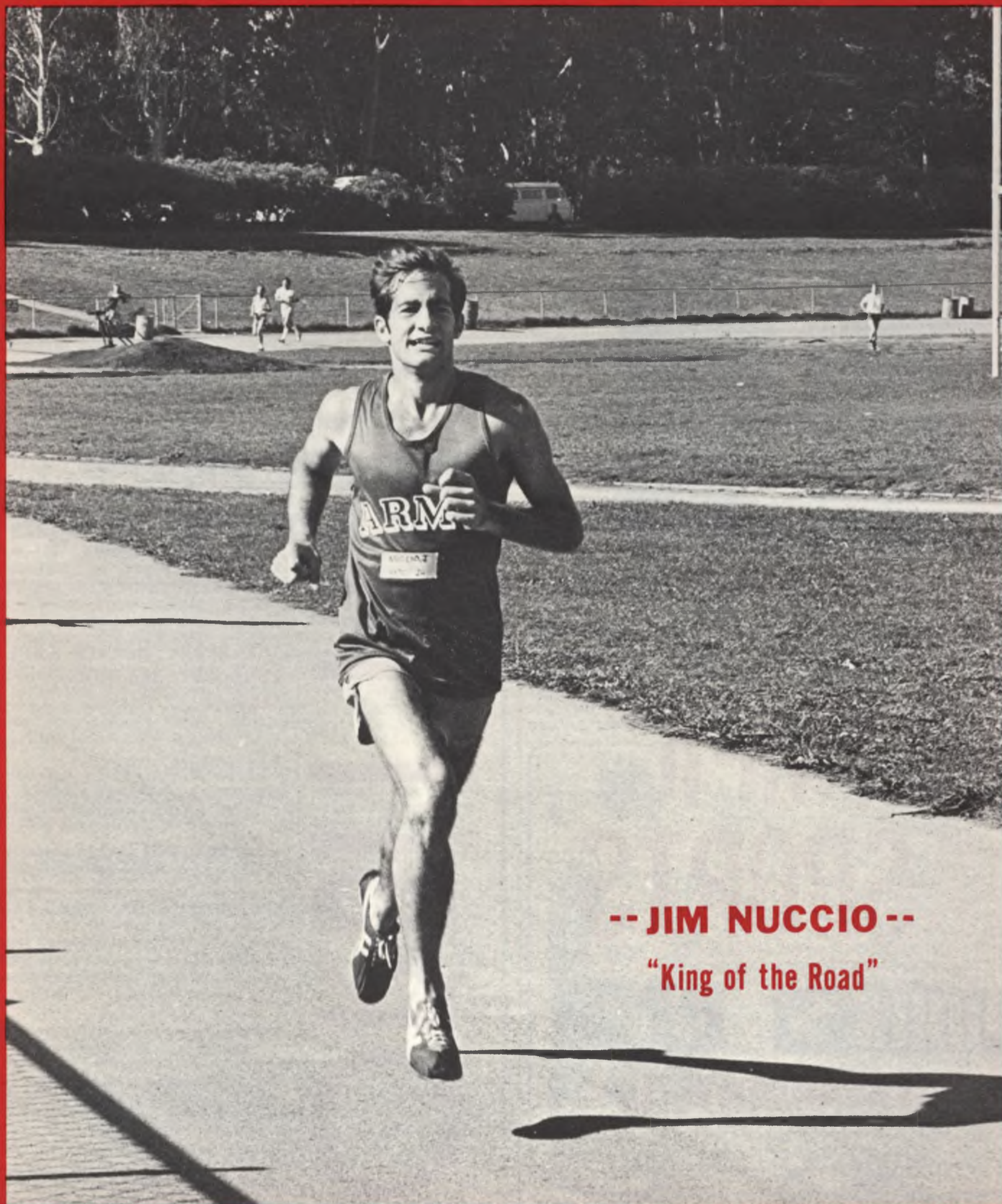


# NOR-CAL RUNNING REVIEW

JAN./FEB. 1975 (No. 52)

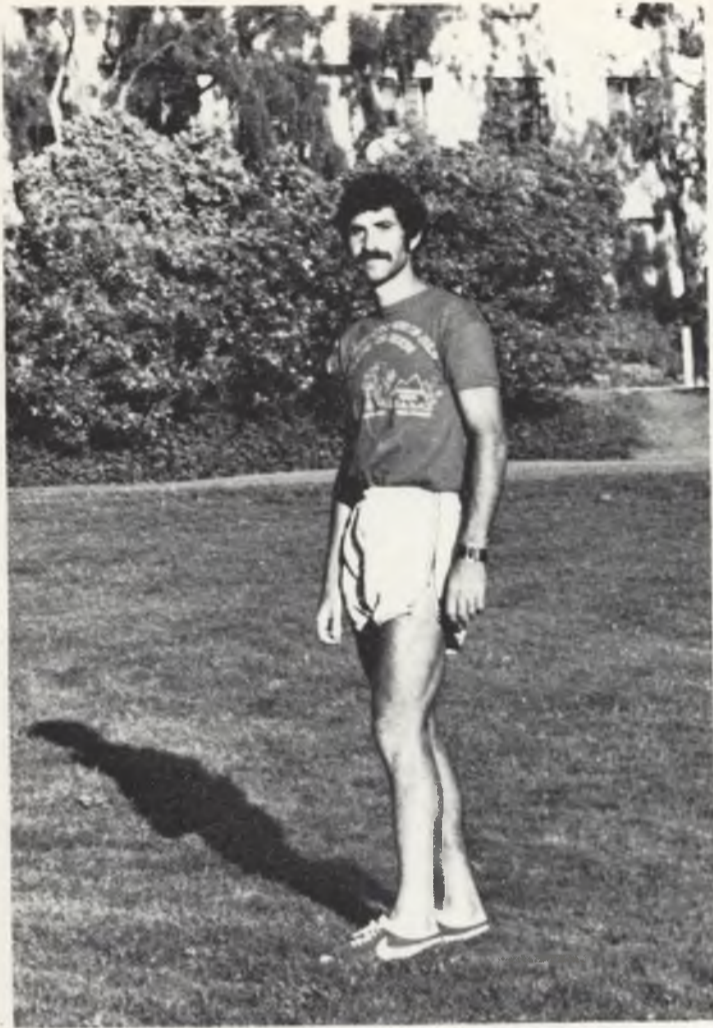
75 Cents



-- JIM NUCCIO --  
"King of the Road"

**INSIDE: "PREP PREVIEW"**

# MEET THE TURKEY



HE RUNS FOR PLEASURE IN



the athletic department

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

HOURS: Mon - Fri (10 to 6); Sat (10 to 5)

shoes and apparel  
for your sporting needs

IN SAN MATEO

# OLYMPIC SPORTS



HEADQUARTERS



12 WEST 25th AVE.  
SAN MATEO, CA. 94403  
PH. (415) 349-6904

HOURS: M-TH (10-7)  
FRI (10-8)  
SAT (10-6)

# T E D C O R B I T T

THE STORY OF TED CORBITT,  
LONG DISTANCE RUNNER by John  
Chodes

## Ted Corbitt

- has run more marathons than any other runner in history (178 as of June, 1974)
- has never failed to finish a race in 24 years of top-caliber competition
- is a former Olympian (Helsinki, 1952)
- has won 33 races at distances from 26 miles, 365 yds. to 134 miles (24-hour run), including four U.S. and Canadian national titles
- has set innumerable American records at distances from 25 miles and up
- is widely known as the father of American ultra-distance running

Most of this was achieved when Ted was in his forties and fifties—and he's still going strong! This is his incredible story superbly told by long-time friend and associate, John Chodes. Good reading for every track fan. 160pp. Illustrated. 1974. Paperbound. \$3.95 from Track & Field News, Box 296, Los Altos, Calif. 94022. *California residents add 6% sales tax. Add .25¢ per copy postage.*

# Northern California Running Review

P.O. BOX 1551, SAN MATEO, CA. 94401  
Ph. (415) 342-3181

## On the Cover

West Valley TC's Jim Nuccio, shown finishing second in the 1974 PA-AAU 10 Km. X-C Championships, has yet to lose a local road or track race this year, and currently leads the NCRR Long Distance Point Total Race. At the Stanford Relays in late March, he blitzed to a near-PR 28:28.4 for six miles on the track, missing the Natl. AAU qualifying time by 9 seconds. /Dennis O'Rorke/

JAN./FEB. 1975 ··· No. 52

ONLY \$5.00 PER YEAR

## Staff & Rates

EDITOR: Jack Leydig  
PUBLISHER: Frank Cunningham  
CARTOONIST: Lee Holley  
MEDICAL ADVICE: Harry Hlavac  
ADDRESS LABELS: Dave Himmelberger

CIRCULATION: Dave Shrock  
ADVERTISING: Bill Clark  
PHOTO EDITOR: John Marconi  
RESULTS: Penny DeMoss  
AD LAYOUTS: Penny DeMoss

STAFF WRITERS: Bill Clark, Jon Hendershott, Harry Hlavac, Jim Valenti, Jack Leydig, John Marconi, Chris Kinder, Tom Jordan.

CONTRIBUTING PHOTOGRAPHERS: Dennis O'Rorke, Mike Shaughnessy, George Beinhorn, Dave Stock, Wayne Glusker, Jay Marlowe, Jim Hume, Jeff Searls, Paul Cooper, Jim Watt.

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

PRODUCTION & MAILING: Bill, Ellen, Willie & Teresa Clark, Dave Himmelberger, Jim Dare, Peggy Lyman, Phyllis Orlrich, Penny DeMoss, Harold DeMoss, Greg Marshall, Jack Leydig, Mike Duncan, Marc Lund, Dennis Tracy.

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, Jim Hume, Roy Kissin, Joe Mangan, Dick Meyer, Phyllis Orlrich, Mark Payne, Robyn Paulson, Bob Rush, Mike Shaughnessy, John Sheehan, Emmett Smith, Walt Stack, Dave Stock, Joe Taxiera, Bob Vincent, Len Wallach, John Wenos. (SoCal) Wes Alderson, John Brennand, Bill Cockerham, Tom Cory, Kaj Johansen, George Ker, David Pain, Stan Rosenfield, John Wenos. (Nat'l & Internat'l) Long Distance Log, Runner's World, Starting Line, Track & Field News, Track Newsletter, Women's Track & Field World.

MAILING: Third-Class Bulk Rate from San Mateo, CA, at intervals of from 5-8 weeks. No issue should require longer than two weeks delivery in the United States. First Class & Airmail rates available (see below). NCRR IS NOT FORWARDABLE!!

RATES: \$5.00 per year, 3rd class bulk rate. Multiple year subscriptions: \$9.25 for 2 years; \$12.75 for 3 years; and \$20.00 for 5 years. Add \$2.50/year for 1st class in the U.S., Canada & Mexico. Add \$3.50/year for airmail in the U.S. & Canada. Add \$1.00/year for 3rd class to Canada and \$1.25/year for 3rd class to all other foreign countries. Foreign airmail rates available on request. Special rates for newsmedia, libraries: \$3.00/year in the U.S. only. Dealer rates (\$30.00 per year per 10 copies/issue).

## Contributors

All news, features, results, photographs, and other correspondence should be sent to: NCRR, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415/342-3181, after 8 pm). Due to irregularity of publication dates, all information should be mailed as soon as possible for consideration. Prospective photographers and volunteer correspondants should request details from the above address. Everyone is encouraged to submit meet results and scheduling. Credits are always given for any materials used. Please request permission for the use of any NCRR materials other than scheduling information and meet results. PROSPECTIVE PHOTOGRAPHERS: Our small staff of regular photographers can't get to every meet, so please send any prints you may have for consideration. We can't pay you for your shots, but will give full credits. Thank you for your help!

## CONTENTS

THIS & THAT	4	WEST VALLEY PORTRAIT	11
LONG DISTANCE RATINGS	6	MEDICAL ADVICE COLUMN	12
CLUB NEWS	7	SCHEDULING	12
CLASSIFIED ADS	9	RACE WALKING	14
LETTERS TO THE EDITOR	10	PREP PREVIEW	15
EDITORIALS	10	TRACK & FIELD RESULTS	16
RUNNER-UP	10	LONG DISTANCE RESULTS	20
NOR-CAL PORTRAIT	11		

## EDITOR'S MESSAGE

● YOUR EDITOR IS TAKING A VACATION: - Trying to get back into some semblance of condition between issues, I have decided to partake in the Boston Marathon this year (April 21). I will be driving back, leaving on April 12 and not returning until around May 1. Therefore...DO NOT CALL OUR NUMBER BETWEEN THESE DATES!! No one will be there to answer your call. Mail (unless it is very important) will probably not be processed during these weeks either...so go easy on the fan letters, as I don't want too big a mountain to sift through when I return!

● PHOTOS NEEDED URGENTLY: - A lot of good performers that we would like to feature do not have their pictures in this issue. We have had little sent to us in the past month on high school & collegiate track & field. So...you photographers out there---we need you! We hate to keep putting in the same performers all the time, so if you would like to volunteer as a contributing photo-phreak, write us today! This magazine has a totally unpaid staff and we depend on you people out there to help support your magazine. Thanks.

## ★ PHOTO QUIZ ★

RULES: (1) Submit your guess (one per person) on a postcard and mail it to: PHOTO QUIZ, Box 1551, San Mateo, CA 94401 (card must be postmarked by not later than April 30). (2) All ties will be broken by a drawing. \*\*\* The Prize is a one-year subscription or renewal to the NCRR (or \$5 off dues of any WVTC member that wins). All of our readers are encouraged to submit photographs for consideration. \*\*\* Our winner for LAST MONTH was Jim Weil of Mill Valley, who guessed Ross Smith as the master's runner in the photo. Only 4 other correct answers were received (3 guessed Bob Malain, and one each were tallied for Jim O'Neil and Paul Reese). We really didn't expect as many correct answers as we got. How about taking a chance on this issue's 'mystery man'? I don't expect more than about six correct answers.



Who is this well-dressed ex-S.J.S. distance runner?

PLEASE LET US KNOW YOUR NEW ADDRESS!!!

★ Since the NCRR 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!



## THIS & THAT

● **PEOPLE NEWS:** - Apologies are in order for Gary Wolfram, who, it turns out, was DQ'd initially from the National AAU Men's X-C Championships last November because of non-registration with the AAU. His application was turned in earlier in the year but never processed by the PA-AAU Office. His time and place in the meet: 237th place in 36:34.0. --- Victor Mora, Colombian long distance great who resided for part of 1972 in the Bay Area and took second in the Boston Marathon that year, is back and kicking! After winning the Sao Silvestre run in Brazil on New Year's Eve, he proceeded to demolish a topnotch field at the San Blas half-marathon in Coamo, Puerto Rico, on Feb. 9. We have word that he will show up for Boston this year and it's our bet that he will come up the winner! In the process he should set a South American record for the distance. --- Dr. Ernst van Aaken, the well-known German physician-coach, will give a series of lectures in the western U.S. during late April and early May. He plans to speak in San Francisco, Los Angeles, and San Diego. For details, contact Dr. Joan Ulyot, P.O. Box 7999, S.F. 94120. --- Frank Bozanich, a Camp Pendleton marine who is now stationed in Okinawa with ex-Beale AFB runner, Ed Collins, reports that he ran a 2:25:26 marathon at Beppu, Japan, on Feb. 2...but managed only 46th place! It was 40 degrees and pouring rain the entire race. A total of 13 runners broke 2:20, with at least 75 under 2:30. Ozawa Kinichi took the race in 2:13:10.4 (his first marathon, although he is a good 10,000 meter runner). Frank then ran a 2:33:01 at the Ryukyu Shimpo Naha Marathon on Feb. 23 with the temperature at 75° over a very hilly course, taking 2nd place in the process (2:32 won). He was the only American in the race. His next biggie will be the Otsu International Marathon (Japan) on April 20th. --- Sam Bosetti, President of the Mid-Pacific RRC (Hawaii) from 1969-72, and very involved in the LDR scene, was murdered by a burglar recently. He will be sorely missed. --- Ed Collins (see above) has organized the U.S.O Road Runners on Okinawa and tells us that the U.S.O. club has promised \$200 in awards and TV coverage for a marathon this fall that Ed is organizing. He reports that after one year on 'the rock', the running scene is looking up. He sells Nike export rejects at races in his spare time while Frank Bozanich peddles RW publications at the local races!!

--- Al Feuerbach, PCC's record-setting shot putter who now lives in San Jose, has been hired as an assistant coach at San Jose State. The appointment takes effect next year, with Al taking charge of the weight program. --- Bob DeCelle, National Men's Long Distance Running Chairman (A.A.U.), was the men's team manager at the recent International X-C Championships in Morocco. Californian's did well in that event (see results section of this issue for details), with Glendale JC's Bob Thomas (the A.A.U. Junior National X-C Champ) winning the Jr. title in a followup to Rich Kimball's 1974 victory. WVTC's and San Ramon High's Roy Kissin finished in eighth place as the third American, as the U.S. team won it's second straight team title. Ralph Serna of Loara High in Southern California was 15th. The women's team also won, with UCLA's Julie Brown taking the individual title. Kate Keyes (also UCLA), ex-Tam-alpais High star, was 11th. Other California women were San Jose Cindergal, Cyndy Poor (27th), and UCLA's Linda Heinmiller (56th). In the Senior Men's race, Gary Tuttle, ex-Humboldt Stater, now with the Beverly Hills Striders, was the 4th American in 30th place. --- Lynn Cannon of the Woodside Striders was the winner of the women's javelin at the recent New Zealand Invitational meet. --- Jack Leydig, President of West Valley TC, was recently presented with the "WVTC First Annual Brain Damage Award", in recognition of duties above and beyond the call of track club presidents and mere mortals.

● **MEET INFORMATION:** - Just learned that the Men's Junior Track & Field Championships (& presumably the Women's Junior meet too) will be held at Knoxville, Tennessee, on June 13-14. This will be the qualifier meet for the Jr. Men's Team that will compete against the Soviet's in Lincoln, Nebraska, on the 4th and 5th of July. This meet had originally been scheduled for Diablo Valley College (Concord/Pleasant Hill), but a supposed 'conflict' with the Kennedy Games caused the bid to be withdrawn...see letter elsewhere in this issue (Editorial section). --- The Golden Gate Charity Run, sponsored by the Plastic Surgery Consultation Service in San Francisco, is turning out to be a real 'celebrity' run. Peter Snell of New Zealand, double gold-medal winner at the Tokyo Olympics (1964) and former holder of four world records, is an official entrant in the six-mile charity race...all proceeds from the race registration will go to the Big Brothers and Big Sisters charity organizations. Dr. Ernst van Aaken (see opposite column) will act as honorary starter for the race, which will take place at noon on April 26, starts at the Ft. Baker parade ground in Marin County...finishing at the Marina Green (small). Another special feature of the race is a special invitational division run-off between the 1974 NCRR Statistical LDR Champions in both the open, masters, and women's divisions. It is basically a challenge between the top 14 women and masters, and the top 13 open men as listed in the NCRR (Issue #50). A big picnic follows the race, with entertainment! --- The Felton Race to the Redwoods, listed as taking place on July 6 in the LDR Handbook, will be taking place a week later instead (July 13) because otherwise the race won't be centered around other town activities scheduled for that date. It will be a new 7-mile course this year with much of the run being on trails.

● **WHY??** - In the last NCRR (page 5, paragraph 8), we stated a new LDR Sports Rule Change that was drawn up at the A.A.U. Convention last fall. A simple standard statement regarding physical fitness and previous medical examinations to be signed by the participant would eliminate the need for physicians to be present or medical certificates to be presented by the runner. Why then do the two largest races in the country still persist in requiring that a medical certificate be presented before entries will be accepted (or, in the case of the Boston Marathon--you may be examined on raceday)? The Bay-to-Breakers is the other race we're referring to here. We would think that since the PA-AAU Office is handling the entries for the latter race, it should be aware of its own rules!!

● We just received word from the Montreal organizing committee for the 1976 Olympic Games that the dates for the track & field competition will be July 23-26 and July 28-31. The dates for the Games will be July 17 to August 1.

● Just learned that the Trials for the Women's International X-C Championships, that were to be held at UCLA in February, were indeed held. BUT, the race was a 2 mile track run instead of a cross-country race at about 4 kilometers like the race in Morocco! Not only that, several runners that did not finish in the top 25 at the Women's Natl. X-C Championships last November were allowed to compete (and won places on the team). The top-25 criteria, we understood, was a firm statement. Also, to underscore the AAU's inability to fund women's long distance running, entrants in the 'trials' were required to put up a \$100 entry fee that went into helping transport the team to Morocco.

**adidas**

**INTRODUCING**

**\$29.95**



**SL-76**

**THIS MONTH'S FEATURE:** - The SL-76 is a striking new color version of the big favorite SL-72...featuring green nylon uppers with yellow stripes, a black foot-form tongue and black spongy heel with *easy-lace* closing. Incorporates super-light nylon uppers...long-wearing traction tread sole wraps around the heel wedge for a truly cushioned run. Built-in nylon heel cup for prevention of twisted ankles and 'heel drift'. Technical advantages incorporated to relieve strain on the Achilles tendon.

**VIC'S SPORTS**

**26 WASHINGTON ST., SANTA CLARA**

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

**984-7111**

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

# T-SHIRT DISCOUNTS

## AAU X-C & XMAS RELAYS

Until they are gone, we are offering a substantial discount on these multi-colored (with trim on neck and sleeves) shirts...from 50¢ to 75¢ under the regular mailed price. The \$2.50 price includes mailing costs. They are going fast, so send your check or money order to: WVTC, P.O. Box 1551, San Mateo, CA 94401.

I am enclosing \$ \_\_\_\_\_ for a total of \_\_\_\_\_ T-shirts.

AAU X-C: \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL --- XMAS RELAYS: \_\_\_\_\_ L \_\_\_\_\_ XL

NAME \_\_\_\_\_

ADDR \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIPCODE \_\_\_\_\_

# \$2.50 Each

With this coupon

•**DEFUNCT CLUBS:** - We just received a list of A.A.U. clubs that have been dropped from the PA-AAU roster because of non-payment of dues. We are listing the track & field and long distance clubs from that listing below. Meet directors should take note that these organizations no longer exist for purposes of team scoring, and athletes listing affiliations from said clubs should be listed in results as unattached. Some of the clubs below may have been defunct for some time...quite a few of the names we have never seen before in association with race results. Here they are: Bay Area Striders, Boys Club of San Mateo, Diablo Valley Girls TC, Colfax RC, Doc's Jocks, Funky St. Boys Club, Italian-American Federation of the East Bay, Livermore Area Recreation & Park District, Lulu Racing Ass'n, Marin AC, Mid-Valley TC, Palo Alto YMCA, Pittsburg Girls TC, Pace-maker TC, Sacramento Road Runners, Sacramento Snail Blazers, San Bruno TC, San Leandro TC, Six Rivers RC, Stanford RC, Over-the-Hill Gang, Univ. of California Medical Center, United San Juan Girls TC. Also, the following colleges may no longer compete as institutions in AAU competition: Univ. of Pacific, San Joaquin Delta College, Ohlone College, & San Francisco State.

•**CHINA TRIP:** - Word has it that a delegation of about 60 (men & women) athletes will tour the People's Republic of China this May in a first for track & field competition between the two countries. It is not certain how the team will be chosen yet, but it is likely that the A.A.U. Indoor Championships may be used heavily (nice of the A.A.U. to inform the athletes that the Indoor Championships would be used for such a trip!---I am sure that many more athletes would have participated if they had known such was the case.). It will be a two-week trip.

•**THIRD ANNUAL SPORTS MEDICINE SEMINAR:** - "The Injured Athlete" will be the subject of discussion of this seminar, to be held May 2-4 at the Miyako Hotel, 1625 Post St., San Francisco. The goal of the seminar is to explore the injured athlete in regard to preventative as well as rehabilitative measures. The 2-day program (3rd & 4th) will be very reasonably priced at \$75 for physicians; \$60 for Sports Medicine Academy Members, Military, and Recent Graduates (1972-74); \$25 for Trainers, Coaches, and R.P.T.'s; and only \$15 to Athletes. The registration deadline is April 18 with a late fee of \$10...for further information and registration forms, contact: Dept. of Continuing Education, California College of Podiatric Medicine, Box 7855, Rincon Annex, San Francisco, CA 94120. A few of the familiar names that runners might recognize that will be part of the program are: Steve Subotnick, George Sheehan, John Pagliano, Harry Hlavac, Joe Henderson, Bill Ranney, Don Riggs, and James Wilmore.

•**FIFTH ANNUAL SPORTS MEDICINE CONFERENCE:** - Sponsored by the San Francisco Medical Society and San Francisco State, this conference will be held June 7-8 at SF State...consisting of a full day program on Saturday and a practical workshop on Sunday. For

advance information, contact James Glick, M.D., San Francisco Medical Society, 250 Masonic Ave., S.F. 94118. University credit will be available for the course.

•**JOINT MEN'S & WOMEN'S LDR MEETING:** - So that more coordination between men's and women's long distance running programs can take place, the PA-AAU will hold its first joint LDR meeting after the Bay-to-Breakers Race on May 18, Sunday. The meeting will commence at about 1 pm at Joan Ulliyot's house (30 - 25th Ave., San Francisco--very near the finish of the run). All clubs are urged to have a person(s) present at the meeting. Election of a new Women's LDR Chairman (actually the nomination only...with balloting by mail) will take place at the meeting. All interested individuals are encouraged to come and join in the building of our distance program.

•**FEBRUARY MEN'S LDR MEETING:** - Many important items were voted on and passed. Jim Nuccio, the PA-AAU 15 & 20 kilo champion, was provided with funds to travel to the National AAU 15 Kilo X-C Championships (trials for the International X-C in Morocco)...he finished in 7th place, just one spot off making the team! Results of the race are in the 'Results Section' of this issue. --- The LDR Committee voted to withhold from the 1976 LDR Schedule, any race that was not sanctioned, or a registration report filed for this year, 1975. The necessary forms are available from the PA-AAU Office. --- Master's & Women's PA-AAU Championships will be held concurrently with the Senior Men's Championship Races. In addition, the LDR Committee would like to encourage all race directors to add these divisions to their races to encourage greater participation by these groups. --- The LDR Committee also voted to enforce AAU registration of all runners. This will be done starting May 1, 1975, and will require all entrants at AAU-Sanctioned Races to show his AAU Card at the time of registering at the race. If the runner does not have his card with him, he may either apply for one at that time and be allowed to run, or sign a sheet of paper with the statement: "I have previously applied for an AAU card and it is pending approval, or I am registered, but do not have my card with me. I further understand that if I have signed this statement falsely, I am liable for suspension of 4 months from AAU competition." The race directors will be responsible in this manner for ensuring that all competitors are registered AAU athletes, and the list of "registrations pending" should be sent to the LDR Chairman, Harold DeMoss, for cross-checking with the AAU Office. --- It has also been voted on by the LDR Committee to suspend unofficial runners for 4 months if they interfere with the progress of a race or cross the finish line without being registered to run that race. Hopefully, this measure will be a deterrent for runners who have a habit of fouling up finish lists and times by not entering a race and deciding to cross the finish line anyway. --- The LDR Committee has also voted to assist the race director by devising a critique sheet for the director to send out with his results lists. They may be returned to him then so that he may upgrade certain aspects of his race that may be lacking.

•**FLY TO MEETS:** - Bert Bota, a commercial pilot, has suggested that if there are enough people interested in travelling to certain out-of-the-area races, he would be willing to fly them in a small plane (6-10 people) for a savings over the regular airfare. Anyone interested in such an arrangement should contact Bert (a runner himself) at 415/383-5146.

•**CHARTER FLIGHT TO AAU MASTERS & TORONTO:** - As of March 1st, a total of 150 have signed up for the West Coast charter flight leaving August 7 from L.A. The goal is 220. Subject to a possible fuel surcharge, a \$310 cost is estimated...and that includes airfare LAX/NY/TORONTO/LAX, airport pickup & return, plus University housing in White Plains and Toronto (meals excluded). Flight will return on August 18, following the 1st World Masters Track & Field Championships. See Classified Ads this issue for further information.



### A SPECIAL FREEDOM

National Jogging Association for the individual, family and club jogger.

Newsletters • Guidelines • literature consultation • Awards and Achievement Program • equipment • much, much more . . .

Send for free information

Please send free information on NJA.  
 Enclosed is \$10 for 1-year membership.  
 Enclosed is \$25 for 3-year membership.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

★ Mail to: National Jogging Association  
 1910 K St., N.W., Suite 202  
 Washington, D.C. 20006

● **JOHN HILL**, a Sacramentan who runs for the NorCal Seniors TC, and who annually directs the Camellia Festival 100-Miler in Sacramento, reports that 12 runners have finished the race in the past five years. Fastest among the group is Jose Cortez with a time of 12 hours, 53 minutes, 31 seconds. At age 19, he is also the youngest; the oldest is Paul Reese, 54. Natalie Cullimore is the only woman in the group. By virtue of being the only finishers in their divisions, Cullimore and Reese both hold national records. Here are the dozen finishers with their ages and times: Cortez; Ken Young (30) 14:14:39; Bill McCray (25) 15:13:43; Darryl Beardall (35) 15:38:38; Natalie Cullimore (31) 16:11:18; Ralph Paffenbarger (49) 16:42:58; Reese 17:15:34; Cullimore 18:09:16; Don Choi (25) 18:20:05; Peter Mattei (48) 20:56:30; John Arberry (29) 22:21:39; Mike Ipsen (26) 23:36:21. Yep, that's right--the only repeater is petite Natalie Cullimore! Known as a dedicated meet director, Hill was busy as a florist on New Year's Eve at this year's race. As runners toured the 7/8 mile loop, Hill called and recorded times and laps as each runner passed him, which required 939 calls and recordings during the 24-hour period he was on duty. -- Full results in this issue for this year's run.

● **CBS-TV TO DECIDE FATE OF KENNEDY GAMES**: - Survival of the six-year-old Kennedy Games (scheduled for June 14) apparently now rests in the hands of CBS-TV. If the Games are dropped off the schedule, it will likely mean the end of the Berkeley meet. Meet Director, Dave Maggard, indicates that in order to make any money, all 22,000 seats in Edwards Stadium would have to be sold...assuming no TV-coverage, of course.

● **SPORTS CUTBACK IN SF SCHOOLS**: - Of course this is old news by now, but \$200,000 was cut from the San Francisco sports program (high schools) shortly after printing of the last issue. A tremendously successful drive to get funds to save not only this program, but also other extra-curricular programs, has been put into effect. Rock-concert promoter, Bill Graham, put together a fantastic benefit concert at Kezar Stadium which drew 60,000 enthusiastic bodies on March 23rd. All the performers did their thing for free to benefit the fund-raising drive. The International Track & Field Association (ITA) was also instrumental in pumping monies into the program by distributing coupons that would, in essence, donate \$1.00 to the S.O.S.S. fund when redeemed at any ticket outlet for the April 4th ITA Meet in San Francisco. As of this printing, it appears that all the spring sports programs in the City will go on as usual, thanks to cooperative efforts by countless people.

● **\*\*AAU OUTDOOR QUALIFYING STANDARDS\*\*** Following are both the men's and women's (junior & senior) standards that must be met to compete in the National Championships this coming June. (MEN)--Standards are in effect Oct. 19, 1974: (Metric equivalent marks follow in parentheses)--**JUNIORS**: 100y-9.6 (10.4); 220y-21.3(21.2); 440y-47.8(47.5); 880y-1:52.4(1:53.0) /Note: Times should probably be reversed, but this was the way they were listed/; Mile-4:10.0(3:51.3); 2 Mile-9:03.0; 3 Mile-14:13.0(14:43.0); 6 Mile-30:27.4(31:27.6); 3000mSC-9:30.0; HH-13.9(14.4); 330IH-38.0; 440IH-53.8(53.5); HJ-6'10"; LJ-23'8"; TJ-48'0"; PV-15'3"; SP-12#(63'6"), 16#(54'0"); DT-HS(179'0"), Coll(164'0"); JT-210'0"; HT-No Standard; 10K Walk-No Standard; Dec-6300. **SENIORS**: 100y-9.4(10.4); 220y-21.1(21.1); 440y-46.8(46.5); 880y-1:48.1(1:48.1); Mile-4:02.0 (3:43.4); 3 Mile-13:32.0(14:01.2); 6 Mile-28:19.0(29:19.0); 3000mSC-8:50.0; HH-13.9; 440IH-51.5(51.2); HJ-6'11"; LJ-25'1½"; TJ-51'9½"; PV-16'6"; SP-61'0"; DT-189'10"; JT-241'7"; HT-198'1"; 2 Mi Walk-15:20.0(14:40.0); 3 Mi Walk-23:50.0(24:50.0); Dec-7300 Pts. **\*\*\* (WOMEN)--Standards are in effect Jan. 1, 1975:** (Metric equivalent marks follow in parentheses)--**JUNIORS**: 100y-11.0(12.0); 220y-25.0(24.9); 440y-57.5(57.2); 880y-2:15.0 (2:14.0); Mile-5:06.0(4:45.0); 2 Mile-11:20.0(10:45.0); Mile Walk-8:45.0; 100mH-15.4; 400mH-1:07.0; LJ-18'2"; HJ-5'5"; SP-4Kg(38'0"), 8#(40'0"); DT-115'0"; JT-125'0"; 440Rly-49.5; 880Med-1:50.0; MileRly-4:00.0; 2 MileRly-9:40.0; Pent-2800 Pts. **SENIORS**: 100y-10.7(11.7); 220y-24.5(24.4); 440y-56.0(55.7); 880y-2:11.0(2:10.0); Mile-4:57.0(4:37.0); 2 Mile-10:55.0(10:20); Mile Walk-8:35.0; 100mH-14.4; 400mH-1:04.0; LJ-19'0"; HJ-5'6"; SP-4Kg(43'0"), 8#(45'0"); DT-140'0"; JT-145'0"; 440Rly-48.0; 880MedRly-1:47.0; MileRly-3:54.0; 2 MileRly-9:30.0; Pent-3200.

● **MORE ON WOMEN'S INTERNATIONAL X-C QUALIFIERS**: - A correction to what we said page 4 in regards to the method of qualifying used for the Moroccan trip. A 2.5 mile postal meet was used (on the track), with meets at UCLA, Phoenix, Lamoni (Iowa), and Hiram (Ohio). We don't think that this is a very equitable method of choosing since the weather conditions vary considerably across the nation in February. Also...why no other sites?

● **Ron Wayne** competed in the Kyoto Marathon (for 6 miles) but had to retire with an aggravated achilles. **Jon Anderson** was invited to compete but had to cancel because a foot injury.

## NCRRL LONG DISTANCE POINT TOTALS

**SPA-AAU STANDINGS**: (Compiled by Stan Rosenfield) - Ratings are determined by dividing average placing (when in top 10, or top 6 for masters) by number of races run. Following are the final Southern California standings for 1974 (began Jan. 1 and includes all races listed on the LDR Schedule during the calendar year except the following: Peck Park X-C, L.A. Times Marathon, College of the Canyons--both races, Mt. SAC Invitational X-C, Pico Rivera Turkey Trot, and any relay races). Ron Kurrle, second last year, moved up to first this time but was well off Bill Scobey's winning 1973 mark of 0.107, as well as his own runner-up 0.147. Ron and Phil Ryan led the SPA in victories with 4 each...Sam Nicholson successfully defended his title in the masters division and broke his 0.115 mark by recording a superlative 0.091. Ten of last year's top 15 vets made the 1974 list, while only 6 runners repeated in the open category! -- (The numbers in parentheses below indicate: number of races run, average placing, and point rating, respectively): **OPEN DIVISION**: 1. Ron Kurrle (BHS/13, 3.46, .266), 2. Pat Miller (CCAC/14, 4.07, .291), 3. Phil Ryan (GWAA/13, 3.84, .295), 4. Ray Hughes (BHS/9, 2.67, .296), 5. Ed Chaidez (CSN/11, 3.36, .306), 6. Skip Shaffer (CCAC/22, 7.09, .322), 7. Bill Scobey (BHS/6, 2.00, .333) and Gary Tuttle (BHS/3, 1.0, .333), 9. Don O'Caná (BHS/6, 2.33, .389), 10. Ajim Baksh (Un/7, 2.86, .408), 11. Jim Arquilla (AATC/11, 4.64, .421), 12. Jim Perez (AZTL/13, 6.23, .479), 13. Bob Wallace (Un/2, 1.00, .500), 14. Ken Moffitt (Oxy/5, 2.60, .520), 15. Mark Kushner (CCAC/6, 3.33, .556), 16. Mark Covert (SFVTC/5, 2.80, .560), 17. Carlos Alfaro (AZTL/9, 5.33, .593), 18. Mike Chambliss (SBAA/9, 5.44, .605), 19. Marv Rowley (CCAC/8, 5.12, .646), 20. Bob Branch (CCAC/9, 5.89, .654). **MASTERS DIVISION**: 1. Sam Nicholson (STC/25, 2.28, 0.91), 2. Dick Bartek (SBAA/8, 1.37, .183), 3. Rudy Ceja (STC/15, 3.93, .262), 4. Gil Perez (STC/15, 3.93, .262), 5. Aurelio Camacho (STC/9, 2.44, .272), 6. Glenn Turner (STC/11, 3.00, .273), 7. Don Jones (STC/6, 1.67, .278), 8. Walt Windson (Un/10, 3.10, .310), 9. Pete Mundle (SMT/5, 1.60, .320), 10. Jerry Smart (BHS/3, 1.00, .333), 11. Dick Durand & Dave Parker (STC/7, 3.00, .429), 13. Ray Gil (STC/8, 3.75, .469), 14. Del Linam (CCAC/9, 4.56, .506), 15. Norm Lumina & John Rudberg (STC/4, 2.50, .625).

**PA-AAU STANDINGS**: (Compiled by Art Dudley) - No changes in the 1973-74 final standings since we never did get the Dipsea results to include (anyone get them?). Following are the first standings of the new scoring year, which began with the Lake Merritt Races in mid-October, and will end with the Pamakid Lake Merced on Oct. 5 this year. Ratings are determined in the same manner as for the SPA-AAU, but the top 4 women are chosen for computation purposes. The NCRRL reserves the right to reject races which we feel were not 'competitive' enough to include. Generally, all A.A.U. races in the PA-AAU District are counted, unless they have not been advertised sufficiently beforehand in the LDR Handbook or the NCRRL. The following races were not counted: Chico 10 Kilo, Lake Merritt 5 Kilo (women and masters), PA-AAU 50 Kilo (women & masters), Angwin to Anguish (women), Colfax Carnival, Dogfood Run (masters), Champion Gold Mine Run (masters), Midnight Run (masters-not known), Elkathon. All races through the end of February are included except those above. Non-PA runners are dropped for scoring purposes. As expected, Jim Nuccio has a big lead in the open

## TAHOE TRAILS RUNNING CAMP

ROOM & BOARD (\$10/DAY--2 MEALS INCLUDED)

**Mt. Rose Ski Lodge — Incline Village, Nevada**

8300 FEET, NICE ACCOMODATIONS, TRAILS, HILLS, TARTAN TRACK

Featuring: - Jeff Galloway, Barry Brown, Gary Tuttle, Doug Brown, and possibly Frank Shorter, Steve Prefontaine, and Scott Brighurst. \*\* Look for classified ads in *Track & Field News and Runner's World*.

Information: - Write to Jeff Galloway, 217 Westridge, Tallahassee, Florida 32304.

**FROM JUNE 1 TO LATE AUGUST**

division and will certainly threaten Rich Delgado's division record of 0.119, set in 1970. Aging(?) Darryl Beardall is a surprise second, ahead of Bill Clark. Darryl will join the ranks of the masters in the coming year. Bill Jensen took us by surprise and grabbed the masters division lead with 0.280. Last year's winner, Jim Shettler, is off to a slow start with only one win in a tie for 11th spot. Joan Ulyot is having a battle with another 'oldie' in the women's division, as Nuccio

has in the open race. Joan's 0.240 is closely followed by Ruth Anderson's 0.250--although Ruth has more than twice as many races under her belt. Peggy Lyman, last year's winner, is moving up fast (tied in third with Kathy Costello) after a case of anemia that left her out of most races this last fall. All those athletes with scores of less than 2.00 are listed. Ties are indicated with an asterisk (\*) and are scored as an average of the two places involved.

#### WOMEN

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating	Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Joan Ulyot/WVTC (5)	4	1	0	0	1.200	0.240	10. Sharon Furtado/?? (1)	1	0	0	0	1.000	1.000
2. Ruth Anderson/NCSTC (12)	1	3	3	5	3.000	0.250	Michelle McKeen/?? (2)	1	0	1	0	2.000	1.000
3. Kathy Costello/OTC (3)	2	1	0	0	1.333	0.444	Phyllis Olrich/WVTC (1)	1	0	0	0	1.000	1.000
Peggy Lyman/WVTC (3)	2	1	0	0	1.333	0.444	Skip Swannack/DSE (1)	1	0	0	0	1.000	1.000
5. Mary Etta Boitano/SERC (2)	2	0	0	0	1.000	0.500	Marilyn Taylor/?? (1)	1	0	0	0	1.000	1.000
6. Jeanette Allred/NCS (4)	1	2	0	1*	2.375	0.594	16. Kathy Himmelberger/WVTC (3)	0	0	2	1	3.333	1.111
7. Jeani Fuller/NCS (4)	1	1	1*	1*	2.750	0.688	17. Darlene Wallach/Chico (2)	0	1	1	0	2.500	1.250
8. Caron Schaumberg/VMTC (2)	1	1	0	0	1.500	0.750	18. Betsy White/WVTC (3)	0	0	0	3	4.000	1.333
9. Carolyn Tiernan/OTC (4)	0	0	3	1	3.250	0.813	19. Diane Williams/PBP (2)	0	0	2	0	3.000	1.500
10. Louise Adamson/WVTC (1)	1	0	0	0	1.000	1.000	20. Karen Bessy/BVH (2)	0	0	1	1	3.500	1.750

#### MASTERS

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Bill Jensen/PAMA (5)	4	0	1	0	0	0	1.400	0.280
2. Ross Smith/WVJS (3)	3	0	0	0	0	0	1.000	0.333
3. Bob Malain/NCSTC (7)	2	2	2	0	1	0	2.429	0.347
4. Jim O'Neil/SFOC (5)	1	4	0	0	0	0	1.800	0.360
5. Ken Napier/WVJS (4)	3	0	1	0	0	0	1.500	0.375
6. Dennis Teegarden/NCSTC (3)	2	1	0	0	0	0	1.333	0.444
7. Gough Reinhardt/NCSTC (8)	0	1	1	1	2	3	4.625	0.578
8. Bill Snavelly/BVH (6)	0	1	0	4	0	1	4.000	0.667
9. Colin Templeman/NCSTC (4)	1	1	0	1	1	0	3.000	0.750
10. Walt Betschart/NCSTC (3)	0	1	2	0	0	0	2.667	0.889
11. Ralph Blount/OPHIR (5)	0	0	0	2	2	1	4.800	0.960
12. George Crandall/SRRC (1)	1	0	0	0	0	0	1.000	1.000
Pat Cunneen/PAMA (3)	0	1	1	1	0	0	3.000	1.000
Ray Menzie/Un (2)	0	2	0	0	0	0	2.000	1.000
Jim Shettler/WVJS (1)	1	0	0	0	0	0	1.000	1.000
16. Bill Flodberg/WVJS (3)	0	0	2	0	1	0	3.667	1.222
17. Jim Nicholson/NCSTC (4)	0	0	0	2	0	2	5.000	1.250
18. Mike Healy/WVJS (3)	0	0	1	0	1	1	4.667	1.556

#### OPEN

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Jim Nuccio/WVTC (6)	5*	1	0	0	0	0	0	0	0	0	1.250	0.208
2. Darryl Beardall/MAC (6)	3	1	0	1	1	0	0	0	0	0	2.333	0.389
3. Bill Clark/WVTC (7)	1*	3	2	0	0	0	1	0	0	0	2.929	0.418
4. Wayne Badgley/BVH (4)	2	0	2	0	0	0	0	0	0	0	2.000	0.500
Domingo Tibaduiza/UNTC (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
Ron Wayne/WVTC (2)	2	0	0	0	0	0	0	0	0	0	1.000	0.500
7. Jim Birnbaum/WVTC (6)	3	0	0	1	1	0	0	0	1	0	3.500	0.583
8. Joe Taxiera/ATC (3)	0	2	1	0	0	0	0	0	0	0	2.333	0.777
9. Mark Elias/HSC (1)	1	0	0	0	0	0	0	0	0	0	1.000	1.000
Darren George/AIA (2)	1	0	1	0	0	0	0	0	0	0	2.000	1.000
Hershall Jenkins/SRRC (3)	1	0	1	0	1	0	0	0	0	0	3.000	1.000
12. Alvaro Mejia/WVTC (3)	1	0	0	0	2	0	0	0	0	0	3.667	1.222
13. Gene Fitzgerald/PAMA (3)	0	1	0	1	0	1	0	0	0	0	4.000	1.333
14. Doug Butt/Un (5)	0	0	0	1	0	1	1*	0	2	0	7.100	1.420
15. Terry Ybarra/UNTC (2)	0	0	2	0	0	0	0	0	0	0	3.000	1.500
Ron Zarate/UNTC (2)	0	1	0	1	0	0	0	0	0	0	3.000	1.500
17. Kevin Searls/DVTC (4)	0	0	2	0	0	0	0	0	1	1	6.250	1.563
18. Jack Leydig/WVTC (3)	0	0	1	1	0	0	1*	0	0	0	4.833	1.611
19. Ben DeLaGarza/UNTC (2)	1	0	0	0	0	1	0	0	0	0	3.500	1.750
20. Jim Barker/WVTC (3)	0	0	0	2	0	0	0	1	0	0	5.333	1.778
Jim Sane/CD (3)	0	0	1	0	0	1	1	0	0	0	5.333	1.778
22. Dan Anderson/WVTC (4)	0	0	0	0	1	0	1	1	1	0	7.250	1.813
Dennis Tracy/WVTC (4)	0	0	0	0	2	0	0	0	1	1	7.250	1.813
24. Bob Darling/ETC (3)	0	0	0	1	1	0	0	1	0	0	5.667	1.889

#### 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 over 1000, with many times more than that reading it, so many of the members in your club will see the notice. As long as the news is pertinent and kept to a reasonable length, we will print it... Let's hear from some clubs next issue!

**DEFUNCT CLUBS:** - A bunch of A.A.U. Clubs have failed to pay their 1975 membership dues to the PA-AAU and are no longer eligible for team competition as of last report. Notably among those clubs dropped from the PA roster are The Marin AC and the Bay Area Striders. See page 5, paragraph 1 for details & a complete list of these clubs. Meet directors especially should note these clubs and treat entrants from them as 'unattached' for scoring purposes.



(Left) Bill Jensen is the current leader for the masters division in the NCR Point Race for distance runners. /Dave Warren/  
(Right) Joan Ulyot has a slight lead in the women's division of the Point Race. /John Marconi/

**WEST VALLEY TRACK CLUB:** - Would you believe 33 new members have joined since last newsletter! --- Steve Bruns (16), 13754 Orleans Ct., Saratoga 95070 (Ph. 867-3152) is a soph at Saratoga High with top marks of 4:41.5 & 10:12. Fran Conley (34) is a talented addition to our women's division with a 3:20:29 marathon PR, and her husband, Phil Conley (40) 1850 Willow Rd., #3, Palo Alto 94304 (Ph. 326-1846) is a top-notch masters javelin thrower with a PR of 260'2-1/2" (227' while a masters competitor...just 2 feet of the US over-40 record). Phil is also an active road runner with a 3:48+ marathon best! Paul Cox (24) 171 Johnstone, S.F. 94131 (Ph. 564-3151) is a triple jumper with a PR of 46-10 (set this track season). David Crevelt (16) 1434 Mitchell Way, Redwood City 94061 (Ph. 368-9000) is a junior at Woodside High School with PR's of 5:09 & 11:01, as well as 17.9 for the high hurdles and 15'6" (LJ) and 4'4" (HJ). In addition, he has a 3:33 marathon best. Glen EveLyn (20) Box 125, McClellan AFB 95652 (Ph. 916/643-3831) is a top flight sprinter with PR's of 9.4, 20.8, and 30.7 (300 yards indoors). He has also thrown the javelin 244' in practice! John Gorman (23) 320 Harris Rd., Redwood Apt. 24, Hayward 94544 (Ph. 786-3299), is a graduate from the U.S. Naval Academy and has done 1:52.0 for the 880, as well as 1:11.3 for the 600 indoors. Scott Gould (16) 13321 Via Ranchero, Saratoga 95070 (Ph. 408/867-6295), is a junior at Saratoga High and has done 2:12 and 10:26 clockings (as a soph). Judy Gumbs (24) 57-A Bumis St., S.F. 94131 (Ph. 587-9212), is fairly new to the road running scene, but has already done a 3:19:45 marathon in her first attempt (in February). She is a physical therapist. Ronald E. Gurtner (22) 5665 Meridian Ave., San Jose 95118 (Ph. 408/269-6671), is a senior at West Valley JC with times of around 48-seconds for the 440 (although he didn't compete last year). Richard Harris (28) 2170 - 56th Ave., Sacramento 95822 (Ph. 916/392-0535), is a powerful addition to our mile relay team with a PR of 47.2 (46.5 relay leg). Reid Harter (24) 932 Macinaw (mail--c/o General Delivery), Al Tahoe Station, CA 95702 (Ph. 916/544-8117--messages only), has just moved to the Tahoe area from Southern California, where he competed for the Santa Monica TC. His PR's include a 1:54 (880), 3:05.9 (1320), 4:14 (mile), 9:07 (2 mile), 13:51.2 (3 mile), 29:10 (6 mile), and a very strong 2:19:15 marathon (at Boston last year). Gary Hunter (26), 394 Richmond Ave., San Jose 95128 (Ph. 408/275-1087), is a junior at San Jose St. and a machine operator with best times of 9.9, 22.1, and 50.3, plus a 20'6" long jump. His twin brother, Wes Hunter (Gary has a scar over his left eye and this is the easiest way to tell them apart) 490 N. Winchester, Santa Clara 95050 (Ph. 243-6583), has done 10.0, 22.4, and 49.4 (including a 48.2 relay leg), with a 22'1" long jump. Wes is also a junior at San Jose and a machine operator. Greg Kraft (19), 315 Anza St., Fremont 94538 (Ph. 656-3160), is a soph at Ohlone College and has already upped the club record in the high jump to 6'10" (1/4" off his PR, set last season at UCSB, where he holds the school record). Tom Laris (34) 113 Seale Ave., Palo Alto 94301 (Ph. 329-1210) is a financial analyst with Syntex, and a professional runner with ITA. With marks of 1:54.4, 4:06, 8:34.6, 13:18, 27:21 (28:12.6 for 10K), and 2:16:48 for the marathon, it's too bad that Tom cannot compete for us in the amateur meets. Jim Lister (25) 7729 Collegetown Dr., #49, Sacramento 95826 (Ph. 916/383-3972), is a grad student at Sacramento

State with a javelin best of 211'4", set last year. Mike Louisiana (27) 965 Magnolia Ave., #77, Larkspur 94939 (Ph. 924-2068), is currently with the U.S. Army at the Presidio in San Francisco and getting back into good discus shape. His PR of 198' came two years ago, and he was the NCAA Champion in 1971. He has already set a club mark of 183'5" this season. Roderick Madison (23) 1885 California St., #12, Mtn. View 94040 (Ph. 968-4912), is a planner architect and a graduate of the University of California (Berkeley). He is primarily a quarter-miler with a 48.7 best (and an unofficial 46.8 relay leg). He has also done 10.0 and 22.0. Bart Nelson (13) 509 Edinburgh St., San Mateo 94402 (Ph. 342-2292), is an 8th grader at Borel Middle School with a 5:49 mile best. His brother, Robert Nelson, Jr. (17) is a junior at Aragon High with a 4:38.0 mile best and 9:54.5 for two miles as a soph last year. Robert Nelson, Sr. & his wife Martha Nelson, are also new members who run distance for health purposes. Ken Oshman (34) 1141 Harriet St., Palo Alto 94301 (Ph. 327-0322) is an engineer and engages in distance running for pleasure and fitness. Tom Perez (17) 311 Russ St., King City 93930 (Ph. 408/385-3591) is a junior at King City High with 5:08 and 11:00 marks, both set last year. Rick Rockwell (21) 2061 Vanderslice Ave., Walnut Creek 94596 (Ph. 933-2392) is a junior at UC Berkeley with bests of 10.2 and 23.4 for the sprints. Larry Shields (24) 1285 Palou St., S.F. 94124 (Ph. 822-8487), is a security guard and sprinter with notable marks of 9.5 (9.4w), 21.1 (20.6 relay leg), 46.5 (46.0r), and 6.2 (60 yards). He is an important cog in the club's sprint relays. Roger Smith (22) 1008 - 90th Ave., Oakland 94603 (Ph. 569-8667) (weekends) is stationed at McClellan AFB near Sacramento and has marks of 6.3 (60y), 9.6 (10.5m), 22.8, 32.0 (300y). Dave Stanley (20) 19551 Forest Ave., Castro Valley 94546 (Ph. 582-7454) is a junior at Cal-State Hayward with weight marks of 149'9" and 46'5", both set last season. Steven Subotnick (32) 19682 Hesperian Blvd., Hayward 94541 (Ph. 783-3255 office; 538-6651 home) is a well-known Bay Area podiatrist and distance runner on the side with a 3:34 marathon PR. Club members with foot problems should check him out! Dennis Swart (23) 1345 Stewart Rd., Sacramento (Ph. 916/481-6728), is a Boys Home Counselor and graduate from Providence. He is a fine middle distance and distance runner with bests of 1:52.7, 4:10.3, 9:23, and 14:17. Ron Wayne (25) 2923 Florence St., Apt. 305, Berkeley 94704 (Ph. 843-2532), is the 1974 A.A.U. Marathon Champion with a PR of 2:16:16 for that distance. Currently employed as manager of The Athletic Dept. in Berkeley, Ron also has track marks of good quality (4:09.4i, 9:01.8i, 13:58, and 28:57). He should give Bill Scobey's club record a good push in the next few years (2:15:21). Bill Weller (27) 281 Goodwin Dr., San Bruno 94066 (Ph. 355-1050) is a recent defect from Club Northwest with times of 10.2, 22.7, and 49.5. Welcome to all our new members and best of luck this track season. I suspect most club records should fall.

•Speaking of club records: - As of the end of March, eight new individual club marks had been set, with an additional two being tied (plus two wind-aided marks). Also, four relay standards were set. Here's what happened---In the sprints, Greg Marshall tied the 60 yard mark (outdoors) with his 6.4 and also tied the furlong with a 22.0 (he also ran a 21.2w). Larry Shields did a 9.7w for the best ever time for 100 yards (wind-aided or not). In his first big race of the season, Dedy Cooper, the club's junior internationalist in the high hurdles, set a PR of 13.6 at the San Jose Relays, clipping a tenth from his club mark for the prep barriers. His coach and fellow member, Vic Cary, indicated that he hasn't even begun any speedwork yet! He ran a 48.3 relay leg in the same meet. The field events have come under a mass assault, with Dave Davis upping his club mark many times to a 55-6 1/4 in the shot vs. Cal and Sac-State. Brad Nave has started playing around with the hammer and set a standard of 126-10 (only member to ever try this event). He also upped his discus record from 180-11 to 181-6, only to have it broken by teammate Mike Louisiana, who did 183-5 in the same meet. Phil Conley made it a complete revision of the club weight marks with his 217-11 javelin standard at the Herbert Hoover Relays, adding a few inches to Drew Stevick's old mark. Phil should have little problems in breaking Bud Held's masters record (229') this spring with the way he's performing in the early meets. Rick Rogers added an even two-feet to Skip Peterson's triple jump record with his 46-11 in the first meet of the season at the Cal-State all-comers. Paul Cox later came within an inch of that mark. Greg Kraft first put 3/4" on Skip Peterson's high jump standard with a 6'9" leap and then added another inch, going 6'10" vs. Oregon State & Cal-State Hayward, finishing fourth, but getting the same height as the winner. The club



set four relay standards at the Herbert Hoover Relays on March 23 at CSM, although the only competition in most instances was our club's "B" Team. Actually, the "B" Team won the 880 Relay with a 1:33.1 standard...Mark Young, Wes & Gary Hunter, and Rod Madison. The 4 mile relay went in 17:58.8 (Jack Leydig, Bill Clark, Tom Jordan & Jim Dare), although this was a new mark (never run before). The other two relay records were also 'first attempts'---the 480LH Shuttle Relay (59.1) was composed of Mark Young, Greg Marshall, Roger Smith and John Gorman; the seldom-run, shortened sprint medley relay (220-110-110-440) went in 1:36.4 (Greg Marshall, Roger Smith, Larry Shields, and Richard Harris). Race-walker Wayne Glusker dipped under 5 hours for the 50 Kilo Walk with his 4:56:57, taking 16 minutes from Roger Duran's previous record.

●News from other members: - Bob Grubbs, who attended the Univ. of Oregon his first two years of college, decided to transfer to Colorado St. (Ft. Collins) and is back and running well again. He just missed his 3 mile PR with a 13:41 clocking at the Long Beach Relays, taking third place. He is planning on training in Tahoe this summer (who isn't?)...look out for another record-breaker at the Tahoe Relays. Jim Bowles is alive and well in Troy, New York, and placed sixth recently in the Natl. RRC 15 Kilo Championships at Van Cortlandt Park in NYC (47:52 was the winning time by Tom Flemming and Jim was a ways back at 51:48). George Stewart & Jim Birnbaum are both going (gone) to the CISM (International Military) X-C Championships in North Africa (Morocco?)...George for the Army and Jim for the Air Force. George stepped to a quick 13:28.8 for 3 miles indoors at the AAU Indoor Championships in New York but that was only good for ninth place! The club picked up his airfare to the meet, which was a qualifier for the US-USSR Indoor Meet...oh, just found out that the CISM will be in Algiers. Jim Dare, club steeplechase record-holder at 8:33.6, will be moving to Pocatello, Idaho, for about six months at the end of April, and from there---who knows? Hey Jim? What the hell is the Navy doing in Idaho? Jim Nuccio, our coverboy on this issue, was selected as running athlete of the week by the NorCal Track & Field Writers (week of March 24) on the basis of his near PR 6-mile of 28:28.4 at the Stanford Relays. Stanford runner/jumper, James Lofton, a freshman, was selected as the field athlete that week. Roy Kissin, running in his first international competition, placed a terrific 8th at the Junior International X-C Championships in Rabat, Morocco, on March 16, helping the U.S. team win it's second straight team title. Roy follows Bob Grubbs, Dedy Cooper, and Mike Pinocci as one of the club's junior internationalists over the past few years. Dave Cords, now living in Fresno, recorded a great 13:53.4 PR for three miles at the Santa Barbara Relays, finishing 6th in a field of about thirty. Mike Louisiana got himself hitched (wife's name is Cindy) on March 15, just before he set his club discus record! Mike Ryan, our trusty member in Dayton, Ohio, is running easily about 6-7 miles a day after a fairly successful X-C season (15th in the USTFF Nationals) and managed to take time to get married in mid-February (wife's name is Mary Anne). Jim & Janet Holl announced the birth of Justin Dodds Holl on Feb. 20...measuring in at 7 lbs., 11 oz. (21" long). Bruce Wolfe, attending Stanford in France, reports that he gets lots of stares while running around Tours, where he goes to school...it seems that very few Frenchmen run in the city. They usually park outside of town somewhere to workout. Also...people think him odd running in his shorts, as he reports everyone else runs with the sweat bottoms on. He hasn't found any running organizations or road races yet, but he's still looking. Chris Berka, on the other hand, reports he's ten pounds overweight, despite averaging about 30 miles a week while attending Stanford in Britain. He's joined the Maidenhead AC and plans to run road races all spring. He and Bruce should be back in the Bay Area by early July. Glenn Harmatz ran 5th in the Anaheim indoor mile (4:18) behind Tracy Smith's winning 4:11 (he broke everyone with a 58-second third quarter!) and then came back to clock a 9:16 in the two-mile.

●Club Exec Council Meeting: (March 23) - About 2/3-rds of the club's Exec Council met at Harold DeMoss' home in Los Altos. There was extended discussion on possibilities for gaining business sponsorships for the club in the future, with Brad Nave presenting a rough procedural plan for accomplishing this. First step would be to get tax-exempt status and also apply for non-profit corporation classification. The Exec Council voted on the purchase of a dozen new Jelenk sweats for use by club members on loan for big meets. These would run about \$35 apiece when screened. Color will be orange (white and black stripes) and Penny DeMoss volunteered(?) to design the screen for the back of the uniforms. Greg Marshall volunteered to coordinate the club's track & field program while Jack Leydig

is travelling to Boston for the annual marathon. Greg's address and phone: 1144 Fulton St., Palo Alto 94301 (415/328-1775). It was noted that the club still had several hundred of both the AAU X-C and Christmas Relays T-Shirts left and that probably \$1000 or more could be obtained by getting these shirts sold by members. The monies can certainly be used for travelling to various National Championships this spring by our many qualified athletes. Anyone wanting to take some of these to sell (see ad on page 5) should contact Jack Leydig before April 12 or after May 1. They go for \$3 (AAU) and \$2.75 (Xmas) unless someone gives you a copy of the coupon on page 5. If you've been wanting to held out, here's the time!

●CLUB BBQ & EXEC MEETING FOR MAY: - The club will have a general membership meeting (with Exec Council voting) on May 25 at Harold & Penny DeMoss'. Distance runners meet at noon for a run in the hills of Los Altos (DeMoss lives at 765 Campbell, Los Altos--941-8975 if you get lost) and sprinters can plan on getting together at Foothill College for practice on exchanges for relays...no starting blocks will be available). The BBQ/Meeting will start around 2 pm. Everyone bring something (if your last name begins with A to E, bring a salad; F to J bring some kind of fruit; K to O bring a cassarole of some kind; P to T bring drinks; and U to Z bring chips/dips or dessert).

●Boston Marathon: - The club will send probably its best-ever team to try and recapture the team title it won in 1972 (Mejia/Leydig/McDevitt). As of the first of April, the following club members were planning on making the journey--Leydig, Joe McDevitt, Ron Wayne, John Loeschhorn, Bill Clark, Jim Bowles, Judy Gumbs, and possibly Jim Barker. Wayne has apparently recovered from the achilles problems he had before being forced out of the Kyoto Marathon and is training well; feeling strong. Clark & Loeschhorn both appear ready for a low-2:20 effort, with Bowles & Leydig in the 2:26-28 range. Judy Gumbs is looking for a sub-3:10 mark in her second-ever marathon attempt.

●Another baby! - Almost forgot--Dennis Tracy reports that his wife gave birth to a 5-1/2 pound son in early February... and they named him Ryan Wayne (after Mike Ryan & Ron Wayne??).

## Meet Directors!!!

MAIL ENTRY BLANKS TO 1000 RUNNERS FOR \$15

CONTACT US IMMEDIATELY FOR FURTHER INFORMATION.

★NOR-CAL RUNNING REVIEW★

### CLASSIFIED ADS

CHARTER FLIGHT TO A.A.U. MASTERS TRACK CHAMPIONSHIPS & WORLD MASTERS: August 7-18, LAX-NY-Toronto-LAX. Save 50% on regular fare. Send \$50.00 deposit to: David Pain, 1951 Cable St., San Diego, CA 92107. -- Masters, Sub-Masters & Women's events.

1975 HIGH SCHOOL ANNUALS: - Send \$1.50 per booklet (+15¢ for mailing) to: NCRR, Box 1551, San Mateo, CA 94401. This booklet, published by TRACK & FIELD NEWS, features lists for all events (1974 and all-time, including indoor performances, plus class and age-records). Supply low---get your copy today!

TEACHING JOB WANTED: - I am in my 5th year of teaching P.E. & have a B.S. degree in P.E. and also an M.A. in P.E. with certification in junior college and secondary education. Ideally a junior college job would be my first choice, with secondary and junior high next in line. I plan on moving to the Bay Area in early summer. Contact: Don Jayroe, 602 Wimbleton Dr., Raleigh, N.C. 27609. I am also a above average distance runner, presently competing for the North Carolina TC.

FILM LOOPS---DISCOUNTED: - The NCRR has a limited supply of certain film loops (8mm and Super-8) on the following athletes: Jay Silvester, Willie Davenport, Tom Hill, Kjell Isaksson, Tarmak, Bob Hayes, Brian Oldfield, & Wolfgang Nordwig. Send only \$1.00 per loop + 25¢ postage (up to 5...+5¢ each additional) to: Jack Leydig, P.O. Box 1551, San Mateo, CA 94401. Please be sure to specify whether you want 8mm or Super-8.

PHOTO CONTRIBUTORS NEEDED: - The NCRR would like to have you as part of our staff. We can't pay you, but NorCal athletes need your services. Write for details: NCRR, Box 1551, San Mateo.

## LETTERS TO THE EDITOR

**HAROLD DEMOSS** (*Los Altos, CA*): "Since I have become the Men's PA-AAU Long Distance Chairman, there have been several instances wherein I have been asked to either make decisions or arbitrate in the interpretation of rules in situations which have involved women's LDR. Although I am in favor of expansion of the women's LDR program as much as possible, the runners, race directors, and club presidents should realize that my position within the AAU is that of the Men's LDR Chairman only, and all women's LDR problems should be handled by the Women's LDR Committee Chairman, who is currently Dawn Bressie. Another problem which has come up is that of runners entering in age divisions other than their own. In an age-division race, a runner is a certain age, not just 'open'. Otherwise, runners are running out of divisions, and the placings are meaningless."

**MR. & MRS. R.P. MUELLER** (*Los Altos, CA*): "My wife and I would like to compliment the Tax Reducers AC for the well-organized San Jose Fitness Run on March 9th. The course was flat, every mile marked with times given there, and the finish line chute worked very well. We understand that the TRAC had added financial problems due to the San Jose Fitness Council withdrawing from sponsorship at the last minute. We would like to see the TRAC make this race a yearly event." (*Ed. - One of the reasons that the TRAC had such a good race is that ALL 39 members of the club worked in putting it on!*)

**MARY ETTA BOITANO** (*San Francisco, CA*): "Congratulations on your up-and-coming magazine. I realize that with all the information going into each issue, some people's mistakes sneak by the proof readers from time to time. In the Nov./Dec. issue you stated that John Foley set a world age-record for 8-year-olds with his 3:42:17 at Livermore (Marathon). I think you were misinformed. I ran a 3:37:15 at age 8, according to the 1974 Marathon Handbook. Thanking you again for your nice magazine." (*Ed. - Sorry, guess we goofed. This is the information we received from the race results and we never bothered to check it out. At any rate, John set a boy's age-group record.*)

## EDITORIALS

**WHERE ARE THE A.A.U. CARDS?** - In an effort to speed up the issuing of AAU cards, the National Office decided to try something different this year. All Districts sent their member clubs a computerized listing of 1974 registered athletes so the clubs would be responsible for updating address information and sending in renewal fees for 1975. Although we (WVTC) did not get more than about 15-20% response from our members for this 'group application', we did send in fees for several dozen athletes in mid-December. The workload, thus, was distributed through the various clubs and not concentrated at the PA-AAU Office...really a great idea. BUT...where the hell are the cards? As of April 1, none of those who applied as a group had received their 1975 cards! Yet, those that applied individually to the PA Office from our club got their cards back in a very short time (usually less than 2 weeks). Naturally this would be expected since much of the re-registration load had been shifted to the clubs and then everything back to someplace in Nebraska (we think) for processing. Ahhh! - Computerized technology! Maybe by the end of track season some of us may have our cards in time for cross-country? I guess I could go on, but the point I'm making is obvious. Next year I will certainly not appeal to our membership to register *en masse*. I would appreciate hearing from other clubs that might be experiencing the same problems to verify if this is just an isolated case...I think not. The problem does not lie at the District level in my opinion, but at the National level.

**KENNEDY GAMES & JR. NATIONALS CONFLICT?** - (*At the time this letter was written to Dave Maggard, Meet Director of the Kennedy Games, the site of the Junior Nationals had still not been determined...shortly after, however, Knoxville, Tennessee grabbed the bid, thus meaning this meet will be on the East Coast for the third year in a row! The financial burdens, year after year, of having to send the West's best junior athletes to the East is staggering. Certainly this important international qualifying meet, like most other national championships, should be rotated around the country from year to year...the National Indoor Championships has the same problem, residing in New York City year after year.*) - "I understand that you were disturbed about Concord (Diablo Valley College) bidding for the National A.A.U. Junior Championships this June because they were on the same date as your Kennedy Games. I further hear that Concord

has now released their bid and that it is currently up for grabs and may very well go to Florida for the third year in a row!

I feel that perhaps it might be good to reconsider some of the good points of having the Junior Nationals here in the Bay Area at the same time as your meet. Maybe you have not thought of some of these items. First of all, there would be no direct time-conflict between your two meets, as the Kennedy Games are traditionally over by mid-afternoon, and the Junior Meet could be held in the evening (6 pm or later) on Saturday and Sunday. This would be desirable anyway (even if there were no conflict between the two meets) since Concord can be quite warm at that time of the day (in June). Having two big meets on the same weekend would probably draw more people to the area from places like Fresno, Southern California, etc. And...most would want to take in both meets, not just one. But perhaps the biggest plus for having these two meets in the Bay Area on the same weekend is the increased opportunity for television coverage. The TV crews could easily handle both meets and put them into a single package. I understand that you still are not sure whether or not you will get TV coverage for the Kennedy Games. With a dual package (both meets), your chances would be increased substantially I think.

I can only see one small disadvantage of having the two meets on the same weekend...and that would be that you might lose a few 'junior' athletes who would rather try and qualify for foreign competition with the National Team. You certainly would not lose any attendance from the loss of a few top juniors. Take a look at your winners in last year's meet! How many were under 20 years of age?

And...looking towards another aspect of the problem. If Florida (or another Eastern city) gets the meet again, the distance men from the West will be at a disadvantage (temperature & humidity). Also, travel expenses of having Bay Area athletes always go to the East Coast is getting pretty old. I am sure many more local athletes would make the travelling team simply because the meet was closer. Many didn't go last year because of expense. Dedy Cooper and Roy Kissin, along with Skip Peterson, could not have gone without our club and the PA-AAU picking up some of the tab. We would rather avoid the cash outlay again this year.

So, I would hope that you will take these items into consideration and perhaps reconsider the possibility of DVC hosting the Junior Meet...and soon, before someone else grabs it! Best regards,  
--Jack Leydig, Editor/NCRR



PA-AAU Men's Long Distance Running Chairman, Harold DeMoss, and his wife of a few short weeks, Penny (Tomei). 'Weird', as his friends(?) call him, is this month's *RUNNER-UP*. /Jim Wheldon/

## RUNNER-UP

**MEET HAROLD DEMOSS:** (*By Jim Valenti*) - "If, by some strange quirk of fate, all the races would cease forever, the real runners of the world would still keep on running everyday." That profound bit of philosophy came from our unsung interviewee of the month, Harold DeMoss, the Pacific AAU's Long Distance and Road Running Chairman. He went on to advise, "All this talk about running versus jogging is a bunch of crap, and I've been trying to eliminate this 'elitism' ever since I began running."

Contrary to what some of our runners publicists may think, the guy who hangs in there in the lifetime habit of running, really is the winner, as he obtains a happy way of life."

Harold was born almost forty years ago on a farm in Claremore, Oklahoma. His family stuck it out in those John Steinbeckian dustbowl days, giving Harold his Cherokee heritage. He followed up on this tradition by attending a government Indian School, Haskell Institute in Lawrence, Kansas. This vocational high school gave him the electronic background necessary to enter and graduate from the University of Kansas with an Electrical Engineering degree in 1957.

In between Korea and Vietnam, Harold put four years in as a Navy pilot throughout various spots in the Pacific, and his home base at Moffett Field, California, on the San Francisco Peninsula. It also gave him an appetite for travel which he continued in his civilian career.

Flying and the Orient beckoned, and consequently he joined Pan American Airways in 1964 to fly their Pacific routes as a pilot. He is now a co-pilot on 747's flying to such exotic places as Tokyo, Hong Kong, Thailand, India, Tahiti, Australia, New Zealand, Indonesia, the Philippines, and Guam.

His running career began as a jogger in order to keep ahead of the every six-month requirement by Pan-American for a physical. Starting at 187 pounds in 1964, he got his weight down to 130, most of it in the first year of jogging. The first actual race he entered was on a layover for Pan Am in Darwin, Australia, in 1968. While listening to a radio program describing the track and field events of the Darwin Relays, he decided to jog over to the stadium to try a distance event. It was a 1500 meter run, and he's been hooked ever since. From then he went to the all-comers meets at Foothill College near his home in Los Altos and set personal records in the mile and two-mile (4:41.2 and 10:30). He plans to assault those when he turns 40 this July (21st). Nothing in that should imply that he couldn't easily have broken those records before, however, he next went after the longer distances in a big way. By the way, in the March 8th San Jose Fitness Run, he ran a 10:50 two-mile in route to a PR for six miles of 33:05, a little under 5:31 per mile.

Harold is probably the most unique member of the West Valley TC's Executive Council, where he was the former Vice-President. His new title is 'Administrative Assistant', which is the club's way of saying that Harold is unreplaceable and isn't going to be left off the hook so easily. He is one of the club's 'oldest' members, having joined back in 1969.

In 1973, at age 38, he set the US age-group record for the marathon, as listed by *TAFNEWS*, with a 2:34:30 at the Sauvie Island Marathon in Portland, Oregon. He has run the Boston five times and set his best time for that race last year at 2:43:23.

Mileage is about 90 per week, but if you consider he has not missed a day in six years, and that his Pan Am flying schedule is 12 days a month, that's a record hard to beat...one third of the time he has to handle the problems in running in 18 different countries.

Another record hard to beat is that he ran four marathons in four weeks, two in California, one in Boston, and one in Kansas. He has a total of 27 marathons under his belt.

He points out that of his three children, only Bob, 14, is interested in the sport and getting involved in the running scene. Harold's other two children are Debbie (16) and Brad (7).

This is Harold's second year as PA-AAU Long Distance Chairman, and he has serious plans to continue improving the runner's lot. Open to suggestions, he likes to deal informally with people and is readily available by phone or at most races.

Recently Harold married fellow WVTC'er, Penny Tomei, 1974 sixth-ranked NCRR point-scorer. Penny designs most of the WVTC shirts, logos, and national championship posters, as well as many of the ad layouts in the NCRR.

When one contemplates his accomplishments, it's no wonder that Harold DeMoss dropped those 57 pounds!

### NOR-CAL PORTRAIT

**MEET DAN RIPLEY:** (By Conrad Walker) - "This guy is a wildman," stated a fellow world-record holder of Dan Ripley. "I've seen him come out in his street clothes, pick up a pole and vault 16-6, just like that."

Fact or fiction, rumors tend to follow people at the top of their sport. But the humble, rather shy, Ripley, is an unlikely prospect to be at the top. Consider: (1) At the '74 NCAA meet, the San Jose junior took three bad jumps at 15-6 and was out; (2) Prior to the past indoor season, his PR in the

vault was a less-than-spectacular 16-3½; (3) He wasn't good enough to get invited to big meets--the only way he got into a very important one for him, the Saskatchewan K of C Meet, was that the meet management couldn't locate former San Jose vaulter Vic Dias, and SJ Coach Ernie Bullard suggested Ripley as a replacement.

Some replacement! Ripley promptly left his competition behind and cleared a world-leading 17-8, giving punsters a field-day. He then proved that he was for real by clearing 18-1 at the Sunkist indoor meet and collecting a new world indoor record.

This is a long way from Dan Ripley, junior high kid, toying with bamboo poles in a neighbor's backyard. "We dug a hole in the ground for a box and I really liked going over the bar. I think if we got to 7 feet we were lucky." Dan stuck with pole vaulting all through high school because he was too little to play football (155), and he kept getting hurt. He improved his vault from 7 to 14-6, but as Dan admits, "I wasn't recruiting material."

At Cypress Junior College, Ripley got to work and went from 14-6 to 15-6 the first year, then won the state JC title at 16-0 the next. But from 16-0 to 18-1 is a little hard to swallow.

It seems that way to Dan sometimes too: "Hardly six months ago, 18 feet was so far above my league, it was like a dream. I worked hard over the summer, though, and I always knew I had the ability."

Dan worked on his ability at San Jose, vaulting lots. In the course of his training, he developed one trait perfectly suited to indoor vaulting--a short runup. Unlike most vaulters, Dan requires less than 30 yards to make his approach and get into the jump--pretty impressive when you consider that he has to generate enough speed to get over 18 feet.

"Dan's strong," says Coach Bullard. "He's fast on the runway and fast off the ground. It's amazing that he has gone so high with such a short run, but he reaches top speed very quickly."

Maybe Ripley is too strong. In the course of his plant, which Dan approaches with the abandon of Tarzan spying a likely-looking vine, Dan injured the joint in his left shoulder and was ordered to quit vaulting for a couple of months to give it a rest. Now that problem is being replaced by another one: Two months layoff does wonders to destroy your timing, speed, and confidence.

But after a slow start outdoors, Ripley is starting to regain the form that made him a world-record holder at 22. "Dan is mature and can handle all of what has happened to him," comments Bullard. "The old adage of 'nice guys finish last' does not hold with him."



(Left) San Jose State vaulter, Dan Ripley, set a world indoor record of 18-1 in the pole vault, and is the feature athlete in this issue's NorCal Portrait. /Chip Gane-Sportsphotos/ (Right) West Valley Portrait, Greg Marshall, blitzed a 21.2w in the furlong recently, and shares club records in the 60, 100, and 220 (as of April 1). /Jim Engle Photo/

### WEST VALLEY PORTRAIT

**MEET GREG MARSHALL:** (By Bill Clark) - For a change, this issue's West Valley Portrait is not a distance runner, but is a Canadian-borne, former Lebanese scholastic swimming champion, who has also resided in the Azores, Portugal and Turkey. Our subject's name is Greg Marshall, and he's a real-life sprinter!

Greg's performances are as varied as his background. How

many good sprinters (6.3, 9.7, 21.2w, 48.4) can also boast the following respectable distance bests: 1:58.5, 4:34.7, & 10:24? Greg was strong enough to be in the top four on the cross country team while attending Foothill College, but does not have a strong affection for distances. "I was crazy enough to run road races (6 miles and up) while in JC, but nothing like that any more. It's too long to try and sprint! I feel I can compete well in anything up to a mile, but beyond that I would be lacking in preparation."

Greg first got interested in track after moving to California and Palo Alto High School in 1966. For a while after relocating, he tried 'Spitzing through the water,' but "got tired of looking at the bottom of the swimming pool." Track gave Greg the feedback that was missing in swimming. He helped Paly High to its first-ever league track championship and reached new highs when he initially broke 10.0 and 22.0.

Greg's favorite race is the 220. He talks about enjoying the sensation of moving smoothly, quickly, and effortlessly... terms that many distance runners can relate to (at a slower pace). "The most exhilarating feeling I can get out of track is running the 220, when everything seems to click. In my case, it is being able to accelerate with all the ease and power I can muster while coming out of the turn...a feeling that makes all the training worthwhile."

His training regime would make some distance runners envious. During the fall, Greg works on endurance and strength with emphasis on 'overdistance' intervals such as 660's, 550's and 330's. He also weight-lifts and runs hills once each week. As the season progresses, the intervals get shorter and faster, and Greg aims for a proper mix of heavy competition and workouts. He feels that good workouts are a necessity... "a training session is not only physically beneficial but should also be a mental preparation. I gain much of my confidence through well-run workouts."

As is true with most members of the club, Greg has shown mature judgment in setting reasonable goals. "My immediate goal in athletic competition is to try to improve my PR's. Winning races is important, but the idea of improving on previous bests is a greater motivation for me. As far as my future goals are concerned, I just hope that I can afford the time to train and compete. However, I feel that as long as I enjoy running and continue to meet great friends, I will find the time!"

Obtaining a sprinter of Greg's quality has provided balance to the club, making it a respectable opponent on the track as well as the roads and in cross-country. Greg apparently has also received some benefits from his membership. "Joining WVTC has helped re-establish my waning enthusiasm in competitive track. Being a member of the club has facilitated my entering big meets tremendously, whether it be on an individual basis or as a member of a relay team. Without the club, it would be a lot more difficult, practically impossible for that matter. I found the club to be made up of a great bunch of people. I'm looking forward to running this season. Our sprint corps is growing stronger and good performances should follow."

Greg Marshall, Palo Alto, CA. Born April 3, 1948, Canada. Best marks: 60--6.3; 100--9.7; 220--21.4 (21.2w); 440--48.4; 880--1:58.5; Mile--4:34.7; 2 Mile--10:24.0; LJ--22'5".



### ADVICE FROM A RUNNING PODIATRIST

Harry F. Hlavac, D.P.M.

Any readers who have some sort of foot or leg problem can take advantage of our free "Medical Advice Column". ALL QUESTIONS SHOULD BE SENT TO: -- Dr. Harry Hlavac, DPM, 36 Tiburon Blvd., Mill Valley, CA 94941 (Ph. 415/388-0650). \*\*\* "I haven't received any questions in the mail! So...I'm writing this column as a letter to the NCCR. It's amazing the number of questions and comments people have when I see them at races and fun-runs, but I guess everyone is running, rather than writing letters. Many questions I have received in the past and hear in the office are related to the same types of foot and leg pains and imbalance problems, so in order for a runner to begin to evaluate his own problems, there are some questions he can ask himself. Even though I'm not getting letters, I know some of you people must have aches and pains!"

Evaluation of Pain in runners: - It is important to isolate the cause, location and type of pain so you can attempt

to make your own diagnosis to save you or your doctor a great deal of time. I find that most runners go through this process before seeking professional help.

(1) LOCATION & DEPTH: - Try to find the point of maximum tenderness.

(2) TYPE OF PAIN: - "Fatigue" or "aching" pains indicate muscle or tendon problems; "burning" pain indicates inflammation. This can be at various levels--skin or just under the skin (relieved by elimination of friction and pressure); around the tendons and bones (indicating overuse or traumatic injury to tissues, usually relieved by rest); or in joints (indicating a traumatic arthritis, painful with motion and not relieved by rest); "sharp burning" or "shooting" pains may indicate nerve irritation; "cramping" is usually associated with muscle injury, but can be related to metabolism and fluid imbalance; "severe pain" or "loss of function" of any part requires professional evaluation.

(3) ONSET: - How did the pain start? Was there any injury or severe change in running style, such as from long, slow distance to intervals or sprints; from flat to hill running; soft to hard surfaces; hurdles; new shoes? Any change in your conditioning program should be done gradually to allow your body to compensate. Do adequate warm-up stretching exercises to allow your body to meet new demands. Muscle and joint flexibility are more important than strength.

(4) DURATION & PROGRESSION: - How long has the problem been present? Has it been constant, getting worse, or better? This will indicate whether the problem is an 'overuse' syndrome or a traumatic injury, and whether you have been paying attention to the 'cues' of your body.

(5) TREATMENT: - Has there been any treatment? How do you relieve it? As a general rule...I.C.E.--ice, compression, and elevation--will be helpful. Heat in any form will increase pain, swelling, and inflammation, and probably should not be used for most running-related injuries. Medications, pills, and injections are temporary and can mask deeper problems. If pain is not disabling and you continue to run, can you relieve the pain in any way, such as changing stride, toeing in or out, running on the ball of the foot, on the side of the foot? If so, then there is an imbalance causing overuse injury. Orthotics made by a sports-conscious professional will relieve the imbalance.

(6) WHEN? - In running, when does the pain come on? Pain early in the run may be caused by muscle stiffness or joint arthritis. Pain during the middle of the run can be caused by a multitude of things, mostly related to 'conditioning' of the various tissues through training. "Overuse = under-condition." To quote Joe Henderson, "If it hurts, it can't be helping much." Pain after running is caused by inflammation of irritated tissues in the body's attempt to bring in healing blood.

(7) KIND OF SHOES: - What kind of shoes are you wearing? Are they worn down? Good running shoes must cushion the heel on contact, support the arch during full weight-bearing, and allow flexibility of motion of the toes during propulsion. Unequal or distorted shoe-wear patterns indicate chronic foot or leg imbalance. If there is a difference in limb length, there are different shoe wear patterns on each foot, and greater stress, usually on the shorter limb.

If you can answer these questions about your own running style, then you will be close to the resolution of the problem. Never consider an injury lightly. Early treatment will prevent chronic disability. Be patient in allowing nature to heal injuries.

In order to learn more about biomechanics of the foot and leg in sports, and treatment of the injured athlete, please come to the Sports Seminar, sponsored by the California College of Podiatric Medicine, to be held at the Miyako Hotel in San Francisco the first weekend in May... (Ed. - Information on this Seminar and procedures on how to register are presented in this issue on page 5, paragraph 3).

## Scheduling

### LONG DISTANCE

NOTE: ALWAYS check with the Meet Director to verify the dates and times listed in the schedule...mistakes can and do occur. The AAU District Contact should be contacted in cases where no meet director is listed. FUN RUNS sponsored by Runner's World Magazine and the Dolphin/South End Runners of S.F. (DSE) are races requiring no pre-entries...sign in on raceday only. AREA CONTACTS: PACIFIC ASS'N: Harold DeMoss, P.O. Box 967, Los Altos, CA 94022 (Ph. 415/941-8975); SOUTHERN PACIFIC ASS'N: (SPA) Wes Alderson, 4070 Minerva Ave., L.A., CA 90066 (Ph. 213/397-

7226, or work--213/870-9286); PACIFIC SOUTHWEST ASS'N: (PSA) Waters, 4379 Hamilton, #3, San Diego, CA 92104; CENTRAL CALIF-ORNIA ASS'N: (CCA) Bill Cockerham, 1717 S. Chesnut, Fresno, CA 93702; SOUTHERN NEVADA ASS'N: (SNA) Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101; OREGON ASS'N: (OA) Norm Oyler, 7079 SW Montgomery Way, Wilsonville, Oregon 97070 (Ph.503/638-6918); DSE RUNS: (DSE) Walt Stack, 321 Collingwood, S.F.; CA 94114 (Ph. 415/647-9459, before 8 pm). PA-AAU DISTRICT OFFICE: 942 Market St., Suite 601, S.F., CA 94102 (Ph. 415/986-6725)... AAU Card applications may be purchased here. \*\*\* When requesting information on any of the races or from anyone listed above, be sure to 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 ya know!!

RUNNER'S WORLD FUN-RUNS: - No entry fees, no AAU card required. Every Sunday at Foothill College, Los Altos, 10:30 am. Yoga instruction the first Sunday run of each month after the run. \*\*Schedule for next few months--(\* indicates open & a women's race; ° indicates open & an over-40 race; + indicates an open and an under-12 race)--Apr. 6 (1/4m+, 1/2m\*, 3m°); Apr. 13 (1/2m\*+, 1m, 6m); Apr. 20 (1/4m\*, 1m, 4-1/4m); Apr. 27 (1/2m\*, 1m, 5m); May 4 (1/4m+, 1m\*, 3m); May 11 (1/2m\*, 1m, 6m); May 18 (1/4m\*+, 1m+, 4-1/4m°); June 1 (1/4m, 2m\*+°); June 11 (1/2m\*, 1m, 6m); June 18 (1/4m\*+, 1/2m°, 5m); June 25 (1/2m\*, 1m+, 4-1/4m°). -- Call 415/965-8777 for further information.

- Mar 30 - 3rd Lake Il San Jo 10-Miler, Santa Rosa (Howarth Park), 10 am. Glenn McCarthy, 1501-A Beachwood Dr., Santa Rosa 95401.
- Apr 5 - 9th Annual 2-Man, 14-Mile Relay, La Mirada Park, 9 am. Joe Burgasser, 2721 - 168th St., Torrance, CA 90504. (SPA)
- Apr 5 - Portola Valley 11.8 Mile Bike & Runner Relay (2-man teams), Portola Valley School, 9 am. Jim Woodruff (415/948-0621).
- Apr 6 - DSE Nob Hill Run, 3 Miles, San Francisco (Meet at Dolphin Club), 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Apr 6 - PA-AAU 50 Kilo Championships & Buffalo Stampede 10-Miler, Sacramento, 10 am. Abe Underwood, 6555 Riverside, Sac. 95831.
- Apr 6 - Kneel & Loop Fun-Run, 14.1 Miles, near Arcata, 1 pm. Dick Gilchrist, 281 Hidden Valley Rd., Bayside 95524.
- Apr 12 - Birch Bay Marathon, Blaine, Wash., noon. Jim Pearson, 521-17th St., Bellingham, WA 98225.
- Apr 12 - Golden Gate Park 8-Miler, Polo Fields, S.F., 10 am. WVTC, P.O. Box 1551, San Mateo, CA 94401.
- Apr 12 - Sunset Park 10-Miler, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nevada 89101. (SNA)
- Apr 12 - ORRC Oak Hills 7-Miler, Oak Hill Elem. School, Portland, Ore., 11 am. Norm Oyler, 7079 SW Montgomery Wy, Wilsonville.
- Apr 12 - ORRC Jogathon, 2 Miles, Oak Hill Elem. School, Portland, 11 am. Norm Oyler, 7079 SW Montgomery Wy, Wilsonville 97070.
- Apr 13 - Storm the Butte 5-Miler, Jasper Pk., Eugene, Ore., 1:30 pm. Geoff Hollister, 99 W. 10th, #104, Eugene, Ore. 97401. (OA)
- Apr 13 - Natl. AAU 50 Kilo (Sr. & Masters), Hanson Dam, Pasadena, 7 am. Marv Rowley, 9725 Lev, Arleta, CA 91331. (SPA)
- Apr 13 - La Costa 20 Kilo X-C, Carlsbad, time?? Jim Waters, 4379 Hamilton, #3, San Diego, CA 92104. (PSA)
- Apr 13 - DSE Golden Gate Bridge Vista 5-Miler (Legion of Honor), S.F., 9 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Apr 19 - PSA-AAU & Natl. AAU Western Regional 15 Kilo, Mission Bay, 9 am. Jim Waters, 4379 Hamilton, #3, San Diego, CA 92104.
- Apr 19 - Heart of the Valley Road Run, 3 or 7 Miles, Crescent Vly HS, Corvallis, Ore., 11 am. Dan Eden, Corvallis Parks & Recr. Dept., 601 SW Washington St., Corvallis, Ore. 97330. (OA)
- Apr 19 - Clay's Athletic Dept. 7-Miler, Phoenix, Ore., 11 am. Jerry Swartsley, Box 1072, Phoenix, Ore. 97535. (OA)
- Apr 19 - 4th Annual Livermore 8.5 Miler, Livermore, 10 am. Dick Baxter, 776 Adams Ave., Livermore, CA 94550.
- Apr 20 - Santa Clara Vly Spring Ridge Run, 5 & 11 Miles, Milpitas, 10 am. Cupertino Yearlings, Box 1049, Cupertino 95014.
- Apr 20 - 5-Man Oxnard to L.A. 49.7 Mile Relay, Magu State Beach, 8 am. Wes Alderson, 4070 Minerva Ave., L.A. 90066. (SPA)
- Apr 20 - SRRC One Hour Run, Humboldt State, Arcata, 1 pm. Dick Gilchrist, 281 Hidden Valley Rd., Bayside 95524.
- Apr 20 - DSE Golden Gate Park 4 Mile Run, Polo Fields, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Apr 20 - SDTC Family Run, San Clemente Canyon Park (4 Miles), 2 pm. Jim Waters, 4379 Hamilton, #3, San Diego, CA 92104. (PSA)
- Apr 20 - CCTC Downhill Mile, Vancouver, Ore., 2 pm. Norm Oyler, 7079 SW Montgomery Wy, Wilsonville, Ore. 97070. (OA)
- Apr 21 - Boston Marathon, Boston, Mass., (start at Hopkinton), 12 noon. Will Cloney, c/o Boston Garden, Boston, Mass. 02114.
- Apr 26 - Golden Gate Charity Celebrity Run, 6 Miles, Ft. Baker, noon. Pax Beale, Cathedral Hill Med. Ctr., 1801 Bush, SF 94109.
- Apr 26 - Las Vegas Sunset Park 5-Miler, 9 am. Las Vegas TC, Box 869, Las Vegas, Nevada 89101. (SNA)
- Apr 27 - Mt. Diablo Disturbance Run, 6.6 Miles, No. Gate, Mt. Diablo State Pk., 9 am. (Entries Limited to males, 21 years or over who have finished 3 Dipsea races for handicapping purposes). Jack Kirk, Star Route, Mariposa, CA 95338.
- Apr 27 - ORRC Council Crest Hill Run, Portland, Ore. (2.5 Miles), 2 pm. Norm Oyler, 7079 SW Montgomery Wy, Wilsonville, Ore 97070.
- Apr 27 - Las Posas Hills 11.5 Miler, 9:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo, CA 93010. (SPA)
- May 3 - Cinco de Mayo 5 Mile Run (Intercultural Exchange), Canada College, Redwood City, 9:15 am. Fernando Mejia, c/o SDP Canada College, 4200 Farm Hill Blvd., Redwood City 94061. -- Intercultural festivities, food & music to follow race.
- May 3 - 1st Annual SF Police X-C Run, 5 Miles, Lake Merced Boathouse, SF, 10 am. SFPD, 850 Bryant, Rm. 580, SF 94103.
- May 3 - SDTC Family Run, site TBA, 9 am. Jim Waters, 4379 Hamilton, #3, San Diego, CA 92104. (PSA)
- May 3 - ORRC Hagg Lake Run, 10.4 Miles, 11 am. Norm Oyler, 7079 SW Montgomery Way, Wilsonville, Ore. 97070. (OA)
- May 4 - RTC Devil-Take-the-Hindmost, 19 Miles, Stewart Pk., Roseburg, Ore., 11 am. S. Stafford, 900 SE Douglas, Roseburg 97470.
- May 4 - 3rd Knights-of-Columbus Marathon, Cupertino, 9 am (new course). Dan O'Keefe, 20186 Forrest Ave., Cupertino 95014.
- May 4 - May Run--Strawberry Stroll, 6.5 Miles, Holy Names College, Oakland, 10 am. Mary King, 3500 Mtn. Blvd., Oakland 94619.
- May 10 - Angel Island Run, 4.78 Miles (ferries available), 11:30 am. J.S. Fowler, 2333 1/2 Blvd. Circle, Walnut Creek 94595.
- May 10 - Las Vegas Sunset Park 6-Miler, 8 am. Las Vegas TC, Box 869, Las Vegas, Nevada 89101. (SNA)
- May 11 - 4th Avenue of the Giants Marathon, near Weott, 9 am. Dick Gilchrist, 281 Hidden Valley Rd., Bayside 95524.
- May 11 - May Day Feast Run, 4.8 Miles, Hendricks Pk., Eugene, Ore., 1:30 pm. Geoff Hollister, 99 W. 10th, #104, Eugene, OR 97401.
- May 11 - 3rd Hanson Dam 10-Miler, Pasadena, 8 am. Marvin Rowley, 9725 Lev Ave., Arleta, CA 91331. (SPA)
- May 17 - Bakersfield Track Classic Marathon & Mini-Marathon, 7 am. Frank Fish, Box 1947, Bakersfield Chamber of Commerce, CA 93303.
- May 17 - Natl. AAU Senior & Junior 15 Kilo, Alexandria, VA, 9 am. Jeff Darman, 2737 Devonshire Pl. NW, Washington, D.C. 20008.
- May 17 - ORRC Oak Hills Run & Jogathon (2 & 7 Miles), Portland, Ore, 11 am. Norm Oyler, 7079 SW Montgomery, Wilsonville 97070.
- May 18 - 65th Bay-to-Breakers Run, 7.6 Miles, S.F., 10 am. (ENTRIES CLOSE MAY 1) Bay-to-Breakers, Box 3100, Rincon Annex, SF 94119.
- May 18 - PSA-AAU 20 Kilo Championships, Shelter Island (site tent.), 9 am. Jim Waters, 4379 Hamilton, #3, San Diego, CA 94104.
- May 24 - Clay's Athletic Dept. 7-Miler, Phoenix, Ore., 8 am. Jerry Swartsley, Box 1072, Phoenix, Ore. 97535. (OA)
- May 24 - Spray Half-Marathon, Spray, Ore., 8 am. Gary Adams, Box 157, Long Creek, Ore. 97856. (OA)
- May 24 - Lions Gate Internat'l Marathon, Vancouver, B.C., 7:30 am. Don Basham, 2032 Deep Cove, Cres. North, Vancouver, B.C.
- May 25 - Columbia River HS 4 & 10 Milers, Vancouver, Ore., 2 pm. Norm Oyler, 7079 SW Montgomery, Wilsonville, Ore.97070. (OA)
- May 25 - Aptos 15 Kilo Road Run, Aptos, 10 am. Mike Jones, 228 North Ave., Aptos, CA 95003.
- May 25 - DSE Bakers Beach and BUO-BBQ at Beach Parking Lot, S.F., 10 am. Walt Stack, 321 Collingwood, SF 94114. (DSE)
- May 31 - Las Vegas Sunset Park 5-Miler, 8 am. Las Vegas TC, Box 869, Las Vegas, Nevada 89101. (SNA)
- Jun 1 - 55th Annual Statuto Runs, 4 & 8 Miles, S.F., 9 am. John J. Valentini, 2232 - 18th Ave., San Francisco 94116.
- Jun 1 - Pajaro Valley Beach Run, 15 Miles (Manresa Beach nr. Watsonville), 11 am. Don Amini, 688 Clubhouse Dr., Aptos 95003.(RRC)
- Jun 4 - Lower River Road Run, 4.5 Miles, Vancouver, Ore., 7 pm. Norm Oyler, 7079 SW Montgomery, Wilsonville, Ore. 97070. (OA)
- Jun 7 - PA-AAU One Hour Run (& Natl. Postal), site TBA, (2 heats?), 10 am. Frank Donahue, 4903-B Mission St., S.F. 94112.
- Jun 7 - Gold Hill Run, 3 Miles, Gold Hill, Ore., noon. Norm Oyler, 7079 SW Montgomery, Wilsonville, Ore. 97070. (OA)
- Jun 7 - ORRC Masters 6-Miler & 2-Mile Jogathon, Portlnd, Ore., 9:30 am. Norm Oyler, 7079 SW Montgomery, Wilsonville, Ore. 97070.
- Jun 8 - RTC & SCTC Roseburg to Coos Bay 5-Man Relay, 70 Miles, 8 am. Stan Stafford, 900 SE Douglas, Roseburg, Ore. 97470. (OA)
- Jun 8 - Run Along the River, 5 Miles, Alton Baker Pk., Eugene, Ore., 7:30 pm. Geoff Hollister, 99 W. 10th, #104, Eugene 97401.
- Jun 8 - 6th Sacramento River Run, 7.62 Miles, Lake Redding Pk., Redding, 9 am. Bob Malain, 1870 Wisconsin, Redding 96001.
- Jun 8 - DSE Presidio 'Roller Coaster' Run, Mtn. Lake Park, (12th & Lake), SF, 10 am. Walt Stack, 321 Collingwood, S.F. 94114.
- Jun 8 - SDTC Family Run, Site TBA, 2 pm. Jim Waters, 4379 Hamilton, #3, San Diego, CA 92104. (PSA)
- Jun 7 - Natl. AAU Junior 5 Kilo, Sepulveda Recr. Area, 8 am. Mike Polizzi, 18400 Praire St., Northridge, CA 91324.
- Jun 8 - Natl. AAU Masters & Junior 20 Kilo, Huntington, N.Y. Nina Kuscsik, 7 Flint Ct., Huntington Station, N.Y. 11746.
- Jun 8? - Senior Olympics Marathon, Irvine. LA Sports Internat'l, 5225 Wilshire Blvd., #302, L.A. 90036.

## TRACK & FIELD

ITA INDOOR: (Apr. 4) San Francisco (Cow Palace, Daly City); (Apr. 11) Portland (Memorial Coliseum); (May 17) Eugene, Ore.

AMATEUR MEETS: - *The NCCRR is not perfect, nor are the schedules we receive! So...before you journey to any of the meets listed below, be sure and verify times and dates.* -- CODING: Rather than put a different section for high school, college, etc., we will print all the meets together, with use of the following coding system when the name of the meet is not enough to distinguish entry restrictions. -- (B) Boys; (G) Girls; (AG) Age-Groups, regular AAU divisions for boys & girls; (JHS) Junior High School; (HS) High School; (JC) Junior College; (C) College &/or University; (W) Women; (JR) Juniors (under 20); (M) Masters (over 40); (LM) Limited Masters events; (O) Open; (12-13) Age designations where appropriate. /Compiled by Greg Marshall/

- Apr 5 - Sacramento Relays, Sac'to St., noon (C/O); USC vs. Cal & UCLA vs. Stanford, @ UCLA, 1:15 pm; WSU @ SJS, 1 pm; Sacramento Invit., Hughes Stadium (HS); OAL Relays, Laney JC, Oakland, 11 am (HS); King City Invit., King City (HS); Grandfather Games, LA Valley College, noon (M); Martinez Relays, Alhambra HS, Martinez, 9 am (HS); Long Beach Comet Invit., Cerritos College (2 days) (W).
- Apr 6 - San Jose Cindergals Invit., SJCC (& PA-AAU 5 Kilo)(W).
- Apr 11 - Ed Adams Invit., Hartnell JC, Salinas, 10:30 am (JC).
- Apr 12 - Idaho St. & UCI @ SJS, 11 am; San Diego Relays, San Diego St., all day (O); WVTC All-Comers, College of San Mateo, 1:00 pm (O/W); Chico @ SFS, 1 pm; Humboldt & Sonoma @ Hayward St., 1 pm; Davis @ Sac'to, 1 pm; Santa Barbara Invit., UCSB (C/O); Lassen Invit., Lassen HS; Kennedy Relays, Contra Costa Coll., 10 am (HS); Carlmont Relays, Carlmont HS, Belmont; Millbrae Lions Relay Carnival, Mills HS, 10 am (W/BAG/GAG).
- Apr 19 - USC vs. Stanford & UCLA vs. Cal, Cal, 1:15 pm; WVTC vs Army & BAS, Tent. Laney JC (or 20th); Utah @ SJS, 11 am; Woody Wilson Relays, UC Davis, 10 am (C/JC); Bakersfield Relays, noon (JC); Arcadia Invit., Arcadia HS; Del Oro Invit., Del Oro HS, Loomis; Santa Rosa Relays, Santa Rosa, 9:30 am (HS); Weed Invit., Weed (HS); Oroville Invit., Oroville (HS); Amador County Relays, Sutter Creek (HS); Vanden Relays, Vacaville (HS); Clear Lake Rotary Invit., Clear Lake HS; Gilroy Invit., Gilroy HS; Beverly Hills Striders Relays, all day (M); Bakersfield Relays, noon (LM); NCSTC Meet, Patterson, 11 am (M); Cupertino Yearlings Age-Group Meet, (BAG/GAG).
- Apr 25 - USTFF Western Regional Decathlon, Hayward St. (2 days) (O); Menlo Twilight Relays, Menlo College, 5 pm (JC); Chico Invit., Chico HS; Howard Breivik Relays, Mt. Diablo HS (HS).
- Apr 26 - Mt. SAC Relays, Walnut, all day (3 days) (O/C/HS/W/M); Cal @ Fresno St., 6:30 pm; Washington @ SJS, 11 am; NorCal Relays, College of San Mateo, 11 am (JC); SFS @ Humboldt, 11 am; UC Davis @ Hayward, 1 pm; Sac'to & Sonoma @ Chico, 6 pm?; Hale Roach Relays, El Cerrito HS (HS); Downey Games, Modesto JC, 9 am (HS); South Lake Tahoe Invit., SLT HS (HS); Pacific Grove Invit., Pacific Grove HS, 9 am; Sacramento Invit., Hughes Stadium (HS); Vacaville Jamboree, Solano JC (HS); Stockton Relays, Edison HS (HS); R.L. Davis Invit., Antioch HS (HS); Orinda Invit., Acalanes HS, Lafayette, 10 am (2 days) (W).
- Apr 30 - Camino Norte Conf. Trials, COM, Kentfield, 3:30 pm (JC); Golden Gate Conf. Trials, DVC, Pleasant Hill, 2 pm (JC).
- May 2 - Golden Gate Conf. Finals, DVC, 5 pm (JC); San Juan Invit., San Juan (HS); Eaton Relays, Miramonte HS (HS); Curetan Relays, Sunnyvale HS (HS); Burlingame Intermediate Invit., CSM, 8 am (BAG/GAG).
- May 3 - San Jose Invit., San Jose St., 11 am (O/W); Cal @ Stanford, 1:15 pm; Sac'to @ SFS; Camino Norte Conf. Finals, COM, Kentfield, 11 am (JC); Golden Gate Conf. Finals, DVC, Pleasant Hill, 5 pm (JC); Coast Conf. Finals, Hartnell JC, Salinas, 11 am (JC); San Bruno Relays, Capuchino HS, 9 am (HS); Woodland Invit., (HS); Yreka Invit., (HS); Ceres Invit., (HS); National Invit., Homestead HS, Cupertino (HS); Santa Cruz Relays, Santa Cruz HS; NCSTC Meet, Los Altos HS, 11 am.
- May 9 - West Coast Relays, Fresno (2 days) (O/C/JC/HS/W); Holden Relays, Davis (HS).
- May 10 - Castro Valley Invit., Castro Valley HS, 5pm (HS); Modoc Invit., (HS); San Mateo Recr. Dept. Invit.,

- May 10 - (Continued) Hillsdale HS (JHS); Corona Del Mar Pentathlon, UC Irvine (M); PA-AAU Sr. Women's Pentathlon, Mills HS, Millbrae, 11 am.
- May 15 - Far West Conf. Championships, (3 days) Humboldt St., Arcata, 1 pm.
- May 16 - NorCal JC Trials, Modesto JC, 2 pm; Pac-8 Championships, (2 days) Pullman, Wash.; PCAA Championships, San Jose St., 11 am (2 days).
- May 17 - Bakersfield Track Classic, Bakersfield (O/LM); PA-AAU Junior Championships, Skyline College, San Bruno, 10 am; Crocker School Invit., Burlingame (JHS).
- May 20 - OAL Prelims, Laney JC, 3:30 pm (HS).
- May 21 - CCS Region I, CSM, 2:45 pm (HS); North Peninsula Intermediate Track Championships, CSM, 4 pm (JHS/B).
- May 22 - CCS Regionals (Girls), site TBA.
- May 23 - NorCal JC Championships, DVC, Pleasant Hill, 5 pm; OAL Finals, Laney JC, 3:30 pm (HS); NCS Semis, Hayward St., 2:30 pm; CCS Region I Finals, CSM, 3 pm (HS).
- May 24 - California Relays, Modesto (O/W); AAA Championships, McAteer HS, SF (HS).
- May 25 - USTFF Decathlon (2 days), UC Santa Barbara (O/M); PA-AAU Age-Group Championships, Hartnell College, Sattinas (GAG).
- May 29 - NCAA Div. II Championships (3 days), Sac'to State.
- May 30 - USTFF Championships (2 days), Wichita, Kansas; NCS Finals (2 days), DVC, Pleasant Hill; CCS Finals, SJCC, San Jose, 2 pm (HS).
- May 31 - WVTC All-Comers, CSM, 1 pm (O/W); State JC Championships, Hancock JC, Santa Maria.
- Jun 1 - PA-AAU Women's Championships, SJCC, San Jose.
- Jun 5 - State JC Decathlon, Hancock JC, Santa Maria (2 days); NCAA Championships (3 days), BYU, Provo, Utah.
- Jun 6 - C.I.F. State Meet, San Diego (2 days) (HS).
- Jun 7 - PA-AAU Men's Championships (date tentative, site TBA) (O); SPA-AAU Masters Championships (site TBA); PSA-AAU Men's Championships, San Diego St.?
- Jun 8 - NCSTC Meet, COM, Kentfield, 11 am (M).
- Jun 13 - Natl. AAU Junior Men's Championships, Knoxville, Tennessee (Univ. of Tenn.) (2 days), Contact: Bill Maxwell, Box 47, Univ. of Tenn., Knoxville, Tenn. 37901.
- Jun 14 - Kennedy Games, Berkeley, 1 pm (O/W/LM); USTFF Natl. Junior Decathlon (2 days), Hayward St.; Internat'l Prep Invit. (USTFF Jr. Championships), Mt. Prospect, Illinois; CDM Relays, UC Irvine (M).
- Jun 15 - California Women's AAU Championships, LeMoore.
- Jun 20 - Natl. AAU Men's Championships (2 days), Univ. of Oregon, Eugene; Natl. AAU Jr. Decathlon, (2 days) Hayward St.
- Jun 24 - Natl. AAU Jr. Women's Championships, White Plains, N.Y. (2 days).
- Jun 27 - Natl. AAU Sr. Women's Championships, White Plains, N.Y. (2 days).
- Jun 28 - Senior Olympics, UC Irvine (2 days) (25+; 5 year age-group breakdown).
- Jul 4 - US-USSR Junior Dual (2 days), Lincoln, Nebraska.
- Jul 12 - Natl. AAU Decathlon (2 days), UC Santa Barbara.
- Aug 8 - Natl. AAU Masters Championships, White Plains, N.Y. (3 days) - Contact: Bob Fine, 11 Park Pl., N.Y.C. 10007.
- Aug 11 - 1st World Masters T&F Championships (7 days), Toronto (includes X-C & Marathon) - Contact: Dave Pain, 1160 Via Espana, LaJolla, CA 92037.

## RACE WALKING

SCHEDULING: - For further information on scheduling, contact the following individuals--(For Nor-Cal) Frank Hagerty, 2973 W. Swain Rd., #37, Stockton 95207 (Ph. 209/478-2065); (For So-Cal) Ed Bouldin, 11923 Old River School Rd., Downey 90242 (Ph. 213/923-1168); (For Pacific NW) Don Jacobs, Box 23146, Tigard, Ore. 97223. -- Below are all the upcoming races that we know about...like practically none. Someone let us know if there are any scheduled walks out there!

- Apr 6 - 5 Kilo Walk (all Divisions), DeAnza College, Cupertino (10 am).
- Apr 13 - One-Hour Postal Championships (Natl. AAU) at S.F.S.?
- Apr 19 - L.A. Municipal Games Race Walks (many divisions), Sepulveda Sports Center, Encino (9 am) ENTRIES CLOSE APRIL 17.
- Apr 20 - Two-Hour Track Walk (& Half-Hour Walk), DeAnza College, Cupertino, (10 am).
- Apr 27 - 15 Kilo (& 2 mile novice), Greenbrae (Marin) (10 am).
- May 4 - Natl. AAU Jr. 10 Kilo, Portland, Oregon.

May 11 - Natl. AAU Sr. 20 Kilo, Golden Gate Park, S.F. (10 am),  
Contact Frank Hagerty (see area contacts on page 14).  
May 24 - California Relays 2 Mile Walk, Modesto.  
Jun 8 - 10 Kilo Walk, Stanford (near stadium) (& 5 kilo novice  
walk) (10 am).

Golden Gate Park 5 & 15 Kilo Walks: (San Francisco, no date) -  
Walking on the hilly 5K loop, Chris Sakelarios recorded a fine  
time of 28:21, as Tom Dooley walked a 47:11 for twice that distance  
before stopping, leaving Bill Ranney to continue on to  
a 72:55 clocking (47:47 at 10K). Other finishers in the women's  
race were: Georgia Sakelarios 30:59, Kimi Durhan 31:27, Angelo  
Sakelarios 33:48, Debbie Bangert 34:13, Laura Sans 34:27, Libbe  
Bangert & Nick Sakelarios 35:38, Lisa Wolfe 37:04---obviously,  
some of those listed were not girls! In the 15K, Wayne Glusker  
came by the 10K point at 48:39, and then continued on to a  
73:09, closing strongly on Ranney. Manny Adriano was the only  
other finisher with his 81:40 (53:28 in route). /F. Hagerty/

Chris Sakelarios Goes 25:50 for 5 Kilos: (Feb. 23, San Francisco)  
- The walk was held on the flat-fast 5 kilo course in Golden Gate  
Park, with the RC Flyers' Chris Sakelarios, an internationalist last  
year, clicking off a very good 25:50 to win by nearly three full  
minutes over sister Georgia who did 28:47. Brother Nick made it  
clean sweep in 30:20, tied with Kimi Durhan. Other finishers:  
Steve Wagner 31:17, Angelo Sakelarios 31:20, Kim Scriver 31:35,  
Brook Hendershott 32:24, Mike Bangert 32:46, Libbe Bangert 33:03,  
Debbie Bangert 33:06. In a shorter 2 mile walk, Laura Sans came  
out on top with 20:17, followed by Ronan Wagner (22:14), and  
Andrea Bunting (22:16). Bill Ranney and Bryan Snazelle also  
participated in the 5K, with Bill doing 24:14 and Bryan holding  
on to nip Chris with his 25:30.

/Frank Hagerty/

Glusker is PA-AAU 50 Kilo Champ: (March 8, Sacramento) - Held  
in conjunction with the 100 mile run, the course was flat and  
supposed to be held on a one-mile loop...however, it had been  
raining that week and a dirt portion of the loop had to be  
abandoned, forcing a makeshift 7/8 mile loop (less 25 yards)...a  
score-keepers dream! It was cold and windy. Tom Dooley and  
Wayne Glusker walked together through 6 miles in 59:35. Tom  
stopped a minute and they never matched strides again. The  
pace gradually picked up, but it took Tom about 9 miles to  
gradually close within 20 seconds. He finally decided to back  
off the pace and Wayne moved away toward the win. Tom continued  
to a planned 25-mile time of 4:00:30. Wayne completed his  
first-ever 50K in a good 4:56:57, considering the condition of  
the course (and weather). /Frank Hagerty/

Three U.S. Marks Fall at San Jose: (March 16, San Jose CC) -  
The first annual San Jose Race-Walk Championships turned out to  
be a big success as three American age-group records fell on  
SJCC's all-weather track. Victoria Cook, a 10-year-old from the  
Rialto Road Runners, stepped to a quick 16:24.1 in the girls  
10-11 3000 meter race (this would have placed her fifth in the  
14-17 division!). She earned the event's Outstanding Performer  
trophy. Kim Salinas of the San Jose-based Appaloosa TC walked a  
record 9:01.2 in the 9/under 1500 meters, while Rebecca  
Villavazo of Rialto recorded a 15:45.6 in the 12-13 division.  
Chris Sakelarios of the RC Flyers gobbled up the 14-17 division  
with an excellent 26:07.8, clipping Rialto's Linda Brodock in  
the process (26:16.3). The Rialto team also won the women's  
division, with Ester Marquez approaching the magic 25-minute  
barrier with her 25:08.8, ahead of teammate Sue Brodock, the  
1974 world champion, who did 25:29.8. Diana Dimmick of the  
Cindergals was third at 27:43. Another sterling performance  
was turned in by Libby Bangert in the 9/under division, who  
clocked a 9:06.8 in finishing second to the record-setting  
Salinas. Michelle Olson of Appaloosa was third at 9:25.1.  
/Frank Hagerty/

## PREP PREVIEW

(Compiled by Chris Kinder) - The following glimpse at NorCal's  
preps for 1975 was written by NorCal Running Review's 'Prep  
Statistician', Chris Kinder. In the next two issues, we will  
list the top prep marks we've received from the following  
Sections (which we consider for out listing)--Northern, Central  
Coast, North Coast, Sac-Joaquin, San Francisco, & Oakland.  
Please send all marks that you feel might qualify for our list  
to: Chris Kinder, 21732 Olive Ave., Cupertino, CA 95014. If  
you would like to be a regular contributor of marks for your  
area (every 1-2 weeks), then please write Chris...we especially



Two of NorCal's outstanding high hurdle prospects for winning the C.I.F. title at San Diego are Dedy Cooper (second from left), who placed second last year and had a 13.7 best, and Robert Gaines (second from right), who has a 13.8 and grabbed fourth at State. /Mike Shaughnessy Photo/

can use correspondants from the following areas: Chico, Eureka, Redding, Modesto, Stockton, Monterey, and Marin County. Please send in verification (newsclippings) of your marks where possible, along with wind information, etc. --- The following preview includes a lot of CCS athletes, but we have missed a lot of information on other parts of NorCal, especially the East Bay. We'd appreciate hearing about omissions.

Sprints: - It could be very tough this year to follow 1974's efforts (three 9.5's; 3 of the top 4 220 men in the state; 5 finalists in the State 100; and the State Champ in the 220). It could be tough, but 1975's NorCal sprinters may have a chance. Maurice Glass (Castlemont, Oakland) returns for his third year of excellence and boasting marks of 9.5w, 9.6, and 21.7 ('73). Junior Glenn Cannon (Mt. Pleasant, San Jose) was a State finalist in the 100 with bests of 9.6w and 21.5. Another junior, Bob Bryant (Mission, SF), ran 9.7 and 22.5 while mostly in the soph division. Wilson High (SF) has Ivory Lewis (9.7 and 21.3) and Larry Reese, who ran 22.5 in a winter all-comers meet. Others to watch are Jerry Robinson (Cardinal Newman, Santa Rosa) 22.1, soph Ray Green (Ayer, Milpitas) 22.2 (a NorCal frosh record), and Anthony Stephens (Berkeley).

440: - Two hurdlers appear to be the best bets in the quarter this spring. Dedy Cooper (Ells, Richmond) ran 47.9 and finished second in the State Meet. Ron Kennedy (Serramonte, Daly City) blazed 48.8 in a recent all-comers meet, which is very fast for February. Among the top returnees from 1974 are Jeff Metteer (San Marin, Novato) 49.2; Paul Emerson (McClatchy, Sacramento) 49.4; Bart Williams (Vallejo) 49.4; and Mitch Parlett (Homestead, Cupertino) 49.9.

880: - The top candidates for half-mile honors in 1975 are Dan Aldredge (Petaluma) and Bryan Boyd (Oakmont, Placerville), with bests of 1:54.0 and 1:54.7, respectively. Two proficient milers who may drop down are Conrad Suhr (Leigh, San Jose) and Bill LaForge (Oceana, Pacifica). Other potentials in this generally senior-dominated event are Hanninger (Mitty, San Jose), Jones (Ravenswood, E. Palo Alto), and Dave Wong (Ukiah).

Mile: - Three returning sectional champions highlight a large field of NorCal milers. Central Coast Section champion Conrad Suhr ran 4:11.4 in the State Finals to become NorCal's eleventh best ever in the four lap event. Oakland champ John Johnson (Skyline) returns for his third year with a best of 4:11.9. And Dave Diekmeyer (Stagg, Stockton) won the Sac-Joaquin title and boasts a 4:13.1 mark. Other prime candidates to watch are Bill LaForge (4:14.9, the CCS runnerup; San Rafael's Ray Green (4:17.4); Art Baudendistal (Highlands, Sac'to) 4:19.5 and Sac-Joaquin runnerup in 1974; Steve Lacey (Tamalpais) 4:20.0; and Jeff Curran (Los Altos) 4:19.9. Other potentials include Chris Hulburd (Lynbrook, San Jose) and sophs Tim Holmes (Downey, Modesto) and Bob Teague (Yuba City). Roy Kissin, who dipped under 4:20 on relay legs last year, should concentrate on the two-mile, but is capable of around a 4:10 effort should he drop down to the shorter distance.

Two Mile: - This event could be the most outstanding and competitive event of 1975, not only in NorCal, but throughout the state. Roy Kissin (San Ramon, Danville) looms as the favorite for top honors off his 9:07.8 victory in the Examiner Games. The well-seasoned three-year veteran was one of four Americans

to travel to Morocco for the International Jr. X-C Championships in March (finishing 8th there). He ran 9:02.0 in the fall postal competition, and was the Outstanding Runner of NorCal in the Citizens Savings all-star team. National High School marathon record-holder, Mitch Kingery (San Carlos) ran second to Kissin in the Examiner meet, and has a best of 9:00.6 (as a junior), ninth best ever in NorCal. Jeff Curran (Los Altos) was amazingly undefeated in x-country prior to his fall in a regional qualifying meet, and also ran 9:03.0 at the postal behind Kissin. Ron Fritzke (Leigh, San Jose) had a great fall season, winning the CCS title and running 9:09 on the track. Other promising stars include John Johnson (9:13.8); Bob Barnett (Hillsdale, San Mateo) 9:14.6; Bill LaForge (Oceana) 9:16.2; Jim Mebust and Don Thomas (BellaVista, Sac'to) 9:17.4 and 9:19.2; Tim Gagen (El Camino, Sac'to) 9:16.6; Jerry Emory (Gunn, Palo Alto) 9:22.0; and Dan Patterson (Del Valle, Walnut Creek) 9:22.0. Two already established sophs will very probably become top-notch runners this spring: Tim Holmes (Downey, Modesto) ran 9:08+ this fall, and David Cortez (Woodside) was a sub-2:35 marathoner as a frosh last year.

**High Hurdles:** - The national high school record is in jeopardy in NorCal this spring. Dedy Cooper (Ells) has all the qualifications--1974 State runnerup with a best of 13.7; National AAU Junior Champ in 14.0 over the 42" barriers, and California State soph and junior class record holder. And all this has plenty of competition right in Richmond from Kennedy's Robert Gaines, who ran 13.8 last year while chasing Cooper, and finishing fourth himself in the State. Ron Kennedy (Serramonte) won the Examiner Games 60 yard race, and has a best of 14.4. His teammate, Tony Hicks, was second in the Examiner Games. The other top prospects are lanky Don Finley (Cupertino) 14.4; Mark Uribe (Roseville) 14.2; and Rich Jones (Stagg, Stockton) 14.0. Top newcomer could be Mike Mays (Amador Valley, Pleasanton), the 1974 NCS Soph Champ.

**Low Hurdles:** - This is a new event for 1975, being run over 330 yards and using standard intermediate spacing, as the NCAA ran in the mid-60's. The East Bay ran this race frequently last year and would appear to be one step ahead of the rest of California. Dedy Cooper and Robert Gaines ran 39.0 and 39.3 utilizing their speed and hurdling abilities. Ron Kennedy (Serramonte) could combine his excellent hurdling, sprinting, and quarter-mile abilities to become a real star. Dave Jakle (Los Altos) was a State finalist in the 180 yard event last year. Other low hurdlers who may adapt well to the longer distance are Larry Richardson (El Molino), Mike Rule (McClatchy, Sac'to), Herb Smith (Skyline, Oakland), and Mark Uribe (Roseville). The 330 hurdles will be full of surprises, to say the least. Look for times under 40.0 to be good, and under 38.0 to be great.

**High Jump:** - Though it may not be as strong as 1974 (four seven-footers and a national record), there is ample talent available to produce some fine jumpers. Thurliss Gibbs (Hill, San Jose) topped 6-8 last year for what is believed to be a NorCal soph record. John Beaver (El Dorado, Placerville) leaped 6-7 in his second year of good jumping. Among those who topped 6-6 last year are John Littleboy (Gunn, Palo Alto), Larry Wright (Carlmont, Belmont), junior Coart Owens (Castlemont, Oakland), Kirk Collins (Monterey), and Jerry Robinson (Cardinal Newman, Santa Rosa). 1974 saw no less than 80 jumpers clear 6-6 in the state.

**Pole Vault:** - The ever-popular pole vault will be a busy event all over California. Terry Markou (Pacific, San Leandro) leads the returnees, having cleared 14-3½ and placing seventh in the State Meet. Brad James (Elk Grove) won the Examiner Games competition at 13-6. The Central Coast will have plenty of height from Mark Johnson and Jeff Fisher (Lynbrook, San Jose), 14-2 & 13-6; Marion Medeiros (Cupertino) 14-0; and junior Rock Dumais (Milpitas) 14-0. Other leading prospects are juniors Rick Wiley (Arcata) 13-9, and Tim McDonald (St. Helena) 13-6.

**Long Jump:** - NorCal's long jumper in 1974 (John Dunn--Armijo, Fairfield) appears to be the leading prospect for 1975 too... he reached 23-9 last year to win the Sac-Joaquin Section Title. The East Bay will be headed by hurdler Robert Gaines (Kennedy, Richmond) 23-8½, and Dan Jackson (Oakland) 23-1½. Don Finley (Cupertino) 23-1, will be pressed by two juniors in the CCS--Brooks (Milpitas) 23-2½, and Vasquez (Mills, Millbrae) 23-1. The sleeper in this event may easily be Brian Inks (Bret Harte, Angels Camp), who went 22-9 last year using the forward flip technique.

**Triple Jump:** - State Meet runnerup, Dan Jackson (Oakland), tops an impressive list of NorCal triple jumpers. His 48-0 best,

however, ranks two inches behind Seaside's Nathan Johnson. Merced has two fine jumpers in All-NorCal footballer, Mike Dobbins (47-8½) and junior Mark Slaton (46-1). The C.C.S. should provide the bulk of the talent with Andy Gustavson (San Mateo), Don Finley (Cupertino), Gerald Stewart (Seaside), Steve Scott (Los Altos), Mike Bertoli (Homestead, Cupertino), and basketball star, Myrt Easley (Woodside).

**Shot Put:** - Gary Bersano (Los Gatos) finished third in the State Meet and is the NorCal junior record-holder at 61-2. He has an excellent chance of surpassing the NorCal record of 65-10. Brad Vassar (Sonora) threw 59-10 and was seventh in the State Meet. Very capable 60-footers are Brent Long (Los Altos) and Craig Watkins (Mitty, San Jose). Paul Sackinger (Lynbrook) and junior Conrad Jepson (Washington, Fremont) are among the other potentials.

**Discus:** - Gary Bersano (181-10) and Craig Watkins (180-11), are top threats to win the State this year. Rick Alberg (Lodi) and three Cupertino throwers (Gary Humphries, Ralph Horn, and Tim Blockinger) should approach or better 180'. Several East Bay candidates add strength to a predominantly NorCal event at the State Meet again this year.

## TRACK & FIELD RESULTS

**Sunkist Indoor Meet:** (Jan. 18, Los Angeles) - (NorCal placers listed only) - SP: Feuerbach/PCC 68-9; 600: 4. Jenner/SJStrs 1:11.6; PV: Ripley/SJS 18-1 (*World Indoor Record*); HS-Mile: 3. Suhr/Leigh 4:21.6; Women's Mile: 3. Graham/SJC 4:53.0, 4. Keyes/UCLA 4:55.7; Women's 1000m: Larrieu/PCC 2:40.2 (*World Indoor Record*), Poor/SJC 2:45.2; HS-640R: 2. Skyline/Oakland 1:06.7; HS-2MR: 4. Mills/Millbrae 8:10.8; HS-SP: 2. Bersano/Los Gatos 59-3, 4. Laut/Santa Clara 58-3 1/2; HS-60HH: Cooper/Ells 7.5; HS-2 Mile: Kissin/San Ramon 9:09.6, 3. Kingery/San Carlos 9:14.3, 4. Fritzke/Leigh 9:24.0, 5. Curran/Los Altos 9:24.0. /LA Times/



Examiner Games Prep two-mile field (left to right)--Tim Holmes, Ron Fritzke, Mitch Kingery, Tim Gagen & winner, Roy Kissin of San Ramon. /Jeff Zimmerman/

**San Francisco Examiner Games:** (Jan. 24, Daly City) - MileWlk: Laird/NYAC 6:38.1, Valle/WVTC 6:39.9, Dooley/Un 6:49.8, Glusker/WVTC 7:04.0, Adriano/WVTC 7:10.3, Lansing/Un no-time; Girls A-G Rly: Cupertino 2:05.5, Appaloosa 2:12.2, SVTC 2:15+, Arrow TC 2:18.5; HS-MileR: Serramonte 3:32.4, San Mateo 3:33.2, Gilroy 3:38.1, McClatchy 3:46.2; Boys A-G Rly: PHTC 2:05.0, Cupertino 2:06.5, HHMC 2:08.2, Pacific College TC 2:09.6; Women's SMR: Berkeley 2:24.8, MLTC 2:27.1, WS 2:27.2, Santa Cruz 2:30.3; HS-SMR: Grant 3:40.0, Hoover/Fresno 3:40.9, Highlands 3:41.7, Serramonte 3:54.7; JC-SMR: SJCC 3:36.5, CCC 3:37.4, Foothill 3:39.2, Laney 3:44.3; Coll-LJ: Byrd/Stanislaus 22-9 1/2, Urman/Chico 21-9 3/4, Shattuck/CSH 21-2 3/4, Davis/CPSLO 21-2 3/4, Murphy/CSH 19-11, Morisoli/CSH 19-8 1/2; Coll-SMR: SFS 3:41.7, UCD 3:42.4, Chico 3:42.8, CPSLO 3:43.4; Masters-SMR: NCSTC 3:30.5, NCSTC 3:37.5, Unattached Team 3:51.1, NCSTC 3:51.4; HS-PV: James/Elk Grove 13-6, Thornton/Hoover 13-0; W-HJ: Blackburn/Cubberly HS 5-4, King/MLTC 5-4, Sandberg/SJC 5-4, McQuillan/WS 5-2, Shawhan/WS 5-2, Kinimaka/SJC 5-2, Cornell/SVTC 5-0; HS-2MR: Mills 8:18.2, St. Ignatius 2:19.2, LaSierra 8:29.2, Leigh 8:38.8; JC-MileR: CSM 3:31.6, CCSF 3:31.8, Foothill 3:36.2; Coll-MR: CPSLO 3:23.8, CSH 3:30.9, UCD 3:35.7, Chico State 3:37.1;





(Left) Francie Larrieu (wearing PCC jersey) has been setting all kinds of American & world records indoors and is shown here on her way to victory at the Examiner Games 1000 meter run. (Right) Finish of the women's 60 at the same meet, with Westlake Junior High star, Freida Goss (center) winning in 7.1. /Wayne Glusker/

Masters Mile: Teegarden/NCSTC 4:39.0, Napier/WVJS 4:40.7, Shaw/NCSTC 4:43.6, Healy/WVJS 4:47.5, Richardson/Un 4:47.7; HS-2 Mi: Kissin/San Ramon 9:07.8, Kingery/San Carlos 9:09.4, Fritzsche/Leigh 9:25.0, Holmes/Downey 9:27.6, Garcia/Wasco 9:34.8, Gagen/El Camino (nt); JC-TJ: Marlow/ConRvr 49-10 1/4, LeGrande/WV 47-6 1/2, Barboza/Mod 46-3 3/4, Oliver/Alam 45-5, Richardson/AR 42-9 3/4; Women's-60: Cobbs/Westlake JHS 7.1, Ng/BEBTC 7.1, Byfield/BEBTC 7.1, Parker/MLTC 7.2, Allen/Srmte 7.3; Coll-JC 60: Edwards/CPSLO 6.2, Larry/CSH 6.3, Smith/CSH 6.3, Brown/CCC 6.4, Barnes/DVC 6.4; Masters 60(50+): Jordan/Stanford 7.0, Carter/NCSTC 7.2, Satti/NCSTC 7.8, Lopes/NCSTC 7.8, Thursby/NCSTC 7.9, Puglizevich/NCSTC 8.0; HS-60: Kennedy/Srmte 7.3, Hicks/Srmte 7.3, Andrews/W.Bak 7.4, Finley/Cup 7.5; Sen-LJ: Presber/NCSTC 20-3 3/4, Andrews/BAS 19-5 1/2, Conley/Un 18-11 1/4, Mahaney/NCSTC 18-2 1/2; 60HH: Carty/BAS 7.2, Jackson/BHS 7.2, Bolding/PCC 7.3, Florant/Cal 7.4, Foster/Stan 7.4; 60: (I) Clark/CSH 6.2, Watson/SJS 6.3, Bredell/Un 6.4, Campbell/Cal 6.5, Young/WVTC 6.6, (II) Williams/Un 6.0, Edwards/CPSLO 6.2, Gilkes/Un 6.2, Whitaker/SJS 6.2, Pettus/BAS 6.3; SP: Feuerbach/PCC 69-3 1/2, Schmock/BHS 64-2 1/4, Woods/PCC 63-7 1/4, Doupe/Cornell 62-2 1/2; Mile: Cummings/BYU 4:01.1, Fulton/PPC 4:10.2, Kardong/CNW 4:11.7, Oloo/OSU 4:13.4, Halberstadt/PCC 4:15.0, Henderson/OSU (nt); 2 Mile: Liquori/NYAC 8:40.8, Ngeno/WSU 8:45.8, Lawson/PCC 8:47.8, Shorter/FTC 8:54.2, Stewart/Army-WVTC 8:54.4; W-1000m: Larrieu/PCC 2:47.1, Poor/SJC 2:50.3, Weston/WS 2:53.1, Graham/SJC 2:53.6, Chiau-Shia/China 2:57.8; MileR: Cal 3:24.4, Stanford 3:25.4, BAS 3:28.2; 880: Boit/ENMU 1:50.0, Winzenried/BHS 1:50.8, Kuang-Chia/China 1:55, Sandison/CNW 1:55.1, Bordonni/Stan 1:59.3; PV: Baird/Australia 17-0, Carrigan/PCC 16-6, Isaksson/Swe 16-6, Dias/BHS 16-0, Martin/SJS 16-0; LJ: Haynes/Army 25-2, Overstreet/SJCC 24-8 1/2, Lofton/Stan 24-1 1/2, Chin-Ling/China 24-1 1/4, Davis/SJS 23-9, Carter/SJS 23-2 1/2, Samara/NYAC 22-3 1/4, Thorpe/Cal 21-3 3/4, Anderson/BAS 21-3 1/2; HJ: Stones/PCC 7-3 1/2, Braach/WSU 7-2, Underwood/ASU 7-0, Brown/AATC 6-10, Ridge/Cal 6-8, Fler/OSU 6-8, Ritterath/Cal 6-8. /Fred Baer/

Los Angeles Times Indoor: (Feb. 7, Inglewood) - Women's 500: Weston/WS 1:06.5; SP: Feuerbach/PCC 68-10 1/2; Women's 1500m: Larrieu/PCC 4:18.7. /Will Kern/

Tully-Schneider Memorial Alumni Meet: (Feb. 8, Cal-St. Hayward) - 60: Lary/CS 6.0, Clark/CS 6.1, Payton/A 6.1, Smith/CS 6.1, Stephens/CS 6.2; 330: Lary/CS 35.3, Payton/A 35.9; 660: Bayless/A 1:24.5, Sharpe/CS 1:25.4; 180: Clark/CS 15.4, Stephens/CS 15.9, Bayless/A 16.1; 1320: Tracy/A 3:07.6, Milan/CS 3:12.1; 4 Mi: Tracy/A 20:45.2, Lodin/A 20:48.2; 440R: CSUH 42.0, Alumni 44.1; MileR: CSUH 3:27.4, CSUH 3:27.9; 60HH: Tatum/CS 7.6, McKinney/A 7.7, Swartzell/Un 7.9; 330IH: Petralia/Un 40.2, Anzilotti/CS 41.4, Patterson/CS 42.9; PV: Nelson/CS 13-6; HJ: Friday/CS 6-7, Haber/CS 6-6; LJ: McFadden/A 22-2, Slaughter/A 21-1; TJ: Murphy/CS 43-11; SP: McCollum/A 52-2, Brooks/A 51-8; DT: McCollum/A 194-0, Nave/A 179-8, Dyer/CS 146-10; HT: McCollum/A 187-10, Dyer/CS 166-9, Serafino/CS 145-7; JT: Salini/CS 173-3, Lindsey/A 166-1, Swartzell/Un 162-1. /Jim Santos/

All-Comers Meet: (Feb. 8, San Mateo) - (OPEN) 60HH: Johnk/Stan 8.2; JT: Makons/Stan 166-8; SP: Jenner/SJStrs 44-0, Samara/NYAC 43-9; Mile: Parietti/Stan 4:23.3, Zapata/WVTC 4:24.2, Flores/SJD 4:26.3; 60: (I) Lofton/Stan 6.6, Rossner/Laney 6.6, (II) Shields/WVTC 6.6, Shrieber/Stan 6.6; HJ: Kleppe/Hillsdale 6-2; 440: Jones/Stan 51.8; TJ: Cox/Un 45-3; LJ: Harwood/Stan 21-2; 3 Mile: Schelegle/ATC 14:46, Zapata/WVTC 15:11.2, Seaver/WVTC 15:16.2; 880: Mason/Stan 2:00.8, Penny/CSM 2:02.2;

PV: Miguel/BAS 16-4, Flint/Stan 16-0, Paton/CSM 14-0, Kring/Un 13-6; 220: Lofton/Stan 20.7w, Marshall/WVTC 21.2w. (HIGH SCHOOL) 60HH: Clark/M-A 8.5; Mile: Barnett/Hillsdale 4:30.9; 60: Trank/Wdld 6.8, Ingram/M-A 6.8; 440: Kellogg/Woodside 52.7, Taylor/Woodside 52.8; TJ: Lo/Lowell 44-0 1/2, Galvez/M-A 43-0 1/2; LJ: Bartlett/Wdld 19-11, Young/Hills 19-10; 2 Mi: Loza/Mills 10:20.8, Hussey/Wash 10:22.8, Harvey/Dublin 10:24.6; 880: Pascanisi/Hills 2:06.2, Jones/Logan 2:06.6. /Harry Young/

San Diego Indoor: (Feb. 15, San Diego) - (NorCal marks only) - Women's Mile RTy: 3. SJC 3:58.0; W-Mile: Larrieu/PCC 4:29.0 (World Indoor Record), 3. Keyes/UCLA 4:47.9; SP: Feuerbach/PCC 68-6 3/4; 600: Robinson/Cal 1:10.1. /Al Franken/

Weight Quadrathlon: (Feb. 15, Fresno) - SP: Giroux/FS 52-9 1/2; DT: McCollum/Un 165-11, Nave/WVTC 161-6; HT: McCollum 182-11, Giroux 172-3, Dyer/CSH 172-1. /John Wenos/

All-Comers Meet: (Feb. 15, Bakersfield) - 440: Byrd/CPSLO 48.0, Campbell/FS 48.2; 880: Davenport/Wsm 1:52.1; Mile: Foley/Un 4:18.2; 3 Mi: Cords/WVTC 14:13.8, Schankel/CPSLO 14:18.2; HJ: Phillips/Chapman 6-10, Richardson/FS 6-10; PV: Hamer/CPSLO 16-0; TJ: Reader/CITC 49-8; SP: Giroux/FS 53-8 1/2; HT: Giroux 180-6, Sorenson/FS 174-8. /John Wenos/

USTFF Championships: (Feb. 15, Oklahoma City) - 2 Mi: Castaneda/CTC 8:42.4, Halberstadt/PCC 8:44.6, Stewart/Army-WVTC 8:45.6. /George Stewart/

Olympic Invitational: (Feb. 21, New York City) - W-1500m: Larrieu/PCC 4:17.4; W-800m: 2. Weston/WS 2:07.2; 800m: 3. Brown/Cal 1:53.5; PV: 3. Dias/BHS 16-8. /Track & Field News/

Golden Gate Conference Relays: (Feb. 22, San Mateo) - 3 Mile: Emry/DVC 14:23.6, Brooks/SJ 14:28.8, Padilla/Chab 14:41.4; DMR: WVC 10:14.6 (McCandless-4:12.8), SJCC 10:16.4, Chabot 10:23.0; 440R: Chabot 42.3, CCSF 42.8, Foothill 42.9; 120HH: Gaines/CCSF 14.9, Warren/Laney 15.1; SMR: Foothill 3:27.7 (Hart-1:54.6, Villarreal 48.7), Laney 3:27.8 (Lewis-1:52.6), DVC 3:33.1 (McManus-1:56.7); LJ: SJCC 62-9 1/4 (Overstreet-22-8 1/4), WVC 62-0 1/4 (LeGrande 21-11 3/4); 100: Livers/SJ 9.7; SP: Foothill 139-2, DeAnza 137-5; 2MR: DeAnza 8:01.2, WVC 8:02.8; HJ: WVC 18-10 (Owings-6-6), Chabot 17-8; 880R: SJCC 1:26.5 (Hampton-20.7), Chabot 1:28.6 (Corker-21.0), CCSF 1:29.9; 480SH: CCSF 1:04.5; JT: Chabot 547-10 (Walker-205-5), DeAnza 489-7; 4MR: WVC 17:25.4 (Werner 4:22.3, Sommer 4:22.8, McCandless 4:20.5, Sullivan 4:19.2), DeAnza 17:37.2, SJCC 18:06.6; MileR: Foothill 3:20.8 (Villarreal-47.9), Laney 3:21 (Lewis-48.2), SJCC 3:21.4 (Williams-47.5, CCSF 3:21.5; TJ: Foothill 131-10, Chabot 131-7 (Ind.-Wells/CCSF 47-2, LeGrande/WVC 45-11); DT: SJCC 428-9, Foothill 406-2 (Ind.-Hickson/SJCC 154-2); PV: WVC 42-0 3/4, SJCC 41-5 1/4 (Ind.-Paton/CSM 15-5, Gervasi/SJCC 14-6 1/4, Turner/WVC 14-6 1/4). /Bob Rush/

Camino Norte Conference Relays: (Feb. 22, Pittsburg) - 440IH: Rapides/LMC 57.0, Cordtz/SRJC 57.5; DMR: CCC 10:40.9; 440R: CCC 42.4, LMC 43.7; 120HH: Rapides 15.0, Crittenden/CCC 15.4; 100: Brown/CCC 10.0; SMR: SRJC 3:36.1; 2MR: SRJC 8:38; 880R: SRJC 1:30.0, Alameda 1:31.5; 480SHR: CCC 59.5, SRJC 60.0; 3 Mi: Turek/Marin 14:49.3; MileR: SRJC 3:20.5, Alameda 3:23.0; SP: SRJC 143-9; DT: LMC 355-5, SRJC 353-7 1/2; LJ: Alameda 64-9, CCC 64-5 1/2; TJ: CCC 132-6 1/4, Alameda 131-7 1/4; HJ: Alameda 18-5; PV: SRJC 35-0; JT: Alameda 485-8. /Slaughter/



Ken Napier leads the Examiner Games' Masters Mile, but wound up second to Dennis Teeguarden (running in jersey with vertical stripes), who did a 4:39. /Jeff Zimmerman/

All-Comers Meet: (Feb. 22, Cal-State Hayward) - 440R: CSH 41.7; Mile: Zapata/WVTC 4:24.0, Jones/WVTC 4:31.4; 120HH: Carty/Un 14.0, Davis/SF 15.1; 440: Mitchell/CSH 50.7, Weller/WVTC 51.2; LJ: Steffes/BAS 23-3 3/4; 100: Clark/CSH 9.8; 880: Milan/CSH 1:56.2, Tracy/WVTC 1:56.4, Gorman/WVTC 1:56.6, Sharpe/CSH 1:57.1; 440IH: Anzilotti/CSH 55.2; JT: Morsoli/CSH 177-3; 220: Pettus/BAS 22.0, Clark/CSH 22.5, Payton/BAS 22.6, Marshall/WVTC 23.0; HJ: Kraft/WVTC 6-8, Haber/CSH 608, Friday/CSH 6-6, McGinnity/WVTC 6-6; TJ: Steffes/BAS 50-5, Byrd/Stan 48-8 1/2, Rogers/WVTC 46-11; PV: Nelson/CSH 14-6, Behr/CSU 14-0; 2 Mile: Stewart/Army-WVTC 9:02.9, Zapata/WVTC 9:28.3, Seaver/WVTC 9:29.0; MileR: BAS 3:25.0, WVTC 3:25.5, CSH 3:25.5; HT: McCollum/Un 175-3, Dyer/CSH 174-0, Blankenship/Un 162-10; DT: McCollum/Un 178-0, Nave/WVTC 169-7, Louisiana/WVTC 167-11, Wolf/WVTC 164-0, Hann/WVTC 156+; SP: Davis/WVTC 55-6, McCollum/Un 54-1, Hann/WVTC 51-11. /Jim Santos, Brad Nave/

Long Beach Relays: (March 1, Long Beach) - 3 Mi: Babiracki/SFVTC 13:27.6, Thomas/GlenCC 13:36.4 (Nat'l. JC Record), Grubbs/ColoSt. 13:41.4; DT: Powell/PCC 210-2. /John Wenos/

Small College Meet: (March 1, San Jose State) - 100: McCollum/SJ 9.9; 440: Whitaker/SJ 47.8; Mile: Hurst/SJ 4:16.7; 2 Mi: Gruber/SJ 9:09.0; HJ: Livers/SJ 6-10, Mackey/SJ 6-9; PV: Johnson/SJ 16-2, Martin/SJ 16-0; LJ: Davis/SJ 24-6 1/2, Carter/SJ 24-2; TJ: Livers/SJ 53-3 3/4w; SP: Weeks/SJ 53-3; DT: Weeks 169-9; HT: Dyer/CSH 180-1; JT: Parker/SJF 225-11. /John Wenos/

Natl. AAU Indoor Championships: (Feb. 28, New York City) - (Only NorCal placers are listed below) - 3 Mi: Yifter/Eth 13:07.6, 9. Stewart/WVTC 13:29.2; SP: Feuerbach/PCC 67-10; W880: Weston/WS 2:07.6; WMile: Larrieu/PCC 4:42.8; W2-Mi: Webb/KS 10:22.0, Keyes/UCLA 10:31.2; W-SP: Myelnik/USSR 55-7, Seidler/MDYF 51-3, 5. Langford/MDYF 46-6 1/2. /Track & Field News/

Stanford 91, Fresno 72: (March 1, Stanford) - HT: Giroux/F 174-6, Sorenson/F 173-5; LJ: Lofton/Stan 23-5 3/4; 3000mSC: Geiken/St 9:11.4, Bellah/St 9:21.4; 440R: Stanford 40.8; JT: Nielsen/F 210-11; SP: Giroux 55-5 1/4; Mile: Crowley/St 4:15.5, Norton/St 4:16.2, Parletti/St 4:16.4; 120HH: Bagshaw/St 14.7; 440: Campbell/F 47.8, Sheats/St 47.9, Wingo/St 48.8; 100: Holmes/St 9.8, Smith/F 9.9; 880: Scheible/St 1:54.0, Bordon/St 1:54.2, Crowley 1:55.8; 440IH: Hogsett/St 53.0, Lowe/F 53.8; DT: Anderson/F 153-2; TJ: Taplac/F 47-0 3/4, Hall/St 46-9; PV: Aldrich/F 15-0, Kearns/F 15-0, Flint/St 14-6; 220: Holmes/St 21.6, Lofton 21.8, Smith 21.9; HJ: Richardson/F 6-10; 3 Mi: Sandoval/St 13:57, McConnell/St 14:07; MileR: Stanford 3:15.0.

Cal Season Opener: (March 1, Berkeley) - PV: Hintz/C 15-6, Weidig/Un 15-0; 100: Walker/C 10.1; 880: Morgan/C 1:53.7, Sanchez/BAS 1:54.6; 440IH: Fullerton/C 54.1, Roesky/C 54.7; HJ: Ritterrath/C 6-6, Coleman/SSC 6-6; 220: Walker/C 22.1, Burns/Un 22.2, Bredell/BAS 22.5; 440: Bolton/SSC 49.6; TJ: Steffes/BAS 49-11; 2 Mi: Schmulewicz/C 9:02.2, Blume/C 9:03.4, Kennedy/C 9:04.2; DT: Stadel/SJStrs 183-10, Nave/WVTC 172-7, Davis/Un 169-8; JT: B. Kennedy/SJStrs 232-11; LJ: Silva/BAS 24-8 1/2, Steffes/BAS 24-2, Anderson/Un 23-5 1/4; 120HH: Florant/C 14.7, Alexander/C 14.7; 440R: BAS 41.7, Cal 42.0; Mile: Robinson/C 4:17.2, Davis/C 4:17.8, Harris/C 4:18.4; SP: Davis/WVTC 55-6 1/4, Mannon/C 52-10; MileR: Cal 3:19.8.

US vs USSR: (March 3, Richmond, Virginia) - Women's 2 Mi: Bondarchuk/SU 10:02.6, Keyes/UCLA 10:16.8; SP: Feuerbach/PCC 67-1 1/2; Women's Triathlon: Frederick/Orinda 2,902; Women's SP: Melnik/SU

56-9 3/4, Seidler/MDYF 52-5 1/2; Women's 880: Toussaint/US 2:08.6, Weston/WS 2:08.7; Women's Mile: Larrieu/PCC 4:28.5 (World Indoor Record).

Hayward St. 110, WVTC 81, BAS 55, Santa Clara 23: (March 8, Hayward) - 100: Clark/H 9.8, Payton/BAS 9.9; 220: Ward/WVTC 22.7; 440: Pettus/BAS 49.9, Harris/BAS 49.9; 880: Swart/WVTC 1:58.0, Lary/H 1:58.4, Gorman/WVTC 1:58.4; 2 Mi: Birnbaum/WVTC 9:12.8, Seaver/WVTC 9:23.8, Zapata/WVTC 9:24.5; 120HH: Carty/BAS 14.0, Young/WV 14.6, Houston/SC 14.6; 440IH: Anzilotti/H 55.8, Young/WVTC 56.1; 440R: CSH 43.3; MileR: BAS 3:22.6; TJ: Cox/WVTC 45-6 1/2; LJ: Johnson/SC 22-1; PV: Nelson/H 14-0; DT: McCollum/BAS 185-10, Nave/WVTC 180-1, Wolf/WVTC 163-2; SP: McCollum/BAS 49-2; HT: McCollum/BAS 183-1, Dyer/H 169-11, Serafino/H 155-5; HJ: Kraft/WVTC 6-9.

California 96, San Diego St. 49: (March 8, Oakland) - 440R: 41.7; Mile: Robinson/SD 4:09.0, Davis/C 4:12.0, Harris/C 4:12.4; 120HH: Florant/C 14.2, Alexander/C 14.7; 440: Robinson/C 47.4; LJ: Thorp/C 22-5; SP: Mannon/C 54-0 1/2; JT: Ryan/C 216-1; PV: Hintz/C & Drew/C 15-6; 880: Robinson/SD 1:53.5, 3. Bay/C 1:54.9; 440IH: Wheeler/SD 52.6, Fullerton/C 52.9; DT: Overton/C 163-3; 220: Williams/SD 21.5, Walker/C 22.0; 100: Williams/SD 9.7, Walker/C 9.9, Strickland/C 9.9; 3 Mi: Schmulewicz/C 13:57.0, Maxwell/C 14:00.6; HJ: Ritterrath/C 6-6, Ridge/C 6-6; TJ: Bush/SD 47-3; MileR: Cal 3:16.9, SDS 3:19.8.

San Jose State 93, Stanford 52: (March 8, San Jose) - TJ: Livers/SJ 51-6 1/4; 2 Mi: Krause/SJ 8:51.8, Gruber/SJ 8:56.4, Bellah/S 8:58.2, Geiken/S 8:59.0; 220: Smile/SJ 21.6, Holmes/S 22.0; 880: Schilling/SJ 1:51.8, Scheible/S 1:54.3; LJ: Davis/SJ 25-4 1/2, Carter/SJ 24-8 1/2, Lofton/S 23-9; 100: Whitaker/SJ 9.6, McCollum/SJ 9.7, Holmes/S 9.8; Mile: Crowley/S 4:11.1, Nahirny/S 4:11.1, Sandoval/S 4:11.8; 440R: 40.7, Stanford 41.4; SP: Weeks/SJ 54-4 1/2; HJ: Mackey/SJ & Livers/SJ 6-8; JT: Krogh/SJ 219-8; 120HH: Foster/S 14.3, Bagshaw/S 14.3; 440: Sheats/S 48.2, Wingo/S 48.4, Woodward/SJ 48.5; PV: Martin/SJ & Johnson/SJ 15-0; MileR: Stanford 3:13.7, SJS 3:14.8; DT: Weeks/SJ 161-3, Hutt/S 151-8.



Jim Bolding leads Rick Brown, James Robinson, and Bob Cassleman on his way to victory over 600 yards at the Examiner Indoor Games. /Jeff Zimmerman/

UCLA 87, San Jose St. 58, Long Beach 35: (March 15, Los Angeles) - 3000mSC: Luevano/UCLA 9:02.6, Krause/SJ 9:20; 440R: SJ 40.5, LB 41.0; Mile: Schilling/SJ 4:04.2, Beck/UCLA 4:05.0, Gilmore/UCLA 4:06.3; SP: Page/UCLA 58-2, Weeks/SJ 56-6 1/2; 120HH: Turner/LB 14.3; 440: Shorts/LB 47.2, Woodward/SJ 48.0; LJ: Herndon/UCLA 25-5 1/2w, Davis/SJ 25-3 1/4; JT: Goldie/LB 229-2, Krogh/SJ 220-9; 100: Whitaker/SJ 9.6w; 880: Schilling/SJ 1:50.8, Veney/UCLA 1:51.3, Hanniger/SJ 1:53.6; 440IH: Guerrero/UCLA 51.8, 3. Wyatt/SJ 52.6; 220: Whitaker/SJ 20.9w, Wilmoth/UCLA 21.0w; PV: Mooers/UCLA & Tuilly/UCLA 17-6, Baird/LB 17-6; DT: Gunther/UCLA 177-2, Weeks/SJ 176-0; 2 Mi: Sweeney/LB 8:51.8, Nitti/UCLA 8:52.0, Innes/UCLA 8:53.0; MileR: UCLA 3:13.5, SJ 3:14.1; HJ: Kotinek/UCLA 7-0, Meisler/UCLA 7-0, Livers/SJ 6-10; TJ: Livers/SJ 53-7 1/2w, Banks/UCLA 52-4 1/2, Taylor/UCLA 50-8 1/2.

Brotherhood Games: (March 16, Oakland) - 440IH: Rapides/LMC 54.3, Anzilotti/CSH 55.5; SP: Davis/WVTC 54-7, McCollum/BAS 51-11, Hann/WVTC 50-3 1/2; Mile: Stewart/WVTC 4:14.4, Kennedy/Cal 4:15.4, Tracy/WVTC 4:16.9; PV: Lynn/SFS 14-6; LJ: Smith/CTC 25-1 3/4w, Silva/BAS 24-10 1/2, Anderson/Unat 23-3;



(Left) Stanford frosh, James Lofton, winning the State C.I.F. long jump title last year. /Mike Shaughnessy/ (Center) Alan Sheats, also a first-year man at Stanford, has a 47.6 best for the 440 and is shown anchoring Muir High School's winning mile relay team to victory in the 1974 C.I.F. Meet. /Dave Stock/ (Right) Marty Liquori and Frank Shorter lead George Stewart in the Examiner Indoor. Stewart ran a 13:29 in the National A.A.U. Indoor Championships over three miles. /Jeff Zimmerman/

440: Robinson/Cal 47.2, Butler/BAS 49.0, Curtis/BAS 49.9; 440R: BAS (Bredell, Ligons, Pettus, Payton) 40.9, Contra Costa JC 41.8, Alameda JC 42.2; 120HH: Carty/BAS 14.0w, Florant/C 14.1, Alexander/C 14.2; 100: Bredell/BAS 9.4w, Clark/CSH 9.4, Strickland/C 9.7; Open-100: Horton/Alameda JC 9.4w; 880: Robinson/Cal 1:55.1, Lewis/Laney 1:55.7, See/Cal 1:57.1; HJ: Kraft/WVTC 6-8; 220: Pettus/BAS 21.0w, Campbell/Cal 21.9, Ward/WVTC 22.4; DT: Stadel/SJStrs 187-6, McCollum/BAS 184-10, Wolf/WVTC 172-10, Nave/WVTC 170-8; TJ: Steffes/BAS 51-10w, Gates/Laney 47-2 1/2, Cox/WVTC 46-10; 2 Mi: Stewart/WVTC 9:09.0, Birnbaum/WVTC 9:09.6, Peterson/WVTC 9:10.0; MileR: BAS 3:19.8.

Santa Barbara Easter Relays: (March 22, Santa Barbara) /Partial results received--NorCal placers listed/ - 3 Mi: Gregorio/CTC 13:30.6, 3. Ruffatto/Colo 13:46.6, 6. Cords/WVTC 13:53.4; Coll-LJ: Uraman/Chico 24-3; Coll-DT: Frankiewicz/Chico 175-4; Coll-DMR: Oxy 10:02.0, 3. Chico 10:04.4. /John Wenos/

Stanford Relays: (March 22, Stanford--Field events at San Jose) - (COLLEGE) Open 6 Mi: Nuccio/WVTC 28:28.4, Maxwell/Cal 28:56.0, Gruber/SJS 29:00.2, Clark/WVTC 29:02(?); LJ: Lofton/Stan 24-0 1/2, Davis/SJS 23-8 1/2, Carter/SJS 23-1 3/4; 480SH: Stanford 60.0; SP: Weeks/SJS 55-6 3/4, Mannon/Cal 54-1 1/2; 440R: Cal 41.4, Stanford 41.6, Hayward St. 42.5; DT: Overton/Cal 161-8, Weeks/SJS 161-2, Mannon/Cal 150-6; DMR: Cal 10:03.2, Stanford 10:03.4, San Jose 10:09.8; HT: Dyer/CSH 177-4, Blankenship/CSH 168-3, Congi/SJS 166-0; Mile IH Rly: Stanford 3:37.0; JT: Parker/SFS 208-7; Mile: Nahirny/SJS 4:16.6, Parietti/Stan 4:16.6, Ramer/C 4:17.4; HJ: Livers/SJS 6-6, Haber/CSH 6-6; 880R: Stanford 1:26.0, Cal 1:27.0, SJS 1:28.4; 2-MR: Stanford 7:49.4; MileR: Cal 3:12.7, Stanford 3:13.0, SJS 3:13.8. (HIGH SCHOOL) 480SH: Carlmont 64.2, Cupertino 64.8; HJ: Carlmont 18-6; 440R: Woodside 43.3, Carlmont 43.9, Lynbrook 44.1; LJ: Cupertino 61-1 1/2, Los Altos 60-11, Carlmont 60-3; DMR: Lynbrook 10:28.6, Los Altos 10:34.4, Carlmont 10:41.2; SP: Los Altos 157-6 3/4; 880R: Woodside 1:31.0, Carlmont 1:32.1; DT: Cupertino 436-4, Sunnyvale 436-3; SMR: Woodside 3:36.2, Sunnyvale 3:40.0; PV: Lynbrook 37-0, Carlmont 36-0; 2-MR: Lynbrook 8:05.0, Los Altos 8:07.0; MileR: Woodside 3:25.6, Carlmont 3:25.9, Los Altos 3:29.3; 8-Man MileR: Los Altos 3:11.1, Carlmont 3:11.2; --Team Scores: Carlmont 27, Los Altos 23, Woodside 21. /Joe Mangan/

Hill-Kiwanis Invitational: (March 22, San Jose CC) - 100: Cannon/MP1 9.7(ok), Taylor/PH 9.7, Anderson/STer 9.9; 220: Taylor 21.6, Cannon 21.7, Stevens/Berk 22.6; 440: Harvey/SCrk 49.9, Cockerham/Sea 50.9, Paulin/Rior 51.1; 880: LaForge/Oc 1:57.0, Szanto/Sara 1:58.6, Lindsey/SLV 1:59.2; Mile: Green/NSalinas 4:27.5, Schreck/Menlo 4:27.6, Mangan/Fre 4:30.6; 2 Mi: Johnson/Ovflt 9:38.3, Paulin/Cam 9:39.7, Sanchez/Ken 9:40.9; 120HH: Brown/Sky 14.5, Thomas/Ovflt 14.6; 330IH: Reed/MP1 39.4, Lanning/Irv 41.1, Dover/Lick 41.1; 440R: Skyline 43.3, Mt. Plsnt 43.6, Berkeley 44.0; MileR: Berkeley 3:30.4, Peterson 3:30.8; 2-MR: Leigh 8:18.2, Berkeley 8:22.0; DMR: Fremont 10:52.1; DT: Watkins/Mitty 174-6, Bersano/LG 168-8 1/2, Singleton/Irv 164-9 1/2; SP: Bersano 57-11, Jepson/Wash 56-9 1/4, Rossini/SF 56-5 3/4;

LJ: Pulliam/Sky 22-1, Galvez/M-A 21-10, Haynes/Rior 21-7; TJ: Rojas/Ovflt 49-0 1/2(w?), Stewart/Sea 47-5, Moreno/Lick 46-4; HJ: Owens/Cstl 6-8, Collins/Monterey 6-4, Lane/Amer 6-4; -- Team Scores: Mt. Pleasant 34, Skyline 30, Berkeley 29. /Mangan/

Meet of Champions: (March 23, Irvine) - 100(w): (I) Brown/BHS 9.6, (II) Bredell/BAS 9.6; 220(w): (II) Pettus/BAS 21.0, Bredell/BAS 21.3; 3000mSC: Haver/AIA 9:12.0; TJ: Haynes/Army 54-2 1/2, 5. Fraser/BAS 51-1 1/4; SP: Feuerbach/PCC 65-4; DT: Wilkins/OTC 210-5, Powell/PCC 206-6, 4. Fruguglietti/UCS 184-0; 440R: BAS 41.1. /John Wenos/

Oregon State 106, Hayward St. 47: (March 25, Hayward) - DT: Dyer/H 164-6; 880: Hughes/WVTC 1:56.3, Groth/OSU 1:57.4; 220: Clark/H 22.0, Payton/BAS 22.7; 440: Atauhene/OSU 48.0, 3. Mitchell/H 49.4; JT: Heide/OSU 226-9; 440IH: Wyatt/OSU 54.6, 3. Anzilotti/H 55.9; HJ: Wilson/OSU 6-10, Friday/H 6-10, Fler/OSU 6-10, Kraft/WVTC 6-10; 2 Mi: Oloo/OSU 8:49.2; MileR: OSU 3:22.8; HT: Dyer/H 175-7; SP: Schmidt/OSU 55-0 1/2; 440R: CSH 43.1; Mile: Seaver/WVTC 4:18.4, Amaya/Un 4:19.6, Milam/H 4:20; 100: Clark/H 9.8; 120HH: Evans/OSU 14.8, Pierce/OSU 14.9; LJ: Okoro/OSU 24-2 1/2; PV: Fisher 15-0; TJ: Cox/WVTC 46-5 3/4, Haber/H 46-3 1/2; Exhib. DT: Wilkins/Un 207-6, Louisiana/WVTC 183-5, Stadel/SJStrs 182-9, McCollum/BAS 182-6, Nave/WVTC 181-6; Special DT: Oldfield/ITA 204-3.

San Jose St./San Diego St./Nevada-Las Vegas: (March 29, San Diego) - SJS 91, SDS 52; SJS 112, Nev-LV 21 -- 100: Williams/SD 9.7; 220: Williams/SD 21.1, Smilie/SJ 21.9; 440: Woodward/SJ 48.6, 3. Darden/SJ 49.4; 880: Schilling/SJ 1:54.0; Mile: Robinson/SD 4:08.6, Krause/SJ 4:11.9, Hanniger/SJ 4:13.6; 2 Mi: Gruber/SJ 9:10.7; 120HH: Wheeler/SD 14.5; 440IH: Wheeler 52.0, Wyatt/SJ 53.0; 440R: SJS 41.6; MileR: SDS 3:21.1; HJ: Livers/SJ 6-10, Insley/SJ 6-8, Mackey/SJ 6-8; PV: Martin/SJ 16-6, Johnson/SJ 15-0; LJ: Carter/SJ 23-7 1/4, Davis/SJ 23-6 1/4; TJ: Livers/SJ 51-2 3/4; SP: Weeks/SJ 55-7; DT: Weeks 163-2; JT: Krogh/SJ 215-1.

San Jose Relays: (March 29, San Jose CC) - (JC DIV.) /High School Results not received at time of printing/ - 4MR: SJCC 17:33.6, DeAnza 17:36.2, WVC 17:39.0; DMR: ARC 10:12.4, WVC 10:17.6; 440R: SJCC 40.7, CCC 41.8; 440IH: Steele/Glendale 52.7; LJ: Overstreet/SJCC 24-3 1/2, Cleghorn/Alameda 24-1 1/2, LeGrande/WVC 23-6 1/2; 120HH: Hall/MtSAC 14.6, Crittendon/CCC 14.6, Rapides/LMC 14.6; DT: Pushkin/Fthl 159-7, Hickson/SJCC 158-3, Allen/DA 157-3; 100: Hampton/SJCC 9.4, Livers/SJCC 9.4, Brewer/CCC 9.6; 2-MR: LA Pierce 7:41.6, SJCC 7:55+, ARC 7:56.2; 880R: CCC 1:28.7, (tie) Mt. SAC & Alameda 1:28.0; SP: 3. Doll/CRC 53-1; SMR: LACC 3:30.0, Laney 3:33.4; 2 Mi: Perez/SJD 8:59.4, Routh/Menlo 9:08.2, Hart/Fthl 9:10.6; TJ: Marlow/CRC 50-10 1/2 (no wind data), LeGrande/WVC 50-8, Haynes/CCC 47-11 1/2; MileR: Mt. SAC 3:17.7; PV: Knaub/EC 16-6, Paton/CSM 15-6, Dickson/Fthl 15-0; JT: Staengel/EC 198-11; HJ: Viggiano/EC 6-10. -- Reports have it that Dedy Cooper went 13.6 to Ron Kennedy's 13.7 in the HS hurdles.

Stanford 85, Occidental 69: (March 29, Stanford) - SP: Olenchalk/S 54-0; 3000mSC: Bellah/S 9:10.2, Geiken/S 9:12.4, Sisler/O 9:17.0; LJ: Lofton/S 24-6 3/4; JT: Carpenter/O 219-4, Makous/S 211-8; 440R: Stanford 41.2; Mile: Crowley/S 4:09.3, Sandoval/S 4:11.4; 120HH: Foster/S 14.1, Bagshaw/S 14.3; 440: Taylor/O 48.1, Wingo/S 48.9, Sheats/S 49.1; PV: 2.(tie) Flint/S 15-6; 100: Holmes/S 9.9; 880: Cleary/O 1:53; DT: Scptt/O 153-4; 440IH: Hogsett/S 52.0, 3. Bagshaw/S 53.7; TJ: Williams/O 48-5, 3. Hall/S 47-4 1/4; 220: Holmes/S 21.5, Lofton/S 21.6; 2 Mi: McConnell/S 8:56.0, Jameson/O 8:56.8, Sandoval/S 9:09.8; HJ: Foster/S 6-6; MileR: Oxy 3:18.1, Stanford 3:18.4

Cal 76, Oregon St. 69: (March 29, Berkeley) - SP: Schmidt/OSU 57-11, Mannon/C 56-5 1/2; JT: Heide/OSU 227-3; 440R: Cal 41.2; Mile: Oloo/OSU 4:06.6, 3. Davis/C 4:10.6; LJ: Thorp/C 23-5 1/2; 120HH: Alexander/C 14.3, Pierce/OSU 14.3, Florant/C 14.3; 440: Atuahene/OSU 47.8, Grasha/C 48.8; 100: Strickland/C 9.6w; 880: Robinson/C 1:49.3, Morgan/C 1:51.5, Bay/C 1:51.5(?); DT: Overton/C 177-5; 440IH: Fullerton/C 52.4, 3. Roesky/C 53.3; 220: Strickland/C 21.6w, 3. Walker/C 21.9w; 3 Mi: Brown/OSU 13:49.4; HJ: Fler/OSU 7-0 1/2, Wilson/OSU 7-0 1/2, Ridge/C 6-10; PV: Hintz/C 16-0, 3. Drew/C 15-0; TJ: Thorp/C 47-0 1/4; MileR: Cal 3:16.4

### LONG DISTANCE RESULTS

Culver City Marathon: (Dec. 1, Culver City) - /We're adding any NorCal runners we can find this time since we didn't have the complete results last time/ -- 7. John Loeschhorn/WVTC 2:25:00, 10. Daryl Zapata/WVTC 2:27:53, 22. Ray Menzie/Unat 2:38:28, 29. Bill Johnson/SDTC 2:40:56, 95. Ed Dally/Unat 2:59:31, 146. Jeannette Cotte/RCF 3:17:03, 178. Yvette Cotte/RCF 3:27:07. /Carl Porter/

Natl. AAU Masters 3000 Meter Team Race: (Dec. 7, San Diego) - 1. Jerry Smartt/Un 9:35.5, 2. J. Stayton/STC 9:55, 3. Sturak/Un 9:59, 4. Stock/SDTC 10:06, 5. Bryant/STC 10:09, 6. Nicholson/STC 10:11, 7. Gibson/STC 10:17, 8. Fleming/SDTC 10:19, 9. Coleman/SDTC 10:31, 10. Almeida/SDTC 10:33. /AAU News/

5th Mt. Tom Hill Climb: (Dec. 7, Glendale) - Ken Moffitt/GNG 27:05, Greg Croad 27:33, Steve Chase/Un 27:50, Brad Croad 28:02, Mike McGarry 28:50, Bob Arce 28:58, Jim Arquilla/Un 29:17, Mike Harrie 29:20, Terry Gibson 29:29, Craig Williams 29:36, Dan Chapman 29:37, Bob Macias 29:38...4.0 Miles. /Tom Cory/

13th Apple Valley Blind Handicap: (Dec. 15, Apple Valley) - 6.30 miles - Ed Chaidez/Un 32:49, Don Moses 34:18, Luis Silva 34:18, Jim Arquilla/Un 34:34, Bob Doran 34:49, Tim Hampton



Ron Wayne ran another sub-2:20 marathon at Mission Bay in January, clocking a quick 2:18:46 in placing third. Ron was invited to the Kyoto (Japan) Marathon, but had to pull out after 6 miles with achilles problems. /John Marconi/



Kate Keyes takes the pass from her younger sister, Maggie, at a 1974 meet. Kate finished second in the US vs. USSR Indoor over 2 miles and then grabbed 11th in the International Jr. X-C in Morocco. She is now attending UCLA (she attended Tamalpais High in Mill Valley as a prep). /Bruce Grant Photo/

35:26, Bill McDermott 35:31, Skip Shaffer/CCAC 35:48, Don Wojcik 36:18, Tom Gleason/Un 36:43. /John Brennand/

Elysian Park 5 Kilo X-C: (Dec. 28, Los Angeles) - 3.10 Miles - Ajim Baksh 15:32, Phil Ryan/GWAA 15:51, Vicken Simonian 15:57, Walt Hitt/BHS 16:11, Mike Chambliss/SBAA 16:22, Paul Cook 16:23, Marvin Rowley/CCAC 16:25, Dennis Caldwell 16:39, James Murphy 16:49, Pat Miller/CCAC 16:53, Gary Dobrentz/CCAC 16:54, Carlos Alfaro 16:57, Kevin Gerace 17:02, Paul Heide 17:05, Mike Darmiento 17:07...18-Jerry Smartt/BHS (40+) 17:21, 20-Wilbur Williams (40+) 17:24. /John Brennand/

STC Age-Group Runs: (Jan. 4, La Mirada) - 4.00 Miles - Dave White 19:12, Ajim Baksh 19:14, V.I. Simonian 19:26, Ray Hughes/BHS 19:34, Mike Chambliss/SBAA 19:40, Marvin Rowley/CCAC 19:50, Tom Colley/SURR 19:55, R. Arce 19:58, M. Walterhouse 20:14, D. Tillery 20:19...26-Lew Roberts/STC (40+) 21:24. /Brennand/

Mendoza Sets Mission Bay Marathon Record: (Jan. 11, San Diego) - Ed Mendoza, Natl. AAU 25 Kilo Champ, led one of the best U.S. Marathon fields ever assembled as he set the pace by shattering the course record of three-time champion, Doug Schmenk. His 2:16:33 averages out to 5:12.5 per mile, but more remarkable yet was second place Kirk Pfeffer's 2:17:44. Kirk is just 18 years old and broke the old world age-18 mark by over six minutes! Ron Wayne (see photo to left) was also under 2:20 (again!) with a 2:18:46 clocking. Many records were broken, and one of the best was Reggie Heywood's age-11 mark (2:53:12), clipping ten minutes from the old mark which was held by Mike Boitano. Ross Smith finished as the top runner in the masters category...but the 2:38:30 was a goodly margin off his PR. Following are the top 25 finishers, plus any other NorCal runners I happened to catch while looking over the 410 finishers! 1-Mendoza/JTTC 2:16:33, 2-Pfeffer/JTTC 2:17:44, 3-Wayne/Unat 2:18:46, 4-Moffitt/Oxy 2:21:32, 5-Swift/BHS 2:22:12, 6-Akiyama/SFVTC 2:22:55, 7-Chaidez/CSUN 2:22:59, 8-Sliney/Un 2:23:15, 9-Hughes/BHS 2:23:37, 10-Kasischke/SDTC 2:23:48, 11-Skaja/PSTC 2:26:41, 12-Ferguson/AIA 2:28:38, 13-Johansen/SDTC 2:28:38, 14-Askren/OC 2:29:16, 15-McLean/WVTC 2:29:41, 16-Kurrie/BHS 2:30:38, 17-Freemuth/Un 2:31:36, 18-Blakely/Un 2:32:44, 19-McBride/Un 2:32:44, 20-Gregory/FPC 2:33:19, 21-Ruiz/Tucson RC 2:33:35, 22-Hagin/Un 2:34:02, 23-Pietsch/Un 2:34:44, 24-Alfaro/Aztlan 2:35:02, 25-Rigdon/SDTC 2:35:04...27-Johnson/SDTC 2:36:06, 31-Sane/Un 2:38:03, 34-Smith/WVJS 2:38:30, 48-Dillie/WVTC 2:41:45, 62-Sawyer/Un 2:46:21, 63-Dally/Un 2:46:31, 66-Haslam/VMTTC 2:46:49, 104-McCray/USAF 2:57:18, 105-Monterrosa/PAMA 2:57:30, 138-Whittingslow/SFOC 3:03:08, 175-Horn/SFOC 3:13:17, 248-Dingwall/PAMA 3:24:48, 289-Gersh/TRAC 3:30:22,

322-Best/Un 3:38:29 (5th woman), 352-Walker/NCSTC 3:46:25. The first woman to finish was SDTC's Eileen Waters with a 3:16:44. --Teams: 1-SDTC 14, 2-JTTC 17, 3-FPC 26. /Bill Gookin/

Pico Rivera Morning Run: (Jan. 12, Pico Rivera) - 4.4 Miles - White 21:13, Phil Ryan/GWAA 21:30, Chambliss/SBAA 21:52, Haller 22:15, Schulz 23:06, Gomez 23:11. /Steve Broten/

Pico Rivera Afternoon Run: (Jan. 12, Pico Rivera) - 5.0 Miles - Baksh 24:38, Macias/ELATC 24:56, Gonzales 25:14, Kellogg 26:30, Darmiento 26:46, Perez/CCAC 27:12. /Steve Broten/

Long Beach Ocean Run: (Jan. 19, Long Beach) - 6.2 Miles - Carlson 33:07, Arquilla/Un 33:36, Haller 33:46, Kurrle/BHS 34:09, Papps 34:13, Chambliss/SBAA 34:45, Howard 34:46, McDermott 34:54, Walterhouse 35:01, Johnson 35:05, R. Young 35:16, Broten /STC 35:31, Fish 35:33, Smartt/BHS (40+) 35:40, Rupp/Un 35:53 ...56-McCray/GWTC 40:21, 58-V. Cook/SURR 40:32 (1st woman). /Geza Bottlik/

Big Dipper Handicap Race: (Jan. 26, Fresno) - 6.0 Miles, Woodward Park; 50 degrees & severe wind - The order of finish based on handicap (handicap time in parentheses following the time) is listed below: 1-Len Thornton/HSTC 33:51 (4), 2-Van Dellan/HSTC 31:56 (2), 3-Cords/WVTC 30:30 (1/2), 4-Toabe/HSTC 37:35 (6), 5-Grieco/PHAE 32:35 (1/2), 6-Lara/Un 33:13 (1/2), 7-Bronzan/HSTC 33:31 (1/2), 8-S. Thornton/HSTC 36:11 (3), 9-Callistro/LPS 35:31 (2), 10-Rich Petersen/HSTC 35:44 (2). /Larry Lung/

Sunrise Trail Run: (Jan. 26, Sacramento) - 7.7 Miles on the American River Bikeway - Taking over the lead with just two miles to go, local favorite, Dave Ramer, now running for the University of California (Berkeley), easily defeated the field over the Bikeway. Despite temperatures in the low-30's, 90 runners began and finished the race. Top high school finisher was Dirk Feenstra of Jesuit, with Tim Jordan in the 35-and-over division setting the only record of 42:06. Top woman was Karen Bessey in 57:56. -- 1-Ramer 40:30, 2-Ferreira 40:54, 3-Kevin Furey 41:11, 4-Feenstra 41:39, 5-Cooper 41:40, 6-Jordan 42:06, 7-Wulf 42:37, 8-Vredenberg 42:52, 9-Marza 43:03, 10-Ellis 43:09, 11-Krebs 43:27, 12-Kipp 43:30, 13-Lange 43:42, 14-Ellis, H. 43:43, 15-Deis 43:44. /Dan Davidson/

World Masters Marathon: (Jan. 26, Orange) - (Heavy fog, low 50's): 1-Kurrle/Un 2:22:47, 2-S. Young/CSLA 2:22:59, 3-Kushner/CCAC 2:24:22, 4-George/AIA 2:30:15, 5-Dobrenz/CCAC 2:30:15, 6-Ferguson/AIA 2:30:43, 7-Broten/STC 2:32:40, 8-Stevenson 2:32:46, 9-Calderon/Aztl 2:34:41, 10-Arreola/Un 2:35:29, 11-Atkins/STC 2:35:55, 12-Rudberg/STC 2:37:05, 13-Saylor/CCAC 2:37:23, 14-Trepholme/PTC 2:38:34, 15-Baldenado/Un 2:40:33...76-Theo Jones/PAMA 3:11:04. /Bill Selvin & Dick Cort/

27th Pop Marty Run: (Feb. 2, Montebello) - 9.6 Miles - 1-S. Young 48:25, 2-White 48:40, 3-B. Thomas 48:41, 4-Hughes/BHS 48:48, 5-Simonian 49:03, 6-Kurrle/BHS 49:15, 7-Chambliss/SBAA 49:35, 8-???, 9-???, 10-Branch/CCAC 50:41, 11-Harter 50:58, 12-Drake 51:03, 13-Donovan/SBAA 51:51, 14-Contreras/STC 52:03, 15-Brennand/SBAA 52:18, 16-J. Lough 52:58...48-Fitzgerald/STC (40+) 57:29. /John Brennand/

Las Vegas Marathon: (Feb. 2, Las Vegas, Nevada) - 1-Ocana/BHS 2:29:05, 2-Ruiz/Un 2:33:16, 3-Wysocki/Un 2:34:43, 4-Fierros/LLS 2:35:06, 5-Lomeli/Un 2:35:36...12-Walker/LVTC (50+) 2:44:52... 43-A. Boies/TCTC 3:27:02 (1st woman). /Las Vegas TC/

Natl. AAU 15 Kilo X-C Championships: (Feb. 9, Gainesville, Fla) - This race turned out to be the qualifier for the Senior team that competed in Morocco in March. Gary Tuttle and Jim Nuccio were the only two Californian's that turned out for the run... Gary made the team and Jim missed out by one place and about a half-minute. -- (1) Shorter/FTC 46:32.1, (2) Bringham/Un 46:46, (3) Tuttle/BHS 47:01, (4) Rodgers/GBTC 47:01.5, (5) B. Brown/FTC 47:47, (6) Galloway/FTC 48:31, (7) Jim Nuccio/WVTC 49:04, (8) Burfoot/MS 49:41, (9) Carpenter/FTC 50:23, (10) Bachelor/FTC 50:58. /Jim Nuccio/

23rd Hermosa Beach Ocean Run: (Feb. 9, Hermosa Beach) - 5.00 Miles/High tides and rain - 1-B. Johnson 27:48, 2-Arquilla/AATC 28:16, 3-J. Carlson/AATC 28:20, 4-Hitt 29:18, 5-Swift/BHS 29:20, 6-Fish 29:31, 7-Macias/ELATC 29:46, 8-Cook/AIA 29:52, 9-Mundle/SMTC (40+) 30:04, 10-Caldwell 30:09. /Wes Alderson/

Boston Qualifier Marathon: (Feb. 9, San Mateo) - Held on West Valley Marathon loop (certified) for those individuals who

wanted a qualifying time for this year's Boston Marathon. A small group of 50 turned out, with almost half that many (23) breaking the 3:30 standard. -- Although this wasn't an official "West Valley Marathon", WVTC'er Fred Emerling kept the unbelievable string going...that is, each year since it began in 1970, a novice (first-timer) has one the race, and each time it has been a West Valley TC member! - Emerling/WVTC 2:26:59.4, Clark/WVTC 2:28:28, Barker/WVTC 2:33:14, Castro/Un 2:45:50, Leydig/WVTC 2:49:57, Maloney/Un 2:50:21, Norton/Un 2:58:27, Chaffee/ETC 3:00:07, Stein/TRAC 3:04:07, Nolan/Un 3:04:07...(13) Marshall/NCSTC (49) 3:14:00, (14) Judy Gumbs/Un 3:19:45 (1st marathon). /Jack Leydig/

Arizona Admissions Day Marathon: (Feb. 15, Tucson, Arizona) - (1) Ruiz/Tucson 2:29:57, (2) Oropeza/Phoenix 2:32:08, (3) Hidalgo/Phoenix 2:34:12, (4) Spencer/Santa Fe, NM 2:37:23, (5) Ortega/Tucson 2:38:50...(66) John Hill/Palos Verdes, CA 3:28:33. /McGee Evans/

Elk-a-thon: (Feb. 16, Concord) - (OPEN) /5.3 miles/ Bill Seaver/WVTC 27:58, K. Searls/CPHS 28:23, Guthrie/WVJS 28:46, Alexander/VMTC 29:10, Zimmerman/BerkHS 30:17, Shettler/WVJS (40+) 31:02, Trumbo/Un 31:43, Griffith/CRR 31:51, Richardson/Un 32:12, K. Costello/OTC 32:19 (1st woman). (BOYS VARSITY) /3 miles/ Matt Dowling/CPHS 16:24.5, Johnson/CVHS 17:16, Carson/BerkHS 17:33. (BOYS FROSH-SOPH) Vasquez/YgVlyHS 12:22, Smith/Bishop O'Dowd 13:15, Fike/BerkHS 13:18 /2.5 miles/. (GIRLS HS) /1.5 miles/ S. Kearns/PBP 8:53.3, D. Searls/CPHS 9:08, J. Searls/CPHS 10:33. (BOYS 10-13) /1.5 miles/ C. McGuire/MLKJHS 8:34.7, Larson/BVH 8:39, Linhares/SI 9:02. (GIRLS 10-13) /3/4 mile/ G. Perkins/SCath 5:05.1, Carlisle/CHS 5:22, G. Perkins/SCath 5:27. (GIRLS 9/U) /3/4 mile/ Mathews/StJustin 6:27.9, Dodge/SonTC 6:33, A. Reyes/PAMA 7:03. (BOYS 9/U) Lux/Woodside 4:51, Mathews/St.Justin 4:52. (50 & OVER) L. Sekulich/NCSTC 40:26. /Vern Forry/

SPA-AAU 30 Kilo Championships: (Feb. 16, Culver City) - (1) Frederiksson/USIU 1:36:06, (2) White 1:36:47, (3) Kushner/GWAA 1:38:10, (4) S. Young/Aztl 1:38:16, (5) Kurrle/BHS 1:39:12, (6) Chambliss/SBAA 1:40:36, (7) Hughes/BHS 1:40:52, (8) Arquilla/AATC 1:41:37, (9) Carlson/AATC 1:42:02, (10) Swift/BHS 1:42:32, (11) Cook/AIA 1:44:03, (12) McDermott/Un 1:44:38, (13) Eastland/AATC 1:44:49, (14) Mundle/SMTC (40+) 1:44:59, (15) Smartt (40+) 1:46:12...(78) Donna Sanchez/RRR 2:07:15 (1st woman). /John Brennand/

2nd Annual Pismo Clam Festival: (Feb. 22, Pismo Beach) - /5 mile beach run/ -- (1) Reynoso/CPSLO 25:25, (2) Arreola/SLDC 26:09, (3) Lyons/CPSLO 26:22, (4) Bronzan/HSTC 26:28, (5) Gibson/Glendale 26:29, (6) Landeros/SylmarHS 26:38, (7) Tracy/CPSLO 26:51, (8) Lee/CPSLO 26:53, (9) Rupp/L.A. 26:56, (10) L. Thornton/HSTC 27:10...(15) Bob Nanninga/WVTC 28:08, (43) John Perkins/GSTC 30:41, (73) P. Spangler/TRAC 32:07...first veteran was Len Thornton in 10th...first woman was Barbara Arreola in 32:47 (79th). /Stan Rosenfield/

Anderson Dam Runs: (Feb. 22, Morgan Hill) - /10.7 Miler/ - (Preps) Marlowe 62:04, Reyes 64:34, Barsi 64:39. (Open) Morales 57:57, Sanchez 58:14, Sawyer 58:21, Upham 61:12, Slib-sayer 62:28. (Masters) Flodberg 65:22. \*\* /2 Miler/ - Marlowe 11:07, Mader 11:33, Reyes 11:39, Bort 11:53. /Jay Marlowe/



"Most runners show fierce concentration at the start of the PA-AAU 15 Kilo Championships. /Dave Himmelberger/

**Trail's End Marathon:** (Feb. 22, Seaside, Oregon) - (1) Tom Heinonen/OTC 2:21:26.5, (2) Jackson/B.C. 2:22:47, (3) Ritcherson 2:24:36, (4) New 2:24:57, (5) Bell 2:25:07, (6) Miller 2:26:15, (7) Moore/Alberta 2:26:26, (8) Oja 2:26:48, (9) Taunton 2:27:16, (10) Pearse 2:28:06, (11) H. Jenkens/HSC 2:28:22, (12) Shaw 2:28:26, (13) McBlain/Alberta 2:28:31, (14) Kerr 2:29:21, (15) Sanchez 2:29:30, (16) Mike Buzbee/Chico 2:30:52... (19) Pat Buzbee 2:31:20, (27) D. O'Halloran/HSC 2:35:25, (39) Schafer/Marysville 2:41:56, (49) George Crandall/SRRC 2:45:18 (2nd 40+), (64) D. Meyer/SRRC 2:49:49, (65) Malain/NCSTC 2:50:48, (70) W. Betschart/NCSTC 2:52:17, (74) Soubier/DSE 2:52:53, (78) Rocha/Arcata 2:54:05, (81) Jenney/Berkeley 2:54:21, (88) Dewey/McKinleyville 2:55:26, (97) Glatze 2:57:04, (104) Kirby/SRRC 2:58:45, (116) A. Krohn/SRRC 3:00:55, (119) Dickerson/SRRC 3:01:11, (146) Boettcher/Menlo Pk. 3:08:30, (215) Nemeth/S.F. 3:25:36, (235) Betty Best/Chico 3:30:20, (273) Armstrong/Eureka 3:44:03, (289) Garrison/Bayside 3:47:11, (293) Comer/Bayside 2:47:23, (300) Guerin/Berkeley 3:47:54, (312) J. O'Neil/SFOC 3:54:12, (329) J. Meyers/Oakley 3:56:13, (362) McIntyre/Sac'to 4:10:38, (371) Priscilla Meyers/Oakley 4:14:15, (401) Berg/Berkeley 4:29:51... 447 finishers under 6 hours. /Seaside Chamber of Commerce/

**4th Annual Fremont 10 Kilo Run:** (March 2, Fremont) - (1) Bill Seaver/WVTC 31:55, (2) Dennis Tracy/WVTC 32:56, (3) Marc Lund/WVTC 33:21, (4) Dan Anderson/WVTC 33:33, (5) Claus Pederson 33:45, (6) Dave Reiter 34:01, (7) Glen Berwick 34:54, (8) Gerald Search 35:19, (9) Gene Elliott 35:29, (10) Ray Orwig/WVTC 35:41, (11) Ralph Likens/WVTC 36:04, (12) Richard Fleming 36:10, (13) Tony Casillas/WVTC 36:16, (14) ??? -- upon checking the results of this race, which are 'alphabetical' instead of by finish place, I've found all kinds of mixups, incorrect times and placings, and you name it...so I think I'll stop listing times before they become any more meaningless! Somebody ought to tell these people how to run a race...really!! /Fremont Dept. of Recreation & Leisure Services/

**Camellia Festival 100 Miler:** (March 8, Sacramento) - Race was run on concrete sidewalk, with each lap being 4545 feet. Rain forced shortening of the course from one lap to eliminate mud. -- Bill McCray garnered the third best effort in the 5-year history of this race with a 15:13:43 clocking. Rain was very heavy during the first 5 hours. Don Choi was the only other runner to finish besides McCray. He did 18:20:05. Others and the distance they went: (# of laps follow time...results did not list actual mileage covered)--John Arberry 19:21 (100 laps or about 86 miles); Pat Dundas 15:51 (87); Harry Olson 12:53 (75); Pete Hanson 12:26 (74); Rod Miller 12:27 (50); Michael Larsen 8:27 (49); Tommy Jue 7:33 (47); Lyn Walker 8:10 (47); John Mansueto 5:43 (42); Kees Tuinzing 3:48:35 (36); Andrew Arce 6:32 (36); Bobby Sakauye 6:32 (36); Gary Welch 2:33 (16). The two finishers covered a total of 116 laps + 780'. /John Hill/

**Camellia Festival 100 Mile Relay:** (March 9, Sacramento to Marysville & return) - This race was an 'invitational', with ten teams being invited...the previous year's finishing teams had priority, as will the teams that finished this year. -- Only 8 teams competed this year, with the following order of finish: Golden West TC - 9:43:03; Buffalo Chips 'A' - 10:17:21; Ophir Prison - 11:02:23; Buffalo Chips 'B' - 11:31:33; Ten Wrens - 12:09:17; Dolphin - 12:26:56; Pamakid - 12:51:05; Goethe - 14:53:03. --- The fastest individual legs and distances run are as follows: #1 (59:53--10 miles); #2 (46:58--9.2 miles); #3 (54:49--9.2 miles); #4 (1:04:07--11.4 miles); #5 (59:52--10.4 miles); #6 (56:46--10 miles); #7 (1:02:53--11.4 miles); #8 (54:03--9.2 miles); #9 (58:30--9.2 miles); #10 (52:52--10 mi.). Those individuals, in order, responsible for the record legs were: Terry Ogg, Steve Dean, Doug Carroll, Steve Williams, Jim Finnegan, Tim Jordan, Jim Howard, Nick Vogt, Jim McFall, and Jim Sane. /Elaine Hocking & Paul Reese/

**NUCCIO CRUSHES FAST 15 KILO FIELD--LYMAN OUTCLASSES WOMEN'S RACE:** (Jan. 5, Los Gatos) - West Valley TC's Jim Nuccio started out the new year right by cruising to a quick 46:12 clocking at the PA-AAU 15 Kilometer Championships in Los Gatos over a new and fast course. Running against a superb field that saw 6 runners dip under 48 minutes, Nuccio broke away shortly after the middle of the race and won going away, besting runnerup Bill Clark by over a half-minute. Meanwhile, teammate Peggy Lyman was making a shambles of the women's division with her good 57:06, nearly 4 minutes up on Joan Ulyot, who clocked 60:55. Surprising Kathy Himmelberger, who has improved a lot in the past few months, grabbed third position with 62:14, with masters runner, Ruth Anderson, another minute back. The WVTC copped both the men's and women's team titles...this year, all PA-AAU Women's LDR Championships will be held concurrently with the men's races, with individual and team AAU awards being given to top finishers. In the junior and masters divisions, the story was about the same as with the women...little opposition for the winner. Ken Napier grabbed the 40-and-over award with his superb 52:04 and 21st overall, almost 5 minutes up on teammate Carl Martin, who was another minute in front of Lee Holley. Camden High School junior, Bob Paulin, taking off from a successful cross country season, dipped under 49 minutes with a 48:43 timing, good for 10th spot. His nearest opposition was Ray Aver at 51:21 and Jay Marlow (52:36). All-in-all, it was a super-successful for the co-sponsoring Los Gatos A.A. and West Valley Joggers & Striders, who were aided in their preparations by the Los Gatos JC's. Results for the top 60 finishers follows on the next page. /Rick Chappell/

**International X-C Championships:** (March 16, Rabat, Morocco) - (JUNIORS) Teams: (4 to score) - USA 29, Ireland 35, Spain 44, Belgium 81, Scotland 95. -- (1) Thomas/US 20:59.8, (2) Gonzales/Spain 21:18, (3) Tracey/Ire 21:23, (4) Alario/Spain 21:29, (5) Clary/US 21:38, (6) Longthorne/GB 21:41, (7) Foucquets/Belg 21:42, (8) Kissin/US 21:44, (9) Kenny/Ire 21:45, (10) Finnegan/Ire 21:46... (15) Serna/US 22:00. \*\*\* (SENIORS) Teams: (6 score) - New Zealand 127, England 198, Belgium 211, USA 249, East Germany 273, Scotland 292. -- (1) Stewart/Scot 35:20, (2) Haro/Spain 35:21 (2nd for third year in a row!), (3) Rodgers/US 35:27, (4) Walker/NZ 35:45, (5) Robertson/NZ 35:46, (6) Fava/Italy 35:47, (7) Smedley/Eng 35:50, (8) Hildenbrand/WG 35:51, (9) Orthman/WG 35:55, (10) Roelants/Belg 35:57... (20) Shorter/US 36:25, (29) Bringhurst/US nt, (30) Tuttle/US nt, (70) Gal-loway/US nt, (97) Roscoe/US nt. \*\*\* (WOMEN) Teams: (4 score) - USA 44, New Zealand 50, Poland 61, England 64, Belgium 95. -- (1) J. Brown/US 13:42, (2) Ludwiczowska/Pol 13:47, (3) Valero/Sp 13:48, (4) Dorio/Italy 13:51, (5) Moller/NZ 13:53, (6) Thomson/NZ 14:01, (7) Yeoman/Eng 14:02, (8) Stewart/Scot 14:03, (9) Cargano/Italy 14:12, (10) Garrett/NZ 14:13, (11) Keyes/US 14:18... (15) Neppel/US 14:24, (17) D. Brown/US 14:25, (27) C. Poor/US nt, (56) Heinmiller/US nt. \*\*\* Distances run were as follows: Juniors (7800m), Seniors (12,000m), Women (4000m)...SEE STORY ON PAGE 4 OF THIS ISSUE. /Kissin,DeCelle/

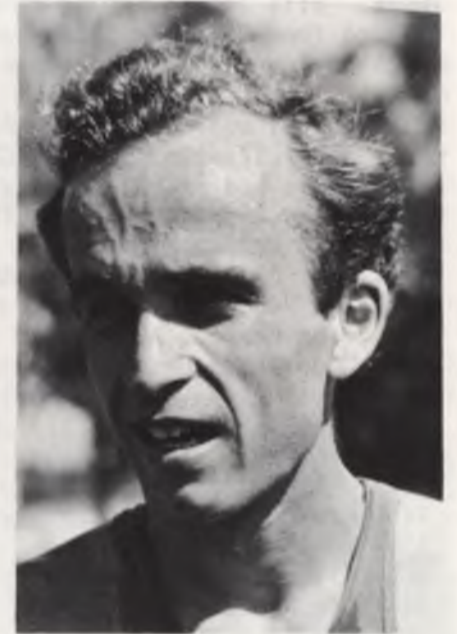
**San Martin Marathon:** (March 23, San Martin) - Steve Dean qualifies for the seeded group at Boston with his 2:29:23 time at the Marathon of the Lakes. Four broke the former record of 2:39. -- (1) Steve Dean/GWTC 2:29:23, (2) Jan Day/Unat 2:35:23, (3) Bernd Heinrick 2:35:23, (4) Jake White/Unat 2:35:25, (5) Ed Dally/Unat (40+) 2:46:53, (6) Ben Sawyer/Unat 2:47:35, (7) John Clary 2:50:04, (8) Terry Mullen 2:58:36, (9) Joe Maner 3:00:57, (10) Rick Buxton 3:03:52, (11) D. Woodridge 3:04:35, (12) George Ridout 3:06:48, (13) John Flather (40+) 3:07:01, (14) Gough Reinhardt (40+) 3:09:17, (15) M. Berkowitz 3:09:59...45 finishers. /Bill Flodberg/

**Morro Bay State Park Road Race:** (March 29, Morro Bay) - 5 Mi. - (1) Ron Genschmer/WVTC 25:10, (2) Shawn Lyons/CPSLO 26:25, (3) Larry Reyes/Unat 26:30, (4) Bob Nanninga/WVTC 27:10, (5) Len Thornton/HSTC (40+) 27:10, (6) John Rupp/Unat 27:20, (7) Scott Thornton/HSTC 27:25... (28) Barb Arreola/SLDC 32:28...46 finishers. /Stan Rosenfield/



(Left) Peggy Lyman blitzed to a 57:06 clocking for the PA-AAU 15 Kilo at Los Gatos, winning by nearly four minutes. /Photo by Jay Marlow/ (Right) Golden West anchorman, Randy Sturgeon, brings his team across first in Camellia Relay. /Kevin Kirby/

1 - Jim Nuccio (West Valley TC) 46:12	21 - Ken Napier (West Valley J&S) 52:04	41 - Howard Davic (West Valley J&S) 55:21
2 - Bill Clark (West Valley TC) 46:46	22 - Harold DeMoss (West Valley TC) 52:12	42 - Todd Baker (West Valley J&S) 55:21
3 - Darren George (AIA) 47:07	23 - Gus Cano (Excelsior TC) 52:35	43 - Phil Darnall (Unat.) 55:25
4 - Mike Pinocci (West Valley TC) 47:25	24 - Jay Marlowe (Unat.) 52:36	44 - Jim Sullivan (West Valley TC) 55:30
5 - Alvaro Mejia (West Valley TC) 47:28	25 - Greg Pujol (Unat.) 52:58	45 - David Hafich (Unat.) 55:41
6 - Greg Brock (West Valley TC) 47:49	26 - Frank Donahue (Excelsior TC) 52:57	46 - Terry Casey (Excelsior TC) 55:44
7 - Trevor Viljoen (Oklahoma St.) 48:11	27 - Rick Bowers (West Valley J&S) 53:10	47 - John Dunn (Pamakids) 55:48
8 - Charlie Harris (West Valley TC) 48:11	28 - Joe Salazar (Unat.) 53:19	48 - Paul Cooper (Cambrian RR) 55:55
9 - Doug McLean (West Valley TC) 48:11	29 - Ben Sawyer (Unat.) 53:27	49 - Jefferey Olson (Unat.) 56:12
10 - Bob Paulin (Cambrian RR) 48:43	30 - Dave Warren (Excelsior TC) 53:29	50 - Curt Karbowski (Unat.) 56:37
11 - Stacy Geiken (Woodside Str.) 49:41	31 - Chris Castro (Unat.) 53:34	51 - Tom Tatum (Unat.) 56:39
12 - Mike Conroy (Excelsior TC) 50:03	32 - Paul Koski (Excelsior TC) 53:38	52 - Terry Mullen (Tax Reducers AC) 56:46
13 - Dennis Tracy (West Valley TC) 50:22	33 - Dave Peterson (West Valley J&S) 53:40	53 - Carl Martin (West Valley J&S) 56:51
14 - Jack Leydig (West Valley TC) 50:38	34 - Glenn Pruitt (Pamakids) 53:49	54 - Peggy Lyman (West Valley TC) 57:06
15 - Jack Bellah (West Valley TC) 50:56	35 - Jim Holl (West Valley TC) 53:57	55 - Keith Nowell (Unat.) 57:35
16 - Doug Butt (Marin AC) 51:16	36 - Walt Van Zant (West Vly J&S) 54:17	56 - Lee Holley (Unat.) 57:41
17 - John Higley (Gold Spike TC) 51:17	37 - Richard Croteau (West Vly J&S) 54:26	57 - Colin Templeman (NCSTC) 58:12
18 - Ray Aver (Unat.) 51:21	38 - Bruce Hiler (Washington HS) 54:36	58 - Tom Pinocci (Washington HS) 58:25
19 - Kent Guthrie (West Vly J&S) 51:30	39 - Doug Castro (Unat.) 54:37	59 - Donald Carpenter (Unat.) 58:43
20 - Allan Sandretti (Unat.) 51:51	40 - Roland Watson (Soquel RC) 55:11	60 - Wayne Hooper (Tax Reducers AC) 59:09



(Above) Start of the First Annual Peach Bowl Pacers 10 Kilo. /Photo by Jim Watt/ (Right) WVTC's Bill Clark too second in both the PA-AAU 15K and 20K behind teammate Jim Nuccio. /John Marconi/

NUCCIO IN FAST PA-AAU 20 KILO VICTORY--ROSS SMITH OUTCLASSES MASTERS FIELD: (Jan. 25, Woodside/Portola Valley) - Although missing Jon Anderson's 1972 course standard by a minute and a half (61:34), Jim Nuccio still had little trouble in defeating a strong 20 Kilo field at the Pacific Association Championships in scenic Woodside. Had he not stopped (to massage a tight muscle in his leg) for a bit during the last few miles, his margin of victory would have even been greater...he eased up noticeably when the leg began effecting him. This, we think, is Nuccio's longest competitive effort to date...building up to a marathon, eh Jim? Wayne Badgley came on strongly in the last half of the race to push Bill Clark under 64 minutes and a 14 second margin of victory for second. In a super-fast field that saw 20 runners better 70 minutes, super-master Ross Smith showed his stuff in blitzing his fellow over-40 runners in 1:09:19, good for 18th spot. Ed Dally was over 4 minutes back with a still very commendable 1:13:30. Then came another 4-minute gap to Pat Cunneen and Bill Snavely to give you an idea that Smith wasn't just messing around. Peggy Lyman defended her women's title (1:20:02), although slightly slower than her winning effort in 1974. Sue Neary provided the closest competition at 1:26:00, with master's competitor, Ruth Anderson only another 29 seconds back. In the team race, WVTC defended their title for the umpteenth time with a perfect 15 points to best Excelsior's 47 and the Pamakid's 116. The WVTC women likewise blanked their opponents, taking the official women's team title. Top 60 finishers (131 made it) are below. /Harold DeMoss/

1 - Jim Nuccio (West Valley TC) 63:04	21 - Stacy Hanoum (Unat.) 71:49	41 - Bill Snavely (Big Valley Harr) 78:01
2 - Bill Clark (West Valley TC) 63:58	22 - David Warren (Excelsior TC) 72:04	42 - Tom Mann (Excelsior TC) 78:07
3 - Wayne Badgley (Unat.) 64:12	23 - Gary Chilton (Stanford RC) 72:22	43 - Terry Mullen (Tax Reducers AC) 78:14
4 - George Stewart (West Valley TC) 64:46	24 - Bill Yaley (Unat.) 72:25	44 - Ray Smith (Tax Reducers AC) 78:27
5 - Alvaro Mejia (West Valley TC) 64:59	25 - Tim Swezey (Pamakids) 72:49	45 - Doug Butt (Unat.) 78:58
6 - Gary Blume (Cal Berkeley) 65:22	26 - Ben Sawyer (Unat.) 72:52	46 - Jeff Olsen (Unat.) 79:23
7 - Brian Maxwell (Cal Berkeley) 65:30	27 - Paul Koski (Excelsior TC) 73:12	47 - Colin Templeman (NCSTC) 79:34
8 - Don Makela (Unat.) 65:42	28 - Ed Dally (Unat.) 73:30	48 - Peggy Lyman (West Valley TC) 80:02
9 - Jan Sershen (Unat.) 66:22	29 - Harold DeMoss (West Valley TC) 73:43	49 - Dan Lavelle (SF Olympic Club) 80:08
10 - Greg Brock (West Valley TC) 66:45	30 - Mike Eash (Excelsior TC) 74:42	50 - Dennis Egly (Unat.) 80:08
11 - Doug McLean (West Valley TC) 66:57	31 - Ed Jaynes (Unat.) 75:01	51 - David Hafich (Unat.) 80:54
12 - Charlie Harris (West Vly TC) 67:33	32 - Bruce Rider (Unat.) 75:18	52 - Bill Flodberg (West Valley J&S) 80:58
13 - Fenton Carey (Unat.) 67:47	33 - Jay Marlowe (Unat.) 75:38	53 - Wayne Hooper (Tax Reducers AC) 81:12
14 - Fred Emerling (West Valley TC) 68:05	34 - Gus Cano (Excelsior TC) 76:11	54 - Gough Reinhardt (Unat.) 81:29
15 - John Sheehan (West Valley TC) 68:18	35 - Dick Croteau (West Valley J&S) 76:42	55 - Tom Owen (Woodside Striders) 81:33
16 - Mike Conroy (Excelsior TC) 69:09	36 - Terry Casey (Excelsior TC) 76:52	56 - Gary Nielsen (Unat.) 81:36
17 - Dennis Tracy (West Valley TC) 69:14	37 - Glen Pruitt (Pamakids) 77:08	57 - Carl Martin (West Valley J&S) 81:57
18 - Ross Smith (West Valley J&S) 69:19	38 - Claus Pederson (Tax Reducers) 77:27	58 - Nick Granadas (Unat.) 82:04
19 - Gary Wolfram (Unat.) 69:24	39 - Alex Monterrosa (Pamakids) 77:41	59 - John Ulate (Task TC) 82:15
20 - Peter Martin (Aggie TC) 69:33	40 - Pat Cunneen (Pamakids) 77:57	60 - Antonio Reyes (Pamakids) 83:34

JIM BIRNBAUM WINS FIRST ANNUAL PEACH BOWL PACERS 10 KILO: (Jan. 26, Yuba City) - Jim Birnbaum was an easy winner in this first annual affair in 32:30, some 1:19 up on Delta JC's top distance star, Henry Perez. Ross Smith continued his domination of the over-40 category with a three minute victory over Walt Betschart (36:39 to 39:48). Perez took the top honors in the 14/18 division, almost a full minute up on teammate Keith Jacobson. Jeanette Allred of the NorCal TC was a comfortable winner of the women's 13 & under division (42:04) over teammate Jeane Fuller (42:48), while Diane Williams (43:19) won her division (14/17). Dave Marson (40:21) won the boys 10-13 race; Darlene Wallach (46:33) the women's open category...114 finishers. /Ed Williams/

1 - Jim Birnbaum (West Valley TC)	32:30	16 - Walter Schafer (NorCal Str.)	37:00	31 - Mark Gallo (NorCal Str.)	39:13
2 - Henry Perez (Big Valley Harr)	33:49	17 - Dennis Capello (NorCal Str.)	37:07	32 - Jim Morrison (Gold Spike TC)	39:32
3 - Richard Flores (BV Harriers)	34:21	18 - Peter Hanson (Colfax RC)	37:21	33 - Harry Ainsleigh (Colfax RC)	39:40
4 - Jon Higley (PB Pacers)	34:35	19 - Mark Burch (Chico)	37:39	34 - David Colt (Peach Bowl Pacers)	39:46
tie Keith Jacobson (BV Harriers)	34:35	20 - David Zumwalt (Unat.)	37:40	35 - Walt Betschart (Buffalo Chips)	39:48
6 - Pat Buzbee (New Ways TC)	34:41	21 - Craig Wells (Unat.)	37:41	36 - Steve Haase (Peach Bowl Pacers)	39:54
7 - Nick Vogt (Gold Spike TC)	34:52	22 - Jim Williams (PB Pacers)	37:43	37 - Don Watson (Unat.)	39:57
8 - Mike Buzbee (New Ways AC)	35:19	23 - Jeff Jahn (VMTC)	37:48	38 - Dave Martinez (Millbrae Lions TC)	40:21
9 - Mark Dawson (VMTC)	35:23	24 - Rich Vasquez (Diablo Vly TC)	37:52	39 - Pete Martinez (Unat.)	40:44
10 - Keith White (Aggie TC)	35:58	25 - Frank Lemus (Unat.)	37:59	tie Richard Cooper (Mare Island)	40:44
11 - Bruce Jones (Unat.)	36:14	26 - Barry Lemus (PB Pacers)	38:14	41 - Stephen Swesey (NorCal TC)	41:01
12 - Ray Batz (Pamakids)	36:36	27 - Doran Pedri (Unat.)	38:21	42 - Gough Reinhardt (NCSTC)	41:04
13 - Ross Smith (West Valley J&S)	36:39	28 - Kevin Daw (Napa Valley RC)	38:40	43 - Scott Shelley (Unat.)	41:08
14 - Dave Bruhn (New Ways AC)	36:40	29 - Mary Nygaard (Gold Spike TC)	39:03	44 - Raul Ramirez (Unat.)	41:13
15 - Richard Stiller (TRAC)	36:46	30 - Jack Dixon (Lincoln)	39:07	45 - Mike Galligan (PB Pacers)	41:40

**BEARDALL & ANDERSON SHOW THAT AGE=FITNESS:** (Feb. 1, Vallejo) - The annual Channel to Lake 10 Miler didn't have as classy a field as in previous years, and this was all 38-year-old Darryl Beardall needed to show his younger challengers that he's going to be one hell of a masters runner very shortly. His 52:45.2 winning time was almost a minute up on 22-year-old Steve Slawson, with Kevin Searls of the DVTC another 24 seconds back. Amazing Ruth Anderson, 45 years old, captured the top spot in the women's division and in the top third of the field of 194 finishers...67:27 in 64th place. Dana Searls (or was it Jennifer?) was a minute back. Bill Jensen showed he deserves to be leading the NCRR point total race with his good 57:56 clocking to win the masters division from Colin Templeman and Bill Flodberg by 2½ minutes. Meanwhile, Dave Marson, a 12-year-old from the Millbrae Lions, was annihilating the junior field (13 & under) with his 40th place 62:38, four minutes in front of teammate Danny Escobar. /DeMoss/

1 - Darryl Beardall (Marin AC)	52:45	21 - Bob Myers (Pamakids)	59:22	41 - Dick Baxter (Livermore Vly RC)	62:44
2 - Steve Slawson (Solano TC)	53:40	22 - Ralph Bowles (Unat.)	59:31	42 - Gough Reinhardt (NCSTC)	62:50
3 - Kevin Searls (Diablo Vly TC)	54:04	23 - Phil Holder (Mare Island)	60:02	43 - Hoyt Walker (Livermore Vly RC)	63:03
4 - Randy Sturgeon (Solano TC)	54:10	24 - Louis Daugherty (Napa Valley)	60:08	44 - Dave Renaud (Unat.)	63:45
5 - Gary Wolfram (Unat.)	54:24	25 - Phil Bailey (Mare Island)	60:15	45 - Gary Falati (Unat.)	63:51
6 - Mark Dawson (Valley of the Mn)	55:05	26 - Rick Vasquez (Diablo Vly TC)	60:22	46 - Lee Fox (Unat.)	64:01
7 - Jon Higley (USAF)	55:16	27 - Ray Sibley (Solano TC)	60:30	47 - Chris Otis (NorCal TC)	64:11
8 - John Leeper (Aggie TC)	55:40	28 - Mark Gallo (NorCal Striders)	60:52	48 - Frank Goss (Solano TC)	64:41
9 - Doug Butt (Unat.)	55:46	29 - Colin Templeman (NCSTC)	61:24	49 - Richard Cooper (Mare Island)	64:43
10 - Wayne Plymale (Pamakids)	55:49	30 - Bill Flodberg (West Vly J&S)	61:25	50 - Larry Rugh (Unat.)	65:07
11 - Kent Guthrie (West Vly J&S)	56:00	31 - Pat Scannell (Unat.)	61:31	51 - Gary Jaehne (Mare Island)	65:18
12 - Bill Kipp (Sac'to CC)	56:48	32 - Alex Monterrosa (Pamakids)	61:38	52 - Tony Chavez (Unat.)	65:25
13 - Mark Proteau (Unat.)	57:01	33 - Joel Caldwell (Unat.)	61:45	53 - Dennis Barley (Unat.)	66:09
14 - Dan Moore (Livermore Vly RC)	57:29	34 - Bruce Hazelton (Unat.)	61:55	54 - Bruce Dingwall (Pamakids)	66:20
15 - Kurt Vineyard (Unat.)	57:53	35 - David Hafich (Unat.)	61:56	55 - John LaCarte (Mare Island)	66:25
16 - Bill Bordon (Pamakids)	57:56	36 - Jeff Collins (Valley of the Mn)	61:59	56 - Dave Siemens (Solano TC)	66:27
17 - Jim Bordon (Unat.)	58:08	37 - Greg Tolley (Gold Spike TC)	62:18	57 - Frank Cuzzillo (NCSTC)	66:42
18 - Harold DeMoss (West Vly TC)	58:50	38 - Jim Blank (Diablo Vly TC)	62:20	58 - Steve Swesey (NorCal TC)	66:44
19 - Chuck Stagliano (DSE)	58:58	39 - Dave Marson (Millbrae Lions)	62:38	59 - Chuck Swanson (Unat.)	66:54
20 - Jeff Jahn (Valley of the Moon)	59:05	40 - Gary Alderman (Unat.)	62:40	60 - Danny Escobar (Millbrae Lions)	66:55



Co-winner of the Trinidad Beach Run, Mark Dulaney, shown on his leg of the '74 Tahoe Relays. /John Marconi Photo/

**ELIAS AND DULANEY DOMINATE TRINIDAD BEACH RUN:** (Feb. 8, Trinidad Beach) - (8.5 miles of road and beach with a river ford--knee deep--at 6 miles) - A large group ran as a pack for most of the race before Mark Dulaney & Mark Elias, both Humboldt State runners, pulled away near the end...they attempted to finish together but Elias entered the chute first. The battle for the next four spots was tight (9 second spread), with Hershall Jenkins winning out over Denis O'Halloran, Bob Bunnell and Chris Cole. Marilyn Taylor won the women's division in 58:06 over Viviana Treffry (59:36). In the 30-39 division, Dick Meyer edged Dick Gilchrist by not quite two minutes, 48:19 to 50:07. George Crandell (51:00) bested Bill Gilchrist (53:10) in the 40-49 group, while Bob Dickerson (55:02) was on top in the over-50 category. Dan Smith of Eureka won out in the high school race (47:05 to 47:49). Trinidad's Mike Williams stole top honors in the pre-high school competition (56:10). Weather was mild; sporadic rain with a headwind seemed to have slowed times more than in other years...195 runners finished! /Meyer/

1 - Mark Elias (Humboldt St.)	44:16	26 - George Crandell (SRRC) (42)	51:00
2 - Mark Dulaney (Humboldt St.)	44:17	27 - Doug Hall	51:07
3 - Hershall Jenkins (Humboldt St.)	44:40	28 - Russel Trytek	51:21
4 - Denis O'Halloran (Humboldt St.)	44:41	29 - Ed Ahl	51:39
5 - Bob Bunnell (Marin AC)	44:43	30 - Darrel Fitzgerald	51:40
6 - Chris Cole (Humboldt St.)	44:49	31 - Rich Will	51:49
7 - Don Makela (Marin AC)	45:05	32 - Dave Oakley (HS)	52:06
8 - Ken Hammer	45:29	33 - Greg Davy	52:30
9 - Brian Davis	46:36	34 - Rick Dewey	52:39
10 - Chris DeFazio (Humboldt St.)	46:43	35 - Rick Garrison	52:39
11 - Dan Smith (Eureka HS)	47:05	36 - Don Kirby (Six Rivers RC)	52:40
12 - Andy Blackburn	47:18	37 - Gary Pezzi	52:44
13 - Mark Hulburt	47:37	38 - Bill Rogers (42)	53:10
14 - Bill Bedecarre (HS)	47:49	39 - Guy Oling	53:24
15 - Ron Medel	48:00	40 - Allan Wheeler	53:31
16 - Bob Coward	48:18	41 - Jim Ackerman	53:36
17 - Dick Meyer (Six Rivers RC)	48:19	42 - Aaron Krohn (Six Rivers RC)	53:37
18 - Glen Borland (HS)	48:22	43 - Ray Terrazas	53:56
19 - Evan Jones	49:06	44 - Pat Crevelt	54:04
20 - Steve Parker (HS)	49:07	45 - Steve Will (HS)	54:05
21 - Thomas Nash	49:58	46 - Lenny Escarda (43) (SRRC)	54:18
22 - John Hirvela	50:01	47 - J.K. Pedrotti	54:21
23 - Dick Gilchrist (Six Rivers RC)	50:07	48 - Clarence Nason, Jr.	54:24
24 - David Wells	50:28	49 - Eric Tyvoll (HS)	54:29
25 - Jim Rocha	50:55	50 - Jerry Boyle & Gary Peterson	54:31



**NUCCIO DOES IT AGAIN AT RIVER RUN:** (Feb. 15, Sacramento) - Jim Nuccio continued his domination of Northern California's road race circuit with an unpressed victory over the 1st Annual Sports Expo River Run's 8.5 mile circuit. Recent rains had flooded part of the trail, providing slippery conditions. Jim fell once but still managed a winning time of 41:48...over a minute ahead of teammate Tim Peterson. Other division winners taking home 'Gold Pan' awards were: Jim Sane (high school), Frank Krebs (30-35), Darryl Beardall (35-39), Bill Jensen (40-49), Paul Reese (50+), Bob Kadie (13 & under), Jeanie Fuller (women's open), Jeannie Allred (girls 13/under) and Ruth Anderson (women over 40). Jensen clocked a 48:42 for a big margin of victory over closest masters rival, Bob Malain (49:58). Fuller (55:45) had her work cut out in besting Allred (55:57) and Anderson (56:06) for the top overall female finisher. A total of 199 runners completed the course, which runs along the American River 'Bike Trail'. /Abe Underwood, P. McNally/



Start of the Sacramento Expo River Run on Feb. 15th.

1 - Jim Nuccio (West Valley TC)	41:48	21 - Tim Swezey (Pamakids)	47:25	41 - Harry Olson	49:55
2 - Tim Peterson (West Valley TC)	42:59	22 - Frank Krebs (Golden West TC)	47:27	42 - Bob Malain (NCSTC)	49:58
3 - Steve Dean (Golden West TC)	43:05	23 - Steve Williams	47:42	43 - Doug Rennie	50:00
4 - Jim Birnbaum (West Valley TC)	?????	24 - Walt Lange (Golden West TC)	47:46	44 - David Adams	50:01
5 - Darryl Beardall (Marin AC)	43:59	25 - Keith White	47:49	45 - Doug Comporato	50:14
6 - Jim Sane (Cordova Dusters)	45:01	26 - Bob Mastro	48:05	46 - John Magdaleno	50:15
7 - Jim Howard	45:32	27 - Chuck Kostel	48:09	47 - Jan Makowski	50:16
8 - Art Baudendistel	45:54	28 - Jim Williams	48:32	48 - David Zumwalt	50:17
9 - Timothy Jordan (GWTC)	45:57	29 - Kevin Kirby	48:40	49 - Michael Larsen	50:18
10 - Tom O'Neil	46:16	30 - Bill Jensen (Pamakids)	48:42	50 - Jeff Slater	50:25
11 - John Sheehan (West Vly TC)	46:18	31 - Paul Keller	48:50	51 - Chris Otis	50:26
12 - Gary Sutherland	46:38	32 - Genard Benegas	49:01	52 - Walt Betschart	50:27
13 - Marlon Smith	46:39	33 - Pete Hanson (Colfax RC)	49:08	53 - John Semler	50:30
14 - Bruce McInturf	46:48	34 - Gordy Vredenburg	49:09	54 - Kerry Kilgore	50:32
15 - Mark Dawson	46:54	35 - Jeff Bolen	49:15	55 - Terry Barton	50:35
16 - Rod Read (Golden West TC)	46:58	36 - Dale Fuller	49:16	56 - Rich Vasquez	50:36
17 - Emilio Rodriguez	47:03	37 - Chris Turney	49:21	57 - Robert Ogg	51:09
18 - Michael Garrett	47:09	38 - William Fairwell	49:29	58 - Sammy Trujillo	51:11
19 - Pete Gaul	47:14	39 - Dan Davidson	49:35	59 - J. Jamieson	51:13
20 - Steve Barr	47:23	40 - Barry Rounds	49:41	60 - Mike Bregante	51:16

**BADGLEY UNPRESSED AT MARTINEZ 8.4 MILER--JUST MISSES KIMBALL'S RECORD:** (Feb. 22, Martinez) - Big Valley Harrier ace, Wayne Badgley, showing distinct signs of returning to top racing form, surged into the lead early and was never headed in cruising to an easy 40:12 clocking on the Martinez to Port Costa and return circuit. Taking good advantage of the roller-coaster hills, the New Zealand native could have undoubtedly had Rich Kimball's 1974 course standard had he been aware he was so close. As it was, he settled for second-best ever all-time behind the 40:08 mark. Stanford's Mark McConnell was more than a minute back. The big surprise was Darryl Beardall, who, at 39, is running better than ever, set a PR for the course in fourth (41:46), finishing only 9 seconds in back of third-placer, Bill Clark. The 30-39 age-group was certainly well represented, as 6 of the top 8 were in the sub-masters category...led by Badgley and Clark. Bill Jensen continued his winning ways by smashing Dennis Teegarden in the over-40 class (46:44 to 47:54). Kathy Costello showed she's not just a good track runner with a wide margin of victory over Petty Lyman in the women's race (50:34 to 51:25). Perfect conditions made for a quick pace, and 201 finished. /L. Sekulich/

1 - Wayne Badgley (BV Harriers)	40:12	34 - Alex Monterrosa (Pamakids)	48:34
2 - Mark McConnell (Stanford)	41:23	35 - Ross Rowley	48:36
3 - Bill Clark (West Valley TC)	41:37	36 - David Blinkinsop	49:07
4 - Darryl Beardall (Marin AC)	41:46	37 - Craig W. Roland	49:10
5 - Jan Sershen (Unat.)	41:48	38 - Dick Croteau	49:11
6 - Gene Fitzgerald (Pamakids)	42:36	39 - Wes Hurlburt	49:19
7 - Jack Leydig (West Valley TC)	42:46	40 - Larry Sumner	49:27
tie Doug Butt (Unat.)	42:46	41 - Ralph W. Bowles	49:29
9 - Bob Bunnell (Marin AC)	43:12	42 - Joel K. Caldwell	49:30
10 - Kevin Searls (DVTC)	43:35	43 - Ralph Blount (OPHIR)	49:32
11 - Bennie Jordan	43:58	44 - Jack Cook	49:34
12 - John Leeper (Aggie TC)	44:06	45 - Craig Wells	49:35
13 - Tim Jordan (Golden West TC)	44:39	46 - Robert Long	49:52
14 - Richard Alexander	44:55	47 - David D. Hughes	49:54
15 - Claus Pedersen	45:06	48 - Gough Reinhardt (NCSTC)	50:01
16 - Dan Harvey	45:09	49 - David Hafich	50:04
17 - Mike Williamson	45:26	50 - Howard Griffith	50:06
18 - Dan Moore (Livermore Vly RC)	45:50	51 - Kathy Costello (Orinda TC)	50:34
19 - Jeff Zimmerman	46:03	52 - Robert E. Van Keuren	50:41
20 - Bill Kipp	46:13	53 - Jack Dixon	50:54
21 - Larry McGrael	46:29	54 - Michael Raffanti	51:06
22 - Tim Swezey (Pamakids)	46:34	55 - Charles Swanson	51:07
23 - David Zumwalt	46:39	56 - Gary Alderman	51:09
24 - Bill Jensen (Pamakids)	46:44	57 - Tom Pinckard (NCSTC)	51:11
25 - Steve Williams	47:02	58 - Larry Pugh	51:18
26 - Rick Bowers	47:05	59 - Fred Steve Andes	51:24
27 - Fred Kenyon (VMTC)	47:10	60 - Peggy Lyman (West Valley TC)	51:25
28 - Dick Cordone	47:19	61 - Pete Wilamoski	51:36
29 - Joe Maher	47:21	62 - Antonio Reyes	51:42
30 - Ray Orwig (West Valley TC)	47:37	63 - David Siemens	51:50
31 - Dennis Teegarden (NCSTC)	47:54	64 - Colin McGuire	51:52
32 - Michael E. Coke (GPPMB)	48:12	65 - Ralph T. Waller	51:55
33 - Harry S. Cottrell	48:33	66 - Evan MacBride	52:04



Martinez winner, Wayne Badgley, was only 4-seconds off course standard. /Marconi/

**NUCCIO IN SWIFT 28:44 SIX-MILER:** (March 9, San Jose) - The Tax Reducers AC put on their first AAU race and got every member to come out and help on raceday! The preparations showed up in the smoothness of the entire race, from registration to the finishline, where Jim Nuccio was busy disposing of Bill Clark for the umpteenth time this year. After coming thru the half-way point in just under 14:30, the pace proved too hot for Clark as he dropped off about a mile later. Jack Leydig was next, another minute back, to complete a WVTC sweep of the top three spots. Jim Shettler ran to a 32:08 clocking to lead the over-40 group, besting teammate Ken Napier by 33 seconds. Bill Jensen, who's been winning as he pleases lately, found the going a bit rougher today, taking third with a commendable 33:19. Joe Salazar was the leading junior (under 18) in twelfth place (31:57). Sue Neary paced all women competitors with her quick 38:10, good enough for 75th overall. On-the-comeback, Penny DeMoss got the second spot, 51 seconds back. Marian Franklin (13) led the women's junior division (13 & under), leaving her closest opposition nearly two minutes behind. Florence Stage was the first masters woman (52:10), doing close battle with Nancy Bean (52:48). /Ray Smith & Vic Crosetti/



Start of the First Annual San Jose Fitness Run, won by Jim Nuccio (again!)...far left. /Sheldon Gersh/

1 - Jim Nuccio (West Valley TC)	28:44	26 - George Gilbert (Unat.)	34:06	51 - Peter Baum (Homestead HS)	36:38
2 - Bill Clark (West Valley TC)	29:39	27 - Jim Holl (West Valley TC)	34:21	52 - Thomas Downey (Unat.)	36:43
3 - Jack Leydig (West Valley TC)	30:36	28 - Daniel Garcia (Unat.)	34:38	53 - Leon Souza (Unat.)	36:45
4 - Gil Uresti (Westside TC)	30:45	29 - Clyde Rockwell (Unat.)	34:39	54 - Peter Alexander (DSE)	36:46
5 - Jim Van Dine (Unat.)	31:05	30 - Richard Wolters (Unat.)	34:51	55 - Carl Martin (West Valley J&S)	36:48
6 - Alex Aguilar (San Jose CC)	31:06	31 - Ward Crary (Unat.)	34:52	56 - Douglas Dray (Cambrian RR)	36:58
7 - Doug Butt (Unat.)	31:23	32 - Howard Griffith (Cambrian RR)	34:56	57 - Keith Campbell (West Vly J&S)	36:59
8 - Kent Guthrie (West Valley J&S)	31:25	33 - Joel Caldwell (Unat.)	35:03	58 - Malcolm Stewart (Unat.)	37:10
9 - Grover Prowell (San Jose St.)	31:42	34 - Michael Coke (GPP&MB)	35:12	59 - Rich Galli (RFMTC)	37:15
10 - Scott Carvey (Unat.)	31:45	35 - Santos Reynaga (West Vly TC)	35:15	60 - Willie Gee (Unat.)	37:18
11 - Kevin Gerace (Unat.)	31:51	36 - Walt Van Zant (West Vly J&S)	35:24	61 - John McCrillis (NCSTC)	37:22
12 - Joe Salazar (Unat.)	31:57	37 - Richard Funk (Unat.)	35:27	62 - Rich Mueller (NCSTC)	37:23
13 - Bruce Rider (Unat.)	31:58	38 - Jerome Lewis (NCSTC)	35:29	63 - Tom Lilly (Unat.)	37:25
14 - Jim Shettler (West Valley J&S)	32:08	39 - Robin Shilling (Unat.)	35:31	64 - Elmer Sandborn (Unat.)	37:26
15 - Ray Aver (Unat.)	32:35	40 - Dennis Urtiaga (West Vly TC)	35:33	65 - Mauro Torres (Unat.)	37:33
16 - Rick Bowers (Unat.)	32:36	41 - W.G. Meinhardt (SJJ & S)	35:41	66 - William Hodge (Moffett Field)	37:48
17 - Ken Napier (West Valley J&S)	32:41	42 - Ralph Bowles (Unat.)	35:42	67 - Glen Dean (Jefferson HS)	37:49
18 - John Clary (Unat.)	32:51	43 - George Moss (NCSTC)	35:47	68 - David Southworth (Unat.)	37:50
19 - David Muela (Unat.)	32:55	44 - Richard Simon (Unat.)	35:52	69 - Ed Fuller (Unat.)	37:52
20 - John Hellman (Unat.)	32:57	45 - Gary Upham (Unat.)	36:04	70 - Craig Windham (West Valley J&S)	37:56
21 - Dan Anderson (West Valley TC)	33:03	46 - Manny Mahan (Unat.)	36:08	71 - Steven Stark (Unat.)	37:59
22 - Harold DeMoss (West Valley TC)	33:05	47 - Richard Cooper (Unat.)	36:09	72 - Dan Freitas (Westmont HS)	38:00
23 - Jim Sullivan (West Valley TC)	33:09	48 - Steve Wickland (Unat.)	36:17	73 - Don Lucero (Unat.)	38:04
24 - Bill Jensen (Pamakids)	33:19	49 - John Armstrong (Unat.)	36:18	74 - John La Carte (Unat.)	38:06
25 - Mike Tambini (Piedmont HillsHS)	34:03	50 - Andrew Arce (Wilcox HS)	36:37	75 - Sue Neary (Soquel RC)	38:10



Jan Sershen showed signs of becoming an important factor in NorCal road racing off his 1:40:19 30 Kilo clocking. /Marconi/

**BADGLEY IN QUICK 30 KILO CHAMPIONSHIPS:** (March 15, Watsonville) - An overcast day made conditions for the PA-AAU 30 Kilo just about perfect, although a bit cold during the second lap when the wind came up. After going about 5:18 per mile through the first checkpoint at 4-1/2 miles, a tight leadgroup, composed of the first six finishers, began to disintegrate. Upon hearing the pace, Stockton's Wayne Badgley decided it was much too slow and picked it up to near 5 minutes per mile. Clark managed to hang on the longest, but finally dropped off substantially during the final 9 mile loop. The winning time of 1:36:25.5 was the best since 1972 when Victor Mora ran 1:35+ on a much more difficult course in Monterey. Clark was the only other runner to dip under 1:40 with his 1:38:25, but Jan Sershen showed promising signs with his excellent 1:40:19 in third spot. San Jose CC teammates Gil Uresti and Alex Aguilar ran the distance together at less than all-out effort to garner the junior men's division with 1:44:48 each. The big story, however, was Ed Dally's sterling performance in the masters division at 1:48:56 for 9th place overall...the amazing thing was that Ed had to double back from going off the course and probably lost anywhere from 1-2 minutes! Ray Menzie was the only one to press him with his excellent 1:50:27. Dieter Diekmeyer was next at 1:55:24. The women were led by Peggy Lyman, who shows signs of being in sub-3 hour marathon shape. Her 2:03:56 was excellent considering she felt ill for most the race. Joan Ulyot (2:06:52) and Diane Williams (2:08:11) also cracked 2:10. The men's and women's team titles were carried off by WVTC...80 finishers. /Mike Jones/

1 - Wayne Badgley (Unat.)	1:36:25	20 - Jeff Olson (Unat.)	1:57:52
2 - Bill Clark (West Valley TC)	1:38:25	21 - Dick Croteau (West Vly J&S)	1:57:53
3 - Jan Sershen (Unat.)	1:40:19	22 - Bob Malain (NCSTC)	1:58:18
4 - Fenton Cary (Navy)	1:41:20	23 - John Armstrong (Unat.)	2:00:12
5 - Jack Leydig (West Valley TC)	1:42:08	24 - John Geer (Whittier Coll.ATC)	2:00:21
6 - Allen Rude (Unat./Ex-Oxy)	1:43:45	25 - Bill Flodberg (West Vly J&S)	2:00:48
7 - Gil Uresti (Unat.)	1:44:48	26 - Gough Reinhardt (NCSTC)	2:02:00
8 - Alex Aguilar (San Jose CC)	1:44:48	27 - Fritz Watson (Soquel RC)	2:02:39
9 - Ed Dally (Unat.)	1:48:56	28 - Steve Andes (Livermore VRC)	2:03:21
10 - Ray Menzie (Unat.)	1:50:27	29 - Peggy Lyman (West Vly TC)	2:03:56
11 - Harold DeMoss (West ValleyTC)	1:50:34	30 - Joel Caldwell (Unat.)	2:04:16
12 - Ben Sawyer (Unat.)	1:51:03	31 - Vic Weber (West Valley J&S)	2:04:59
13 - Dan Moore (Livermore Vly RC)	1:52:47	32 - D. Carpenter (Unat.)	2:05:28
14 - Harvey Ferrill (Unat.)	1:53:06	33 - G. Hodson (Stanford)	2:05:53
15 - Dieter Diekmeyer (Unat.)	1:55:24	34 - C.C. Harmon (Unat.)	2:05:56
16 - Bill Peck (High Sierra TC)	1:55:27	35 - Ulrich Kaemph (Unat.)	2:06:13
17 - Alex Monterrosa (Pamakids)	1:57:10	36 - R. Campbell (Unat.)	2:06:25
18 - Walt Van Zant (West Vly J&S)	1:57:27	37 - Rex Dietderich (NCSTC)	2:06:29
19 - Kerry Kilgore (BV Harriers)	1:57:52	38 - Harry Cordellos & Theo Jones	2:06:44

# Running shoes wear out from the ground up. Now you can replace them that way.



**tred2**



Let's face it. Good running shoes are an expensive proposition. Important, yes. But considering that you may well go through two-and-a-half pairs every year, well, at today's prices you figure it out. And the maddening thing is that, usually, when the bottoms start to go, the rest of the shoe is just starting to become a part of you. Nice and comfortable. With plenty of life left.

We're the American Athletic Shoe Corporation. And we've got a better way to go. Better than continually shelling out for new running shoes. And better than fiddling with messy, makeshift and haphazard "shoe salvation" kits. That better way is called TRED 2. And what it is, quite simply, is an exclusive new process that replaces your worn-out soles with factory-fresh originals. Adidas. Puma. Nike. Tiger. Tretorn. Hummel.

We know about runners. And we know about their footwear. We know how long it takes to break in a good pair of shoes. And how a worn or improperly repaired shoe can result in serious injuries. That's why when you send us *your* shoes, for a few days anyway, they become our shoes. And we treat them that way. We carefully examine the soles.

Then rejuvenate them where necessary. Inside and out. The sole. Midsole. Wedging. Toe cap. Inner sole. Arch support. Right down to brand new shoe laces if they're needed.

When you get your

shoes back, resoled and reborn, they'll be as good as new. But better. Because you broke them in. And we brought them back. In fact, we're so confident about the TRED 2 process that if you're not completely satisfied with the results, just keep the shoes and ask for your money back. You'll get it. No hassle.

How much for all of this? Just \$9.95.

Which isn't much anyway you think about it. So think about it. Then let TRED 2 prove itself. When it comes to running shoes, especially *your* running shoes, old friends are still the most comfortable ones.

Place this coupon and \$9.95 in shoe. Send to American Athletic Shoe Corporation, 111 Homer Avenue, Palo Alto, California 94301.

Please print

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Enclosed \_\_\_\_\_ Check \_\_\_\_\_ Money Order \_\_\_\_\_

Charge my Master Charge Card \_\_\_\_\_ Account Number \_\_\_\_\_

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Expiration Date \_\_\_\_\_

Shoe size/brand \_\_\_\_\_ Your sport \_\_\_\_\_

Authorized Signature \_\_\_\_\_

NCRR 52



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



Mail Orders

Sue Hill  
Starting Line Sports  
246 Castro Street  
Mountain View, Calif. 94040  
Phone: 415 961-4889  
Open 10-6 Mon.-Wed.  
10-8 Thurs.-Fri.  
10-5:30 Sat.

Now at 3 Convenient Locations

Frosty Saufley  
(415) 323-6534  
Starting Line Sports  
1142 Chestnut  
Menlo Park, Calif. 94025  
Open: 10-6 weekdays and  
10-5 on Sat.

Ask about our catalogue and our school discounts.

## SHOES:

Tiger, Nike, Puma, Adidas

## CLOTHES:

Shorts, Singlets, Warm-ups, etc.

## ACCESSORIES:

Spenco insoles, Tape, Sole Repair  
Kit, etc.

## BOOKS:

The Best In Running Literature.

Jack Leydig (342-3181)  
603 S. Eldorado  
San Mateo, Calif. 94402  
By appointment at present.

# TRACK & FIELD NEWS



If you like track, you'll like Track & Field News. Comprehensive, colorful coverage of men's track, U.S. and foreign. High School through the Olympics and pros. All the major news and results, statistical lists and rankings, personality pieces and interviews, action photos. Lively, information-packed reading. 12 issues a year. \$9.00.

Order from Track & Field News, Box 296 (365 First St.), Los Altos, Ca. 94022

## TROPHIES

RIBBONS  
CUSTOM MADE  
PLAQUES



## AWARDS

ENGRAVINGS  
PERSONALIZED  
GIFTS

by *John Crevelt* owner



## SERVING ALL ORGANIZATIONS

- Little League • Track • Bowling • Football • Tennis
- Soccer • Basketball • Golf • Auto Racing • Swimming
- Skating • Archery etc. . . .

IF YOU NEED AN AWARD or TROPHY WE HAVE IT  
OR MAKE IT!

**(SPECIAL TEAM & CLUB DISCOUNTS)**

Located  
at

**GEMCO**  
Redwood City

OPEN Tues., thru Sat.  
10 a.m. to 6 p.m.  
OPEN ANYTIME BY APPT

SATISFACTION GUARANTEED

Store 369-3564 • Home 368-9000