7. Tarantino (W) 15:45, 8. Warren (M) 15:51, 9. Robinson (H) 15:52, 10. Jordan (SF) 15:53, 11. Cortez (SF) (frosch) 15:59.

C.C.S. Region III: (Nov. 15, San Jose) - Var: Leigh 20, Camden 124, Lincoln 143, Silver Crk & Gilroy 146. 1. Fritzke (L) 12:41, 2. Stock (L) 13:00, 3. Montenegro (Li) 13:08, 4. Hamilton (L) 13:15, 5. Martinez (Ov) 13:16, 6. Orr (L) 13:22, 7. Niedrauer (L) 13:23, 8. Paulin (Cd) 13:24, 9. Tengelsen (L) 13:25, 10. Morales (G) 13:26, 11. Marlowe (G) 13:27, 12. Aguilar (SCK) 13:29, 13. Alarcon (Cd) 13:29. /Homer Latimer/

C.C.S. Region II: (Nov. 16, Belmont) - Var: Carlmont 65, San Carlos 80, Homestead 106, Lynbrook 116, Los Altos 125. 1. Kinergy (SC) 14:43, 2. Fredrickson (H) 15:15, 3. Geiken (Cub) 15:17, 4. Emory (Gunn) 15:28, 5. Rios (Wilcox) 15:33, 6. Danielson (Cp) 15:36, 7. Barnett (SC) 15:37, 8. Eger (Fre) 15:44, 9. Llewellyn (Wd) 15:44, 10. Allen (LA) 15:52. /Joe Mangan/

USTFF Western Regionals: (Nov. 17, Fresno) - (College/Open) - 5.75 Mi. - Univ. of Nevada 25, Cal-St. Northridge 57, Cal-Poly SLO 70, Stanford 98, Phaethon TC 154. 1. Tibaduiza (Nev) 29:05, 2. Menet (Nev) 29:07, 3. Smith (CSN) 29:25, 4. Falla (Nev) 29:50, 5. McConnell (Stan) 29:55, 6. Zarate (Nev) 29:59, 7. Beaton (CP) 30:01, 8. Clemaro (CSN) 30:04, 9. Horn (CSN) 30:07, 10. Denny (USAF) 30:08...13. Dagg (Nev) 30:14, 15. Gonzales (Nev) 30:31, 17. Brown (Stan) 30:24, 18. Boutin (Stan) 30:26, 19. Hitchcock (Un) 30:27, 23. Seaver (WVTC) 30:41, 24. Cross (Nev) 30:48, 32. Brown (Nev) 30:59, 36. Cummings (Stan) 31:05, 37. Mahee (Nev) 31:07, 41. Hernandez (WVTC) 31:24, 44. Hall (Nev) 31:41, 46. Wolfe (Stan) 31:45, 50. Hayman (Stan) 32:10. (Masters): 1. Mundle (SMTC) 32:33, 2. Sturak (BHS) 32:56, 3. Thornton (HSTC) 33:17, 4. Storm (BHS) 34:10, 5. Fitzgerald (STC) 34:55...8. Stout (FS) 35:46, 9. Toabe (FS) 35:50, 12. Thomas (FS) 37:10, 15. Reynaga (FS) 39:40. /Red Estes/

Sac-Joaq. Section Finals: (Nov. 17, Folsom) - Var: (2.9 Mi.) - Cordova 46, Highlands 86, Merced 119, S. Lake Tahoe 120,

Jesuit 123. (2.9 Mi. Team Race) - 1. Ringo (C) 14:46, 2. Yriarte (C) 14:57, 3. White (SLT) 14:58, 4. Baudendistel (H) 15:13, 5. Deis (SJ) 15:14, 6. Lane (H) 15:16, 7. Bega (Mer) 15:17, 8. Vargas (Mer) 15:18, 9. Sutherland (C) 15:19, 10. Mueller (SLT) 15:22. (Ind. Race - no times) 1. Casillas (Stkn/Frnkln), 2. Thomas (BV), 3. Mebust (BV), 4. Payne (Dav), 5. Tucker (East Union). Sophs: Downey 72, Oakmond 78, SLT 100, Merced 123, Mira Loma 135. (2 Mi. Team Race) - 1. Holmes (D) 10:37, 2. Wright (Van) 10:39, 3. Napieralski (O) 10:50, 4. Lucas (Mod) 11:01, 5. Tino (D) 11:02, 6. Rodriguez (Mer) 11:03, 7. Soto (D) 11:05, 8. Harol (CR) 11:06, 9. Giboney (O) 11:07, 10. Forgeat (SLT) 11:08. (Ind. Race) 1. Korib (Lo) 10:44, 2. Miller (At) 10:48, 3. Costa (Bey) 11:02, 4. Reyna (Tokay) 11:03, 5. Adams (Dav) 11:04, 6. Brown (Bey) 11:07, 7. Van Horn (JFK) 11:09, 8. Coopervider (GD) 11:10, 9. Aragon (Vac) 11:10. /Mark Payne/

Natl. AAU Masters XC Championships: (Nov. 17, Elyria, Ohio) - A PA-AAU Masters Team composed of Jim Shettler, Ken Napier, Jim Nicholson, Mike Healy, and Ross Smith journeyed to Ohio to compete in the third running of the Natl. Masters 10 Kilo XC Championships. Running in overcast, 38° weather (it snowed the nite before) over an excellent European type course, Hal Higdon led from start to finish, winning in 33:37.1. The PA-AAU team, taking advantage of a new AAU ruling allowing masters teams to be composed of various individuals from an Association, upset two-time team champion San Diego TC, 63-78, with the Kettering Striders of Ohio a close third with 80 points. A team from Metro Toronto arrived lower than the PA team but are ineligible for team awards due to this being a U.S. Natl. Championship. 1. Hal Higdon (IS) 33:37.1, 2. Doyle (MT) 33:46, 3. Taylor (MT) 34:09, 4. Kupczyk (Nashville) 34:44, 5. Bowman (MT) 35:07, 6. Allen (MT) 35:11, 7. Napier (PA) 35:26, 8. McConnell (Jersey STC) 35:31, 9. Lazenby (MT) 35:35, 10. Shettler (PA) 35:43, ...13. Phillips (SDTC) 36:04, 14. Stock (SDTC) 36:15, 16. Smith (PA) 36:31, 19. Roberts (SDTC) 36:56, 25. Nicholson (PA) 37:37, 27. Escamilla (SDTC) 38:02, 32. Healy (PA) 38:30, 33. Coleman (SDTC) 38:40, 42. Anderson (SDTC) 39:08, 50. Cole (SDTC) 39:52, 77. Bright (Snoh) 41:50, 97. Tamana (Haw) 44:57, 105. Bredebbeck (SDTC) 47:11. /Napier, Shettler, J.D. Wilhelm/



PA-AAU's NATIONAL CHAMPIONSHIP MASTER'S XC TEAM: (LEFT TO RIGHT) - MIKE HEALY, ROSS SMITH, JIM NICHOLSON, KEN NAPIER, AND JIM SHETTLER.

Calif. JC Championships: (Nov. 17, CSM) - (4.0 Miles, asphalt, rain) - (Large School): Grossmont 89, El Camino 91, San Jose CC, 96, Fullerton 115, San Joaquin Delta 125, LA Harbor 140, American River 145, Mt. SAC 146, Diablo Vly 200, COM 202. 1. Cotton (Gr) 19:35, 2. Morden (LAV) 19:52, 3. Sommer (WV) 19:58, 4. Lujan (LAH) 20:00, 5. Close (Gr) 20:01, 6. Buenrostro (SJD) 20:03, 7. S. Brooks (SJCC) 20:20, 8. Van Slyke (SJD) 20:24, 9. Rodrigues (EC) 20:26, 10. Sweeney (COM) 20:27, 11. Carroll (F) 20:27, 12. Pullen (Gr) 20:29, 13. Green (AR) 20:32, 14. Betschart (Sac) 20:34, 15. Aurea (EC) 20:36, 16. Villanueva (EC) 20:37, 17. Dale (F) 20:39, 18. Schaechterle (AR) 20:40, 19. Castellanes (LATT) 20:43, 20. Manriquez (SJCC) 20:44, 21. Ferrel (SJCC) 20:44, 22. Killeen (COM) 20:45...26. Kelly (DV) 20:49, 31. Quintana (Chab) 20:51, 33. Rodriguez (SJD) 20:56, 35. G. Brooks (SJCC) 21:01. (Small School): Palomar 82, Citrus 85, Moorpark 95, Cabrillo 96, Skyline 145, Glendale 150, MPC 152, Imp. Vly 162, Consumnes R. 168, Lassen 215. 1. DeLaGarza (Cab) 19:48.4, 2. Pelton (MPC) 20:01, 3. Dick (Pal) 20:09, 4. Chaidez (Cit) 20:17, 5. Gomez (IV) 20:21...11. Fitzgerald (Cab) 20:32, 12. Caputo (L) 20:38, 13. McVeigh (Sky) 20:39, 15. Howard (CR) 20:42, 16. Magallanes (MPC) 20:42, 17. Kinsella (Cab) 20:43, 19. Stone (Yuba) 20:45, 23. McLean (CR) 20:50, 26. McDaniel (Sky) 20:57, 32. Schug (Sky) 21:04, 35. Graap (Cab) 21:11, 39. Kitz (CR) 21:15, 40. Dunbar (Sky) 21:23, 42. Barraza (MPC) 21:26, 44. Munoz (Cab) 21:29,

45. Wright (MPC) 21:30, 50. Harris (Las) 21:42. /Bob Rush/

NCAA Championships: (Nov. 19, Spokane) - Oregon 89, UTEP 157, WSU 166, W&M 174, Okla. St. 194... (14) OSU 305, (22) Fresno St. 584. 1. Prefontaine (UO) 28:14.8, 2. Rose (WK) 28:20, 3. Minty (EM) 28:22, 4. Cusack (ET) 28:28, 5. Waigwa (UTEP) 29:33, 6. Mander (Ind) 29:39, 7. Brown (Tenn) 28:40, 8. Bentley (SDS) 28:44, 9. Ngeno (WSU) 28:46, 10. Virgin (Ill) 28:48...15. Mendoza (Ariz) 28:59.6, 22. Williams (UO) 29:12, 30. Taylor (UO) 29:24, 40. Sandoval (Stan) 29:38, 49. Amaya (OSU) 29:44, 62. Tolleson (Wash) 29:54, 74. Harper (WSU) 30:00, 80. Young (CSLA) 30:06, 96. Gruber (SJS) 30:19, 101. Hale (UO) 30:21, 120. Fleet (WSU) 30:30, 168. Garcia (FSU) 31:10, 170. Reese (OSU) 31:15, 175. Dunning (FSU) 31:22, 178. Mork (NTS) 31:29, 181. Rosa (FSU) 31:30, 183. Sweeney (CSLB) 31:38, 196. Chavez (FSU) 32:02, 201. B. Buob (FSU) 32:23, 204. Russler (FSU) 32:30. /John Chaplin/

N.C.S. Finals: (Nov. 20, Fairfax) - Var: San Ramon 83, JFK/Fremont 89, Pleasant Hill 118, Ygnacio Vly 127, San Rafael 139, Mt. Diablo 149. (2.8 Mi.) - 1. Kimball (DLS) 14:13, 2. Kissin (SR) 14:26, 3. Read (MSJ) 14:29, 4. Nahirny (Wash/Fre) 14:35, 5. Patterson (DV) 14:58, 6. Piccillo (Pac) 15:07, 7. Burroughs (DA) 15:07, 8. DeBarr (JFK) 15:12, 9. Adams (PH) 15:22, 10. Sisler (Pet) 15:23, 11. Jacobsen (YV) 15:24, 12. Rudy (CV) 15:25, 13. Sanchez (JFK) 15:26, 14. Emry (ClayV) 15:27, 15. Green (SRaf) 15:28. F-S: Miramonte 97, Redwood 100, Mission SJ 120, Livermore 125, College Pk. 139, Washington 146. (2.2 Mi.) - 1. Searles (CP) 12:12, 2. Taylor (LL) 12:23, 3. Collier (Tam) 12:29, 4. Martinez (Nwk) 12:32, 5. Mihailoff (Red) 12:33, 6. Schultz (Red) 12:43, 7. Tarin (Liv) 12:45, 8. Haas (Mir) 12:46, 9. Roberts (SRaf) 12:47, 10. Hashbrook (Mir) 12:50. Girls: Tam 26, Redwood 64, Pl. Hill 105, SRaf 120, B. O'Dowd 131. (1.5 Mi.) - 1. Broderick (Tam) 10:11, 2. Keyes (Tam) 10:12, 3. Sveringhaus (Red) 10:26, 4. M. Keyes (Tam) 10:34, 5. Costello (PH) 10:44. /Roy Kissin/

C.C.S. Finals: (Nov. 21, Belmont) - Var: Leigh 41, St. Francis 123, Westmoor 176, Carlmont 182, Homestead 208, Los Altos 219, Gilroy 230. (3.0 Mi.) - 1. Kingery (SC) 14:42, 2. Emory (Gunn) 15:01, 3. Fritzke (Lei) 15:08, 4. Powell (Oc) 15:09, 5. Geiken (Cub) 15:11, 6. Stock (Lei) 15:13, 7. Frederickson (Ho) 15:15, 8. Danielson (Cup) 15:17, 9. Kasser (SFr) 15:23, 10. Montenegro (Linc) 15:25, 11. Orr (Lei) 15:27, 12. Rios (Wil) 15:32, 13. Miller (Wstmr) 15:33, 14. Donovan (SFr) 15:34, 15. Young (Carl) 15:42, 16. Flores (KC) 15:44, 17. Cortez (SFr) 15:46, 18. Paulin (Cd) 15:47, 19. Tengelsen (Lei) 15:49, 20. Kennedy (Lyn) 15:50. /Jay Marlowe/

Women's Natl. XC Championships: (Nov. 24, Albuquerque, N.M.) - (Open - 3 Mi.): San Jose Cindergals 105, Falcon TC 123, Albuquerque OC 139, Phoenix TC 150, UCLA 167, Wills Spik. 168, Kettering Str. 218, RRR 292, RC Flyers 373, RC Str. 373. 1. Larrieu (SJC) 17:17, 2. Choate (UCLA) 17:24, 3. Brown (UCLA) 17:50, 4. Quartier (FTC) 17:57, 5. McIntyre (FTC) 18:01, 6. Webb (KS) 18:10, 7. Flotz (FTC) 18:11, 8. Bridges (LATC) 18:20, 9. Anex (WS) 18:22, 10. Johnson (UCLA) 18:24...12. Adams (WS) 18:37, 17. Poor (SJC) 18:51, 19. Graham (SJC) 18:54, 25. Anderson (SJC) 19:15, 40. Cortez (RCS) 19:56, 43. Dimmic (SJC) 20:02, 48. Reneau (BRR) 20:18, 56. C. Sakelarios (RCF) 20:40, 68. LeBlanc



(LEFT) VAL EBERLY WAS 3RD IN THE NATL. 14-17 RACE, AFTER ONLY 14TH IN THE STATE MEET. (RIGHT) CYN DY POOR WON THE STATE TITLE FOR WOMEN BY 16 SECONDS. /Jim Hume, Cyndy Poor/



(RCS) 21:45, 71. Simmons (RCF) 21:55, 78. Y. Cotte (RCF) 22:55, 82. O'Conner (RCF) 23:18, 85. Mullen (RCS) 23:30, 86. Lombardi (RCF) 23:40, 89. Stok (RCS) 24:46, 91. P. Stok (RCS) 26:23, 92. K. Stok (RCS) 26:46, 93. Sans (RCF) 27:11. (14/17 - 2.5 Mi.): Duke City Dashers 37, SJ Cindergals 71, RRR 74, LB Comets 204, BATC 228, SC Cheetahs 327, SJ Str. 330, SB Str. 332, BRTC 365. 1. Bjorklund (DCD) 14:38, 2. Decker (BATC) 15:16, 3. Val Eberly (SJC) 15:18, 4. Stecker (DCD) 15:20, 5. Johnson (RRR) 15:30... 9. Guina (SJC) 15:42, 11. Monroe (Lassen) 15:44, 13. P. Reneau (BRR) 15:49, 15. Mears (SJC) 16:00, 21. Burns (SJC) 16:09, 23. Greenberg (SJC) 16:11, 31. Jones (SJC) 16:39, 32. McManus (SJC) 16:40, 42. Eddy (SJS) 16:57, 47. Carron (MLTC) 17:01, 49. Van Tassel (SJS) 17:05, 52. Nelson (SJS) 17:08, 54. Powell (SJC) 17:12, 74. Mills (MLTC) 17:53, 93. Niederberger (SJS) 19:02, 94. Kadie (SJS) 19:06. (12/13 - 2.0 Mi.): Duke City Dash. 34, RRR 101, SJ Cindergals 115, SC Cheetahs 145, DC Dash-B 211,...(15) Roseville Gaz. 575. 1. Sanchez (RRR) 11:41, 2. Cline (GATC) 11:56, 3. McDade (DCD) 11:57, 4. Bill (DCD) 11:59, 5. Bowers (SJC) 12:00,...10. S. Greenberg (SJC) 12:09, 15. Bain (BRR) 12:23, 20. Miller (SJC) 12:26, 21. Rudolph (WRR) 12:29, 39. Steinle (SJC) 12:56, 41. Campbell (SJC) 12:57, 53. Pool (BRR) 13:12, 66. G. Sakelarios (RCF) 13:24, 68. Roberts (WS) 13:26, 72. Sans (RCF) 13:33, 80. Duran (RG) 13:52, 84. Allred (SJS) 13:54, 102. Williams (RG) 14:10, 113. Wolfe (RCF) 14:26, 127. Scherer (RG) 15:02, 130. Monty (RG) 15:09, 136. Bodey (RG) 18:32. (10/11 - 1.5 Mi.): DC Dash. 57, RRR 99, Alb. TC 101, DCD-B 111, BATC 168, Roseville Gaz. 289...(10) RCF 363. 1. Gibbs (LITC) 9:06.1, 2. Beach (ATC) 9:19, 3. Nunez (RRR) 9:20, 4. Dorwart (DCD) 9:27, 5. Marquez (AOC) 9:28,...13. Allred (SJS) 9:43, 22. Pool (BRR) 9:50, 29. Van Tassel (SJS) 10:01, 33. Reneau (BRR) 10:02, 35. Hoskins (RG) 10:03, 40. Beauchamp (RB) 10:06, 45. Vaughn (RCF) 10:12, 51. Bingley (RCF) 10:14, 63. Butler (RG) 10:25, 74. Duran (RG) 10:33, 77. Sahl (RG) 10:39, 82. Himenez (RCF) 10:43, 83. Crevelt (RCF) 10:43, 90. Hinojosa (RG) 10:51, 91. Foster (RG) 10:52, 102. Ashton (RCF) 11:02, 109. Cambron (RCF) 11:13, 117. Eastwood (RG) 11:24, 121. Morillas (RG) 11:28, 122. Finkbeiner (SJS) 11:35, 125. Durham (RCF) 11:41, 133. Erickson (SJS) 12:11. (9/U - 1 Mi.): BATC 42, RRR 57, Alb. TC 76, DC Dash. 156, San Juan Str. 169...(8) Roseville Gaz. 261. 1. Wilson (BATC) 5:58, 2. Lantry (BATC) 6:01, 3. Frye (SJS) 6:12, 4. Cook (RRR) 6:14, 5. Ruderman (RRR) 6:17,...7. Fuller (SJS) 6:22, 11. Martinez (WS) 6:25, 14. Stein (CY) 6:30, 44. Duncan (SJS) 6:58, 46. Tafolla (RG) 6:58, 47. Nelson (SJS) 7:01, 50. Monty (RG) 7:05, 54. Butler (RG) 7:12, 55. Sylvester (RG) 7:12, 56. Braswell (RG) 7:15, 57. Bain (BRR) 7:17, 59. Brashearer (RG) 7:22, 61. Riley (RG) 7:24, 68. Richie (SJS) 7:44, 75. Tuter (SJS) 8:08, 76. Anderson (RG) 8:31. /Jack Gottsche/

USTFF Championships: (Nov. 24, San Diego) - (Balboa Park, 6 Mi.) Santa Monica TC 65, Univ. of Nevada 113, SDTC 127, Univ. of Colorado 127, BHS 132, LA Valley 170, WVTC 193, Sun Devil TA 195. 1. Mendoza (SDTC) 29:39.6, 2. Menet (Nev) 29:39.6 (finished 1st but win given to Mendoza for elbowing by Menet), 3. Babiracki (Un) 30:18, 4. Waldrop (NorCar) 30:25, 5. Kluvers (SMTTC) 30:30, 6. Innes (SMTTC) 30:31, 7. Griffin (Col) 30:36, 8. Span (SDTA), 9. Harms (Aggie TC) 30:42, 10. Mathews (SDTC) 30:51, 11. Camp (BHS) 30:54, 12. Kissin (WVTC/16 yrs. old) 30:57, 13. Valentine (Un) 30:57, 14. Carr (SMTTC) 30:58, 15. Harter (SMTTC) 30:59, 16. Kurrle (BHS) 30:59, 17. Alexander (LAV) 31:06, 18. Falla (Nev) 31:12, 19. Morden (LAV) 31:13, 20. Dagg (Nev) 31:20,...22. Scobey (BHS) 31:23, 24. George (AIA) 31:30, 28. Brown (Nev) 31:48, 29. Weaver (SDTC) 31:49, 35. Johnson (WVTC) 32:14, 38. Haver (AIA) 32:19, 43. Polter (WVTC) 32:43, 45. Hall (Nev) 32:48, 46. Sheehan (WVTC) 32:50, 54. Powr (WVTC) 33:23, 55. Greer (BHS) 33:24, 57. Hernandez (WVTC) 33:27, 60. Gonzalez (Nev) 33:39, 63. Sanford (WVTC) 33:53. /Dick Hill/

Natl. AAU Championships: (Nov. 24, Gainesville, Fla.) (10 Kilo) - Frank Shorter and the Florida TC defended their titles once more, with Shorter winning in 29:52.9, a scant 2.5 seconds over Doug Brown of Tennessee. With Galloway 3rd, Brown 6th, Bachelor 7th, and Misner 11th, the FTC scored a phenomenal 20 points! NYAC was a distant second with 44. West Valley TC, despite a number of physical mishaps, placed sixth, two down from 1972. Domingo Tibaduiza, the top placer from the club (& the West Coast), was 12th, down a notch from last year's 11th. Other WVTC'ers in the top 50 were George Stewart (38th) and Mike Pinocci (49th). Rich Kimball, DeLaSalle High School senior, placed a very good 43rd. High temperatures (90°) and the accompanying humidity managed to fell 1/3 of the starting field. Craig Virgin collapsed with heat exhaustion with only 1/2 mile remaining and Neil Cusack, who came in first but was moved to fourth (for running short) last year, dropped at the half-way point. Ron Zarate and Eddie Silva were among the runners who succumbed with physical ailments. West Valley took eight runners, however, and six made

it in. - Teams: Florida TC 20, NYAC 44, US Marines 128, Athletes in Action 131, Colorado TC 146, West Valley TC 161, Summit AC 162, Florida TC #2 172, UCTC 174, Atlanta TC 257 (18 teams). 1. Shorter (FTC) 29:52.5, 2. Brown (Tenn) 29:55, 3. Galloway (FTC) 30:03, 4. Brien (Marymt) 30:09, 5. Buerkle (NYAC) 30:13, 6. Brown (FTC) 30:23, 7. Bachelor (FTC) 30:31, 8. Liquori (NYAC) 30:33, 9. E. Leddy (ET) 30:47, 10. Michael (USMC) 30:52, 11. Misner (FTC) 30:59, 12. Tibaduiza (WVTC) 31:03, 13. Fleming (NYAC) 31:05, 14. Dyce (FTC) 31:08, 15. Timm (AIA) 31:10,...23. Smith (AIA) 31:36, 27. Harrison (CTC) 31:44, 30. Frediksson (SDTC) 31:49, 38. Stewart (WVTC) 32:06, 39. Louv (SDTC) 32:07, 41. Wagenbach (ELATC) 32:12, 43. Kimball (Alameda TC) 32:15, 48. Boatwright (AIA) 32:22, 49. Pinocci (WVTC) 32:24, 59. Clark (USAF) 32:43, 61. Price (AIA) 33:01, 68. Riggs (AIA) 33:20, 79. Galeazzi (Harding) 33:51, 83. Hogan (WVTC) 34:02, 89. Sybert (AIA) 34:16, 93. Nuccio (WVTC) 34:29, 99. Covert (ELATC) 34:36, 105. Loeschhorn (WVTC) 34:56. /Jim Carnes & George Stewart/

Natl. 3-Mile Postal Meet: (Dec. 1, San Jose) - Leigh 75:30.2, Leigh #2 78:25.6, Carlmont 78:37.8, Atwater 81:24.0, Carlmont #2 82:00.2, Homestead 82:18.3, Mills 84:59.7, Watsonville 85:00.0. - 1. Kimball (DLS) 13:43.6 (State Record, 6th Performer all-time U.S., 8th Performance all-time U.S.), 2. Kingery (SC) 13:56.4, 3. Barnett (Hills) 14:21.4, 4. Read (MSJ) 14:33.8, 5. Hart (Mod) 14:34.0, 6. Aguilar (SCRk) 14:35.0, 7. Fritzke (Lei) 14:41.5, 8. Sisler (Pet) 14:46.0, 9. Emory (Gunn) 14:53.0, 10. DeBarr (JFK/Fre) 15:00.5, 11. Young (Carl) 15:03.8, 12. Paulin (Camd) 15:09.0, 13. Holmes (Downey/frosh) 15:10.7 (World Age-14 best), 14. Adams (Lei) 15:11.0, 15. Wood (Woodside) 15:18.0, 16. Tengelsen (Lei) 15:21.1, 17. Fernandez (Hom) 15:26.0, 18. Niedrauer (Lei) 15:27.8, 19. Miller (Atw) 15:28.0, 20. Guillard (Irv) 15:29.0,...22. Cortez (SFr/frosh) 15:31.0. /Mike Shaughnessy/

ALL-COMERS MEET RESULTS FROM MILLS H.S. IN THE NEXT ISSUE

ROAD RACE RESULTS

Bass Lake 1/2-Marathon: (Sept. 8) - 1. Denny & Taylor 75:52.2, 3. Urias 1:16:31, 4. Southwick 1:18:59, 5. Jensen 1:19:12, 6. L. Thornton 1:19:20, 7. Pendleton 1:22:30, 8. M. Thornton 1:22:53, 9. Console 1:24:14, 10. E. Taylor 1:29:38. /Cockerham/

Santa Barbara Marathon: (Oct. 14) - 1. Scobey (BHS) 2:28:43, 2. B. Gookin (SDTC) 2:32:02, 3. Cadena (AIA) 2:33:11, 4. Mahler (BHS) 2:35:29, 5. Maron (SBAA) 2:37:37...38. D. Gookin 3:08:26, 40. Waters (SDTC) 3:09:35. /Runner's World/

Tour of Albuquerque Marathon: (Oct. 21) - 1. M. Mittelstaedt 2:37:43, 2. C. Harris (WVTC) 2:40:40. /Runner's World/

Journal Jog: (Oct. 21, Reno) - 1. Tibaduiza (Nev) 23:30 CR (Old mark 24:24, Duffy/Nev), 2. Menet (Nev) 25:17, 3. Falla (Nev) 25:24, 4. Dagg (Nev) 25:32, 5. Cross (Nev) 25:38, 6. Brown (Nev) 25:43, 7. Hall (Nev) 25:44, 8. Houk (WVTC) 25:49, 9. Valle (WVTC) 26:42, 10. Mortimore (Nev) 26:42, 11. Bourbeau (Reno) 26:44, 12. Maher (Nev) 26:51, 13. O'Neil (SFOC) 27:03, 14. Hernandez (Nev) 27:16, 15. Clary (Nev) 27:17, 16. Martin (Nev) 27:19, 17. Christensen (Nev) 27:24, 18. Swift (Nev) 27:50, 19. Ross Smith (WVJS) 27:50, 20. Kriz (Nev) 28:08. /Nev. St. Jour./

Patrick's Pt. 5.1 Miler: (Oct. 27, nr. Arcata) - 1. Labrie 26:49, 2. Bredy 26:57, 3. Lathrop 27:49, 4. Byers 27:59, 5. Garrison 28:41, 6. Udesen 28:51, 7. D. O'Halloran 29:16, 8. Dewey 29:52, 9. Cottrell 30:09. /Dick Gilchrist/

Long Beach 16.2 Miler: (Oct. 28) - 1. Harter (SMTTC) 1:22:02, 2. Scobey (BHS) 1:23:54, 3. Ocana 1:25:31, 4. Garcia 1:26:29, 5. Toledo (STC) 1:26:33, 6. Kurrle (BHS) 1:27:27, 7. Chappins 1:28:46, 8. Walker 1:29:50, 9. Fister 1:30:07, 10. Cox (BHS) 1:31:14. /John Brennan/



WINNERS OF THE PA-AAU 50 KILO CHAMPIONSHIPS: FRANK KREBS, STEVE DEAN, CHUCK DAY.

Natl. AAU 50 Miler: (Nov. 3, New York City) - Teams: Erie AA 9, RC Striders 12. - 1. Walkowitz (Mont) 5:31:02, 2. Warren (Army) 5:45:14, 3. Beardall (RCS) 5:48:03...11. Wright (RCS) 7:09:21, 14. Rosing (RCS) 8:13:25. /Kurt Steiner/

PA-AAU 50 Kilo Championships: (Nov. 11, Sac'to) - Golden West TC, led by Steve Dean's second-best in the U.S. mark of 2:56:07, swept the team title with 6 pts.



START OF THE SUPER-SUCCESSFUL 1ST ANNUAL CHRISTMAS RELAYS (HALF MOON BAY TO SANTA CRUZ) THAT SAW NEARLY 100 TEAMS RUN. /SMRD/



(LEFT) UNIVERSITY OF CALIFORNIA'S WOLFGANG SCHMULEWICZ WAS AN EASY VICTOR AT THE PAMAKIDS' LAKE MERCED RUN. (RIGHT) TERRY WILLIAMS ANCHORED THE "LOMPOC FIVE'S" VICTORIOUS TEAM AT THE 50 MILE CHRISTMAS RELAYS WITH THE FASTEST 5TH LEG. /San Mateo RD/

(Swe/SDTC) 2:26:32, 8. Schmenk (ELATC) 2:27:15...22. Labrie (SRRC) 2:37:41, 24. Hagerty (BVH) 2:40:24, 33. Nanninga (WVTC) 2:42:56, 50. R. Walline (CP) 2:48:18, 54. Russ Walline (CP) 2:50:16, 55. Ferrill (BVH) 2:51:03, 81. Snavelly (BVH) 2:56:05, 82. Diekmeyer (BVH) 2:56:08, 88. Rodd (ATC) 2:57:00, 128. Sawyer (OWAC) 3:07:32, 131. Rich Reynaga (HSTC) 3:09:40, 145. D. Chatterton (Pama) 3:14:43, 149. Monterrosa (Pama) 3:15:26, 201. Kruse (WVTC) 3:30:52, 240. J. Cotte (RCS) 3:45:28, 255. T. Anderson (SJCG) 3:51:28, 256. Y. Cotte (RCS) 3:51:37...275 under 4 hours (nobody slower than 4 hours listed). /Carl Porter/

Schmulewicz Easy Victor at Pamakid Lake Merced 7 Miler: (Oct. 13, S.F.) - Cal's Wolfgang Schmulewicz broke away after a few miles and cruised to an easy one-two finish with WVTC's Roland Verhe, a Belgian. Stanford RC upheld the host Pamakids, 70-127, with the NorCal Seniors next at 198. Joan Ullyot ran very strongly, finishing 54th (45:42) to best Petaluma's Penny Tomei (60th, 46:55) and Jeanie Maier (72nd, 50:09). Ross Smith had little trouble disposing of the master's field in beating runnerup Dave Stevenson by over 2 minutes, with Mike Healy another 38 seconds back. Jack Gottsche won the 9/under division by as big a margin (52:32 to 55:09) over Pat Cunneen. Conditions were near perfect and 161 runners finished the scenic run. /Alex Monterrosa/

1 - W. Schmulewicz (Cal)	35:18	16 - Tim Swezey (Un)	39:54	31 - Ray White (Stanford RC)	42:13
2 - Roland Verhe (WVTC/Belgium)	36:15	17 - David Warren (Excelsior TC)	40:16	32 - David Amater (Un)	42:15
3 - Ken Scalmanini (Pamakids)	36:49	18 - Jim Holl (West Valley TC)	40:28	33 - Tom Mann (Marin AC)	42:29
4 - Jack Leydig (West Valley TC)	36:56	19 - Dave Stevenson (Stanford RC)	40:30	34 - Stu Ruth (Pamakids)	42:35
5 - Mike Conroy (Excelsior TC)	37:15	20 - Eric Olson (Cal-Poly TC)	40:38	35 - Gough Reinhardt (NCSTC)	42:40
6 - Gordon Rado (Cal-Poly)	37:59	21 - Kent Guthrie (Un)	40:56	36 - Pat O'Conner (Un)	42:49
7 - Jeff Wildfogel (Stanford RC)	38:00	22 - Carl Peterson (Pamakids)	41:03	37 - Wayne Plymale (Pamakids)	43:06
8 - Tom Durie (Hartford TC)	38:07	23 - William Benz (Stanford RC)	41:05	38 - Wayne Stenberg (Un)	43:19
9 - Ross Smith (West Valley J&S)	38:10	24 - Mike Healy (NCSTC)	41:08	39 - George Ridout (Un)	43:25
10 - John Ferguson (Stanford RC)	38:40	25 - Heine Hartwig (Un)	41:15	40 - Mark Proteau (Un)	43:29
11 - Bruce Rubin (Stanford RC)	39:27	26 - Haywood Norton (Un)	41:18	41 - David Larson (Un)	43:35
12 - Dan Moore (Livermore Vly RC)	39:31	27 - Glenn Pruitt (DSE)	41:27	42 - John Getas (DSE)	43:39
13 - Joe Araujo (Un)	39:34	28 - Jim Nicholson (NCSTC)	41:29	43 - Bill Devita (Un)	44:05
14 - John Geer (Whit. Coll. Alum.)	39:52	29 - Pat Cunneen (Pamakids)	41:31	44 - William E. Mott (Olympic Club)	44:15
15 - Dennis Tracy (West Valley TC)	39:53	30 - Ed Preston (NCSTC)	41:42	45 - John Potasz (DSE)	44:20

Berkeley-Moraga 13.9 Miler--Stewart Continues Winning Ways: (Oct. 28, Berkeley) - West Valley TC's George Stewart continued his impressive string of victories by adding the hilly Berkeley-Moraga Run to his growing list. He bested teammate Jim Dare by over two minutes, but had plenty of company as ITA's Tom Laris, running for a workout, ran the entire way with him. Incredible Ross Smith had perhaps one of his best runs ever as he clocked 1:17:46 (6th overall) to become the first over-40 runner to ever break 80 minutes on this course that we know of. Jim O'Neil, running a good 1:21:10, was a well-beaten second, another two minutes up on Redding's Bob Malain. WVTC's Peggy Lyman was behind Joan Ullyot at the top of the hill, but stretched out coming downhill and won by

Dean's time is second only to Bill Scobey's 2:52:24, which is the U.S. road record as well. The Pamakids were the only other team to finish a full team with 29 points. Weather: cool, slight rain & strong headwind on return...22 starters. - 1. Dean (GWTC) 2:56:06.8, 2. Krebs (GWTC) 3:28:34, 3. Day (GWTC) 3:37:46, 4. Shiel (SWT) 3:41:36, 5. Russell (BHS) 3:47:09, 6. Dally (Navy) 3:50:20, 7. Fauss (Pama) 3:52:24, 8. Waggoner (NCSTC) 3:54:18, 9. Collins (GSTC) 3:55:57, 10. Monterrosa (Pama) 4:01:31, 11. Perkins (GSTC) 4:03:21, 12. D. Chatterton (Pama) 4:30:31, 13. Reiterman (DSE) 6:30:--. /Walt Betschart/

DeMoss Ups PR at Island Marathon: (Nov. 24, Portland) - WVTC's Harold DeMoss, now 38, dropped 3:24 from his best marathon in finishing a strong 12th overall, recording a 2:34:30. Ross Smith, 45, ran his usual strong race and got a 2:37:56, while his wife Catherine, just turned 40, dipped her PR to 3:36:15. Marilyn Paul of Portland (35) was top woman at 3:05:41. - 1. Skaja (Port) 2:22:07, 2. Schamberger (BC) 2:23:11, 3. Oja (Pendleton) 2:23:36, ...11. Barker (Boise) 2:33:53, 12. DeMoss (WVTC) 2:34:30, 13. A. Beardall (Ore) 2:34:47, 17. Smith (WVJS) 2:37:56, 19. Cottrell (SRRC) 2:39:50, 32. Crandall (SRRC/40) 2:50:16, 123. C. Smith (Pama) 3:36:15, 134. Watkins (Los Altos) 3:45:06. /R. Raymond/

Mt. Madonna Hill Challenge: (Dec. 1, Gilroy) - 12 miles - 1. Ben De la Garza (Cabr) 1:11:12, 2. Morales (GTC) 1:16:27, 3. Alvarado (JLHS) 1:16:56, 4. Marlowe (GTC) 1:17:55, 5. Bowe (PGHS) 1:18:03, 6. Malony (SFRHS) 1:18:35, 7. T. Mezzapelle (JLHS) 1:20:07, 8. Munoz (WatHS) 1:20:55, 9. T. Munoz (Cabr) 1:21:00, 10. Salazar (JLHS) 1:22:08. /Jay Marlowe, Bill Flodberg/

Champion Mine Gold Run: (Dec. 1, Nevada City) - 1. Furey (GWTC) 44:57, 2. Vogt (GSTC) 45:20, 3. Plemons (Un) 45:30, 4. K. Williams (GSTC) 45:32, 5. S. Williams (GSTC) 45:41, 6. Everest (GSTC) 47:03, 7. Gagen (GWTC) 47:32, 8. Eastman (GSTC) 47:50, 9. Morales (GSTC) 49:39, 10. T. Gagen (GSTC) 51:15. /Nick Vogt/

Excelsior TC 6-Miler: (Dec. 1, S.F.) - 1. Menet (Nev) 27:12.2, 2. Dagg (Nev) 28:29, 3. Verhe (WVTC) 28:43, 4. Gonzalez (Nev) 28:53, 5. Brown (Nev) 29:01, 6. Maher (Nev) 29:33, 7. Sullivan (ARJC) 30:13, 8. Himmelberger (WVTC) 30:31, 9. LaForge (Oceana) 31:37, 10. W. Byrd (Pama) 31:27, 11. Donohue (SoTC) 31:43, 12. Heinz (SoTC) 31:43, 13. P. McVeigh (SI) 32:10, 14. Jensen (Pama) 32:18, 15. Cano (ETC) 32:29. /Frank Donahue/

Culver City Marathon: (Dec. 2) - Finn Reino Paukkonen ran away in 2:16:31.6 as 10 broke 2:30, and Miki Gorman set a new world mark of 2:46:36 (old mark was 2:49:40 by C. Bridges) for women. Margie Norem PR'd 2:59:12. - 1. Paukkonen 2:16:31.6, 2. Harter (SMTC) 2:20:06, 3. Pate (OTC) 2:21:31, 4. Kurrle (BHS) 2:22:40, 5. Wayne (OTC) 2:23:59, 6. Hughes (BHS) 2:25:26, 7. Fredrickson

2:28 (1:34:08 to 1:36:36), but the real shocker was Louise Adamson's third spot (1:38:08). It was her first-ever road race! Jean Maier completed the great sub-1:40 women's group with a 1:38:39. Mike Bunds was top junior (14 & under?) with a 1:41:52, some two minutes up on B. MacMahon. A total of 205 made it to the finish line at St. Mary's College in Moraga. /Charles MacMahon/

1 - George Stewart (WVTC)	1:12:31	21 - Robert Coleman	1:23:33	41 - Jim Sane	1:27:10
2 - Jim Dare (West Valley TC)	1:14:35	22 - Harvey Ferrill (BV Harriers)	1:23:38	42 - Don Peterson (Stanford RC)	1:27:23
3 - Ken Scalmanini (Pamakids)	1:15:06	23 - James Anderson	1:24:05	43 - Bill Kirchmier (NCSTC)	1:27:24
4 - Mike Conroy (Excelsior TC)	1:15:45	24 - Bill Posedel (Pamakids)	1:24:08	44 - Bill Flodberg (Solano TC)	1:28:00
5 - Kieth Kruse (West Valley TC)	1:17:24	25 - L. Regalado	1:24:22	45 - Phil Holder (Solano TC)	1:28:07
6 - Ross Smith (West Valley J&S)	1:17:46	26 - Felix Norton	1:24:33	46 - Flory Rodd (Alameda TC)	1:28:30
7 - Doug McLean (West Valley TC)	1:18:24	27 - Tom Ratliffe (Un)	1:24:40	47 - Fandall Milliken	1:28:31
8 - Bill Long (Pamakids)	1:19:03	28 - Darrell Jeong (Un)	1:25:10	48 - Richard Kell	1:28:36
9 - Mike Eash (Excelsior TC)	1:19:25	29 - Peter Hanson (Colfax RC)	1:25:28	49 - Gary Nielsen	1:28:52
10 - David Odum (Un)	1:19:55	30 - Kent Guthrie	1:25:29	50 - Kent Price	1:29:12
11 - Jerry Ockerman	1:20:02	31 - Mark Proteau	1:25:39	51 - John Sobier (DSE)	1:29:15
12 - Jack Hackmann	1:20:55	32 - Bruce Jones	1:25:41	52 - Jim Allen (DSE)	1:29:22
13 - Gordon Rado (Cal-Poly,SLO)	1:21:03	33 - T.A. de Lusignan	1:25:52	53 - Gough Reinhardt (NCSTC)	1:29:24
14 - Jim O'Neil (SF Olympic Club)	1:21:10	34 - Dennis Tracy (WVTC)	1:26:09	54 - R. Buxton	1:29:29
15 - Butch Alexander (Sonoma St.)	1:21:25	35 - Jim Nicholson (NCSTC)	1:26:23	55 - Hans Roenau (Marin AC)	1:29:40
16 - Dan Moore (Livermore Vly RC)	1:21:50	36 - Dieter Diekmeyer (BV Harr.)	1:26:43	56 - Tom Mann (Marin AC)	1:29:51
17 - David Warren (Excelsior TC)	1:22:03	37 - McGough	1:26:53	57 - Phil Bailey	1:29:53
18 - Eric Olson	1:22:55	38 - John Rea	1:26:56	58 - Peter Gascoyne	1:29:54
19 - Bob Malain (NCSTC)	1:23:03	39 - Peter Mattei (NCSTC)	1:27:02	59 - D. Favl	1:30:15
20 - John Kleinbach	1:23:15	40 - Peter Voelker	1:27:08	60 - Don MacIntosh	1:30:17

PA-AAU Cross Country Championships--Menet Wins by Two-Seconds; WVTC by 3 Points: (Nov. 10, S.F.) - This year's 10 Kilo course was run over what seemed to be an accurate distance, considering the terrain and conditions. Nevada's dynamic duo of Hans Menet and Domingo Tibaduiza went 1-2, far ahead of third-placer Phil Camp, who finished very strongly over the last mile. Things were close in the team battle as WVTC barely overcame Nevada's one-two punch by a score of 30-33. Excelsior TC was a distant third with 191. The spread of times was only 26 seconds between West Valley's 1st and 5th men. Dave Stevenson copped the master's division with a 30-second margin over Bill Snaveley (36:00 to 36:30), with Jim Nicholson another 21-seconds back. The results didn't list first names, but we think Penny Tomei was the top woman finisher, edging out Joan Ulliyot, 41:06 to 41:18...186 finished. /J. Stephenson/

1 - Hans Menet (Nevada/Switz)	30:05	21 - Pat Stordahl (Intermt. AA)	32:20	41 - Frank Donahue (Excelsior TC)	33:59
2 - Domingo Tibaduiza (Nev/Colom)	30:07	22 - Bill Clark (West Valley TC)	32:23	42 - David Odum (Un)	34:04
3 - Phil Camp (US Navy)	30:42	23 - Unknown Runner	32:24	43 - Mike Bergkamp (West Valley TC)	34:06
4 - George Stewart (West Valley TC)	30:46	24 - Richard Cross (Nevada)	32:30	44 - Al Sanford (West Valley TC)	34:10
5 - Jim Nuccio (West Valley TC)	30:52	25 - Humberto Hernandez (WVTC)	32:30	45 - Butch Alexander (Valley of Moon)	34:12
6 - Ron Zarate (West Valley TC)	30:59	26 - Bob Darling (Excelsior TC)	32:35	46 - Unknown Runner	34:17
7 - Eddie Silva (West Valley TC)	31:00	27 - Keith Kruse (West Valley TC)	33:02	47 - Paul Koski (Excelsior TC)	34:20
8 - John Loeschhorn (West Vly TC)	31:12	28 - Mike Conroy (Excelsior TC)	33:06	48 - K. Christensen (Nevada)	34:22
9 - Gil Gonzales (Nevada)	31:16	29 - G. Hernandez (Nevada)	33:08	49 - Mike Eash (Excelsior TC)	34:28
10 - Mike Dagg (Nevada/England)	31:21	30 - Doug McLean (Stanford/WVTC)	33:18	50 - Harvey Sandoval (West Vly TC)	34:41
11 - Ed Brown (Nevada)	31:29	31 - Dave Himmelberger (WVTC)	33:22	51 - Nick Hoogenraad (West Vly TC)	34:44
12 - Keith Falla (Nevada/England)	31:46	32 - Bruce Wolfe (Stanford)	33:24	52 - David Warren (Excelsior TC)	35:10
13 - A. Barton (Nevada)	31:48	33 - T. Imbert (Nevada)	33:26	53 - D. Kriz (Nevada)	35:12
14 - Bill Seaver (West Vly TC)	31:54	34 - Luther Clary (Nevada)	33:38	54 - K. Ellis (Un)	35:12
15 - Kerry Hogan (West Vly TC)	31:54	35 - Joe Taxiera (Alameda TC)	33:43	55 - Ken Duncan (Stanford)	35:16
16 - Roland Verhe (West Vly TC/Belg)	32:08	36 - Unknown Runner	33:44	56 - L. Fenlerson (Sparks HS)	35:17
17 - Gene Fitzgerald (Pamakids)	32:09	37 - Unknown Runner	33:48	57 - Bruce Williams (Nevada/Rhodesia)	35:18
18 - S. Hall (Nevada)	32:12	38 - J. Mortimore (Nevada)	33:54	58 - R. Castaneda (San Jose State)	35:19
19 - Unknown Runner	32:14	39 - Unknown Runner	33:57	59 - T. Hildenbrand (Un)	35:24
20 - Neil Glenesk (Intermt. AA)	32:18	40 - G. Patrick (US Army)	33:58	60 - Unknown Runner	35:30

Dare Nips McConnell at First Palo Alto 10-Miler: (Nov. 24, Palo Alto) - West Valley TC's Jim Dare had a close battle with Stanford ace Mark McConnell, but finally pulled out a 4-second margin of victory over the 10 mile, flat course. Many of the runners strayed off the course, and so the listed times may be for somewhat longer distances. Jim Campbell wasn't even pressed as he easily captured the 40-and-up division by over 3 minutes. Ed Preston was second, just edging out Gordon Gane by a scant second. Peggy Lyman kept up her great record as of late by downing Jean Maier, 66:32 to 67:10. No one else was within a mile. Gary McConnell was the first high schooler (Mark's brother), finishing 9th overall in 56:30, three minutes up on Mark Wagner. No official team scores were kept, but WVTC had four in the top six. There were 136 finishers. /John Banich/

1 - Jim Dare (West Valley TC)	52:26	11 - Bruce Rubin	56:57	21 - Mark Wagner	59:36
2 - Mark McConnell (Stanford)	52:30	12 - Mike Bergkamp (West Valley TC)	57:24	22 - Jeff Barnett	59:54
3 - Darrell Fitzgerald	55:34	13 - Larry B. Regalado	57:29	23 - James Jacobs (West Valley TC)	59:58
4 - Bill Clark (West Valley TC)	55:50	14 - Dominic Artuso	57:29	24 - Jim Holl (West Valley TC)	59:58
5 - Russ Black (West Valley TC)	55:55	15 - Stephen C. Graap	58:50	25 - Mike Shaughnessy (WVTC)	60:09
6 - Roland Verhe (West Valley TC)	55:59	16 - David Cuthiell	59:14	26 - Nick Hoogenraad (WVTC)	61:31
7 - Jack A. Hackmann	56:00	17 - David Tovar	59:23	27 - Robert Cooper	61:34
8 - Benjamin Sawyer (OWAC)	56:26	18 - Steve Sidney	59:28	28 - Ronald K. Clark	61:35
9 - Gary McConnell (Soquel HS)	56:30	19 - Dennis Tracy (West Valley TC)	59:29	29 - Bill Jensen (Pamakids)	61:31
10 - John Routh, Jr.	56:53	20 - James Campbell	59:36	30 - William F. Lunt	62:08

Steve Dean Captures Pepsi 20-Miler: (Nov. 25, Sacramento) - Cold, windy, 494 starters - Golden West TC's Steve Dean, who just recently won the PA-AAU 50 Kilo title, added the popular Pepsi 20-Miler to his list, joining Byron Lowry as a repeat winner of the run. His 1:46:43 (some 4 minutes off Lowry's record) bested runnerup George Stewart (who had just slept a few hours after an all-night flight back from the XC Natls. in Florida) by just under a minute. Alex Aguilar broke Rich Kimball's high school jr/sr mark of 1:53:02 by an even two minutes. Benton Hart was also under the old time with 1:52:09. Jim Shettler ran 2:00:52 to best Jim Nicholson & Flory Rodd by some 5 minutes in the masters division, but was way off Ross Smith's record. Joan Ulliyot clipped 3 minutes from Fran Conley's women's mark (2:16:13 vs. 2:19:16), and Mary Etta Boitano knocked off brother Mike's 11-and-under standard with a fine 2:19:14. Mike took the age-12 to grade 9 award today in 2:13:29. Jim Freeman (1:57:23) was top soph. /Paul Reese/

1 - Steve Dean (Golden Wst TC)	1:46:43	4 - Gene Fitzgerald (Pamakids)	1:50:09	7 - Benton Hart (Modesto HS)	1:52:09
2 - George Stewart (West Vly TC)	1:47:35	5 - Alex Aguilar (West Valley TC)	1:51:02	8 - Howard Labrie (Six Rivers RC)	1:52:45
3 - Bobby Darling (Excelsior TC)	1:49:49	6 - Mike Buzbee (New Ways AC)	1:51:19	9 - Pat Buzbee (New Ways AC)	1:53:14

10 - Don Gregory (High Sierra TC)	1:53:42	32 - Paul Koski (Excelsior TC)	2:00:09	54 - Kent Guthrie	2:03:59
11 - Gary Green	1:53:45	33 - Joe Mangan (West Valley TC)	2:00:13	55 - Richard Reynaga (HSTC)	2:04:02
12 - Mike Conroy (Excelsior TC)	1:54:09	34 - Joseph Wesp	2:00:20	56 - Gregory Griffin	2:04:23
13 - Russ Walline (Cal-Poly,SLO)	1:54:16	35 - Dean Chesnut (Alameda TC)	2:00:24	57 - Bill LaForge (Oceana HS)	2:04:26
14 - Rich Walline (Cal-Poly,SLO)	1:54:16	36 - David Warren (Excelsior TC)	2:00:34	58 - Ray Green	2:04:32
15 - George Rogers	1:54:27	37 - Jim Shettler (West Vly J&S)	2:00:52	59 - Andrew McBride	2:04:34
16 - Joe Taxiera (Alameda TC)	1:54:47	38 - Dan Moore (Livermore Vly RC)	2:00:57	60 - Tim Gagen (sophomore)	2:05:07
17 - Jose Garcia	1:55:14	39 - Doug McLean (West Vly TC)	2:01:02	61 - Randy Sturgeon	2:05:22
18 - Barry Martin	1:55:53	40 - Jan Makowski	2:01:49	62 - Jim Nicholson (NCSTC)	2:05:45
19 - Mike DeBarr (Kennedy HS/Fre)	1:56:05	41 - Gordon Rado (Cal-Poly, SLO)	2:01:59	63 - Chuck Stagliano (DSE)	2:05:53
20 - Ted Quintana (Alameda TC)	1:56:46	42 - Nick Vogt (Gold Spike TC)	2:02:18	64 - Flory Rodd (Alameda TC)	2:05:53
21 - Greg Eger (Fremont HS)	1:57:02	43 - Kevin Kirby	2:02:21	65 - Robert Comming (sophomore)	2:06:04
22 - Randy Buob (Modesto)	1:57:11	44 - Bill Weed	2:02:24	66 - Donald Choi	2:06:09
23 - Jim Freeman (Golden Wst TC)	1:57:23	45 - Kevin Searls (sophomore)	2:02:33	67 - Bob Powell (Oceana HS)	2:06:12
24 - Greg Sullivan	1:57:39	46 - Julio Rosa (West Valley TC)	2:02:37	68 - Boyd Tarin (sophomore)	2:06:28
25 - Jim Mebust	1:58:27	47 - Darrell Jeong (Un)	2:02:42	69 - Steve Barr	2:06:49
26 - Steve Williams (GSTC)	1:58:33	48 - Harvey Sandoval (WVTC)	2:03:02	70 - Stephen Bird	2:07:09
27 - David Zumwalt (Un)	1:58:57	49 - Robert Fairley	2:03:16	71 - Jim Reichle	2:07:20
28 - Patrick Dunning	1:59:08	50 - Robert Qualls	2:03:23	72 - Jeff Jahn (Valley of Moon TC)	2:07:25
29 - Dave Salcida	1:59:16	51 - Bill Peck	2:03:23	73 - Stanley Mora	2:07:32
30 - Mike Eash (Excelsior TC)	1:59:21	52 - Danny Donoghue	2:03:24	74 - Fernie Montanez	2:07:39
31 - Frank Krebs (Golden Wst TC)	2:00:02	53 - Joe Cordova	2:03:41	75 - Joe Acton (sophomore)	2:07:44

Kimball Smashes Livermore Course Mark: (Dec. 2, Livermore) - Alameda TC's Rich Kimball had just run to a California State Record in the 3 mile run the day before (13:43.6), but wasn't content, and decided to try a longer race. He had no trouble in pulling away from the field at around 2-1/2 miles, and went on to beat Bill Seaver, last year's winner & course record-holder (45:24) by well over a minute, clocking 43:10 for the 8.56 miles. Alex Aguilar was a close third, two seconds back. West Valley TC won the unofficial team battle with 70 points over the Big Valley Harriers (107) and Alameda TC (125). John Perkins (52:16) nipped Gordon Gane (52:25) for over-40 honors, with Carl Martin another notch back at 52:32. Pat Shaughnessy won the 14/under title with a fine 50:57. Maryetta Boitano smashed Fran Conley's mark by nearly 5 minutes with a 55:11, besting Penny Tomei (56:00) & Louise Adamson (57:26). A total of all but one of the 302 starters made the finishline!! Conditions were perfect & organization great. /Tom Jefferson/

1 - Rich Kimball (Alameda TC)	43:10	26 - Kevin Searls (Un)	49:35	51 - Dennis Tracy (West Valley TC)	51:15
2 - Bill Seaver (West Valley TC)	44:34	27 - Pete Maurer (Leigh HS)	49:37	52 - Bill Clark (WVTC/5 min. late)	51:16
3 - Alex Aguilar (West Valley TC)	44:36	28 - Shawn Lyons (Livermore Vly RC)	49:38	53 - Darrell Jeong (Un)	51:19
4 - Jesse Smith (Alameda TC)	45:09	29 - Mike Smith (Newark HS)	49:41	54 - John Thomas (Hayward HS)	51:20
5 - Richard Van Slyke (BV Harriers)	45:21	30 - Gene Gilligan (Un)	49:47	55 - D.C. Peterson (West Valley J&S)	51:33
6 - Rick Lord (Big Valley Harriers)	45:21	31 - Jeff Zimmerman (Berkeley TC)	49:55	56 - Jim Williams (Gold Spike TC)	51:39
7 - Wayne Badgley (BV Harriers)	45:35	32 - Marty Conway (Un)	49:55	57 - Dan Richards (Livermore HS)	51:51
8 - Jack Leydig (West Valley TC)	45:57	33 - Robert Haugen (Alameda TC)	49:59	58 - Dan Harvey (Un)	51:58
9 - Dale Severy (Santa Barbara AA)	46:14	34 - Ed Jaynes (Bay Area Striders)	50:01	59 - Greg Horton (Un)	52:03
10 - Ted Quintana (Un)	46:41	35 - Tom Ratliffe (D.T.C.)	50:03	60 - Rod Robertson (Leigh HS)	52:11
11 - Tom Cathcart (Livermore Vly RC)	47:20	36 - Joe Cordova, Jr. (Un)	50:07	61 - John Perkins (Gold Spike TC)	52:16
12 - James Santomier (BV Harriers)	47:25	37 - Steve Gray (Tennyson HS)	50:08	62 - Dave Tutino (Un)	52:24
13 - Dan Moore (Livermore Vly RC)	47:34	38 - Kevin Ainslie (Solano TC)	50:10	63 - Gordon Gane (Un)	52:25
14 - Keith Jacobson (Un)	47:47	39 - Rich Stiller (West Valley TC)	50:12	64 - Chuck Burke (Un)	52:26
15 - Homer Latimer (Un)	47:47	40 - Andy Enanoria (Tennyson HS)	50:13	65 - Richard Ryon (Livermore Vly RC)	52:29
16 - Dean Chesnut (SJCC/Alameda TC)	48:00	41 - Don Capron (Un)	50:30	66 - Daniel Martinez (Un)	52:31
17 - Roger Lawler (Berkeley TC)	48:02	42 - Daly Hatakeyama (Un)	50:31	67 - Carl Martin (West Valley J&S)	52:32
18 - Keith Maurer (West Valley TC)	48:07	43 - Mike Shaughnessy (West Vly TC)	50:32	68 - Ronald Turner (Un)	52:38
19 - Bob Powell (Camino West TC)	48:14	44 - Peter Niday (Un)	50:34	69 - Bill Hotchkiss (Un)	52:39
20 - Jerry Ockerman (Un)	48:16	45 - Jeff Johnston (Dolphin Club)	50:36	70 - Santos Reynaga (West Valley TC)	52:40
21 - David Warren (Excelsior TC)	48:21	46 - Luis Sanchez (SJCC)	50:37	71 - Ed Di Girolamo (Alameda TC)	52:43
22 - David Odum (Un)	48:37	47 - Robert Curtis (Santa Monica TC)	50:46	72 - Tom Pinckard (NCSTC)	52:45
23 - Mike Chessar (Napa Valley RC)	49:13	48 - Pat Shaughnessy (Un)	50:57	73 - Lynn Ryan (L.R.T.C.)	52:50
24 - Ray Menzie (Un)	49:21	49 - Douglas Hall (Un)	51:02	74 - Darrel Divis (Un)	52:51
25 - Tony Mezzapelle (Un)	49:27	50 - Jeff Jahn (Valley of Moon TC)	51:06	75 - Bob Myers (Dolphin Club)	52:55

First Annual Christmas Relays: (Dec. 16, Half Moon Bay to Santa Cruz) - With 92 teams entered, the first annual race turned into an organizer's dream, almost doubling the best-ever turnout at the summer Tahoe Relays. And the weather was even summer-like, with a warm sun shining over most of the run and temperatures in the mid-60's. With this year's unbelievable turnout, the co-sponsoring San Mateo Recreation Dept. & West Valley TC were looking ahead to more than 150 teams in 1974. This race was an attempt at something for everyone, and although some of the divisions will obviously undergo some redefinition, everyone was basically satisfied with the groupings. Special perpetual plaques were awarded to the fastest 10-mile legs (1st - Jack Bellah/WVTC: 52:25; 2nd - Mitch Kingery/CWTC: 52:10; 3rd - Jim Warrick/Lompoc: 55:09; 4th - George Stewart/WVTC: 50:11; 5th - Terry Williams/Lompoc: 54:47), as well as the fastest overall teams in the 5 x 10 mile relay (Lompoc "5" - 4:29:16) and 10 x 5 mile relay (Redwood City Striders - 5:24:36), and the fastest 'foxes' (San Juan Striders - 5:48:38). Divisional award winners are listed below, as well as the 9th and 10th fastest teams overall, which didn't get awards: - (9) Camino West TC 4:56:54, (10) Redwood City Striders 4:58:32. Division A: (Club/College) - 1. West Valley 'Super-Studs' (Clark, Aguilar, Seaver, Stewart, Zapata) 4:33:57, 2. Excelsior TC 4:41:58, 3. West Valley 'Studs' 4:45:21, 4. Pamakids 4:47:19, 5. West Valley JC 4:49:39. Division B: (High School) - 1. Leigh HS (Tengelsen, Niedrauer, Orr, Stock, Fritzke) 4:46:10, 2. Redwood City Str. (St. Francis HS) 4:53:25, 3. Homestead HS 5:03:31. Division C: (Men 40-and-over) - 1. West Valley J&S (Napier, Smith, Martin, Shettler, Tarin) 5:01:37, 2. Pregnancy Control Ctr. 5:24:05, 3. Pamakids 5:28:50. Division D: (Women 30-and-over) - 1. The Kohouteks (Conley, Ulyot, Swannack, Gustafson, Pedersen) 6:12:33, 2. Little Old Ladies 7:26:11. Division E: (Pickup Teams) - 1. Lompoc "5" (Schankel, Fabing, Warrick, Cadena, Williams) 4:29:16 CR, 2. Agnostics in Action 5:00:43, 3. Gilroy TC 5:06:43. Division F: (Clubs/Schools--Women) - 1. San Juan Striders (K. Van Tassel, J. Allred, Eddy, Nelson, Masec, Frye, Kadie, C. Allred, Fuller, A. Van Tassel) 5:48:38, 2. Redwood City Flyers 5:55:10, 3. Redwood City Striders 6:19:13. Division G: (Clubs/Schools--14 & Under Boys) - 1. Redwood City Striders (Mandanis, Graycar, Martinez, Owen, Wilson, Himeenez, Lucas, Lazar, Sanquinetti, Bingley) 5:24:36 CR, 2. San Juan Striders 5:43:20, 3. Ralston TC 5:47:04. Division H: (Pickup Teams --Women) 1. Road Racer Women (Bunz, Tomei, Lyman, Himmelberger, Clark, Leong, J. Cotte, Maier, Duncan, Adamson) 6:11:17. ** A full listing of all teams and 5 or 10 mile splits may be obtained by writing: Xmas Relays, P.O. Box 1551, San Mateo, CA 94401. For those who competed...your team captain will receive a packet of results to distribute. Please enclosed a stamped, self-addressed envelope when requesting results. Thank you. /Jack Leydig & San Mateo Recreation Dept./

LATE NEWS: (1) The O'Conner's (Carroll & Liz) won the mother/daughter award at the Dipsea...not the Boitano's as earlier reported. (2) All-Comers Meet: Rumor has it that Diablo Valley College has 'em on Saturdays...no dates or times (you'd better check on this).

KNIGHTS OF COLUMBUS MARATHON

PA-AAU & WESTERN REGIONAL CHAMPIONSHIPS

*There will be a special wine-tasting tour for all guests, personally directed by Stanley Forster, Assistant Hospitality Director, Paul Mason Vineyards.

***50 Trophies**

***250 T-Shirts**

***Deluxe Banquet**

***Merchandise Awards**

***\$2.00 Entry Fee**

*For a 14-page informational brochure, contact Meet Director: Dan O'Keefe, P.O. Box 1454, Cupertino, CA 95014 (Ph. 408-257-6670). Race starts at Paul Mason Winery.

**The first PA-AAU registered runner to finish will receive a roundtrip air-ticket to the 1974 National AAU Marathon in New York City on June 2. Ticket will be paid for by the PA-AAU Long Distance Running Committee.

SUNDAY, APRIL 7

CUPERTINO, CA

WEST VALLEY TRACK CLUB
P.O. Box 1551
San Mateo, CA 94401

ADDRESS CORRECTION REQUESTED

BULK RATE
U. S. POSTAGE
PAID
San Mateo, CA.
Permit No. 581

NOT FORWARDABLE

STARTING LINE SPORTS

"THE COMPLETE RUNNING SHOP"

**Tiger Shoes, Running Books,
Warmups, ERG, Spikes, Insoles,
Catalog, School Discounts, & More!**



JACK LEYDIG
603 S. Eldorado
San Mateo, Ca. 94402
Phone: 415-342-3181
By appointment at present.

ED BERMINGHAM
Starting Line Sports
246 Castro Street
Mountain View, Calif. 94040
Phone: 415-961-4889
Open: 9-6 Mondays - Wednesdays
9-9 Thursdays - Fridays
9-5 Saturdays

LES MCFADDEN
Starting Line Sports
1142 Chestnut
Menlo Park, Ca. 94025
Phone: 415-323-6534
Open: 10-6 weekdays and
10-5 on Saturdays.

Now at 3 Convenient Locations

Track & Field News

**YEAR-ROUND COVERAGE
OF THE TRACK & FIELD
WORLD**



Track & Field News, the popular bible of the sport for 25 years, offers you news and features 18 times a year, with 2 issues a month, Feb.-July.

All the major news, from high school through the Olympics, worldwide, comes to you as it happens, with in-depth coverage by an expert staff of track reporters and correspondents.

And each issue is packed with photos, feature stories, interviews & profiles, statistical reports and lists, & much more.

One year (18 issues), \$9.00
Add \$5.50 for first class mail.

Track & Field News, Box 296, Los Altos, Ca. 94022

SPECIALTY SPORTS

80 PAGE 1973 COLOR CATALOG

FREE FOR THE ASKING

TRACK · CROSS COUNTRY · ORIENTEERING · ROAD RACING



Quality Products for better performance
...everything but the desire to win

3482 W. 12TH ST.

HOUSTON, TEX. 77008