

NOR-CAL RUNNING REVIEW

JULY/AUG. 1975 (No. 55)

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On the Cover
West Valley TC's Bill Clark is having his most consistent year since 1972 & is currently in second place in the NCRR Long Distance Ratings. Here he is shown about a half-mile from the finish of the Oakland Watermelon Run, which he won by over 2 minutes! Bill, now a sub-master (31 years old), will be aiming for a good marathon time in the near future. /Jeff Zimmerman/

JULY/AUG. 1975... No.55

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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 us. Everyone is encouraged to submit meet results & scheduling. Credit is always given for materials used. Please request permission for the use of any NCRR materials other than scheduling information & meet results. PROSPECTIVE PHOTOGRAPHERS: Prints will not be returned unless requested (5 x 7 or larger if possible in black & white preferably). We now pay \$15 for prints used as cover shots but nothing else as yet...see Editor's Message.

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EDITOR'S MESSAGE

●THANKS!! - We had better than average response from the coaches in the area on our plea for cross-country schedules. As a result, this issue has our most complete listing ever of races this fall. If we've left out anything from about mid-November on, please let us know for next issue!

●NEWS FOR CONTRIBUTING PHOTOGRAPHERS: - We are now offering free complementary subscriptions to all our contributing photographers, as long as we receive something at least once per issue. If you are not now a contributor and need details, please write us immediately. We are also now giving \$15.00 for photos that we use on our covers. In the near future we hope to be able to give a token amount (perhaps \$1.00) to anyone who's photo is used in our magazine...other than a cover shot, of course. We like to see new subscriptions and renewals...it helps us offer our staff a little something for their efforts, which up until now have been voluntary.



Who was this top long distance runner (1970 Photo)?

★ PHOTO QUIZ ★

RULES: (1) Submit your guess & mail it to: PHOTO QUIZ, PO Box 1551, San Mateo, CA 94401 (one guess per person) --Cards must be postmarked by not later than Oct. 31. (2) All ties will be broken by a drawing. The Prize is a one-year subscription or renewal to the NorCal Running Review (or \$5 off the dues of any WVTC member who wins). All of our readers are encouraged to send in photographs for consideration. Photo deadline for next issue is Nov. 1. ** Our winner for LAST MONTH was Charlie Harris of Redwood City (WVTC member). We received 19 correct answers to our quiz...Billy Mills.

THIS & THAT

●PEOPLE NEWS: - Gayle Hopkins, the San Francisco State track coach, has left for Southern California where he is now coach at Claremont College. --- John Butterfield, who has been in Tehran, Iran, for two years (organizing the Iran Roadrunners in his spare time), is now back in the U.S. He reports that his new home in Corpus Christi, Texas, is super-flat and humid. He may be reached at: 10416 Ocean, NAS Corpus Christi 78419.

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THIS MONTH'S FEATURE: - The VIENNA (Model 3040) is a popular light training shoe made of white split oxford leather with three red stripes. Orthopedic arch support, raised heel wedge and padded uppers. A long-wearing adidas outsole with star-shaped tread design. Rubber toe cap for extra protection. Color-coordinated midsole. -- *"Vic" D'Aloia is a runner himself and is very knowledgeable about running shoes. (If you cannot stop by the store, he can be reached at home evenings: 408/296-3982.)*

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--- Ivan & Lily Boggis, now living in Australia (Adelaide), report that this year's winner of the South Australian State Marathon was disqualified because he had the wrong color shorts on! They will be spending Nov.-Feb. traveling thru Indonesia & other parts of Asia. They hope to be back in the NorCal area sometime in early 1977...in the meantime, they can be written to at: 140 Barton Terr., No. Adelaide, So. Australia 5006. --- Domingo Tibaduiza has just returned from Colombia where he spent most of the summer. The Univ. of Nevada senior upset Victor Mora in the South American Championships (late August or early Sept.) in Rio, Brazil, over 5,000 meters (14:01.0 to 14:02.8). Mora then edged him in a photo-finish over twice that distance in 28:45.6...which was Domingo's best time ever. --- Harold DeMoss, WVTC's roving PanAm pilot, ran a 4-mile race in New Delhi, India on August 10, finishing 20th in a 23-man field. In 100-degree heat and humidity to match, it was quite an experience. He observed that like in many impoverished nations, all of the runners in India are Olympic hopefuls, and the large number of 'fun-runners' do not exist as in more affluent countries. --- The Chairman of the AAU Hospitality House for the Olympic Games at Montreal has announced that 25 women will be chosen to serve as hostesses during the Games. Miss April DeCelle is one of the candidates (daughter of AAU LDRC Chairman, Bob DeCelle...see last NCRR, Runner-Up column). Each hostess must have a sponsor and also raise \$1500 towards the expenses. Any contributions to this fund are tax deductible. Make checks to "AAU Hospitality", with a notation that the donation be credited to Miss DeCelle's expenses. Mail to: James W. Greene, 1750 Taylor St., S.F., CA 94133. --- Cyndy Poor of the San Jose Cindergals competed in Europe this summer and notched some very impressive times. She recorded marks of 2:03.8 for 800m and a stunning 4:11.8 for 1500m, the second best in U.S. history, behind Francie Larrieu's 4:08+. She finished only a tenth behind her former teammate in this race, and fourth overall. Since her 1500, Jan Merrill has recorded a 4:10.6 clocking to knock Cindy back to third best all-time. --- Richard Willis, a former 4:24 miler at Chula Vista High in 1968, recently ran a 2:45:22 marathon. What makes this so noteworthy is that Willis ran his time in the confines of Atascadero State Hospital where he is imprisoned. The 'course' consisted of a 330-yard rectangular, blacktop circuit bordering the hospital athletic field. Willis' feat should serve as an example to other inmates of our mental

and correctional institutions of what can be done if a man has the desire to overcome the limitations of his confinement and achieve a worthwhile goal. Richard expects to gain his release soon and get into the SoCal long distance scene. --- Nora Smiriga has re-ruptured her achilles tendon and was operated on once already for her injury. She wants to know if any other runners who've been operated on for this type of injury are now running with no problems. She is debating as to whether or not to have another operation. If anyone of our readers can help answer her question, please contact her at: 281 Alvarado Rd., Berkeley, CA 94705 (Ph. 415/841-2410).

• A group of Seventh Day Adventist vegetarians broke the 7-man 24-Hour Relay record by a little over a mile by running 258 miles, 1248 yards at Santa Monica City College on August 26th. The team was composed of all Californians except for one: Heinz Weigand of Tennessee. The others on the team included Dennis Parrish of Tujunga, Darren George of St. Helena, Dave Parker of Sylmar, Dietmar Oberhoessel of L.A., Kent George of St. Helena, and Dennis Reeder of Angwin.

• Lost & Found: - Your editor picked up a Nikon camera case at the Tahoe Relays (without the camera, darn!). There is no identification that I could find, so anyone correctly identifying it (size, color, etc.) is welcome to it.

• Race Information: - The Cal-State Sonoma X-C race, advertised in the PA-AAU LDR Handbook as being at Annadel Park in Santa Rosa, has been moved to Cal-State in Rohnert Park, just south of Santa Rosa. The date is the same...Oct. 4, and we assume the race will go off at noon as scheduled. --- The Men's Senior National AAU X-C Championships at Annapolis, Md. will be Nov. 30th (Sunday), not the 29th as advertised in most releases we have seen. The race will take place at Eisenhower Golf Course...see the scheduling section for more details. --- Natl. Marathon Race for Women: This is not the Natl. AAU Championships in New York (Sept. 28), but an attempt at putting together an 1800 mile, 30 mile/day, footrace from Philadelphia to San Antonio. The winner is the girl with the least accumulated time (one day rest per week). First place prize is \$50,000; second is \$25,000, etc. And each finisher gets \$1,000. This will tentatively begin on June 22, 1976, and finish on Sept. 6. Of course any amateur running this and accepting prize money would lose her amateur status...but if the prize money were turned over to her club or her AAU District LDR Committee, then it could be recycled back into travel funding to races for her and her teammates. We are checking further into this item (concerning amateur status problems) and should have more on it in a future issue. For more information on this race, contact: John Lipinski, 1800 W. Executive Bldg., Suite 050, N.E. Loop 410, San Antonio, Texas 78217. --- The US Marathon Olympic Trials will be held on May 22, 1976, in Eugene, Oregon. The qualifying time, as set by the US Olympic Committee, will be 2:20!! The time for making this qualifying standard started May 21, 1975. Between now and April 8 there should be six Sectional Marathon Championships. Please see the "Editorial Section" of this issue to find out how the NCRR is attempting to have the 2:20 qualifying standard taken back to the 2:30 mark that was used in 1972.

• Chico State fell victim of budget cuts this fall when their cross country team was abandoned. We believe that this is the only school in the Far West Conference to drop this sport so far. The Chico Invitational will still be held (see scheduling section), but will be hosted by Butte College this year, and probably in following years too.

• Boston Marathon Group Fares: - The NCRR is again putting together a special package for those wishing to compete in the Boston Marathon next year. The qualifying time is 3 hours for open runners and 3:30 for masters and women. It may seem a bit early to be mentioning this, but we need to know your interest at least by Nov. 1 so we can block our hotel rooms far in advance. With Bi-Centennial festivities taking place in Boston next April, the hotel rooms will be booked up in a very short time. Write in care of the editor at your earliest convenience if you are even remotely interested in going.

• That extra \$1.00 you've been paying on your AAU registration this year has been going to a good cause(s). Half of the dollar goes to the National LDRC and the rest to the District LDRC. As of May 30, 1975, the Natl. LDRC (Men's) had \$7,193, according to Bob DeCelle, National Chairman. The balance at the end of October last year was only \$766!!

• The Pan-American Trials Marathon, held in Flagstaff, Arizona, was opened to all comers only about a week or two before the race. This was primarily through the efforts of Bob DeCelle, but the fact that the USOC moved so slowly in dropping the 2:23 qualifying standard was certainly a poor effort. Only a few runners found out about it in time!

● **CBS Coverage of Pan American Games:** - Following is a tentative schedule...all shows live from Mexico City, but including earlier taped events also. Oct. 12--Opening ceremonies; Oct. 18--Two hours; Oct. 19--90 minutes; Oct. 25--programming coordinated around & inserts to regular football games; Oct. 26--Three hours.

● **Proposed Team Scoring Changes:** - The SPA-AAU is submitting a rule change at the AAU Convention that deals directly with scoring of teams in long distance running events. The basic idea of the rule change is to do away with point-scoring and use time-scoring instead. That is, the first five members total time shall be that team's score...except for three members in the 30 Kilometer and up. In the Hour Run, the team score will be the total distance covered by the first five men. The legislation also eliminates team declarations--that is, any number of men may start for any team. The basic purpose of this proposed rule change is to make it easier to score Championships. Also, the total time/distance of the team is a better measure of the team's ability, since it is a direct measure of each member's condition. In point-scoring methods, non-counters may in fact make a runner look much better than he really is. This method is already used in track 'postal' competitions with very good results.


● **DIPSEA FILM SHOWING:** - Subscribers please see enclosed insert for more details. --- Mark Oct. 24 (7:30 pm) on your calendar. Come and watch Pax Beale's moving documentary of the world-famous Dipsea Run. This color film was put together at great expense and features slow motion and aerial photography. The film is being co-sponsored by West Valley TC and the College of San Mateo's Cross Country Team...the film will be shown in the school's cafeteria (seating for about 300-400). There is no admission charge, but donations are in order...expect to dig deep! All proceeds go to help send a WVTC Men's Team to the Natl. AAU X-C Championships in Maryland on Nov. 30. Included with the film is a potluck dessert, supplied by your hosts. RSVP is necessary by Oct. 20--Contact Judy Gumbs, 57-A Bemis St., S.F., CA 94131 (Ph. 415/587-9212) and let her know how many you plan to bring.

● **Men's & Women's Joint LDRC Meeting:** - Following are the items covered at the last meeting (Aug. 23, following the Dammit Run). Next meeting will be the Annual Scheduling Meeting after the Lake Merritt Runs on Oct. 12 (Oakland). All Meet Directors and other interested individuals should plan on attending this most important meeting of the year. -- The total funds in the Men's LDRC was \$2735, while the Women's LDRC had a total of \$463...Dipsea shirt profits were not included yet. -- It was suggested that meet directors standardize their results so that they are more meaningful to the athletes by adding the following minimum information: (a) Overall placing, (b) Name--first & last fully spelled out, (c) Affiliation, (d) Age, (e) Time & handicap if any. An indication of women finishers should also be a requirement. The meet director may also list finish place by division in addition to overall placings if he wishes. -- It was suggested by Ken Napier, and passed unanimously that the next LDR Schedule would combine men's and women's races. The need for including women's and age-group cross-country was also mentioned and it was decided that the LDR Schedule would come out in abbreviated form (not a booklet) and cover races only thru next July-August, when a cross-country scheduling meeting would take place. Then the LDR Booklet would come out again, covering the Fiscal Year, instead of the calendar year. The abbreviated schedule, to be ready by mid-December, would be free and list only minimal information. Then, the 1976-77 Handbook, to come out in the middle of 1976, would cost 35¢ to 50¢ as usual. The Jan-July schedule would be mailed out in the NorCal Running Review, with the LDRC picking up the mailing costs (bulk rate). -- The Committee unanimously decided to purchase a suitable digital display clock that would be available to all race directors for a refundable deposit. This could be used at the finish line to enhance spectator/competitor interest, as well as lessen the possibility of unofficial runners coming through the finish chute (this way they could see their times without having to actually cross the line). -- The Committee unanimously appropriated \$500 (to be divided equally among 5 runners) to send the top 5 finishers from the PA-AAU Masters X-C Championships (Oct. 18 at Ross) to the Natl. Masters AAU X-C Race in New York (Nov. 15). The five runners would be required to compete on an all-star PA-AAU District Team. If any of the five would rather compete for their club, then he would not be eligible for the \$100, and the next person in line would become eligible, and so on. The runners would have to be PA-AAU registered, of course. -- The final order of business conducted at the meeting was the presentation of the "gift" of all the remaining funds in the Men's and Women's LDR Committees to

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Harold & Penny DeMoss as a belated wedding present! **NOTE:** Only kidding folks! But this gets your attention to the fact that out of over 5000 runners registered in the PA-AAU District, only a half-dozen or so show up at the LDR Committee meetings to vote on how the LDR funds are to be used, and how the LDR program is to be administrated. In other words, if you care at all how 'your' funds are being used, come to a meeting now and then and take part...otherwise the monies could be appropriated for some pretty weird things!

NCRR 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 totals thru the 15 Km. on July 4. All races are included except Antelope Valley, Del Amo 5 Km., Huntington Beach 30 Km., all relays, and the Palos Verdes Marathon (to be added later)... Carl Swift now leads Dave White in victories (5 to 4) and has almost caught him in the standings. Biggest jump was by the SPA's top runner in 1972, Mark Covert, who moved from off the list to fifth position! In the over-40 division, Gil Perez moved into the top spot, the first time since late 1973 that it has not been occupied by Sam Nicholson. Jerry Smartt moved up from fifth, and Ray Gil and Dick Durand made their first appearances of 1975. -- (The numbers in parentheses below indicate: number of races run, average placing, and point rating, respectively): **OPEN:** 1. Dave White (AATC/5, 1.20, .240), 2. Carl Swift (BHS/13, 3.15, .242), 3. Gary Tuttle (BHS/3, 1.00, .333), 4. Phil Ryan (GWAA/3, 1.33, .444), 5. Mark Covert (SFV/5, 2.40, .480), 6. Joe Carlson (AATC/6, 3.17, .528), 7. Steve Broten (STC/8, 5.12, .640), 8. Jim Arquilla (AATC/6, 4.00, .667), 9. Ron Kurrle (BHS/6, 4.00, .667), 10. Sam Young (AZTL/3, 2.00, .667), 11. Paul Cook (AIA/11, 7.36, .669), 12. Bob Macias (ELATC/4, 2.75, .687). **MASTERS:** 1. Gil Perez (STC/14, 3.29, .235), 2. Sam Nicholson (STC/7, 2.00, .286), 3. Jerry Smartt (BHS/4, 1.25, .312), 4. Dave Waco (CCAC/5, 1.60, .320), 5. Walt Windsor (UN/10, 3.40, .340), 6. Aurelio Camacho (STC/6, 2.83, .271), 7. Pete Mundle (SMT/2, 1.0, .500), 8. Ray Gil (STC/3, 1.67, .557), 9. John Rudberg (STC/4, 2.25, .562), 10. Lew Roberts (STC/4, 2.25, .562), 11. Glenn Turner (STC/6, 3.67,

.612), 12. Dick Durand (STC/5, 3.20, .640).

PA-AAU STANDINGS: (Compiled by Art Dudley) - The scoring year begins with the Lake Merritt Races (Oct. 1974), and will end with the Pamakid Lake Merced Run on Oct. 5 this year. Ratings are determined in the same way as for the SPA-AAU, but the top 4 women are chosen for computation purposes. The NCCR reserves the right to reject races which we feel were not 'competitive' enough to include. Generally, all AAU races in the PA-AAU District are counted, unless they have not been advertised sufficiently beforehand in the LDR Handbook or NCCR. The following races were not counted (all others through the end of August have been tallied for this issue): Results not received yet--Dipsea; Felton (Masters only--since ages or divisions were not listed for this run, we had troubles and are asking our readers for help. We think the first 5 masters were Kaempf, Del Rio, Flodberg, Betschart, Dally...anyone know who was sixth?). --- Also, does anyone know when Ernst Hayman turned 40? Does anyone know his address...he moved without letting us know. --- Results not counted--Chico 10 Kilo; Lake Merritt 5 Kilo (Women & Masters); Angwin to Anguish (Women); Colfax Carnival; Dogfood Run (Masters); Champion Gold Mine Run (Masters); Midnight Run (Masters not known); Elk-a-thon; Spring Ridge Run 6-Miler (Open & Women); Golden Empire XC (Masters). --- There is really no question about Jim Nuccio winning the open division; it's just by how big a margin. He has lowered his new record to 0.095 and has added another win since the compilations (0.087). Bill Clark is pretty well imbedded in second, and about to pass the old ratings record of 0.119 with his 0.122. Darryl Beardall has slipped past Wayne Badgley into third. Newcomer Hans Templeman has zipped all the way into fifth from off the chart! Bill Jensen still holds a slim lead in the exciting masters competition, but defending champ Jim Shettler is has moved from fourth to second and is making a determined bid to regain his title. Ross Smith dropped a notch, but all three are in a position to win it all. Maryetta Boitano seems to be making a runaway of the women's standings and is still undefeated in

AAU competition this year (or at least has finished out of the top 4 when she has lost so as not to affect her total). The runnerup spot is now owned by Ruth Anderson, who displaced Joan Ulyot. Sue Neary has moved from a tie for eighth into fourth, and these three will battle it out for runnerup spot. *** All athletes with scores of less than 1.0 are listed. Any tie is indicated with an asterisk (*) and is scored as an average of the two places involved.

WOMEN

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Maryetta Boitano/Unat. (8)	8	0	0	0	1.000	0.125
2. Ruth Anderson/NCSTC (19)(40+)	1	3	6	9	3.211	0.169
3. Joan Ulyot/WVTC (8)	5	3	0	0	1.375	0.172
4. Sue Neary/WVTC (11)	5	3	0	3	2.091	0.190
5. Kathy Himmelberger/WVTC (10)	1	3	4	2	2.700	0.270
6. Peggy Lyman/WVTC (5)	3	2	0	0	1.400	0.280
7. Cathy Costello/OTC (4)	3	1	0	0	1.250	0.313
Judy Gumbs/WVTC (4)	3	1	0	0	1.250	0.313
9. Teri Anderson/SJC (5)	3	1	1	0	1.600	0.320
10. Betsy White/WVTC (9)	0	3	1	5	3.222	0.358
11. Penny DeMoss/WVTC (5)	1	3	1	0	2.000	0.400
12. Jeani Fuller/NCTC (6)	1	3	1*	1*	2.500	0.417
Sue Munday/Unat. (6)	2	1	1	2	2.500	0.417
14. Caron Schaumberg/VMTC (3)	2	1	0	0	1.333	0.444
15. Carolyn Tiernan/WVTC (6)	1	0	4	1	2.833	0.472
16. Jeannette Cotte/WVTC (6)	0	0	5	1	3.167	0.528
17. Michelle McKeen/NCTC (3)	2	0	1	0	1.667	0.556
18. Yvette Cotte/WVTC (5)	0	3	0	2	2.800	0.560
19. Jeanette Allred/NCTC (4)	1	2	0	1*	2.375	0.594
20. Skip Swannack/DSE (4)	1	1	1	1	2.500	0.625
21. Debbie Rudolph/LASSEN (4)	1	0	2	1	2.750	0.688
22. Merrill Cray/?? (2)	1	1	0	0	1.500	0.750
23. Darlene Wallach/Chico (4)	0	1	1	2	3.250	0.813

MASTERS

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Bill Jensen/PAMA (15)	7	5	3*	0	0	0	1.733	0.116
2. Jim Shettler/WVJS (10)	9	0	1*	0	0	0	1.250	0.125
3. Ross Smith/Unat. (10)	8	1	1	0	0	0	1.300	0.130
4. Bob Malain/NCSTC (16)	4	5	4	1	1	1	2.563	0.160
5. Ed Dally/WVTC (6)	4	1	1	0	0	0	1.333	0.222
6. Ken Napier/WVJS (10)	4	2	2	1	1	0	2.300	0.230
7. Ray Menzie/Unat. (8)	3	4	0	1	0	0	1.875	0.234
8. Gough Reinhardt/NCSTC (16)	1	1	2	3	4	5	4.438	0.277
9. Walt Betschart/BCTC (9)	2	2	3	2	0	0	2.556	0.284
10. Mike Healy/WVJS (11)	0	3	1	4	2	1	3.727	0.339
11. Bill Flodberg/WVJS (10)	1	2	3*	1	1	2	3.550	0.355
12. Colin Templeman/NCSTC (9)	1	1	2	4	1	0	3.333	0.370
13. Ulrich Kaempf/TRAC (8)	1	1	4	1	1	0	3.000	0.375
Jim O'Neil/SFOC (8)	1	4	1	0	0	2	3.000	0.375
15. Jim Nicholson/NCSTC (10)	0	1	1	5	0	3	4.300	0.430
16. Ralph Blount/OPHIR (9)	0	1	3	2	2	1	3.889	0.432
17. Dennis Teegarden/NCSTC (5)	2	2	0	0	1	0	2.200	0.440
18. Gordon Gane/WVJS (3)	2	1	0	0	0	0	1.333	0.444
Bill Snavelly/Unat. (9)	0	2	0	4	2	1	4.000	0.444
20. Pat Cunneen/PAMA (4)	1	1	1	1	0	0	2.500	0.625
21. Carl Martin/WVJS (6)	0	1	1	1	2	1	4.167	0.694
22. Don Carpenter/SRC (5)	0	1	1	1	1	1	4.000	0.800
23. George Moss/Unat. (4)	0	1	1	1	1	0	3.500	0.875
24. Dennis Egley/Unat. (4)	0	1	1	1	0	1	3.750	0.938
Peter Wood/NCSTC (4)	0	1	1	1	0	1	3.750	0.938

OPEN

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Jim Nuccio/WVTC (13)	11**	2	0	0	0	0	0	0	0	0	1.231	0.095
2. Bill Clark/WVTC (18)	4*	11	2	0	0	0	1	0	0	0	2.194	0.122
3. Darryl Beardall/MH (14)	5	3	2	1	2	1	0	0	0	0	2.643	0.189
4. Wayne Badgley/SUTC (8)	6*	0	2	0	0	0	0	0	0	0	1.563	0.195
5. Hans Templeman/Unat. (6)	5	0	0	1	0	0	0	0	0	0	1.500	0.250
6. Ron Wayne/WVTC (5)	3	2	0	0	0	0	0	0	0	0	1.400	0.280
7. Domingo Tibaduiza/Nev-Reno (3)	3	0	0	0	0	0	0	0	0	0	1.000	0.333
8. Dennis Tracy/WVTC (12)	1	2	0	2	2	0	1	0	3	1	5.583	0.465
9. Jack Leydig/WVTC (12)	0	0	3	1	2	2	2*	0	1	1	5.708	0.476
10. Doug Butt/MH (12)	1	0	1	1	1	3	2*	1	2	0	5.958	0.497
11. Bill Seaver/WVTC (8)	1	0	4	1	0	0	1	1	0	0	4.000	0.500
12. Jim Sane/BCTC (9)	1	0	2	1	2	1	2	0	0	0	4.555	0.506

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
13. Jim Birnbaum/WVTC (7)	3	0	0	2	1	0	0	0	1	0	3.571	0.510
14. Gene Fitzgerald/PAMA (8)	1	2	0	2	0	2	0	1	0	0	4.125	0.516
15. Bob Darling/ETC (10)	1	0	1	1	3	0	3	1	0	0	5.200	0.520
16. Jan Sershen/Unat. (8)	0	2	1	2	2	0	0	0	1	0	4.250	0.531
17. Darren George/AIA (3)	2	0	1	0	0	0	0	0	0	0	1.667	0.556
18. Jack Bellah/WVTC (6)	1	2	2	0	0	0	0	0	0	1	3.500	0.583
19. Doug McLean/WVTC (7)	1	0	1	1	1	1	1	1	0	0	4.857	0.694
20. Joe Taxiera/Unat. (3)	0	2	1	0	0	0	0	0	0	0	2.333	0.778
21. George Stewart/WVTC (4)	1	1	0	1	0	0	1	0	0	0	3.500	0.875
22. Reid Harter/WVTC (3)	0	1	2	0	0	0	0	0	0	0	2.667	0.889

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 publication now has a circulation of over 1100, 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, ...though possibly in edited form. Let's hear from some clubs out there...we know that all of you don't have newsletters of your own! This section is not just for West Valley TC members...it's meant to be of service for all area clubs.

NEW CLUBS IN THE AREA: - The following track & field and long distance running clubs have been admitted as members in the PA-AAU (\$25/year dues): Sundance T.C. (Stockton); Eastshore Community T.C.; Chico Running Club (1413 Salem St., Chico, CA 95926); Little Hills Striders (1150 Schuman Ln., Petaluma, CA 94952); Canadian Bacon R.C. (10696 Biscay Way, Rancho Cordova, CA 95670); Jelly Belly Joggers (2409 Catalina Dr., Davis, CA 95616). --- **SUSPENDED CLUBS:** - The following clubs have been removed from the PA-AAU list of eligible clubs (assume non-payment of dues?): Cal-State Hayward; Golden West Striders; Ophir Fullfillers; Palo Alto T.C. --- **DISBANDED CLUBS:** - Athletics International; Big Valley Harriers (now Sundance TC...see above).

PLEASE NOTE: - As a point of reference, especially to meet directors: The Dolphin/South End Runners (DSE) is not currently an AAU club (dues for 1975-76 have not been paid) and they should not be counted in team scoring or in displacing other bonafide AAU clubs in AAU races. I think very few DSE members are aware of this. In the future, please put "Unattached" for your AAU affiliation on entry blanks. I bring this up because I myself made the mistake of counting DSE as an AAU team in the 25 Kilo on Sept. 14...when I refigured (after learning of their non-club status), the third and fourth place teams had been reversed and awards had to be reclaimed several days later. It is certainly not fair to dues-paying clubs to have non-AAU clubs count and displace in AAU races.

WEST VALLEY TC: - Twenty more members joined up since last issue as follows: Robert Bailey (25) 21 Lewis Ave., #8, S.S.F. 94080 (Ph. 873-2324) is a Sales Engineer for General Electric and has impressive track credentials (set while at Fairleigh Dickinson Univ. (New Jersey)). He has relay legs of 48.6 and 1:50.4 (1:53.0 open), as well as a 4:09.9 mile clocking. He is also a good cross country runner and will no doubt help the club this fall. Anthony Balsamo (19) 4458 Sacramento Ave., Fremont 94538 (Ph. 793-6236) is a machinist with best marks of 51.2 for the 440, 1:58.8 (880), 4:26.7 (mile), and 9:58.6 (2 mile). He is just getting interested in road runs and his goal is a sub-3 hour marathon. Ronald Busby (16) 7812 Hansom Dr., Oakland 94605 (Ph. 569-4576) is a junior at Skyline H.S. in Oakland with best times of 4:34 and 9:59 (as a soph). Harry Cross, 6435 Raymond St., Oakland 94609 (Ph. 654-0597) is an old member who has been out of commission for several years and is now back into road running. John Emidio Gomes (19) Box 8375, Reese AFB, Texas 79489 (Ph. 806/885-4511, ext. 2237) is now in the Air Force and is a graduate of Kennedy H.S. in Fremont. He hopes to attend Cal-State, Hayward, and run X-C there when he gets out of the service. Lupe Gomez (36) 3625 Midfield Way, Redwood City 94062 (Ph. 368-7698) is a distribution sales manager and graduate of Castlemont H.S. (Oakland) in 1956. He did 2:00.2 and 20'4-1/2" while there, and is now getting back into athletics in the form of local road running. Stu Gruendl (14) 9148 Skyline Blvd., Oakland 94611 (Ph. 531-8094) is a frosh at Bishop O'Dowd H.S. in Oakland and had best times last spring (8th grade) of 2:18 and 5:20. Mark Haight (25) 2840 Claremont Blvd., Berkeley 94705 (Ph. 849-2588) is a P.E. teacher and hurdler/dashman. In 1972 he ran to times of: 14.6 (120HH), 53.0 (440IH), 49.5 & 50.4i (440), and 10.2 (100). He plans to concentrate on the 880 this spring and is using road runs to get into good condition.

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.

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Rudolph Hansen (32) 1919 Fruitdale, #H-304, San Jose 95128 (Ph. 408/279-2253) is a CPA and enjoys jogging. He plans to improve on his 6:25 mile and 66-minute time for 9 miles and get into the road running scene. Phil Hornig (17) 4763 Ewing Rd., Castro Valley 94546 (Ph. 538-5092) is a senior at Castro Valley H.S. with best times as a junior of: 4:29, 9:48, 14:52. But his strength seems to lie in the longer road runs, especially the hilly ones (he was 2nd fastest at the Woodminster Run this past June in 49:19, and a close third behind George Stewart in the Lafayette Rim Run). Arnold Lee Kirkham (22) 1265 Montego, Walnut Crk, 94598 (Ph. 937-0390) is a 5-year senior at UC Davis and has best weight marks of 48'9" and 160'1". Jack Knebel (36) 5 Tarabrook Dr., Orinda 94563 (Ph. 254-4935) is a lawyer and is making a good comeback in hopes of doing well as a master in a few years. He did 48.2 for the 440 in 1960 and has done 53.5 this year, as well as 2:05.6 and 4:43 (also 33:29 for 6 miles on the roads). He hopes for a sub-2:00 half and sub-4:30 mile when he turns 40. Michael Lamb (20) 510 Coventry Ct., Vacaville 95688 (Ph. 707/448-0145) is a junior at Cal-Poly/SLO with best times of 49.9r, 1:55.8, and 4:30. He was on the Cal-Poly team that set the college record for the 24-Hour Relay (10 men) in 1974. Michael Millward (19) 655 S. FairOaks Ave., #P-202, Sunnyvale 94086 (Ph. 408/735-1790) is a draftsman and part-time student at DeAnza College. His marks include: 54.4, 2:03.0, 4:25.9, 9:36.2 and 2:43:58 for the marathon. Julie Ortiz (30) 266 Denslowe Dr., S.F. 94132 (Ph. 584-0901) is a school teacher and is a fast improving distance runner who will certainly help out our submasters women. Ann & Lynn Rittenoure (24/31) P.O. Box 496, Carmel Valley 93924 (Ph. 408/659-2134) are both into fun running. Lynn is Prof. of Economics at the Naval Postgraduate School in Monterey, while Ann is a substitute teacher. Tim Smith (36) 75 Roosevelt Way, #1, S.F. 94114 (Ph. 621-4366) is a gynecologist and also enjoys fun running, being quite active in local DSE and AAU runs. Bill Spence (26) 538 Everglades Ln., Livermore 94550 (Ph. ??) is an auto parts salesman & fun runner. George Yonge (46) 1616 Pacific, Davis 95616 (Ph. 916/756-7325) is a prof and did 19'0" in the LJ in 1975!

● News from Members: - Rich Delgado is now back in Connecticut after spending August in Washington (Seattle)...Jack Bellah somehow managed to get in the way of a camera at the finish of the Holy City Run this year and slipped onto the cover of the Sept. issue of Runner's World Magazine. Unfortunately, he wore his dirty Stanford singlet instead of his nice clean WTC colors and missed out on a good chance to advertise our club and its colors. So folks, try and wear your club colors when you can, as you never know when you might be chosen for a cover shot on some important magazine (note that Bill Clark is wearing his natural colors on this issue's cover...but we forgive him because it was really hot that day, and also we might sell a few hundred extra copies to local women runners wanting wall covering)...Len Wallach has accepted a position as Assistant Cross Country Coach at College of San Mateo...Art Reade, now residing with his wife Barb in Camarillo (Southern California), has just been hired as the Cross Country Coach and Assistant Track & Field Coach at USC!! This is certainly a very prestigious position and is a break that Art certainly deserves...Mike Ryan reports that he has left Dayton for Cincinnati and is now taking up Law School at the Univ. of Cincinnati and bailing out of the service (Air Force). Hello starving student days; goodbye opulence and ill-deserved wealth gotten at the public trough! He has been nagged by a persistent heel, achilles, and lower leg injuries for weeks and has just resumed running recently at a few miles a day...Bob Crow (ex-Law Student) got hitched on Aug. 2 to Kathryn Spencer (of Davis)...and Pat Stordahl did likewise on Aug. 24...Gordy Baxter is (was?) travelling in China late this summer and reports that he has had no problems running in the streets there (Don Kardong reported in RW that the US team was not allowed to train in the streets on their recent spring track & field tour)...Dave Parish is now stationed in Florida after a short stay at Alameda. He reports that the running program in Jacksonville is poor and is anxious to get back to the Bay Area next spring, where he is contemplating four years of college, studying broadcasting...Jost Schmitt, our West German member who likes to come back to the States at least once a year to vacation, did that this summer and travelled extensively in Colorado. He included the Pikes Peak Marathon (ascent only) and did a commendable 3:05:23 (remember that Jost is a middle distance man basically). Those members who would like to drop him a line can reach him at: 74 Tübingen, Primus-Truber-Strasse 50, West Germany.

● Club Marks: - The summer months saw several club marks set in various events. Wayne Glusker lowered his club 20 Kilo Walk mark to 1:35:45 at the Northgate event, beating Bill Ranney in the process. This time is 3rd fastest in the U.S. this year we think. Wayne then placed sixth in the Pan-American Games Trials in Eugene (1:38:58), qualifying for a trip to Italy to compete in the Lugano Cup. Third place was only 39 seconds in front of him!...Jim Nuccio made the mistake of wearing spikes in the SPA-AAU Hour Run in Santa Barbara in late July, but still managed to hang on for 10 miles before having to stop with very bad blisters. Gary Tuttle went on to win in a new American Record of 12 miles, 811 yards, breaking Bill Clark's 12-527 standard, set in 1971. At the time Jim dropped out, he was only about a 110 behind Tuttle! Jim's splits were: (4:44, 9:33, 14:23, 19:13, 24:05, 28:58, 33:49, 38:40, 43:32, 48:25). His 48:25 breaks Clark's 48:42 club record, and his 45:07.8 mark at 15K also establishes a club standard (new standard)...Mike Louisiana upped his discus mark to 203-11 in July at a Solano JC all-comers meet, and then finished fifth in the Pan-American Games Trials with a 192-5 throw...Bill Seals knocked off Phil Conley's javelin standard by almost two feet with his 229'3" throw at a UCLA all-comers meet. He reports that he had a 253'+ throw from a grass surface the following week in practice!...Greg Marshall has been working hard at revising most of the sprint marks this summer. He tied his own CR at 9.8 on Aug. 4, and then dipped down to 9.7 (10.6 for 100m in same race) on Aug. 11. He tied his own CR in the 220 on Aug. 6 at 21.9. He averaged a good 9.84 for his top ten 100's over the past 2-1/2 months...Phil Conley set a pentathlon standard for masters (club) by doing 2703 points and taking first at the World Masters Championships in Toronto in August (improving on his 2626, set the week before at the US Masters Championships in New York).

● Other Marks: - Many other members performed very well over the summer in track events, although not setting club standards in the process...Brad Nave improved from 185-1 to 187-4 to 188 even, and then unleashed a great 195-6 at Solano JC in early September to move closer to Mike Louisiana on the all-time discus list (second overall)...Kenny Kring missed his club decathlon record, but managed a win at the Central Coast Championships in mid-August, going 6376...James Lofton, who competed in the US-Soviet Jr. Meet in Nebraska, finished second to teammate Larry Myricks in leading the US to a 1-2 sweep with a 25-0 1/2

leap...Anthony Terry, the AAU Champion, got off a 52-5 1/2 triple jump to take fourth at the US-Pan Africa-West Germany Meet in Durham, N.C., finishing less than 3 inches out of 2nd place. Sept. Track & Field News lists Terry's 54-9 3/4 leap as tenth best in the world this year...Phil Conley was busy at the US Masters & World Masters Championships. Besides winning his javelin specialty in both meets (221-11 and 206-0) by large margins, Phil also scored victories in the pentathlon with 2626 and 2703 totals. If that were not enough, he also grabbed 3rd in the LJ and 4th in the HJ, along with a 6th in the TJ at the NY meet. Then he finished 7th at Toronto in the TJ. His PR's for 1975 were 5'6", 19'8", and 40'4", along with his 227'7" javelin toss and 2703 pentathlon...Jim Dare, following his 8:45.0 at the AAU's (steeple), went to Vancouver and won an 8:59+ race on a 60m+ long course (with rough grass approach to mud puddle!), with Graham Hutchinson 2 yards back. Next day he did a PR 14:33.0 for 5K (hot!), finishing 4th, with Jon Anderson doing 14:09 for the win...Joe Lucas finished out his summer with an eighth (8:54.6) in the Pan Am Trials steeple...At the Pan Am Marathon Trials, three club members participated (all received funding). Reid Harter was the only finisher in tenth (2:36:04). Ron Wayne ran into problems at 20 miles while in 11th (1:56:25), while hardluck Jim Bowles hit a cattleguard (with narrow crossing of wood) before the mile (5:38), pulled a groin muscle, and struggled on to 10 miles (65 minutes plus) before pulling out. There were also reports that the ERG at the aid stations was mixed poorly (or incorrectly), causing many of the runners to have the 'dry heaves' following the race and during the night.

● SHOE DISCOUNTS: - Club members please contact me if you want running shoes, etc. I can offer you a 10% club discount if your dues are paid up for the year. I can usually be reached Mon., Tues., and Thurs. after 8 pm at 415/342-3181.

● NEEDED: - Your presidente needs another 4-drawer metal filing cabinet to stash all the NCRR stuff, along with other club goodies...the one I have is nearly filled and I have two big boxes waiting to be unloaded already. If you know of where we can get one cheap (like for \$25), let me know, or better yet...buy it! Flea markets are a good bet, or garage sales. It doesn't have to be in 'sparkling' condition, but the drawers should work fairly well.

● WTC Finishers in Road Races: (Not listed in results section of this issue--I've included results from last issue too since I forgot last time. Must be brain damage?). -- 1974 Dipsea: 108-Mark Quinn 56:03, 140-Dave Stock 57:58, 159-Santos Reynaga 59:31, 212-Pete Maurer 60:40, 216-John Moroney 73:59, 277-Jim Holl 65:54, 376-Brian Moroney 65:53, 435-Len Wallach 75:40, 458-Bill Moroney 68:22. Lake Il San Jo: 76-Len Wallach 81:13. Cinco de Mayo: 40-Jim Luke 38:15, 43-Len Wallach 39:15. Avenue of the Giants Marathon: 141-Betsy White 3:23:52, 145-Penny DeMoss 3:25:40. Corralitos 15K: 46-Sue Neary 65:28, 50-Penny DeMoss 66:29, 73-Ellen Clark 74:27, 85-Jim Luke 83:24. Woodminster: 96-Ron Peck 60:23, 115-Santos Reynaga 62:17, 159-John Tedesco 65:23, 180-Steve Subotnick 68:09. Holy City: 89-Steve Bruns 58:30, 108-Santos Reynaga 59:47, 160-Carolyn Tierman 64:28, 200-Len Wallach 71:26. Excelsior Beach Run: 118-Larry Main 41:49, 162-Joan Uillyot 44:20, 175-Kathy Himmelberger 44:52, 238-Ellen Clark 49:56, 258-Len Wallach 52:40. Folsom 10K: 97-Steve Coronado 46:28. Lafayette 10K: 168-Ray Orwig 46:20, 179-Len Wallach 47:32. Felton: 135-Len Wallach 56:53. Wharf-to-Wharf: 197-Scott Gould 36:05, 342-Jim Luke 39:40, 360-Ellen Clark 40:24, 369-Len Wallach 40:39, 526-Sharon Wallach 46:09. Ft. Baker: 87-Dan Hintz 1:34:43, 148-Jim Luke 1:45:44, 163-Len Wallach 2:02:14. Watermelon Run: 82-Tony Casillas 57:48, 90-Santos Reynaga 58:48, 178-Irene Rudolf 76:06, 216-Len Wallach 96:08. Lafayette Rim Run: 82-Bill Spence 50:55, 153-Len Wallach 66:09. Tahoe Relay Splits: "C" Team/32nd (DeMoss-80:38, K. Maurer-2:27:40, Hintz-3:36:00, Lund-4:40:15, Wallach-6:04:25, Sheehan-7:05:42, Reynaga-8:12:46). Dammit Run: (Only partial results received so far) 105-Jim Holl 36:45, 123-Ken Paul 37:24. Alameda X-C Carnival: (Women) 11-Sharon Wallach 23:11; (Girls, 9-10) 8-Bonnie Wallach 30:57; (Boys, 7-8) 5-Scott Wallach 23:42; (Masters) 25-Len Wallach 47:55; (Open) 30-Harry Cross 38:37.

● THE 24-HOUR RELAY: (By Ellen Clark) "The 24-Hour Relays are over. These are words which are music to the ears--especially to those that were (pick one): (a) Stupid, (b) Crazy, (c) Masochistic, (d) Other, (e) All the above; enough to run the thing. No matter what answer you chose, the fact is the West Valley women's team accomplished a tremendous feat...the team, composed of Joan Uillyot, Peg Lyman, Penny DeMoss, Sue Neary, Ellen Clark, Jeannette Cotte, and Mary Healy--ran a total of 214 miles & 787 yards. That was enough to break the seven-women record of 155+ miles, the eight-women record of 176+ miles, and the nine-women record of 203+ miles. Let me



West Valley women's 24-Hour Relay Team, left to right (Top) Sue Neary, Peg Lyman, Joan Uillyot, Ellen Clark, (Bottom) Mary Healy, Jeannette Cotte, Penny DeMoss.

/Photo by Harold DeMoss/

fact that none of us had fallen apart or had turned into what Peg had characterized 'a bloody pulp'. Sue was holding up very well... '43' seemed to be her buzz words. A third of her first 15 miles were posted in 5:43. In fact, she had 11 miles under 6 minutes. Penny was consistent, running from 6:01 to 6:15 per mile...Peggy bounced from 5:56 to 6:19, and Joan from 5:53 to 6:20. Jeannette ran a little over 7 min./mile from 7:01 to 7:22. Mary kept saying, 'As long as I don't go over 8 minutes.' She was running between 7:03 and 7:51. As for myself, I was trying to not go over 7 minutes. I had one at 7:06 and the rest between 6:41 and 6:58.

After 15 miles, things started to get interesting. By now it was dark, and there's nothing like running around a track in total darkness to be met with three blinding spotlights at the turns and the handoff point. It wasn't exactly warm either. We'd get sweaty from running the mile, and then jump into our heavy clothes and freeze until our turn came up again. There was that crummy feeling of never being able to get completely dry or warm. Harold DeMoss can testify to how cold it was on his 10:30 to 5:30 am shift in timing us. He was the picture of an Alpine skier, bundled up in parka, blanket, hat, and leaning against a sleeping bag.

The night seemed to usher in every physical ailment known to runners, plus a few others. We all suffered from indigestion. Acute 'stiffidis' had its way of making our lives miserable. It was relieved only temporarily with generous applications of Ben-Gay. As the night wore on, it became a major decision as to whether it was really worth the effort warming up or staying in the bag until the last possible second trying to keep warm.

After 15 miles, some of us began to 'hit the wall'. I started running anything from 7-8 minutes per mile and threw in an 8:17 on my 27th mile. Mary started going over 8 minutes on her 18th mile and was 8:41 by the 27th. Penny decided that 6:15 wasn't a magic barrier and by her 17th mile was going over it...her slowest times came on the 27th and 28th miles at 7:04 and 7:25. Peggy's slowest mile also came on number 27. Joan held up well, but she had 7 miles over 6:20 after 15, and her last two were 6:56 and 7:18.

There are always a couple of achievers in every crowd. While Penny was sure that her left leg was going to end up two inches shorter than her right one, Sue and Jeannette were moving right along. Jeannette became the 'night person'. Before 15 miles she was running a little over 7 minutes. After that she had 5 miles under 7 minutes...her slowest was number 28 at 7:54. Sue's times were nothing short of fantastic. After 15 she had ten sub-6 minute miles. On the 31st mile (her last), she blitzed to her fastest mile during the Relay--a 5:42. She ended up with the fastest average of 5:55.5.

The sun never looked so good when it finally decided to come up...spirits rose, and in a moment of weakness I blithely thanked Rick Lyman for timing us. He said he thoroughly loved watching such mass deterioration of the human body. "Wouldn't

emphasize, though, it was not easy! If I could sum up in one word what the Relays are all about, I'd say *PAIN*. Our worst enemies were the sun, wind, cold, lack of sleep, hunger, and enough physical ailments to make one ask the musical question: 'Why am I doing this to myself?' However, since six of us had never run the Relay before (Peg was the only repeater), we were really unaware of what lay ahead.

While Joan was on the track for the first mile, I kept thinking about her famous last words, 'Let's be a little conservative in the beginning. We don't want to burn out!' That's why she posted her fastest mile of the day on the first go-around--a 5:53! From that rather ominous beginning, we continued running even faster and on our third mile we averaged 6:16 as a team.

The first 15 miles each of ran were keynoted by the

miss it for the world!" Thanks Rick!

My husband, Bill, showed up with our kids, Teresa and Willie, a couple of hours before the race ended. My thoughts raced back to when the Relays had started and someone had asked Bill, "You really going to let Ellen run this?" Bill's reply was, "Sure, she's independent. She can do what she wants." (That was one time when a little male chauvinism could have been helpful.) Yet, with 2 hours to go, I, along with the others, were becoming confident that we were going to drag ourselves out to the very last lap.

Everyone put in a valiant effort on the last mile...Joan, Peggy and Sue all ran under 6 minutes. Penny did 6:43 and Jeannette 6:54, her fifth fastest. Mary was just under 8 minutes. I had the distinction of being the last runner on the track for our team. I did my best, but creaking bones and sore muscles precluded me going any further than 787 yards in three minutes. With the sound of the horn, I had no trouble in stopping dead in my tracks.

The ending ceremonies were anticlimactic. We picked up our certificates, T-shirts, and gear and headed for home. I half-heartedly suggested a celebration and breakfast at some pancake house, but my hint fell on deaf ears. At that point, nothing sounded better than a hot bath and a good night's sleep. For days we would be mulling over the statistics that Peggy provided us with and thinking, "How and why did we ever do it?" Jeannette and Mary both ran 30 miles, I ran 30 miles and 787 yards, and Joan, Peg, Penny, and Sue ran 31 miles each. Our averages were: Joan--6:19.9; Peggy--6:14.1; Penny--6:21.0; Sue--5:55.5; Ellen--7:13.0; Jeannette--7:09.0; Mary--7:51.6.

Special thanks to Peggy for providing the statistics for this article and to Harold DeMoss, Rick Lyman, and Bill Clark for timing us during the race."

CLASSIFIED ADS

Interested in selling your product or promoting a race? The NCRRC can help you, and at probably the most reasonable rates you have ever seen for a specialized regional magazine. For example: a full-page ad (one-time) is only \$30.00, and you can save up to 40% by taking out a multiple-issue contract! For full information and a rate sheet, write to: Bill Clark, NCRRC Advertising Mgr., 156 Marvin, Los Altos, CA 94022 (Ph. 415/948-8029...evenings after 8 pm). --- All ad copies should be sent to: NCRRC, P.O. Box 1551, San Mateo, CA 94401.

1975 CALIFORNIA PREP ANNUAL: - This year's edition, compiled by NCRRC's prep statistician, Chris Kinder, is now available for only \$1.00...write to: Chris Kinder, 21732 Olive Ave., Cupertino, CA 95014. The booklet lists about 50 deep in each standard high school event.

ROAD RACE SCHEDULE FOR THE MAGIC BUS: - So as to make it easier for those wanting shoes, etc. to pick them up, Jack Leydig (Starting Line Sports) is tentatively planning on being at the following races. It is usually best to order about a week ahead of time if you know what you want, so you can be sure it will be in stock. -- I will most likely be at: Pamakid Lake Merced Run, Lake Merritt Runs, DSE Kennedy Drive Run, Berkeley-to-Moraga Run, PA-AAU Marathon, Excelsior Golden Gate Park Run, PA-AAU Sr. X-C Championships, DSE Presidio Gate Run,...consult the scheduling section of this issue for dates. Please call me after 8 pm on Mon., Tues., and Thurs. (415/342-3181). Thanks.

EDITORIAL

(The following letter was written to the United States Olympic Committee on Sept. 9 in the hopes that the standard for the 1976 Olympic Marathon Trials can be changed from 2:20 to a more realistic 2:30. If you support this feeling, please let your editor know right away. If I do not hear from the USOC in a few weeks, I will initiate a petition to be circulated amongst the athletes).

"The purpose of this letter is to inquire into the reasoning behind choosing a 2:20 qualifying standard for the Olympic Marathon Trials, to be held next May 22 in Eugene, Oregon. Prior to 1972, there were no standards at all, and in the Munich Trials, a 2:30 mark was set. I felt that this time was a good standard in that it encouraged runners to try hard to compete in the Trials. It was not just a race anyone could enter. Also, since the race started on the track, it limited the field to something that was manageable. Had the field been much more than 150, the track start would not have been a good idea. The seeding into lines and lanes based on best qualifying times was

an excellent and necessary idea.

I personally feel, as do a good many other top marathoners, that to set a 2:20 standard is not helping to develop distance running in the United States. It is dropping the standard too low unnecessarily. Only a few dozen Americans have gone under this mark in 1975, and most of them at Boston, which was run under ideal conditions with a strong tailwind. Adding about 3 minutes to the Boston times would put the picture in a better perspective. I feel that the 2:30 standard should be kept for 1976. This way you will be exposing many more runners to international level competition, and developing many top class runners in the process. But set a 2:20 standard and immediately you will have a large number of runners not even thinking of trying to qualify because that time is too far out of range. You can have a 'darkhorse' come from nowhere (ala some of the times at Boston this year) and become internationally prominent by setting a more realistic standard and giving more runners a chance to 'try'. If the 2:23 standard had been kept for the Pan-American Trials Marathon, Rick Rojas (the winner) would have never even gotten to compete! I can foresee a similar situation occurring in 1976.

I am positive that if I were to circulate a petition among the top 100 marathoners in the U.S., I would come up with a 90%+ supportive group for my statements above regarding a 2:30 qualifying standard. I am considering doing this if the 2:20 standard is not changed.

Please let me hear your ideas on this subject at your earliest convenience. If we are to get a new standard, the runners must know of it soon (the Pan-Am Marathon Trials standard was eliminated only a week or so before the event and few learned of it in time). Please consider carefully what I have said. Do you really think a 2:20 standard is doing something to improve marathoning in the United States?"

LETTERS TO THE EDITOR

(We got some good response from our readers, both pro and con, concerning Hal Higdon's letter about Prefontaine in our last issue...we are printing them in their entirety to show both sides of a very touchy subject.)

STAN ROSENFELD (*San Luis Obispo, CA*): "I agree 100% with Hal Higdon. All the articles I have seen, including those in the NCR, Runner's World, and Sports Illustrated, praised Pre for not being hypocritical in his drinking. Nowhere was there a message by any of these writers expressing the hopes that people will learn from this tragedy not to mix their drinking with their driving. If it can happen to one of the world's most finely trained athletes, what about the average person? --0.16 is more than just a few beers and we're lucky Pre didn't take anyone else (runner or otherwise) with him. I admired Pre for his willingness to take on the AAU, journalists, and all competition, but I don't think he should be admired for the manner of his death. As with Higdon, I have been involved enough with traffic accidents (through a job as a police dept. statistician) to know what tragedy they bring to many innocent victims. We have lost half a dozen people in this area alone this year to drunk drivers, and I only hope no one I know is ever such an unfortunate victim. If Prefontaine liked to drink, that's his business, but when anyone gets on the road in that condition, it's everyone's business. I was disappointed that you chose to preface Higdon's letter with comments indicating your reluctance to print it. I think the letter was most appropriate, and I hope the next time a runner or fan wants to get on the road after a few drinks, he thinks of Prefontaine and lets some Gatorade fan do the driving.

Regarding Tertius Chandler's letter on the PA schedule--- I think the PA Handbook is well worth the money, even though I only get to 2-3 PA races a year at the most. I can't see that running will become elitist because of a 35¢ (or 50¢) charge per year, especially for such a comprehensive booklet. So much of the effort that goes into LDR is given freely that the end product, be it the Schedule or an actual race, is available for far below what most other comparable items or events would be."

BILL MENSING (*Modesto, CA*): "I am writing in response to Hal Higdon's letter in last issue, which pointed out the lack of attention paid to the fact that Steve Prefontaine was legally drunk at the time of his death.

I have very little knowledge concerning the habits of college and open runners, but I do know something of the situation within our high school ranks, being a high school coach myself. High school runners, like everyone that age, are very impressionable. They are earnestly trying to establish their image,

their set of values, and their goals. They have to sift thru a myriad of peer actions, standards, and directions. Some of these standards are good, some bad, and some merely establish individuality. When a young person or runner tries to establish his identity, though, it is easiest for him to copy a good part of the identity of a person he respects, or wishes to be like. Sometimes in copying this identity, he will accept as correct everything his example does, be it training, drinking, studying, whatever. I have seen this many times when a high school student accepts the 'correctness' of anything a college student does. I am glad of this when the college student is a relatively wholesome person, but everybody has some faults and not everything about anybody should be followed wholesale.

Compounding this is the fact that those that rise the highest are also copied to the greatest degree. Steve Prefontaine, to achieve what he did, was no doubt a very unique, basically great individual. It is not damning to his character or his memory to say that he had some faults. The personal standards he left would be worthless if they could not stand some critical evaluation. But let's admit to ourselves and encourage others to admit that he died because in one instance he exercised poor judgment. His life and death would be a much greater example to our young people if they could see how terribly much can be lost through a moment's poor judgment, rather than seeing only how much was gained through hard work and self-sacrifice."

CHRISTINA CALDWELL (*Rock Island, ILL.*): "I am writing in response to Hal Higdon's unnecessary letter which appeared in your last issue. His attitude is hard for me, as a dedicated competitive runner and track fan, to understand. When considering such a tragedy as Steve Prefontaine's death, Higdon's 'holier than thou' attitude is entirely unwarranted, and I personally feel that his letter was in extremely poor taste. In my opinion, Len Wallach's memorial was an appropriate tribute to a great athlete whose impact on American distance running is impossible to measure. Petty quibbling over Len's choice of words is nothing but irksome. If Hal chooses to think that Prefontaine did not die like a champion, he is entitled to his opinion, but he should show enough tact to keep it to himself instead of publicly criticizing another person's gesture of respect toward someone he admired.

At this point I want to make it clear that I, especially as a non-drinker, was deeply saddened and momentarily disgusted to learn that Pre was legally drunk when he died. However, I can attempt to understand the circumstances. If Steve felt he was entitled to a few beers (by the way Hal, how many beers is a few? 2?, 3?, 5?) after an excellent race, that was, as an adult, his prerogative. It is indeed unfortunate that being intoxicated enough to impair his driving ability may have been the cause of his tragic death. However, in all fairness, although he was drunk, other circumstances which may have caused the accident must also be considered, such as a possible malfunction in his auto.

The point of Higdon's letter seems to be that we should not condone the fact that Pre was legally drunk at the time of his death. I am sure that no one condones this fact, but there are many of us who do not condemn him for it. The statistics concerning the dangers of drunk driving are widely known, but his examples of people killed as the result of someone else's drunk driving are inappropriate in this case because of the simple fact that Prefontaine injured only himself. As for the growing trend of having a few beers after running, I feel that if people look at the way Pre died and do a little thinking, this in itself may serve as a deterrent to driving after having had 'one too many'.

Also, in case Hal feels I'm only writing this because I was a wild-eyed, dedicated, Go-Pre type of fan, he's out of luck, because while I greatly admired Steve Prefontaine as an athlete, at times I found it a little hard to stomach his cocky attitude. Maybe Hal was not a Prefontaine fan either, but that is no reason to berate him for the way he died. Show a little compassion, Hal!"

GEORGE MOSS (*El Cerrito, CA*): "I was shocked and angered by Hal Higdon's letter in the May-June NCR. We all know the tragic circumstances of Steve Prefontaine's death and we all know that drunken drivers are a menace to themselves, other drivers, and runners. However, Higdon's letter is poorly timed and in poor taste. Pre in death as well as life looms as a champion; how he died is irrelevant. In any case, I prefer to remember the man as he lived and ran. He ran his guts out; he was outgoing; he spoke his mind. And that's what it's all

about, as he so often said.

I disagree with Tertius Chandler's suggestion to have a free AAU Long Distance Schedule...just a sheet with the races on it." It is impractical and would stifle the growth of our sport. With dozens of races and thousands of runners, the Pacific Association Handbook needs to be expanded, not drastically shortened. (Ed.--Please see comments on the new LDR Schedule on page 5, paragraph 4). A price of 35¢ or even 50¢ is hardly excessive in this day of inflation, and the proceeds from sales are used to benefit the sport. The 'good old days' are gone and long distance running is no longer a clubby sport among a few dozen friends."

KEITH CONNING (Berkeley, CA): "I'm concerned about the cost of entering PA-AAU Long Distance Races. I've been running in these races since 1958 and I've seen a lot of changes during that time. I'm one member of the great horde of unattached runners who never wins a trophy but enjoys the chance to compete regularly.

I propose that there be a maximum entry fee of 50¢ and that trophies be eliminated. Maryetta Boitano, Joan Ulyot, Bill Jensen, Ross Smith, Jim Nuccio, Darryl Beardall, and a handful of others win the trophies week in and week out. Hell, Darryl was winning trophies back in the 50's. He could probably open a track museum in Golden Gate Park and fill it with his trophies.

I'm tired of plunking down \$1.50-\$3.00 each time I run a race, so that a few people can win a trophy. Now don't get me wrong...I don't have anything against these runners, just the awards we give them.

I think the Dolphin South End Runners have the right approach. They have a 50¢ entry fee and give participant ribbons to each finisher, and a few special ribbons to the top placers. This way the gifted ones get their just reward while the rest of us are not ripped off every time.

Another facet to this problem is that these high entry fees may actually discourage participation by young junior and senior high school runners. Some people complain about runners entering races without paying, but if they can't afford to pay, then what choice do they have?

The meeting of track clubs after the Lake Merritt race would be an excellent time to discuss lowering entry fees for next year.

(Ed.--Keith brings up a subject that has been attacked before with not too much success. It might turn into a problem, but it doesn't appear to be one right now. There are enough alternatives (DSE Fun Runs & Runner's World Fun Runs, to mention a few) so that people who really can't afford the entry fees can go to the less expensive runs. I have just made a quickee survey of the LDR Handbook, and find the following distribution of entry fees where fees are listed: Free (4), Less than \$1 (3), \$1.00 (14), \$1.50 (21), \$2.00 (10), Over \$2.00 (6). Generally, the fee lies between \$1.00 and \$1.50 somewhere. Of those races over \$2.00, five of them are either marathons or 'charity' races that you would expect to charge more (marathons need a lot of extras to make sure the runners don't endure any unnecessary hardships while running). The only exception is the Dipsea Run (& people seem to be willing to pay the high fee year after year). More and more races are offering family discounts. The best way to reduce entry fees is to boycott races that don't seem equitable, forcing the fees down. Out of 58 races that list their fees in the Handbook, 21 are \$1.00 or less (that's more than 1/3 of the races!). Another third are right at \$1.50, so I cannot see a dangerous situation occurring. I would appreciate more comments, either pro or con, on this subject. We may enclose a questionnaire like we did a few years ago if enough readers think it is worthwhile.)

DAVID WARREN (Berkeley, CA): "Last Saturday (July 19) I had the pleasure of running in the Wharf-to-Wharf Race. I felt that the event was well organized in all respects except two: (a) there was a barrier set up rather carelessly at the bottom of the hill on the final stretch, which surprised most runners and placed them into an unnecessary and dangerous situation; (b) the course is obviously short of the six miles it is reported to be. I have run this course for two years straight, and my guess is that it is about 1/4 mile short. I suggest that you conform to the AAU guidelines and have the course certified before you send out the results, so that everyone will know for sure the exact distance of the course." (Ed.--This letter was written to Ken Thomas, the Race Director, with a copy to NCCR. ---The course was certified shortly before the race at 5.813 miles by the calibrated bike wheel method. If more runners would write to race directors and let them know of obvious problems, we could be assured of better races in the future.)

KATHY DARLING (San Francisco, CA): "I am writing regarding the 24-Hour Relay, held over Labor Day Weekend at San Jose State. I will not mention names here, but a particular track club, their coach, and the mother of one of the girls on the team showed the most unsportsmanlike conduct that I have ever seen! The girl was so pressured by family and teammates that she continued running in the race, even though it was obvious to everyone that she was in great pain. Her knees were buckling on her every time she circled the track and she was crying... yet her team wouldn't let her stop. They just kept pushing her on. Another member of their team was in the same shape--she was just plain exhausted, yet they kept digging into her that she 'just had to run'.

My whole point is that each and every club should sit down and evaluate their goals and values in running. In competition, many clubs seem to lose track of the people involved and of two very important facts: (a) That running is supposed to be for fun, (b) That running is for health. The team in question should think about this, because both of those things were left out of the 24-Hour Relay by them. If runners are pushed as in the case here, they will soon begin to hate running, aside from the obvious fact that she could ruin her legs forever. Remember that winning is not everything...especially if you ruin a person along the way."

RUNNER-UP

(In upcoming issues of the NCCR, we will be featuring the following running personalities: Bob Anderson, Publisher of *Runner's World Magazine*; George Tracy, one of the legends of *Nor-Cal* long distance running; and Paul Reese, meet director of the very popular *Pepsi 20-Miler* in Sacramento and a good marathoner himself in the 50-and-over class.)

MEET HARRY PAPIAZIAN: (By Len Wallach) - The realities of big-city life are just a city block away from the San Francisco Examiner Executive Offices. The pitiful shells of men and women who frequent the cement and asphalt are the winos, derelicts, criminals, and the senile of San Francisco.

Harry Papazian, Promotion Director for the Examiner, sees that side of life every day as well as the tough world of the newspaper business but somehow has managed to cling to old-fashioned values of family loyalty, craftsmanship, and a sort of tender kindness that creeps into his conversations in spite of his efforts to hide it.

For a guy who is the power behind some of the largest sporting events in the West and the world, for that matter, he's a soft touch for the athletes and the old-time AAU officials as well.

"You know the reason we'll never change the Bay-to-Breakers finish at the beach was because of a letter from Harry Cordellos (San Francisco's famous blind marathoner). When we tried to consider finishing at the Polo Fields in the Park, Harry wrote me that it didn't make any difference where we put the finish, the runners would keep on to the old finish at the beach. How can you argue with that?" Harry shrugged.

"One thing that bugs me a lot," he commented, "is the occasional guy that's new in the sporting game who wants to do away with all the old-timers. But I just have to put that kind of move into perspective, as those old guys created and nurtured events like the Golden Gloves and the Bay-to-Breakers. I'll never let that be taken away from them as long as I'm sitting in my chair," he emphasized. "We owe them a lot: --they have been patient with us so let us be patient with them. None of these events would ever have the same flavor without them," he added.

Harry apparently gets his benevolence from his father, who brought him up with values that obviously permeate his every action. "I can't imagine ever doing anything to hurt him. Maybe that's why I feel so strongly about the old timers at the AAU--they're so much like him," he mused. Then in one of those tiny pinpoint moments, when a man bares his innermost feelings, Harry looked across his executive desk and sighed the sigh of a man that has position, power, and prestige, and said, "I miss him so much; I really miss him. I so much wish he was still alive."

His family started out on a farm in Madera but lost it in the pre-depression bad times, and like other Armenians, turned



Harry Papazian

to the restaurant business. "You know having an Armenian name means you have to endure awful pronounciations, misspellings, and hundreds of boring stories from non-Armenians about Armenians they used to know," Harry humored. "No wonder my son, Bob Payton, altered his name. How can a guy in the business of selling airplanes expect to make any progress if he has to deal with everybody's favorite Armenian anecdote first?"

Harry came to the Bay Area after graduating from Fresno High School in 1941. His sports records in the sprints was, as he so honestly put it, 'just sort of adequate'. "You must remember in those days you were selected by size and not ability." His son, David, a junior at San Carlos High, has more than made up for it by running a 2:05 880, captaining the JV track team, anchoring the mile relay, and looking forward to a two-minute half-mile as a senior.

In military service, Harry miscalculated in an attempt to get his first assignment in the Bay Area, where his family had moved. He applied for Aviation Mechanics School, which was scheduled for Alameda Naval Air Station, and after his acceptance, he had but a few smug moments only to learn that the school had moved to Norman, Oklahoma. From there he was sent to Attu, Alaska, shortly after the Japanese combat on the island was finished, and spent the balance of the war there. "I probably was the only guy in the Navy who didn't get a leave in his entire hitch. My Navy luck was so bad that even though I was in the Bay Area on VJ Day, I got restricted to my residence and missed that great San Francisco celebration."

After the war, Harry tackled his first love--art, but went about it in the intense fashion so well known to the world of commerce. He enrolled in the San Francisco Academy of Advertising Art in 1946 and in two-and-a-half years crammed full of study, graduated and went to work for the San Francisco Chronicle. His assignments included work with the world-famous illustrator, Howard Brodie. In the 1950 'Black Friday' economy move, Harry, along with 50 to 60 others, was out of a job, but through a series of affiliations with the Call-Bulletin, San Francisco News, and combinations of mergers, promotions, and hard work, he emerged as the Promotion Director of The Examiner, where he has served for nine years. "Make no mistake about it! The paper comes first," he pointed out in typical newspaper dedication. And apparently it does, as he was filling out his newspaper biography for his nomination as a selectee in 'Who's Who in the West' when the interview started.

"I've got no grand illusions for AAU prestige. Any position or honors offered would be politely declined," Harry explained. "All I want to do is worthwhile work for the Examiner. It's reward enough. But it's ok with me for people to be critical of what I'm doing. Most of the time the gripes I get are from people who don't follow up on their own promises, anyway." Harry related a couple of scathing anecdotes about two individuals who proposed changes in the Bay-to-Breakers, then asked that these not be used because he didn't want to embarrass anyone. It seems their offers of help never materialized.

His office walls have posters of Olga Korbut's visit to San Francisco, the Golden Gloves Championships, the Examiner Games, and of all things, a plaque for the "Great American Paper Aeroplane Derby". "The Examiner is interested in special events that benefit people as well as the paper, but they have to have a promise of quality and uniqueness," he explained.

What can be more unique than the largest participant sports event in the world? "I'm only a mechanic in the process: all those volunteers do the work," Harry reflected. But mechanic or not, the almost 5000 official entries and over 1500 unofficial runners are a handful. "I don't have the luxury of going off the deep end, so I have to keep my cool. There's no one to delegate any task to, as this is a one-man promotion department. If I lost my benevolence towards those wonderful volunteers, I would really be out on a limb."

Harry expressed his pleasure at the elimination of the bottleneck at the finish line this year by the use of the WVTC's huge paceclock. "We didn't get a single complaint this year," he added. "Anything we can do to improve the race, I'm for!" We'll look into the new AAU rule on the athlete's certification of his physical condition and we're very interested in a digital clock display board," he emphasized. "I can hardly wait until we can start at the Ferry Building and run down Market Street again. The race is such a great tradition. It's as much a part of San Francisco as the Golden Gate Bridge and the fog."

Harry Papazian is truly a guy with old-fashioned values. They shade and shape his every move as he dreams his dreams of people enjoying his town and his paper.

***Next time we will feature Bob Anderson, the man behind Runner's World Magazine. He is planning on celebrating their tenth anniversary at the end of this year in great fashion.*


NOR-CAL PORTRAIT

MEET RON LIVERS: (By Tom Jordan) - Believe-it-or-not time: One of the best high jumpers in America won an NCAA title in 1975, but *not in the high jump!*

That's right. Phenominal San Jose State junior, Ron Livers is rapidly gaining fame as one of the best US high jumpers, yet the title he claimed at Provo, Utah, was in the triple jump, not in the vertical jump.



Ron Livers /John Marconi/



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Ever since the ninth grade at Rittenhouse Junior High in his native Norristown, Pennsylvania, Ron has been living a split personality. His talent in hops of all kinds was evident from the word 'Jump!' A 5-10 jumper at age 14, Ron-E also could bound 39-1. By his senior at Norristown High, Livers was jumping 6-10 and 51-7. Pretty good, right?

But now comes the second part of the 'unbelievable' sports-life of Ronald William Livers: He is only 5-9 inches tall! In a sport dominated by guys built like redwood saplings, there's not much room for the little guy--but don't try to tell Ron that.

Once out at San Jose, where his famous older brother, hurdler Larry Livers, is an Assistant Track Coach, Ron was able to follow both pursuits to his heart's desire. Success has been steady and spectacular.

This year was the most incredible, however. In the PCAA Conference Championships on May 16, Ron not only won the TJ in 51-11 3/4, but he then bounded higher over his head than any jumper but one in history--higher than Stones and Brumel, and equal to China's Chih-chin. His 17" over his head upped his personal best by an inch to 7-2. "I felt real good coming off the ground," said Ron. "On that last miss at 7-3, I just dropped my butt too soon."

Livers had another chance at Provo, but a rainstorm and slippery runup relegated him to fifth in his not event, the HJ. But behold! Livers showed just how versatile he really is by bounding a windy 55-1 3/4 and legal 53-4 3/4 to take the TJ in one of the biggest surprises of the meet.

At the AAU's in Eugene, Oregon, he finished a disappointing fifth in the TJ, but how many guys have another event to fall back on? Sure enough, Livers claimed the highest differential ever recorded in track and field by bounding 18" over his head for a 7-3 fourth place finish.

Not one to rest on his laurels, Ron competed in the US-Pan Africa meet in Cleveland this summer and jetted up to an incredible 7-4 1/4 clearance! That means that the 5-9 Livers has jumped 19-1/4 inches over his head compared with the 17" differential for Ni Chih-chin. "Nothing I've ever done in track has been as important to me," commented Ron-E after his whopping jump. I've been working towards this for so long."

Livers still has eligibility at San Jose State and his competitive attitude is at its peak. "Winning makes you keep

at the top. You can achieve top marks and set higher ones and strive for those." If Ron Livers goes much higher in the HJ or much farther in the TJ, the top in both events is just where he's going to end up.

WEST VALLEY PORTRAIT

MEET PHYLLIS OLRICH: (By Bill Clark)

- This issue's West Valley Portrait is one of the best indoor milers on the club. Her name is Phyllis Olrich, and she recored an outstanding 4:58.5 while finishing sixth in the Indoor Nationals in 1974. This is perhaps her greatest achievement to date, but she has other impressive credentials, including a 10:59 two-mile when not in top condition, and a 56:30 15-kilometer clocking on the roads. In addition, she has run a number of fine cross country races in the area.

Phyllis came to the Bay Area from the Boston area last summer after deciding it was not her style to train in harsh weather all year long. In addition, the opportunity to compete in a variety of races on a regular schedule was very tempting.

Phyllis got a rather late start in her running career, as she explains: "My first-ever running steps were at the age of 20, when I collapsed after a quarter-mile." Her progress since that low point has been rather quick, and within one year she was able to complete a 15-mile run with her father.

Phyllis' list of credentials might be even more impressive if it weren't for a string of injuries which has forced her to miss long periods of competition and training. When she is healthy, her training consists of 30-50 miles per week of easy distance in the off-season; fartlek and distance during cross-country; and intervals (twice a week) during track season. Phyllis has her own ideas on training: "I play it by ear, running the way I feel...usually hard-easy alternating days. I train off the roads all cross-country season...better for body and spirit!"

Like most members of the club, her goals are long-term. "My goal is to try to reach my potential as a runner now and to continue my running through my life. To quote a fellow New Englander, "I plan to retire sometime around when I die."

Phyllis is not one to sit back and wait for things to come her way. Last May she decided to work only part-time in an effort to train better. And this fall she will benefit from the coaching of Marshall Clark of Stanford. With a little luck, Phyllis may be one of the top finishers in the Women's National AAU Cross Country Championships at Crystal Springs in November.



Phyllis Olrich completing her 4:58.5 at the 1974 AAU Indoor Championships. /Jeff Johnson Photo/

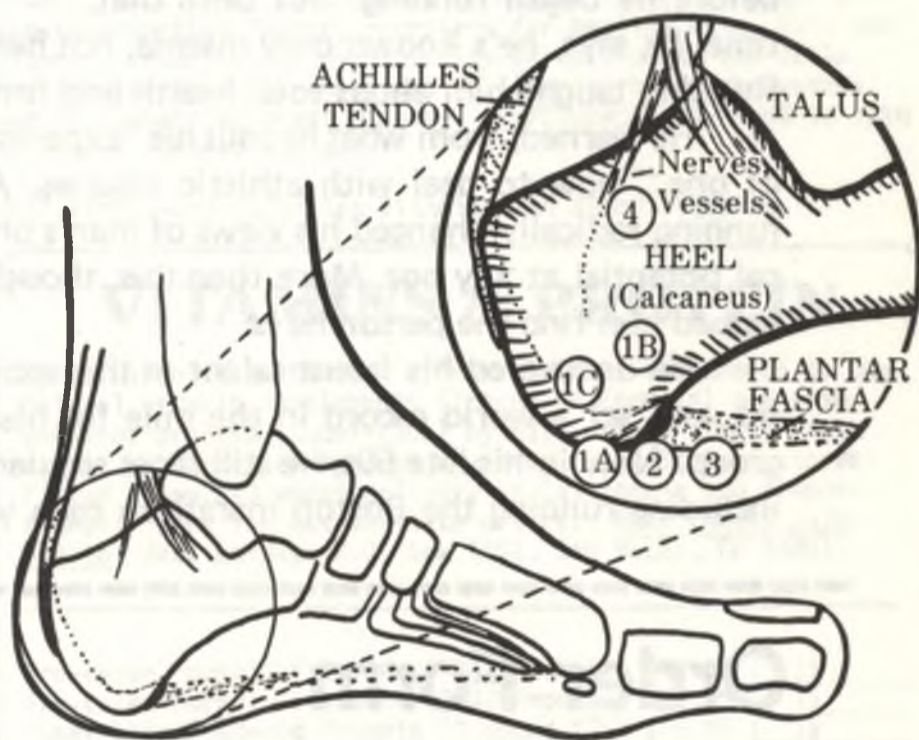
Usually, by the time I've finished 5 miles, the pain is gone. Is this something to be concerned about? -- Also, what can be done about curing and preventing callouses in the center front of the foot?"

EARL N. NORGDARD (Sausalito, CA) - "For the past four weeks I have experienced a pain on the bottom of my right heel. The only good thing about it is that it only bothers me when I'm not running! When I'm about a mile into my daily run, the pain goes away. This makes me think that it is not a bruise as I first suspected. The onset corresponded with my use of new shoes (Puma 9190). These and my other shoes (adidas SL-72's) have well-padded heels which also discounts the idea that the cause of the pain is from a bruise.

While my foot plant is not ideal, I wear down the outside of the heel of my shoes first. Neither my mileage nor my running style have changed recently. Can you give me some advice, or should I just be happy that it doesn't hurt when I run?"

(RESPONSE): - "The foot is an intricate mechanism which serves two basic purposes. First, it is stable, yet flexible enough to provide balance and support at heel strike during walking and running, or in standing. Second, it changes from this mobile adapter to a rigid lever for propulsion. Man's foot was not made to 'pound' for miles on hard paved flat surfaces, but to be functional with the earth. Most runners are forced to train and race on unnatural surfaces, resulting in trauma beginning where the foot meets the earth, and extending through the ankle, knee, hip, and low back. The resistance by the body to this stress is dependent on its shock absorption capacity. When stress exceeds the body's ability to resist, overuse injuries result.

Children are born with soft, cushioning skin and mobile, flexible joints and muscles. As we get older, the skin becomes less elastic, the protective fat layer decreases, and flexibility decreases so that trauma is transmitted directly from the surface to the bones, 'shaking' the entire structure. Long distance runners try to minimize this stress by wearing soft cushioned training shoes and maintaining flexibility through yoga-type stretching exercises. Shock absorption during running comes from primarily the heel and knee. Shoes such as the Lydiard 'Road Runner', Puma 9190, adidas 'Country', Nike Waffle Trainer, Tiger Montreal and New Balance "305" are good because they support and cushion the heel, but each foot is different so that none of these shoes is perfect for everyone.



Normally, the heel bone (calcaneus or calcis) is protected on all sides by at least 1/2" of fat. Deep to fat are many nerves, vessels, and tendons which pass behind the ankle toward the bottom of the foot. Injuries to the heel bone take a long time to get well because of limited circulation in the area. 'Joggers' have more vertical (up and down) stress on the heel until they begin to increase their pace, running more smoothly. The term 'Joggers Heel' (see diagram 1-A) has been used to describe a bruise on the bottom of the heel bone itself. This is also called periostitis, an inflammation of the covering of the bone. The bruise may occur in any runner if there is a direct injury. The pain is relieved by non-weight bearing. Treatment



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).

RUNNERS HEELS: - Following are two letters regarding heel pain which will be answered together. Several months ago I discussed pain at the back of the heel bone. This article discusses pain at the bottom of the heel area.

PRESTON PETTY (San Francisco, CA) - "I run 5 miles daily, mostly on asphalt with some concrete. I wear Nike Cortez shoes and wear 2 pairs of thick socks. On the bottom of my right heel, about one finger width from the back, I experience pain after the first half-mile. This pain persists for about 3 or 4 miles before subsiding. That spot is slightly tender at times.

100 things your doctor never told you about running.

"At the age of reason, I was placed on a train, the shades drawn, my life's course and destination already determined. At the age of 45, I pulled the emergency cord and ran out into the world," George Sheehan begins. "It meant no less than a new life, a new course, a new destination. I was born again in my 45th year."

He found, he said, what he was designed to be—which is a distance runner and a writer on running.

Sheehan is a doctor—a heart specialist—from the New Jersey suburbs of New York City. He had practiced medicine for nearly 20 years before he began running. But until that time, he says, he's known only disease, not health. Running taught him about total health and fitness.

He learned, from what he calls his "experiment of one," how to deal with athletic injuries. And running radically changed his views of man's physical potential at any age. More than this, though, it helped him find the person he is.

He uncovered his latent talent in this sport at 50, and set a world record in the mile for his age group. Now in his late 50s, he still races regularly—including running the Boston marathon each year.

But his running is much more than competition. It releases the doctor's creative as well as physical energies. He has regular columns in *Runner's World* and *Physician and Sports Medicine* magazines, and is published frequently in *Sports Illustrated* and the *New York Times*. He has a weekly column in the *Red Bank (NJ) Register*, the original source of most of the essays in this book.

New York sportswriter Larry Merchant writes, "The best practicing athlete — journalist may be George Sheehan."

In sports jargon, Sheehan is a "triple threat man"—a runner, a doctor, a writer. He writes of personal lessons from sports, sifting them through his experience in all three fields. George Sheehan writes not so much for athletes who want to conquer the world as for those who want to explore the fascinating worlds inside themselves.

And now, his writings have been gathered together in a single book. *Dr. Sheehan on Running* will delight you, outrage you, make you laugh and cry, and give you plenty to think about. Published 1975, 200 pages, illustrated, \$5.95 in hardcover, \$3.50 in paperback.



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Yes! Please send me _____ copy(ies) of *Dr. Sheehan on Running*. I am enclosing (check one) \$5.95 (HB) \$3.50 (PPB). I have also included 25c per copy postage, and 6% tax (California only).

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includes rest and protective cushioning for two to three weeks. If there is a noticeable swelling or if the pain is not relieved by rest, a stress fracture (see diagram 1-B) may be present. These are especially common following excessive stress or carrying heavy weights. Stress fractures (also called 'march' fractures) are so-named because of their frequency in the military. These require up to six weeks of casting for complete repair.

In children between 10 and 14, the heel bone is developing from two growth centers; if there is injury at the junction between growth centers, the condition is called 'calcaneal apophysitis' (see diagram 1-C) and requires rest and protection for several weeks.

In older people where the pain has been recurrent for a long time, or comes after several years of running, or where there may be any history of arthritis in the system, it is possible to have a true 'heel spur' (see diagram, 2) (calcaneal exostosis). Heel spurs may also develop where there is excessive flattening (pronation) of the foot with a resulting pull on the ligaments (fascia) on the bottom of the foot. Most of the time (90%) the heel spur can be relieved without surgery, via protective support strapping, heel cupping with orthotics, or injection therapy to reverse the inflammatory cycle. If the inflammation or bursitis is resolved, the spur will not be painful. The heel spur syndrome is described well in Mr. Petty's letter, where he also describes a callus under the ball of the foot; this indicates that the foot is flattening and needs support. The pain is not present all the time, but is brought on by trauma; it resolves shortly through the massaging action of running and the movement of well-oxygenated blood (the area gets 'warmed up').

Direct injury or overuse can also bring on 'plantar fasciitis' (see diagram, 3), an inflammation of the ligament on the sole of the foot. This often happens with poor support or high inflexible arch structure, making treatment difficult.

A pinched nerve or 'nerve entrapment' (see diagram, 4) at or below the ankle area can cause pain along the inside and bottom of the heel, producing a swelling of the nerve ('neuroma') or pressure on the nerve from poor structure of tendons and bones, scar tissue from previous injury, or from shoe pressure. I expect that this is the case with Mr. Norgard, where the firm heel cup on the '9190' is putting pressure on the nerve. Usually with nerve entrapment (also called tarsal tunnel syndrome) there is radiating pain along the course of the nerves under the foot and/or the leg. Treatment involves release of the pressure on the nerve.

Most heel problems can be helped with cushioning and elevation of the heel with good shoes and soft insoles such as 'Spenco' with a 1/4" felt or cork heel lift. Most heel problems are not caused by imbalance, but by direct trauma. Some heel pain is related to systemic or metabolic disease such as gouty arthritis or V.D. Heel pain may be referred from low back disc problems or sciatica. Heel problems take a long time to repair because of poor circulation in the area. Many heel injuries require professional treatment."

The SPORTS CLINIC at the CALIFORNIA COLLEGE OF PODIATRIC MEDICINE in San Francisco continues to provide care for athletes with foot and leg problems. The Clinic is open all day on Thursdays and on Saturday mornings (Tel. 415/563-3444).

NUTRITION CORNER

In this and the following issue(s), the NCRR will list the vitamins and minerals that are essential to a healthy body. A brief summary of each vitamin's/mineral's use, natural sources, and results of deficiencies will be presented. This will be a continuing column, entitled "NUTRITION CORNER". The NCRR will also be offering various food supplements (vitamins, minerals, protein, etc.) by mail order. The purpose of this column is to make athletes better aware of the importance of the foods they eat. -- "Remember that nothing can take the place of a good well-balanced, natural meal. But if you feel that you are not getting the nutritive items you need everyday, there is no better way to invest your money than to be 'sure' you are getting all the vitamins, minerals, and protein you need. These are readily available as food supplements through the NCRR."

VITAMIN "A": - Also known as the anti-infective or anti-ophthalmic vitamin...usually measured in U.S.P. Units. **NATURAL SOURCES** are colored fruits and vegetables, dairy products, eggs, margarine, fish liver oils, liver. **USES:** Builds resistance to infections, especially of the respiratory tract. Helps maintain a healthy condition of the outer layers of many tissues and or-

gans. Promotes growth and vitality. Permits formation of visual purple in the eye, counteracting night blindness and weak eye-sight. Promotes healthy skin. Essential for pregnancy and lactation. **DEFICIENCY:** May result in night blindness, increased susceptibility to infections, dry and scaly skin, lack of appetite and vigor, defective teeth and gums, retarded growth.

VITAMIN "C": - Also known as ascorbic acid. Expressed in milligrams, but occasionally in Units...1 mg = 20 Units. **NATURAL SOURCES:** Citrus fruits, berries, greens, cabbages, peppers (it is easily destroyed by cooking). **USES:** Necessary for healthy teeth, gums and bones; strengthens all connective tissue; promotes wound healing; helps promote capillary integrity and prevention of permeability; a very important factor in maintaining sound health and vigor. **DEFICIENCY:** May lead to soft gums, tooth decay, loss of appetite, muscular weakness, skin hemorrhages, capillary weakness, anemia.

VITAMIN "D": - Also known as Viosterol or Ergosterol...the "Sunshine Vitamin". Measured in U.S.P. Units. **NATURAL SOURCES:** Fish-liver oils, fat, eggs, milk, butter, sunshine. **USES:** Regulates the use of calcium and phosphorus in the body and is therefore necessary for the proper formation of teeth and bones. Very important in the infant and in childhood development. **DEFICIENCY:** May lead to Rickets, tooth decay, retarded growth, lack of vigor, muscular weakness.

VITAMIN "E": - Tocopherol. Available in several different forms. Formerly measured in milligrams, but now generally designated according to its biological activity in International Units (IU). **NATURAL SOURCES:** Wheat germ oil, whole wheat, green leaves, vegetable oils, meat, eggs, whole grain cereals, margarine. **USES:** Exact function in humans is not yet known. Medical articles have been published on its value in helping to prevent sterility; in the treatment of threatened abortion; in muscular dystrophy; prevention of calcium deposits in blood vessel walls. Has been used favorably by some doctors in treatment of heart conditions. Much further research needs to be completed before a clear picture of this vitamin will be obtained. **DEFICIENCY:** May lead to increased fragility of red blood cells. In experimental animals, deficiencies led to loss of reproductive powers and muscular disorders.

VITAMIN "F": - Unsaturated Fatty Acids, Linoleic Acid and Linolenic Acids. **NATURAL SOURCES:** Vegetable oils such as soybean, peanut, safflower, cottonseed, corn, and linseed. **USES:** A growth-promoting factor; necessary for healthy skin, hair and glands. Promotes the availability of calcium to the cells. Now considered to be important in lowering blood cholesterol and in combatting heart disease. **DEFICIENCY:** May lead to skin disorders such as eczema.

NEXT TIME---The B-Complex Vitamins and other vitamins.

VITAMINS & PROTEIN

NorCal Running Review now offers athletes the chance to buy natural vitamin supplements (Tre-en-en Formula) and also powdered protein (Super-Ease) by mail order. These items cannot be purchased through any drug or healthfood stores! Please allow 2-3 weeks delivery in California and proportionally more for out-of-state orders. Make checks payable to: Jack Leydig, P.O. Box 1551, San Mateo, CA 94401.

Tre-en-en Formula Vitamins (120/2-months)	\$12.95	()	\$
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Super-Ease Powdered Protein (2-1/2 pound)	\$20.75	()	\$
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2-1/2 lb. Protein (\$1.00).			\$
	/TOTAL/		\$

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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 written in cases where no meet director is listed. *FUN RUNS* sponsored by Runner's World Magazine and the Dolphin/South End Runners (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) Steve Broten, 13512 E. Romona Dr., Whittier, CA 90602 (Ph. 213/693-4183); *PACIFIC SOUTHWEST ASS'N:* (PSA) Waters, 4379 Hamilton, #3, San Diego, CA 92104; *CENTRAL CALIFORNIA ASS'N:* (CCA) Dave Bronzan, P.O. Box 271, Fresno, CA 93708; *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., 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 STAMPED,*

SELF-ADDRESSED 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, 10:30 am. Foothill is located off I-280 in Los Altos. These are weekly informal runs, designed to promote running as conditioning, as well as competition and social activity. They are intended to supplement the AAU program by offering races at shorter distances than normally on the AAU schedule. There are usually two shorter runs (mile or less) and a longer, two to six-miler.

Meet Directors!!!

MAIL ENTRY BLANKS TO 1100 RUNNERS FOR \$15

CONTACT US IMMEDIATELY FOR FURTHER INFORMATION.

★NOR-CAL RUNNING REVIEW★

- OCT 4 - Cal-State Sonoma X-C Run, 5 Miles, Rohnert Pk. (Loc. change), noon. Bob Lynde, Track Coach, Cal-St., Rohnert Pk. 94928.
- OCT 4 - 7 Mile Road Run, Sunset Park, Las Vegas, Nev., 8 am. Las Vegas T.C., P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- OCT 4 - OTC/LCC Internat'l X-C, 12K, 5K, 4K, Lane CC, Eugene, Ore., noon. Ken Moore, 1570 Prospect Dr., Eugene, Ore. 97403 (OA)
- OCT 5 - ORRC Silver Falls Run, 6.9 Mi., (26 Mi. E of Salem, Ore.), 2 pm. Norm Oyler (see area contacts above). (OA)
- OCT 5 - Malibu Canyon XC, Tapia Pk. (L.A. area), 9 am. Bruce Robinson, 6322 Eileen St., L.A. 90043 (SPA) & LDRC Meeting at noon.
- OCT 5 - Pamakid Runners Lake Merced Run, 7.0 Miles, Westlake Pk. Clubhouse, Daly City, 9:30 am. NO PRE-ENTRIES. Pat Cunneen, 63 Clearview Dr., Daly City 95015.
- OCT 7 - Central California AAU Long Distance Running Committee Meeting, Pacific College, Fresno (Bill Cockerham), 7 pm.
- OCT 11 - Reedley Road Runs, 6 Mi. Open, Reedley. Roger Trujillo, c/o Reedley H.S., Reedley, CA 93654. (CCA)
- OCT 11 - 15 Kilo Road Run, Sunset Park, Las Vegas, Nev. 8 am. Las Vegas T.C., P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- OCT 11 - State of Jefferson 8 Miler, Emigrant Lake, Ashland, Ore., 11 am. Dan Bulkley, XC Coach, S. Oregon Coll., Ashland 97520.
- OCT 11 - Berkeley Waterfront Run, (4th & Addison), 9 am. The Athletic Dept., 2114 Addison St., Berkeley 94704. (5 Miles)
- OCT 12 - Natl. AAU Masters Marathon, Medford, Ore., 8:30 am...ENTRIES CLOSE OCT. 1. Jerry Swartsley, Box 1072, Phoenix, OR 97535.
- OCT 12 - Santa Barbara Marathon, La Playa Stadium, 7:30 am. Bill McElmury, 6758 El Sueno, #5, Goleta 93017. (SPA)
- OCT 12 - Columbus Day 5 and 10 Kilo Runs, Lake Merritt, Oakland, 8:30 am. Enrico Dell'Osso, 1803 3rd Ave., Oakland 94606.
- OCT 12 - PA-AAU Joint LDRC Scheduling Meeting for 1976 follows Lake Merritt Runs (above). All Meet Directors plan to attend!
- OCT 12 - AAU Region II and Nike Marathon, Eugene, Ore., 9 am. Geoff Hollister, 99 W. 10th, Suite 104, Eugene, Ore. 97401. (OA)
- OCT 12 - ORRC Gabriel Pk. XC Run, 6 Miles, Portland, Ore., 2 pm. Norm Oyler (see area contacts above). (OA)
- OCT 12 - Lower River Road Run, 4.5 Miles, Vancouver, Wash., 1:30 pm. Norm Oyler (see area contacts above). (OA)
- OCT 18 - Rice Festival Marathon, Crowley, LA. Charlie Attwood, 621 N. Ave. K, Crowley, LA 70526.
- OCT 18 - PA-AAU Masters XC Championships, 10 Kilos, Ross (Time TBA). Mike Healy, 17 Elm St., Kentfield 94904.
- OCT 18 - ORRC Delta Park 6 Mile, Portland, 11 am. Norm Oyler (see area contacts above). (OA) (Also 1 mile 'jogathon')
- OCT 18 - Clay's Athletic Dept. 7 Miler, Phoenix, Ore., 11 am. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (OA)
- OCT 18 - Devil Take The Hindmost 12 x 1 Mile, Crystal Sprgs (LA Area), 9 am. Paul Nitchman, 4608 Newton, Torrance 90505. (SPA)
- OCT 18 - 5 Mile Road Run, Sunset Park, Las Vegas, Nev., 8 am. Las Vegas T.C., P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- OCT 19 - Ventura 10 Kilo Handicap, Arroyo Verde Pk., 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- OCT 19 - Palo Alto 10-Miler, Mitchell Park, 10 am. John Banich, 415 James Rd., Palo Alto 94306.
- OCT 19 - DSE Kennedy Dr. Run, Golden Gate Pk., SF, 4.7 Mi., 10 am. Walt Stack, 321 Collingwood St., San Francisco 94114. (DSE)
- OCT 25 - San Dieguito Park Handicap, Solana Beach, 9 am. Bill Gookin, 5946 Wenrich Dr., San Diego 92120. (PSA)
- OCT 25 - 77.5 Mile Long Beach to San Diego Relay, 3 am(!)...PRE-ENTRY REQ'D. Mickey Scholte, 8703 La Tijera Blvd., LA 90045.
- OCT 25 - SNA-AAU 5 Mile Championships, Sunset Pk., Las Vegas, Nev., 9 am. Las Vegas T.C., P.O. Box 869, Las Vegas, Nev. 89101.
- OCT 26 - Journal Jog, 5 Miles, Reno, Nevada, 10 am. Nevada State Journal, Reno, Nevada 8950-.
- OCT 26 - Natl. AAU Sr. 20 Kilo Championships, Gardner, Mass., 2 pm. Robt. Campbell, 39 Linnet St., W. Roxbury, Mass. 02132.
- OCT 26 - Long Beach Prep Marathon, 16.2 Mi., (& 4.1 Miler), Cal-St. LB, 8 am. Ron Alice, LB St., 6101 E. 7th St., LB 90801. (SPA)
- OCT 26 - ORRC Reed College XC Run (6 Mi.) and Jogathon (2 Mi.), Portland, Ore., 2 pm. Norm Oyler (See area contacts above). (OA)
- OCT 26 - OTC Fun Run, 2 & 4 Miles, Alton Baker Park, Eugene, Ore., 1:30 pm. Ken Moore, 1570 Prospect Dr., Eugene, OR 97403. (OA)
- OCT 31 - So. California Orienteering Championships (2 days), Mt. Palomar. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120 (PSA)
- OCT 26 - 10th Berkeley to Moraga Ridge Run, 13.9 Mi., Claremont Hotel, 10 am. Chas. MacMahon, 154 Grover Ln., Walnut Creek 94596.
- NOV 1 - Los Trampas Trail Run, 7 Miles, Alamo, 10 am. Peter Mattei, 1000 North Point, S.F. 94109.
- NOV 1 - Almond Bowl Run, 3 & 6 Miles, Bidwell Pk., Chico, 10 am. Chico RC, c/o Walt Schafer, 1413 Salem St., Chico 95926.
- NOV 1 - ORRC Oxbow Road Run, 5.2 Miles & 2 Miles, Oxbow Pk., near Portland, Ore., 11 am. Norm Oyler (see area contacts above).
- NOV 1 - J. Cunningham Memorial Seawall 6-Miler, Vancouver, B.C., 10 am. Don Basham, 2032 Deep Cove, Cres. North, Vancouver, B.C.
- NOV 1 - 10 Kilo Track Run, Univ. of Nevada, Las Vegas, Nev., 9 am. Las Vegas T.C., P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- NOV 2 - CCA-AAU 20 Kilo Championships, Woodlake H.S., Woodlake. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
- NOV 2 - PA-AAU Marathon Championships, Cal-State Sonoma, Rohnert Pk., 9 am. Bob Lynde, Track Coach, Sonoma St., Rohnert Pk. 94928. (Winner gets paid airfare to Natl. AAU Marathon in Culver City on Dec. 6 by PA-AAU LDRC).
- NOV 2 - STC 4-Man 10-Mile Relay, Alondra Pk., Lawndale, 9 am. Ron Watson, 22405 Kent Ave., #44, Torrance 90505. (SPA)
- NOV 8 - Natl. AAU Senior & Masters 30 Kilo Championships, NYC, 11 am. Fred Lebow, Box 881, New York, N.Y. 10022.
- NOV 8 - Calif. AAU Team XC Championships & Open 10 Kilo, Santa Maria, 10 am. Steve Harney, 953 E. Jones, #209-A, S.Maria 93454.
- NOV 8 - Excelsior TC Golden Gate Park West End Run, 6 Mi., (Polo Fields) S.F., 10 am. Frank Donahue, 4903-B Mission, S.F. 94112.
- NOV 8 - SNA-AAU 15 Kilo Championships, Sunset Pk., Las Vegas, Nev., 9 am. Las Vegas T.C., P.O. Box 869, Las Vegas, Nev. 89101.
- NOV 8 - ORRC 10 Mile Track Run, Duniway Pk., Portland, Ore., 1 pm. Norm Oyler (see area contacts above). (OA)
- NOV 9 - Angwin to Anguish Run, 8.0 Miles, Pacific Union Coll., Angwin, 10 am. Dennis Reeder, 42 Hillcrest Rd., St. Helena 94574.
- NOV 9 - 5 Mile Turkey Trot, Lane Comm. College, Eugene, Ore., 11 am. Geoff Hollister, 99 W. 10th, Suite 104, Eugene, OR 97401.
- NOV 9 - Pioneer 9 Mile Road Run (& Girls 2 Mile), Phoenix H.S., Ore., noon. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535.
- NOV 15 - Natl. AAU Masters 10 Kilo X-C Championships, Van Cortlandt Pk., NYC. Bob Fine, c/o 15 Park Row, Rm. 1328, NY, NY 10038.
- NOV 15 - PA-AAU Senior Men's X-C Championships, 10 Kilos, Crystal Sprgs, Belmont Hills, 1 pm...ENTRIES CLOSE NOV. 11. WVTC, P.O. Box 1551, San Mateo 94401. (Special masters & women's non-championship divisions).
- NOV 15 - SPA-AAU 10 Kilo X-C Championships, Long Beach St., 11 am. Ron Alice, LB State, 6101 E. 7th St., Long Beach 90801. (SPA)
- NOV 15 - Oak Hills 7 Mile Run, (& 2 Mi. Jogathon), Portland, Ore., 1 pm. Dick Watenpaugh, P.O. Box 428, Beaverton, OR 97005. (OA)

- NOV 15 - SNA-AAU One-Hour Run Championships, Univ. of Nevada, Las Vegas, 9 am. Las Vegas TC, Box 869, Las Vegas, Nev. 89101.
 NOV 16 - DSE Presidio Gate 4-Miler (Meet at Dolphin Club), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
 NOV 22 - Oregon AAU/USTFF X-C Championships (3K, 5K, 10K), Lane CC, Eugene, Ore., 11 am. Al Tarpennig, Lane CC, Eugene 97401.
 NOV 22 - SNA-AAU X-C Championships, 6 Miles, Sunset Pk., Las Vegas, Nev., 9 am. Las Vegas TC, Box 869, Las Vegas, Nev. 89101.
 NOV 22 - Phelan 15-Mile Blind Handicap, 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
 NOV 22 - 10 Kilo Road Run, Foothill College, Los Altos, 10 am. Jim Woodruff, 3127 Ida Dr., Concord 94519.
 NOV 23 - Santa Clara Valley Autumn Ridge Run, 5 & 11 Miles, 10 am. Cupertino Yearlings, P.O. Box 1049, Cupertino 95014.
 NOV 23 - Pico Rivera Turkey Trot, Smith Park, Pico Rivera, 9 am. (Steve Broten--see area contacts, pg. 16). Followed by LDR Mtg.
 NOV 23 - DSE Daly City Hill Run, Colma School (6.2 Miles), Daly City, 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
 NOV 29 - SNA-AAU 20 Kilo Championships, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, Box 869, Las Vegas, Nev. 89101. (SNA)
 NOV 29 - Island Marathon, Sauvie Island, Portland, Ore., 11 am...PRE-ENTRIES REQ'D. Ken Weidkamp, 14230 SW Derby, Beaverton 97005.
 NOV 29 - Seattle Marathon, Seward Pk., 11 am. Univ. of Washington R.C., IMA Bldg., Univ. of Washington, Seattle, WA 98105.
 NOV 29 - Women's Sr. Natl. AAU X-C Championships (& Invt. Age-Group Races), 3 Miles, Crystal Sprgs, Belmont Hills, Time TBA...
 ENTRIES CLOSE NOV. 22. Harmon Brown, 1335 David Ct., San Mateo 94403.
 NOV 29 - 5-Man 15-Mile Relay, Roeding Park, Fresno. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
 NOV 29 - Rosebowl Handicap (10.8 Miles Open & 3.1 Miles), Pasadena, 9 am. (Steve Broten--see area contacts, pg. 16). (SPA)
 NOV 30 - 10th Pepsi 20-Miler, Delta High School (Loc. Change), Clarksburg, noon. Elaine Hocking, 800 Riverview Ct., Sac'to 95822.
 NOV 30 - Natl. AAU Sr. Men's 10 Kilo X-C Championships, Annapolis, Md., 11:30 am. Al Cantelo, 516 Hillsmere Dr., Annapolis 21403.
 DEC 7 - Natl. AAU Marathon Championships, Culver City, 8 am...PRE-ENTRIES REQ'D. Carl Porter, P.O. Box 507, Culver City 90230.
 DEC 13 - 2nd Livermore Valley Marathon (Date Change from Dec. 6), Livermore, 10 am. Dan Moore, 663 Jefferson, Livermore 94550.
 DEC 13 - Madera Marathon & Mini-Marathon, Madera High School. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
 DEC 21 - 3rd Christmas Relays (50 Miles, 7-men), Santa Cruz to Half Moon Bay, 9 am. West Valley TC, P.O. Box 1551, San Mateo 94401.

CROSS COUNTRY

Below is our most complete X-C Schedule ever for Northern California. We are a little bit short on meets in the Sac-Joaquin and Northern Sections of the C.I.F. (high school) and also on dates of some of the Region and Section Championships...READERS PLEASE SEND US DATES & INFORMATION ON THESE MEETS BY NOV. 1!

This schedule is not intended to be perfect...we make mistakes and so do the people that print the schedules in the first place. So check before you go to compete or spectate at any of the meets below to be on the safe side. All X-C Meets are lumped together below, with the following CODING: (JR) Under 20, Men; (O) Open; (C) Collegiate; (JC) Jr. College; (HS) High School; (M) Masters (over-40); (W) Women; (BAG/GAG) Boys and Girls Age-Group.

- 10/4 - Fresno St. Invt., Woodward Pk., Fresno, 6 Miles, 10 am (O/C/HS?); Cal-St. Sonoma Invt. (O/M/W) (See LDR Schedule); Artichoke Invt., Half Moon Bay, 9 am (HS); Golden Gate Invt., GG Park, S.F., 10 am (JC); College Park Invt., College Pk. HS, Pleasant Hill (HS); Colfax Invt., Colfax HS (HS); OAL Invt., Joaquin Miller Pk., Oakland, 9:40 am (HS); Chico Invt., (hosted by Butte College, Oroville), 10 am (C/JC); Oregon State Invt., Corvallis, Ore., 11 am (C); Porterville Invt., Porterville (JC); Univ. of Pacific Invt., Stockton (JC); San Jose Cinderella Invt., SJCC, 10:30 am (GAG/W) - Marge Powell, 3467 Golden State Dr., Santa Clara 95051; All-Cal X-C, UCSB (C).
- 10/11 - So. Oregon Invt., Ashland, Ore., 11 am (C/O?); Crystal Sprgs Invt., Belmont, 10 am (HS) (Sponsor, Serra HS, San Mateo); Maria Duncan Invt., Folsom Lake, 10 am (HS); CSM Invt., Crystal Sprgs, Belmont, 11 am (JC); Cal-Aggie Invt., UC Davis, 11 am (C); Morro Bay Invt., Morro Bay HS (HS); San Ramon Invt., San Ramon HS, Danville (HS); Madera Invt., 10 am (HS); Aptos Invt., 10 am (HS); USTFF X-C Meet, El Dorado Pk., Long Beach St., 6 Miles (JC/C/O); Sacramento Invt., Sac'to (JC?); Orinda TC League Meet, Cowell Pk, Concord, 10:30 am (BAG/GAG/W) - Don Bailes, 133 Selbourne Way, Moraga 94556.
- 10/12 - Redding Invt. Meet, (HS).
- 10/13 - Carlmont Invt., Carlmont HS, 3 pm (HS).
- 10/15 - Center Meet, Turlock, 3:30 pm (HS)
- 10/16 - Center Meet, Coyote Pk, San Jose, 3:15 pm (HS); Center Meet, Crystal Sprgs, Belmont, 3 pm (HS).
- 10/18 - Stanford Invt., Stanford GC, 6 Miles, 10 am (C/O); Invt. XC Meet, Righetti HS (HS); Rio Linda Invt., 10 am (HS); Soquel Invt., 9 am (HS); Hancock Invt., Santa Maria, 8 am (C/JC/HS/O/W); SFS & UC Davis at Cal-St. Hywd.; Hayward Area Invt., Hayward HS (HS); Sac'to St. & Stanislaus at Humboldt St., Arcata (C); Merced Invt., 10 am (HS); Aztec Invt., Balboa Park, San Diego (C/O/JC) - Sponsored by San Diego St.; Appaloosa TC League Meet, Sandy Wool Lake, Milpitas, 10:30 am (GAG/W/BAG?) - Gary Gallego, 1926 Lakewood Dr, Apt. F, San Jose 95132.
- 10/23 - Center Meet, Crystal Sprgs, Belmont, 3:15 pm (HS).
- 10/24 - Mt. SAC Invt., Walnut, 10 am (JC); Santa Barbara Invt., Santa Barbara (JC).
- 10/25 - Madera Invt. XC, Madera (O); Pleasant Hill Invt., Pl. Hill HS, 9 am (C/O/HS); Leigh Blossom Hill Challenge, San Jose (HS) - Sponsored by Leigh HS; Pacific Grove Invt., (HS); SFS at Sac'to St.; Stanislaus at Cal-St. Hayward; UC Davis at Humboldt; Matador Relays, Sac'to, 10 am (HS); Salinas TC League Meet (Tentative), - Dick Casper, 122 Live Oak Way, Salinas 93901.
- 10/30 - Center Meet, Crystal Sprgs, Belmont, 3 pm (HS).
- 11/1 - Pacific XC Carnival, Roeding Pk, Fresno, 4 Mi., (C/O) - Bill Cockerham, 1717 S. Chesnut, Fresno 93702; PAC-8 So. Division, UCLA, 10 Kilos, 11 am (C); Two-Mile Track Postal, West Valley JC, Saratoga, 9 am (HS) - Sponsored by Leigh HS; Hayward St., Humboldt, SFS & Stanislaus, Crystal Sprgs, Belmont, 11 am; McKinleyville Invt., (beach run) (HS); Sac'to St. at UC Davis; PAC-8 No. Division, Eugene, Ore. (C).
- 11/2 - PA-AAU Age-Group & Jr. Women's Champs, (& Exhibition), Crystal Sprgs, Belmont, 11 am (GAG/BAG/JR-W) - Nick Sakelarios, 11 Burbank, Redwood City 94063.
- 11/7 - Central Conf. Champs, Lancaster (JC); Coast Conf. Champs, Gavilan JC, Gilroy (JC); Golden Gate Conf. Finals, Crystal Sprgs, Belmont, 3 pm (JC); Sac-Joaquin Section IV Meet (or 11/8), Stockton(?), noon (HS).
- 11/8 - Natl. AAU Jr. 10 Kilo XC Champs, (Tentative?), Bloomington, Ind., noon (JR) - Carl Carey, 406 Murphy, Bloomington, Ind., 46112; California Club Championships, Santa Maria (O) (See LDR Schedule); Stevenson Invt., RL Stevenson HS, Pebble Beach (HS); 3-Mile Track Postal, West Valley JC, Saratoga, 9 am (HS) - Sponsored by Leigh HS; Far West Conf. Champs, Crystal Sprgs, Belmont, 11 am (C) - SFS Host; Camino Norte Conf. Champs, Spring Lake, Santa Rosa, 11 am (JC); NAIA District Champs, La Mirada, 5 Mi., (C); Golden Valley Conf. Champs, COR, Eureka, 1 pm (JC); Valley Conf. Champs, Woodward Pk, Fresno, noon (JC); PA-AAU Girls 14-15 & Sr. Women's XC Champs, San Jose CC, Time TBA - Marge Powell (See 10/4); CCAC Conf. Champs, Cal-Poly SLO (C).
- 11/12 - NCS Region Meets, (sites and times TBA) (HS); West Catholic AL Champs, Crystal Sprgs, 2 pm (HS).
- 11/14 - NorCal JC Champs, Fresno, noon (JC) (possibly on 11/15).
- 11/15 - Sac-Joaquin Section Champs, Stockton(?), noon (HS); Girls and Women's State XC Champs, Fountain Vly - Don DeNoon, P.O. Box 1854, Huntington Bch 92647; SPA-AAU 10K Champs, (See LDR Schedule)(O/M/W); Natl. AAU Masters XC Champs, NY (See LDR Schedule) (M); PAC-8 Championships, Stanford GC, 6 Miles, 11 am (C); PA-AAU Sr. Men's 10K Champs, Crystal Sprgs, Belmont (See LDR Schedule) (O/W/M); Mills Frosh Harrier Run, Millbrae, 9 am (HS); NCAA Div. II Champs, Irvine (UC Northridge host) (C); NCAA Div. III Champs, Waltham, Mass. (C); NAIA Champs, Kansas, 5 Miles (C); PCAA Champs, Cal-St. Long Beach, 6 Mi(?) (C); SoCal JC Champs, Rio Honda JC/Legg Lake, 3:30 pm (JC).
- 11/18 - OAL Finals, J. Miller Pk, Oakland, 3:30 pm (HS); NCS Section Finals (or 11/19) Site and time TBA (HS).
- 11/19 - AAA Champs, Golden Gate Pk, SF, 3 pm (HS); CCS Region Finals (11/19 to 11/21---not sure of all sites yet).
- 11/20 - CCS Region I, Crystal Sprgs, Belmont, 3pm (HS); CCS Region III, Coyote Hills, San Jose, 3 pm (HS).
- 11/21 - CCS Region II, Crystal Sprgs, Belmont, 3 pm (HS).

- 11/22 - USTFF Western Regionals, Woodward Pk, Fresno, 11 am (C/O/HS/M) - Bill Cockerham, 1717 S. Chesnut, Fresno, 93702; State JC Champs, Fresno, noon; Salinas TC "One Mile Bowl" (Tentative), - Dick Casper, 122 Live Oak Way, Salinas 93901.
- 11/24 - NCAA Championships (Div. I), Univ. Park, Penna., 6 Mi., 11 am (C).
- 11/25 - CCS Championships, Crystal Sprgs, Belmont, 3 pm (HS); DVAL Postal Run, Diablo Vly College (HS).
- 11/29 - USTFF National XC Champs, Charleston, W.Va. - Woody Sharpe, 1524 Kanawha Blvd. East, Charleston, WV 25311; Women's Sr. Natl. AAU XC Champs (& Invit. Age-Group), Crystal Sprgs, Belmont (See LDR Schedule).
- 11/30 - Natl. AAU Sr. Men's 10 Kilo XC Champs, Annapolis, Md. (See LDR Schedule).
- 12/6 - Roseville Gazelles Road Run, 10:30 am (GAG/BAG) - Gil Duran, 1325 Susan Circle, Roseville 95678.
- 12/14 - PA-AAU Jr. Men's XC Champs, Crystal Sprgs, Belmont, 11am ...NO POST ENTRIES...Dec. 10 deadline (JR) - WVTC, Box 1551, San Mateo 94401.

TRACK & FIELD

- 10/4 - Santa Barbara Men's Masters Meet, UCSB, 10 am field, 1 pm running (M) - Club West, PO Box K, Goleta, 93017.
- 10/11 - Anteaer Olympiad, UC Irvine, 10 am (O/M/W) - Olympiad, Crawford Hall, UC Irvine, Irvine 92664.
- 10/18 - Taft Masters Meet, Taft Union HS, (2 days--noon/10 am) (SM/M) - Tom O'Brien, 13908 Fiji Way, #360, Marina del Rey 90291...includes a 5-1/2 mile road run.

ALL-COMERS MEETS: - Attention readers! If you know of any all-comers meets that will be held in your area this winter, be sure to let us know right away before next issue (deadline is Nov. 1). Even if you miss the deadline, send the information to us anyway so we can pass on the information verbally. Thanks.

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. 209/478-0265); (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.

- OCT 12 - Lake Merritt 5 Kilo (in conjunction with running event at same distance), nr. boathouse, 14th St., Oakland, 8:30 am. Frank Hagerty (see address above).
- OCT 19 - Natl. AAU Sr. & Masters 30 Kilo Championships, Columbia, Mo.
- NOV 2 - 5 & 15 Kilo Greenbrae Walks, 10 am.
- NOV 2 - Natl. AAU Sr. 35 Kilo Championships, Pittsburgh, Penna.
- NOV 16 - 15 Miles on Marin Bikeways (to be arranged).
- NOV 19 - Natl. AAU Masters 50 Kilo Championships, Columbia, Mo.
- NOV 30 - 30 Kilo Walk (Site to be arranged).
- DEC 7 - Two-Hour Track & Records Walk and Half-Hour Championships, (SF State??).
- DEC 28 - Annual 20 Kilo Christmas Walks, SF State College.

RESULTS: - Many track walks are listed in the track & field results section instead of here. Also, some walks held in conjunction with track meets (i.e. - PanAm Trials) will be listed in the track & field section, even if they are on the roads.

Dooley Second at 15 Kilo Championships: (May 24, Chicago) - In preparation for the Natl. 20 Kilo a few weeks later (which he won...see last issue), Tom Dooley of the newly-formed Golden Gate TC, grabbed second behind John Knifton of the NYAC at the Natl. 15K in Chicago. Knifton's 1:10:53 was exactly a half a minute before Dooley's 1:11:23. Bob Henderson of UCTC was next in, but we don't have his time, nor those of any of the other finishers. It is interesting to note that Larry Young, however, was fourth...a place which he is not accustomed to finishing in. Fifth & sixth were taken by Augie Hirt and Al Schrik. /AAU News/

Hellyer Park Race Walks: (July 27, San Jose) - Manny Adriano of WVTC did a 1:46:23 for 20 Kilos, after passing 5 and 10 miles in 40:28 and 1:24:48, respectively. Teammates Wayne Glusker and Bob Korn went a 5-miler, with Glusker doing 38:10 and Korn DNF'ing after passing 2-1/2 miles in 19:37. /Roger Duran/

Montreal Pre-Olympic Walks: (Late July?, Montreal) - The 20 Kilo event was held in 92-degree heat & high humidity and was won by Olympic champ, Bernd Kannenberg (1:35:44). Second was taken

ken by France's Gerard Lelievre at 1:36:23, with Italy's Vittorio Visini next in 1:38:15. The intense heat and high humidity caused 10 of the 23 starters to drop out.

All-Time Nor-Cal Prep Marks

Following is the all-time list for NorCal--15 deep, which is deep for a few events. Class records will be published in a later issue. Any corrections or additions should be sent to: Chris Kinder, 21732 Olive, Cupertino, CA 95014.

100 YDS: - 9.4--James Jackson/Alameda 1954, James Hines/McClymonds/Oakland 1964, Mel Gray/Montgomer-Santa Rosa 1967; 9.5--Jerry Williams/Berkeley 1962-63, Jerry Bradley/Hogan-Vallejo 1963, Travis Williams/Ells-Richmond 1963, J.D. Hill/Edison-Stockton 1966, Dave Masters/El Cerrito 1967, Warren Edmonson/Oakland 1968, Seaborn Bowens/Kennedy-Sacto 1969, Sammie Burns/El Cerrito 1970, Vince Brown/Pittsburg 1971, Mike Shavers/Albany 1971-72, Carl McCullough/Sacto 1972, Antonio Watkins/McClymonds-Oakland 1972, Ron Whitaker/SF Wilson 1973, Millard Hampton/Silver Crk-San Jose 1974, Mike Farmer/SF Wilson 1974.

220 YDS: - 20.7--Mel Gray/Montgomer-Santa Rosa 1967; 20.8--Carl McCullough/Sacto 1972, Mike Farmer/SF Wilson 1974; 20.9--James Hines/McClymonds-Oakland 1964, Dave Masters/El Cerrito 1967, Millard Hampton/Silver Crk 1974; 21.0--Mike Shavers/Albany 1972; 21.2--Chuck Bommarito/Crestmoor-San Bruno 1971, Johnny Ware/Sacto 1975; 21.3--John Figueroa/Sunnyvale 1964, Leo Warfield/Franklin-Stockton 1966, Larry Manuel/Hogan-Vallejo 1971, Duran Harder/Burbank-Sacto 1973, Ivory Lewis/SF Wilson 1974, Glenn Cannon/Mt. Pleasant-San Jose 1975, Maurice Glass/Castlemont-Oak'ld 1975, Keith Taylor/Piedmont Hills-San Jose 1975.

440 YDS: - 46.9--Lee Evans/Overfelt-San Jose 1965; 47.0--Ron Whitaker/SF Wilson 1973; 47.1--Ollie Matson/Washington-SF 1948, Rich Brown/Los Altos 1970; 47.2--Bennie Brown/Sunnyvale 1971, Johnny Ware/Sac'to 1975; 47.3--Joe DeDora/Santa Rosa 1971; 47.4--Tony Lawson/Pittsburg 1972; 47.5--Henry Dorsey/Berkeley 1956, Frank Hughes/Cupertino 1968; 47.6--Ray Saddler/Castlemont-Oakland 1960; 47.7--Leon Horne/Grant-Sac'to 1962, Larry Winrow/Castlemont-Oakland 1965, Rod Conners/Rancho Cordova 1974; 47.8--Jack Yerman/Woodland 1956, Carlos Tan/St. Ignatius-SF 1956, Jim Andrews/Los Altos 1970, Jim Deckard/McClymonds-Oakland 1972, Clarence Taylor/Richmond 1967, Ron Sanders/Fremont-Oakland 1973.

880 YDS: - 1:48.5--Dale Scott/El Cerrito 1972; 1:49.7--Dan Aldridge/Petaluma 1975; 1:50.6--Rick Brown/Los Altos 1970; 1:50.9--George Coon/Miramonte-Orinda 1965; 1:51.0--Conrad Suhr/Leigh-San Jose 1975; 1:51.5--James Robinson/McClymonds-Oakland 1972; 1:51.9--Pete Fairchild/Encina-Sac'to 1967; 1:52.1--Ralph Lee/San Mateo 1960, Ron Hyatt/Placer-Auburn 1972; 1:52.2--Doug Parker/Chico 1962, George Alfaro/Pittsburg 1968, Nathan Burks/Castlemont-Oakland 1970, Bob See/Del Valle-Walnut Crk 1971, Randy Carlson/Westmont-Campbell 1971, Mike Tyrell/Saratoga 1971.

MILE RUN: - 4:02.4--Richard Kimball/DeLaSalle-Concord 1974; 4:09.0--Clifton West/Kennedy-Sac'to 1968; 4:09.5--Mike Ryan/Wilcox-Santa Clara 1965, John Johnson/Skyline-Oakland 1975; 4:09.6--Rusty Nahirny/Washington-Fremont 1974; 4:10.0--Morgan Groth/Alhambra-Martinez 1961; 4:10.7--Steve Miller/Carlmont-Belmont 1972; 4:11.0--Dwayne Ray/Modesto 1965; 4:11.1--Klaus Hoffman/St. Ignatius-SF 1968, Eugenio Amaya/Burlingame 1969; 4:11.2--Ray Green/San Rafael 1975; 4:11.3--Steve Crowley/Gunn-Palo Alto 1973; 4:11.4--Conrad Suhr/Leigh-San Jose 1974; 4:11.5--Lynn Ryan/Irvington 1974; 4:12.3--Manny Mahon/Lynbrook-San Jose 1968.

2 MILE RUN: - 8:46.6--Rich Kimball/DeLaSalle-Concord 1974; 8:53.6--Dave Taylor/Merced 1972; 8:54.6--Bob Grubbs/Washington-Fremont 1972; 8:56.2--Roy Kissin/San Ramon-Danville 1975; 8:57.0--Ralph Gamez/Berkeley 1966; 8:57.2--Tom Hale/Campolindo-Moraga 1971; 8:57.4--Mitch Kingery/San Carlos 1975; 8:57.8--Mike Ryan/Wilcox-Santa Clara 1965, Benton Hart/Modesto 1974; 8:58.2--Steve Martin/Davis 1972; 9:01.6--Gordon MacMittell/Gunn-Palo Alto 1973; 9:03.0--Jeff Curran/Los Altos 1974, Ron Fritzsche/Leigh-San Jose 1975; 9:03.6--Wolfgang Schmulewicz/Lincoln-SF 1971; 9:04.2--Rusty Nahirny/Washington-Fremont 1974; 9:05.8--Ernie Lindley/Mt. Eden-Hayward 1966.

120HH: - 13.2--Dedy Cooper/Ells-Richmond 1975; 13.3--Robert Gaines/Kennedy-Richmond 1975; 13.6--Carl Florant/Palo Alto 1973; 13.7--Milton Turner/Castlemont-Oakland 1975, Ron Kennedy/Serramonte-Daly City 1975, Don Robinson/Sacto 1975...Continued.

13.8--Dan Redfearn/San Juan-Sac'to 1968, Mike Nealy/Edison-Stockton 1972, James Owens/Norte Del Rio-Sac'to 1973, Rich Greybehl/Las Lomas-Walnut Crk 1974, Mike Kirtman/SF Wilson 1974; 13.9--Ike Allmond/Serramonte-Daly City 1973, Theotis Brown/Skyline-Oakland 1975, Dennis Claxton/Skyline-Oakland 1975, Tony Hicks/Serramonte-Daly City 1975.

180LH: - 18.3--Ed Moody/McClymonds-Oakland 1962, Milton Turner/Castlemont-Oakland 1970, Mike Nealy/Edison-Stockton 1972; 18.5--Charlie Smith/Castlemont-Oakland 1964, Leon Sanders/Grant-Sac'to 1966; 18.6--Curtis Clark/Grant-Sac'to 1965, Gary Rich/Ceres 1968, Duke Ferguson/Merced 1972, Richard Matthews/Highlands-No.Highlands 1972, Mike Balestri/Monterey 1967.

330LH: - 36.0--Dedy Cooper/Ells-Richmond 1975; 37.0--Tony Hicks/Serramonte-Daly City 1975, Dave Jakle/Los Altos 1975, Bart Williams/Vallejo 1975; 37.2--Rich Graybehl/Las Lomas-Walnut Crk 1974, Don Finley/Cupertino 1975, Larry Richardson/El Molino-Forestville 1975; 37.3--Frank Umpingco/Pittsburg 1975; 37.5--Mark Germino/Los Banos 1975, Don Reed/Mt. Pleasant-San Jose 1975, Don Robinson/Sac'to 1975, Jamie Starmer/Chico 1975.

High Jump: - 7-1 3/4--Mark Wilson/Monte Vista-Danville 1974; 7-0--Don Pierce/Pittsburg 1966, Mark Ridge/Merced 1974, Clark Beedle/La Sierra-Carmichael 1974, Charles Hatch/SF Wilson 1974; 6-11--Dave Bush/Campbell 1972; 6-10 1/2--Max Lowe/Awalt-Mtn. View 1964, Fred Jackson/Castlemont-Oakland 1966, Kirk Collins/Monterey 1975; 6-10 1/4--Brian Shaw/Pittsburg 1973; 6-10--Tom Clyburn/Balboa SF 1966, Dave Haber/Alameda 1974, John Lane/American-Fremont 1975, Coart Owens/Castlemont-Oakland 1975, Louis Sbarbara/Weed 1975.

Pole Vault: - 15-9--Roger Martin/Camden-San Jose 1971; 15-6 1/2--Larry Hintz/Buchser-Santa Clara 1973; 15-6--Jim Lydon/San Mateo 1969; 15-0 3/4--Wayne Myers/Foothill-Sac'to 1966; 15-0 1/2--Sam Albanese/King City 1969; 15-0 1/4--Doug Undike/Carmel 1969; 15-0--Russ Royal/Fremont-Sunnyvale 1969, Mark Bell/Foothill-Sac'to 1972, Scott Turner/Del Mar-San Jose 1973, Doug Searle/Camden-San Jose 1975; 14-11--Tom Porter/Sonora 1966; 14-10 1/2--Tom Lindsay/La Sierra-Carmichael 1970; 14-10--Carl Goldstone/San Mateo 1970, Byron Paton/San Mateo 1973; 14-9--Bill Fosdick/Hill-San Jose 1963, Bill Fernside/Del Mar-San Jose 1975; 14-8--Marion Medeiros/Cupertino 1975.

Long Jump: - 26-2 1/4--Ken Duncan/McClatchy-Sac'to 1972; 25-10 3/4--Heulon Hewitt/Merced 1968; 25-5--Carl McCullough/Sac'to 1972; 25-4 3/4--Johnny Johnson/Pacific Grove 1965; 25-4 1/2--Monte Upshaw/Piedmont 1954; 25-2--Phil Quinet/Homestead-Sunnyvale 1968; 24-11--Mel Gray/Montgomery-Santa Rosa 1967; 24-10 1/2--Mark Cleghorn/Berkeley 1973; 24-10--Rick Ferguson/Merced 1968, Lynn Swann/Serra-San Mateo 1970; 24-7 1/4--Mac Burton/Washington-SF 1957; 24-7--Mike McRae/Skyline-Oakland 1973; 24-5--Denny Rogers/Los Altos 1966; 24-4 1/2--George Gage/Ygnacio Vly-Concord 1968; 24-3 1/2--John Perkins/El Cerrito 1956, Jerry Williams/Berkeley 1963.

Triple Jump: - 50-11--Dan Jackson/Oakland 1975; 50-2 1/4--Don Bryson/Oakland 1974; 50-1 1/4--Tom Cochee/Oakland Tech 1972; 49-9 1/2--Craig Conway/Cupertino 1970; 49-8--Myrt Easley/Woodside 1975; 49-4 1/4--Dale Krebs/Gunn-Palo Alto 1971; 49-4--Kevin McCarthy/Cupertino 1973; 49-3 1/2--Harry Freeman/Santa Clara 1969; 49-3--Mike Dobbins/Merced 1975; 49-0 1/2--Junior Rojas/Overfelt-San Jose 1975; 49-0 1/4--Gerald Halcomb/Richmond 1975; 48-10 1/2--John Triplett/Branham-San Jose 1972; 48-9 1/2--Gerald Stewart/Seaside 1975; 48-8 3/4--John LeGrande/Westmont-San Jose 1973; 48-8--Charles Wheeler/Merced 1974.

Shot Put: - 65-10--Steve Wilhelm/Fremont-Sunnyvale 1967; 65-7 3/4--Don Castle/Cubberly-Palo Alto 1961; 65-6--Bruce Wilhelm/Fremont-Sunnyvale 1963; 65-1--Brad Vassar/Sonora 1975; 63-11 1/2--Bret Mannon/Los Gatos 1972; 63-9--Bob Brannen/Los Gatos 1964; 63-0 1/2--Rolin Luka/Ygnacio Vly-Concord 1968; 62-10--Warren Shank/Rio Americano-Arden Hills 1972; 62-9 1/4--Chris Adams/Los Altos 1970; 62-6--Dave Gherard/St. Ignatius/SF 1972; 62-5--Larry Maggard/Turlock 1962, Jerry Woods/Sonora 1965; 62-2 1/4--Jim O'Brien/DeAnza-Richmond 1962; 62-1--Ralph Fruguglietti/Albany 1973; 61-9 1/4--Steve Montgomery/Lassen-Susanville 1975.

Discus Throw: - 201-6--Ray Burton/Vacaville 1974; 201-3--Chris Adams/Los Altos 1970; 200-1--Scott Overton/Los Altos 1972; 198-6--Dave Voorhies/Tulelake 1973; 195-4--Bob Stoecker/Los Altos 1962, Tom Birtwhistle/Gunn-Palo Alto 1969; 194-2--Dave Hickson/Leland-San Jose 1973, Darrell Elder/Redwood-Larkspur 1974; 194-0--Ralph Fruguglietti/Albany 1973; 193-0--Jim Penrose/Carlmont-Belmont 1968; 189-1--Jim Peters/Piedmont 1966, Jon Gledhill/Pacific-San Leandro 1969; 187-9--Jay Pushkin/Los Altos 1972, Doug Otterstetter/Marina-

San Leandro 1973; 186-5--Mike Louisiana/Logan-Union City 1966; 185-10--Ron Allen/Lynbrook-San Jose 1973.

440 Rly: - 41.0--Wilson/SF 1973; 41.1--El Cerrito 1971, Harry Ells/Richmond 1975; 41.2--Castlemont/Oakland 1970, El Cerrito 1970; 41.3--Wilson/SF 1972; 41.4--Edison/Stockton 1969, Kennedy/Richmond 1974; 41.5--Berkeley 1970, Pittsburg 1970, Edison/Stockton 1970; 41.6--Castlemont/Oakland 1968, Edison/Stockton 1973, Woodside 1975; 41.7--Merced 1968, Edison/Stockton 1971, Sacramento 1972, Kennedy/Richmond 1973, Sacramento 1973.

Mile Rly: - 3:13.2--Castlemont/Oakland 1971; 3:15.6--Los Altos 1970; 3:15.7--Harry Ells/Richmond 1975; 3:16.0--McClymonds/Oakland 1971; 3:16.8--Oakland Tech 1970; 3:17.2--Castlemont/Oakland 1970; 3:17.3--Las Lomas/Walnut Crk 1974; 3:17.4--Cordova/Rancho Cordova 1973; 3:17.5--Kennedy/Richmond 1975; 3:17.6--El Cerrito 1972; 3:17.9--Foothill/Sac'to 1969; 3:18.2--Castlemont/Oakland 1960, Berkeley 1968; 3:18.3--Kennedy/Richmond 1974.

TRACK & FIELD RESULTS

State CIF Championships: (June 6-7, San Diego) - *The following corrections were supplied by Chris Kinder...there were some pretty good messups in the 'official' results we got from the Meet Director...but luckily Chris was around to note the errors! Thanks much Chris! -- (BOYS):* 220: (III) 8-Greggans/Woodside (nt); (Final) Ricky Jackson/Pasadena ran in lane 1 in place of Johnny Ware/Sac'to, who scratched after winning the 440...CIF does not allow substitutions due to scratching, so Jackson was unofficial...8-Taylor/Piedmont Hills 21.7; 100: (I) 6-White/Berk 9.7, 7-Bradley/Johnson-Sac'to 9.8, 8-Anderson/Santa Teresa-San Jose 9.9; 880: (III) 7-Hickman/Redwood-Larkspur nt, 8-Klugh/Skyline-Oakland nt, 9-Hurdal/Carlmont-Belmont nt; 440: (I) 9-Isler/Castlemont-Oakland nt; (III) 6-Bishop/Carlmont nt, 7-Jimenez/DeLaSalle-Concord nt, 8-Meteer/San Marin-Novato nt; 120HH: (I) 7-Finley/Cupertino 15.1, 8-Tyler/Balboa-SF 15.1; 330LH: (II) 6-Koko/Sunset-Hywd 38.4, 7-Terry/LaSierra-Carmichael 38.8; (III) 9-Batton/Mission-SF nt; (Final) 8-Jakle/Los Altos nt, 9-Starmer/Chico nt; Mile: (I) 7-Baudendistal/Highlands 4:18.0, 10-Baker/Westmont-San Jose nt, 11-Dowling/College Park nt, 12-Green/Salinas nt; 2 Mile: (Final) ??-Emory/Gunn-Palo Alto 9:37. (GIRLS): 440R: (Final) 8-Terra Linda 49.9; 880: (Final) 8-Opela/Richmond nt; 80LH: (Final) 9-Schentrapp/Willow Glen-San Jose nt; 880MedRly: (Finals) 8-Tamalpais 1:50.8, 9-Milpitas nt.



(Left) San Jose Cindergal, Cyndy Poor, ran the second fastest 1500m ever by an American (4:11.8) in Europe & also did 2:03.8 for 800m. /Glusker/ Jane Frederick of Orinda set an AR in the Pentathlon at 4676./J. Johnson/

Natl. AAU Pentathlon Championships: (June 20-21, Los Alamos, NM) - The star of the meet was Orinda's Jane Frederick, who is now coached by decathlon expert Sam Adams at UC Santa Barbara. Her 4676 total was an American record...an amazing 285 points more than her previous outdoor record. With this total she moves into ninth on the all-time world list, and third among active pentathletes, thus establishing herself as a threat at Montreal. She had marks of 13.4 in the 100m hurdles, 48'8-3/4" in the shot put, 5'9-3/4" in the high jump, 19'11-1/2" in the long jump, and 24.2 for 200 meters! She led three events and was a close second in the other two, the shot and horizontal jump. /Women's Track & Field World/

Senior Olympics: (June 28-29, Irvine) - Following are listed NorCal finishers that I could ascertain from the results...no affiliations were listed! -- (WOMEN)--100m: (45-49) 3-M. Parish 20.0; (40-44) 1-Obera 13.0; (35-39) 1-Sherrard 12.2, 2-A. Parish 13.5; 200m: (40-44) 1-Obera 27.9; (35-39) 1-Sherrard 26.0, 2-A. Parish 27.3; 400m: (40-44) 1-Obera 66.0; (35-39) 1-A. Parish 62.4; 800m: (35-39) 2-A. Parish 2:53.0; 1500m: (35-39) 2-O'Neil 6:55.1; 5000m: (35-39) 1-O'Neil 27:15.8; 5000mWalk: (35-39) 2-O'Neil 35:51; 10,000mWalk: (35-39) 1-O'Neil 1:18:05; DT: (35-39) 1-Sherrard 88-9; HT: (35-39) 1-O'Neil 66-0; HJ: (35-39) 1-Sherrard 4-4; LJ: (35-39) 1-Sherrard 14-9; SP: (35-39) 1-Sherrard 40-4 1/2, 2-Ligon 31-0 1/2. (MEN)--100m: (70-74) 3-Pennock 16.3; (65-69) 2-Carnine 14.0, 3-Puglizevich 14.9; (55-59) 2-Killion 12.3; (50-54) 2-Cooper 12.1; (45-49) 1-Marlin 11.4; (40-44) 1-Presber 11.3, 3-V.Parish 11.5; (35-39) 3-Adams 11.1; (25-29) 4-Marshall/WVTC 10.8; 200m: (65-69) 1-Carnine 29.6, 2-Puglizevich 31.2; (60-64) 2-Satti 27.8; (55-59) 2-Hoover 29.2; (50-54) 2-Cooper 25.6; (45-49) 2-Marlin 24.4, 3-Washington 24.4; (40-44) 1-Lingel 22.9, 3-V. Parish 23.7; (35-39) 2-Adams 22.8; (25-29) 4-Marshall/WVTC 21.9; 400m: (65-69) 1-Shine 67.3; (60-64) 2-Satti 63.0; (45-49) 2-Jordan 56.9; (40-44) 3-Lualhati 55.2; (35-39) 1-Adams 51.2; 800m: (65-59) 1-Shine 2:41.3; (55-59) 3-Mahannah 2:26.1; (40-44) 1-Lualhati 2:11.8; 1500m: (55-59) 2-Mahannah 5:08.8; 5000m: (55-59) 1-Preston 17:42.2; (50-54) 1-O'Neil 17:12.4; 10,000m: (55-59) 1-Preston 37:04; (50-54) 1-O'Neil 35:01; 110mHH: (35-39) 1-Adams 14.8; (30-34) 1-McCormick 14.1; 400mH: (40-44) 1-V.Parish 61.9; (35-39) 1-Adams 56.5; (30-34) 1-McCormick 56.3; 400mRly: (50-54) 2-NCSTC 53.1; (40-44) 2-NCSTC 45.2; DT: (65-59) 1-Carnine 134-7; (30-34) 2-McCormick 142-0; HJ: (60-64) 3-Satti 4-2; (40-44) 1-Rose 5-10, 3-Conley/WVTC 5-6; (35-39) 1-Adams 5-4; JT: (40-44) 1-Conley/WVTC 225-11, 2-Rose 173-6; (30-34) 2-McCormick 177-10; LJ: (60-64) 1-Satti 17-4; (40-44) 2-M.Andrews 21-1; (35-39) 1-Adams 21-10; SP: (60-64) 2-York 44-11; (40-44) 2-Wassam 43-10; TJ: (40-44) 3-M.Andrews 40-4.

USA-USSR Jr. Meet: (July 4-5, Lincoln, Nebr.) - (MEN)--10,000m: 2-Hulst 31:09.8; 3000mSC: 1-Perez/Delta JC 9:07.8; 400mH: 3-Graybehl 52.3; HJ: 2-Haber/CSH 6-10 3/4; LJ: 2-Lofton/WVTC 25-0 1/2; SP: 4-Chew 54-9 1/2; DT: 1-Elder/USC 192-8; (WOMEN)--LJ: 3-Elmore/MLTC 19-0 3/4; JT: 1-Sulinski/MLTC 177-1, 4-Bowers/SJC 159-2. /AAU News/

AAU Western Masters Championships: (July 5-6, Oakland) - 100m: (OW) Sherrard 12.4, Gerard 12.6, Ligon 12.6; (1W) Obera 12.5; (OA) Robinson 11.3, Dobroth 11.3; (OB) Dennis 10.9, Anixter 10.9; (1A) Knox 11.0, Presber 11.0, Parish 11.2; (1B) Marlin 11.5, Washington 11.5; (2A) Roemer 11.9, Cooper 12.1; (2B) Killion 12.4, Hoover 13.7; (3A) Sjostrand 13.1, Satti 13.2; (3B) Caruso 13.7, Puglizevich 14.9; (4) Lum 14.6; 200m: (OW) Sherrard 26.0, Gerard 27.7, Parish 28.1; (1W) Obera 27.3; (OA) Harth 24.1, Hee 24.2; (OB) Dennis 22.2, Cain 23.0; (1A) Presber 23.2, Lingel 23.8, Parish 23.8; (1B) Dawkins 24.8, Washington 24.9; (2A) Boyd 27.8; (2B) Hoover 29.9; (3A) Sjostrand 27.1, Satti 29.0; (3B) Carnine 30.5, Puglizevich 32.7; (4) Lum 32.0; 400m: (OW) Gerard 61.0, Parish 62.5; (1W) Obera 66.1; (OA) Edwards 51.8, Harth 52.1; (OB) Cain 50.1, Adams 52.2, Anderson 52.2; (1A) Clark 53.0, Newton 53.3, Bruhner 53.5; (1B) Cheek 53.2, Washington 55.7; (2A) Clayton 58.3, Boyd 59.7; (2B) Killion 64.0; (3A) Sjostrand 60.2, Satti 65.0; (3B) Shine 66.9; (4) Chapson 68.1; 800m: (OA) Whitney 1:57.4, Dressendorfer 1:57.9; (OB) Cordy 1:58.0, Rustad 1:59.7; (1A) Richardson 2:02.4, Lloyd 2:06.0; (1B) Palmer 2:16.9; (2A) Fitzgerald 2:01.8, Dale 2:14.5; (2B) Fairbank 2:27; (3B) Shine 2:35.1; (4) Chapson 2:35.4; 1500m: (OW) O'Neil 5:15.9; (1W) Carlson 5:42.4; (OA) Dressendorfer 4:02.9; (OB) Rustad 4:06.8, Bevins 4:09.1; (1A) Richardson 4:16.2, Kalchschmid 4:19.6; (1B) Malain 4:25.5; (2A) Fitzgerald 4:23.7, Bryant 4:30.3; (2B) Preston 4:54.2, Carey 5:02.2; (3A) Bigelow 6:01.8; (3B) Madden 5:49.4; (4) Chapson 5:22.0; 5000m: (OW) Conley 20:47.4, (1W) Anderson 20:26.0; (2W) Thomas 24:05; (OA) Reed 18:16; (OB) Guthrie 15:58; (1A) Slayton 16:36, Lewis 16:54, Teeguarden

16:56; (1B) Mundle 16:01, Smith 16:15, Malain 16:30; (2A) O'Neil 16:42, Hernandez 17:05, Toabe 17:37; (2B) Preston 17:42; (3A) Chandler 22:55; (3B) Monheit 23:06; (4) Spangler 24:17; 10,000m: (OA) Spino nt; (OB) Harris/WVTC 32:56.8; (1A) Healy 35:00; (1B) Smith 34:10; (2A) O'Neil 35:39; (2B) Oleson 38:06; (3B) Monheit nt; (4) Spangler 50:36; 110mHH: (OA) McCormick 14.2, Dobroth 14.8; (OB) Adams 14.9, Cain 15.1; (1A) Jackson 15.3, Andrews 15.4; 400mH: (OA) Whitney 53.0; (OB) Cain 55.3, Adams 55.9; (1A) Parish 61.2; (2A) Clayton 69.2; 3000mSC: (OB) Chaffee 10:37.6; (1A) Shettler 9:57.1; (2A) Bryant 11:35.6; HT: (2B) McMahon 31.52m; DT: (OA) Pohl 44.42; (1A) Brady 42.22; (1B) Straub 34.76; (2A) Ker 45.36; (2B) McMahon 33.10; (3A) Montgomery 38.20, York 36.80; (3B) Carnine 41.22; SP: (OW) Rutledge 14.33; (OA) Hann/WVTC 15.08; (OB) Smith 14.38; (1A) Wassam 13.22; (1B) Laut 11.42; (2A) Ker 15.89; (2B) Minah 11.04; (3A) Montgomery 13.96, York 13.19; (3B) Doms 12.77; (4) Herrman 12.11; JT: (1A) Conley/WVTC 63.22, Letcher 50.50; (1B) Wallace 42.66; (2A) Kilbuck 39.88; (2B) McMahon 38.72; (3A) Wolfe 31.58; (3B) Carnine 34.16; (4) Crane 24.80; LJ: (OW) Ligon 3.65; (1W) Obera 4.68; (OA) Ueovich 5.82; (OB) Adams 6.47; (1A) Andrews 6.23, Jackson 6.19, Presber 6.19, Cobb 6.04; (1B) Davisson 6.25, Schlegel 5.84, Yonge 5.78; (2A) Roemer 5.18; (2B) Farrell 5.29; (3A) Satti 4.93; (3B) Caruso 4.40; (4) Crane 3.36; TJ: (OA) Ueovich 11.99; (1A) Jackson 12.44, Conley/WVTC 12.09; (1B) Schlegel 11.38, Davisson 11.21; (2A) Spencer 9.80; (2B) Farrell 11.45; (3B) Caruso 8.30; (4) Crane 7.15; HJ: (OA) Dobroth 1.98; (OB) Adams 1.62; (1A) Rose 1.72, Conley/WVTC 1.62, Graf 1.62; (1B) Davisson 1.52; (2A) Brown 1.42; (2B) Gillett 1.52; (3A) Satti 1.32; (3B) Bierlein 1.27; (4) Crane 1.17; PV: (OB) Fleming 3.35; (1A) Fitzhugh 3.22; (1B) Wallace 3.35; (2A) Grosh 3.22, Brown 3.07; (2B) Vernon 3.53, Gillett 3.07; 5K-Walk: (1W) Smith 35:35.6; (OB) Hickey 24:37.8; (1A) Phil-Tips 31:26.6; (1B) McGuire 29:33.8; (2A) Smith 29:18.6, Sekulich 31:26.7; (2B) Mooers/WVTC 31:35.0; 20K-Walk: (OB) Hickey 1:53:12; (2A) Sekulich 2:19:37; (2B) Mooers/WVTC 2:26:11; 400mR: (Div. 1) CDM 45.2, NCSTC 45.3, BHS 45.5, BAS 46.0; Triathlon: (Women) (OW) O'Neil 1282, Gerard 1007; (1W) Carlson 532; Pentathlon: (OA) Ueovich 2000; (OB) Adams 2838, Tansley 2626, Ramos 2423; (1A) Conley/WVTC 2562; (1B) Wallace 2430; (2A) Roemer 2005; (3A) Wolfe 654. /Ed Phillips/

PA-AAU Junior Olympics: (July 10-13, Millbrae) - Several hundred events makes it impractical to list all results, so we have selected some of the better marks from the meet. Sorry if we have slighted anyone! --- (BANTAM GIRLS) 50: Dolbeccaro 7.5; 100: Denkel 14.1; 220: Denkel 32.6; 440: Bain 74.4; 880: Bain 2:46.8; Mile: Scannel 6:11.0; 880Walk: Henderson 6:04.4; LJ: Del Berccaro 12-2 3/4; HJ: Brogan 3-6 1/2, Camberton 3-6 1/2; BBT: Russi 146-11; Triathlon: Brogan 777. (MIDGET GIRLS) 50: Riva 6.8; 100: Brown 12.7; 220: Brown 28.9; 440: Choy 66.7; 880: Choy 2:27.5; Mile: Scannel 5:30.4, Martinez 5:35.0; 50H: Deese 8.2; MileWalk: Nila 11:12.8; 440R: St. Bonaventure 57.9; LJ: Heizman 14-1 3/8; HJ: Hollcraft 4-2 3/4; BBT: Vassar 157-7; SP: Wilson 26-11; Triathlon: Myall 1020, Barnes 1007. (JUNIOR GIRLS) 80mH: Lubra 13.5; 200mH: Tchkalian 33.7; 100: Solga 12.0, Hinson 12.1; 220: Larson 27.2; 440: Linn 61.8; 880: Linn 2:28.5, Smith 2:29.2; Mile: Warner 5:30.5, Choy 5:34.6; Mile Walk: Dittman 10:02.5, Munoz 10:03.1; 2-MileWalk: Dittman 21:50.8, Munoz 21:51.0; 440R: St. Bonaventure 53.7; 880MedRly: WS 2:00.9; LJ: Hurley 15-9 1/2, Eckerson 15-4; HJ: Herrona 5-2, Herley 5-0, Mojas 5-0; SP: Springer 44-3 3/4, Abraham 38-0; DT: Springer 121-1 1/2; JT: Pratt 66-6 1/2; Pentathlon: Hurley 3206. (INTERMEDIATE GIRLS) 100mH: Sourn 17.2; 300mH: Kenney 49.2; 100: Claiborne 11.6; 220: Green 26.0, Claiborne 26.3; 440: Voss 60.0; 880: Hoose 2:24.4; Mile: Bain 5:11.8, Vardell 5:12.1; 2 Mi: Rudolph 11:27.0, Vardell 11:40.7; MileWalk: J.Rudolph 10:12.7; 440R: K&BTC 50.3, San Rafael 50.4; 880MedRly: San Rafael 1:55.8; LJ: Rohrer 15-11, Claiborne 15-10 1/2; HJ: Homestead 5-2, Weekes 5-2; SP: Bethame 35-11 1/2, Richenour 33-11; DT: Wood 109-9, O'Conner 103-1; JT: Holmes 94-5; Pentathlon: Newman 2782, Mullins 2723. (SENIOR GIRLS) 100mH: Voss 16.2, Bangert 16.4; 400mH: Souza 68.0; 100: Pemberton 11.1; 220: Pemberton 25.0, Carley 25.5; 440: Venezia 57.0, Stonr 58.7; 880: Costello 2:14.9, Simmons 2:16.5; Mile: Costello 5:04.1, Allen 5:06.0, Simmons 5:13.3; 2 Mi: Allen 11:01.6, Neary 11:12.0; 880MedRly: Terra Linda 1:56.7; LJ: Hunerlach 16-9, Spellenberg 16-8 1/2; HJ: Stuart 5-4, Cornell 5-4; SP: Wessell 37-11; JT: Bangert 98-0; Pentathlon: Hunerlach 2944. (BANTAM BOYS) 50: Egu 6.9, Beals 7.0; 100: Beals 13.7, McGrady 13.7; 220: Egin 29.6; 440: Rossman 72.3; 880: Moore 2:38.1; Mile: Foley 5:30.3, Myall 5:30.3; Mile Walk: Campbell 9:49.7; LJ: Egu 14-11 1/2, Rossman 14-0 1/2; HJ: McMillan 4-2 1/2; BBT: Mendez 170-10.

(MIDGET BOYS) 50H: Carlson 7.8, Penner 7.9; 50: Rutherford 6.5, Rodigo 6.5; 100: Stobaugh 12.2, Rodigo 12.2; 220: Stobaugh 27.4, Masar 27.5; 440: Bunting 66.0; 880: Scattini 2:20.9; Mile: Hickman 5:17.8, Bunting 5:18.4; MileWalk: A.Sakelarios 9:14.0, McGowan 9:21.6; 440R: K&BTC 54.4; 880MedRly: VMTC 2:07.3; LJ: Masar 15-5 1/2; HJ: Johnson 4-10; SP: Croxdale 33-1 1/4. (JUNIOR BOYS) 70H: Reed 9.6, Croxdale 9.6; 100: Williams 10.8, McCall 10.9; 220: Williams 24.6, Nelson 24.7; 440: Nelson 55.6; 880: Olivas 2:11.7, Weigle 2:11.8; Mile: Olivas 4:46.2; 2 Mi: McDonald 10:48.9; MileWalk: N.Sakelarios 8:42.6; 2-MileWalk: Vasquez 18:42.6; 440R: MPE 49.5; LJ: Redd 18-8 1/2, Tolliver 17-11; HJ: Michell 6-0 3/4; SP: Obenchalk 43-9 1/2; DT: Obenchalk 129-9 1/2; TJ: Miroglio 33-1 1/2.

(INTERMEDIATE BOYS) 120HH: Clark 15.4; 330IH: Clark 42.0; 100: Jackson 10.3; 220: Jackson 23.1; 440: David 52.8, Marchand 52.9; 880: Hafich 2:03.8, Shols 2:04.5; Mile: Menen 4:34.6, Mitchell 4:34.9; 2 Mi: Love 9:55.2, Vasquez 10:08.8; MileWalk: Gragg 8:07.7; 2-MileWalk: Martinez 17:34.8; 440R: K&BTC 45.9; MileR: Mills 3:44.7; LJ: Vidal 19-5 1/4, Motooko 19-4 3/4; HJ: Bjornsson 6-6 1/4, Fernandez 6-4, Abat 6-4; SP: Powell 48-8; DT: Powell 157-8; TJ: Brown 41-2 1/2; PV: Collins 12-6; Dec: Luttrell 5229, Nielson 4770. (SENIOR BOYS) 120HH: Kennedy 14.1, Hicks 14.2; 330IH: Hicks 39.8; 100: Kennedy 10.0; 220: Terrill 23.4; 440: Reese 50.7; 880: Borland 2:01.0, DeGroot 2:01.1, Griffin 2:01.1; Mile: Borland 4:23.1, Dowling 4:26.0, Smith 4:26.5; 3 Mi: Holmes 14:31.8, Lawson 15:03.7, Lavelle 15:04.0; 3-MileWalk: Morgan 30:29.8; 440R: K&BTC 43.3; MileR: K&BTC 3:33.2; LJ: Vasquez 22-2, Glover 21-10 1/2; HJ: Graham 6-6, Gibbs 6-6, Parsons 6-3 3/4, Crook 6-3 3/4; SP: Montgomery 57-10, Moss 56-1 1/4, Stebleton 55-5 1/2; DT: Stebleton 161-4, Giorgi 155-5; TJ: Bulwinkle 45-6, Johnson 44-10; PV: Crook 15-0; JT: Green 144-5; Dec: Scruggs 5611, Lawrence 5429, Barnett 5382. /Bob Escobar/

All-Comers Meet: (July 10, Pleasant Hill) - (BOYS 14-15) Mile: Scott Kusko 4:50.8; DT: Powell 151-2; (BOYS 16-17) Mile: Smith 4:31.1; 2 Mi: Smith 9:53.4; SP: Stebleton 56-6 1/2; (OPEN) 100: Graybehl 9.5; 440: Williams 49.4; Mile: Burt 4:23.7; 70HH: Graybehl 8.5; LJ: Willigis 22-0 1/2; PV: Willigis 15-0; SP: Fruguglietti 51-2; DT: Fruguglietti 177-3 1/4; HJ: Stone 6-6; TJ: Hay 46-4; (25-29) Mile: Blasedale 4:30.0; (30-39) 100: Lawson 10.0; 2 Mi: Guthrie 9:53.6 (US Age-Group Record for 38-year-olds); (40 & OVER) 440: Bruhner 54.4; (GIRLS 16-17) 880: Costello 2:11.5; 2 Mi: Costello 11:34.2. /Bob McGuire/

Northwest Masters Track & Field Classic: (July 12-13, Gresham, Oregon) - LJ: (30-34) 1-Ucovich 20-1 3/4; (35-39) 1-Cain 20-8; (65-69) Puglizevich 11-11 1/2; SP: (40-44) 1-Wassam 43-11; (60-64) 1-York 45-3 3/4; (65-69) 1-Carnine 37-11, 2-Puglizevich 37-10; TJ: (30-34) 2-Ucovich 38-0 1/2; 880: (65-69) 1-Shine 2:36.3, 2-Carnine 2:45.6; DT: (65-69) 1-Carnine 132-11; 6 Mi: (50-54) 1-O'Neil 33:02 (New 50-54 WR by 58 seconds), 2-Gil 34:34; (65-69) 1-Bright 38:17 (New 65-69 WR); 330IH: (35-39) 1-Cain 39.40; (40-44) 1-Parish 44.11; JT: (65-69) 2-Carnine 117-4 1/2; HT: (60-64) 2-York 72-11 1/2; (65-69) 1-Carnine 58-8; 120HH: (35-39) 1-Cain 15.5; (40-44) 2-Parish 18.51; 100: (30-34) 3-Ucovich 10.53; (40-44) 1-Parish 10.37; (45-49) 1-Marlin 10.50, 3-Jordan 11.04; (55-59) 4-Hoover 13.19; (65-69) 1-Carnine 13.64, 2-Puglizevich 14.25; 440: (35-39) 1-Cain 49.85; (40-44) 1-Parish 55.25; (45-49) 2-Jordan 56.88; (65-69) 1-Shine 68.97; 3 Mi: (40-44) Hatton 15:14; (50-54) 1-O'Neil 15:55 (New 50-54 WR by 27 Secs.), 2-Gil 16:47; 220: (35-39) 1-Cain 22.83; (40-44) 1-Parish 24.24; (45-49) 2-Marlin 30.02, 3-Jordan 34.10; (65-69) 1-Carnine 29.3, 2-Shine 31.49; Mile: (50-54) 1-Fitzgerald 4:32.15 (WR); 440R: 1-NCSTC 45.9.

All-Comers Meet: (July 16, Pleasant Hill) - (BOYS 14-15) MileWalk: Martinez 7:53.1; SP: Powell 55-8 1/3; 330: Maiocco 36.8; DT: Powell 152-2 1/2; (BOYS 16-17) 3 Mi: Smith 14:52.8; PV: Rooney 14-6; (OPEN) MileWalk: Lansing 7:47.0; 330IH: Graybehl 39.3; 330: Williams 35.0; HJ: Friday 6-10; PV: Weidig/BAS 16-6 3/4; (30-39) 330: Anderson 37.6; 330IH: Pruitt 42.0; (GIRLS 14-15) LJ: Bushby 17-1; (GIRLS 16-17) 70LH: Honour 10.6; (WOMEN) SP: Rutledge 46-0. /Bob McGuire/

USA-USSR Sr. Men & Women's Meet: (July 18-19, Durham, N.C.) - (MEN) HJ: 4(tie)-Livers/SJS 6-10 3/4; TJ: 4-Terry/WVTC 52-5 1/2; SP: 3-Schmock 63-6; DT: 2-Stadel 196-5; JT: 6-Wallis/Army 228-2; (WOMEN) 800m: 4-Weston 2:03.70; DT: 3-Svendson 148-3.

Region 13 Junior Olympic Championships: (July 19, Porterville) - (BOYS) 120HH: 1-Hicks/Serramonte 14.0, 2-Kennedy/Serramonte 14.0; SP: Montgomery/Susanville 60-1 1/2, 4-Moss/Sparks, Nev. 55-5;

Mile-Walk: Dambroski/Northridge 7:46.0; 880: 4-Grant/Oakland 2:00.7; LJ: 1-Vasquez/Mills 22-5 1/2; 100: Kennedy/Serramonte 9.8, Jackson/Stockton 9.9, Winter/SF 9.9; 440: 3-Reece/SF 51.0, 4-Rosana/SF 52.8, 5-David/SF 52.9; DT: 3-Moss/Sparks, Nev 52-6, 4-Montgomery/Lassen 50-5; HJ: Lawson/Placentia 6-9 1/4; PV: Reyes 13-6 (Exhib.). (GIRLS) DT: (Exhib.) 2-Springer/Salinas 121-3 1/2; 100mH: Shellenberger/Santa Barbara 14.5; 880: 1-Simmons/RCF 2:15.8; 100: Pemberton/San Mateo 10.8, 4-Claibourne/Reno 11.2; 440: 1-Venezia/San Rafael 56.4, 3-Stohr/Livermore 59.1, 5-Voss/Susanville 61.9; 220: Pemberton/MLTC 24.6, 6-Claibourne/Reno 26.7; Mile: 3-Vardell/Yuba City 5:14; SP: 1-Haynes 41-10 3/4; LJ: 2-Hunerlach/Los Molinas 17-6 1/2, 3-Spellenberg/Eureka 17-4 1/2, 5-Rohrer/Red Bluff 16-6; HJ: 1-Shellenberger/Santa Barbara 5-6. /Bill Cockerham/

All-Comers Meet: (July 23, Pleasant Hill) - /101° at 6 pm!!/ (14-15) 440: Maiocco 52.8; SP: Powell 49-10; DT: Powell 147-3; (16-17) 3000mSC: Smith 10:07.0; SP: Stebleton 55-7; DT: Reyes 158-0; (OPEN) 100: Graybehl 9.9; 880: McManus 1:56.0; Mile: Scott 4:31.4; 70HH: Graybehl 8.6; JT: Herron 187-0 1/2; HJ: Stone 6-8; SP: Stebleton 46-4 1/2; PV: Williges 15-0; DT: Burton 171-11 1/2; LJ: Miller 22-0; (25-29) Mile: Blasedale 4:32.2; (30-39) Mile: Guthrie 4:40.7; 2 Mi: Butt 9:53.1; (40 & OVER) 100: Hicks 11.0; 440: Bruhner 54.6; 3000mSC: Shettler 9:59.0; (GIRLS 16-17) Mile: Costello 5:11.6; (WOMEN) SP: Rutledge 45-2 1/2. /Bob McGuire/

All-Comers Meet: (July 30, Pleasant Hill) - (14-15) SP: Powell 51-7; DT: Powell 148-4; 3000m: Harbaugh 9:14.0; (16-17) HJ: Blount 6-6; TJ: Jackson 47-2; SP: Stebleton 57-5; DT: Stebleton 166-6 1/2; LJ: Pulliam 21-8 1/2; (OPEN) 330IH: Butler 40.1; 1320: McManus 3:06.0; DT: Gunther 174-9; SP: Stebleton 50-5 1/2; TJ: Tolliver 45-10 1/2; HJ: Mike Stone, Haber & Glen Stone (all 6-8); PV: Weidig 15-6; (25-29) 1320: Tracy 3:06.8 (US Age 29 Record); (30-39) 70HH: Branstetter 12.7; 75: Robinson 7.9; 220: Pruitt 23.0; 3000m: Butt 8:59.4; (40 & OVER) 220: Bruhner 24.1; 1320: Shettler 3:31.7; 3000m: Shettler 9:37.0; (GIRLS 16-17) 70LH: Honour 10.6; (WOMEN) SP: Rutledge 44-7 1/2. /Bob McGuire/



Darrell Elder (USC), formerly of Redwood High in Larkspur, set a US Junior Record of 192-8 at the US-Soviet Jr. Meet. /M. Shaughnessy/

Pleasant Hill Decathlon: (July 31-Aug. 1, Pleasant Hill) - (FROSH/SOPH) Shurr 3860, Emge 3642; (JR/SR) Stebleton 5475, Rutledge 5116, Hotz 4987; (OPEN) Graybehl 6337, Smith 6165, Bartlett 5421, Herron 5359, Alsen 5320; (25-29) Wooten 5850; (30-39) Ackley 5639, Anderson 4689; (40 & OVER) Durrengerger 2414. /Bob McGuire/

Discus All-Comers Meet: (Aug. 14, Fairfield) - (1) Burton 193-9 (New Age-Group Record and US Junior Record, breaking Darrell Elder's 192-8, set last month). -- HS Disc: (1) Powell 157-6. /Brad Nave/

Pan-American Games Trials: (Aug. 15-16, Eugene, Ore.) - (MEN) 110mH: (I) 5-Carty/BAS 14.20; (Final) Rich/CITC 13.69, Dobson/RichT&F 13.81; 100m: (I) 1-Edwards/CPSLO 10.42, 3-Pettus/BAS 10.71; (II) 6-Wilson/Army 10.68w; (Final) Edwards 10.34, Collins/TexChr 10.34, 7-Pettus 10.72; 400mH: Mann/BHS 49.44, King/San Diego 49.90; HT: Hart/NYAC 214-10, Frenn/Unat 214-7; PV: Bell/ArkSt 17-6, Taylor/UWash 17-6, ...Weidig/BAS (nh); 800m: Francis/BC 1:47.45, McLean/Bucknell 1:47.53; LJ: Robinson/MM 26-4 1/4, Lanier/Army 26-1 1/2; JT: Hall/BTC 261-11, Colson/SI 260-9, 6-Wallis/Army 231-8; 1500m: Waldrop/NC 3:50.52, Daggatt/Ore 3:51.08; 5000m: Stack/UCTC 13:40.24, Castaneda/CTC 13:40.85; 400m: Ray/NCC 45.42, Peoples/DCS 45.54; 20K-Walk: Young/CTC 1:34:15.5, Scully/Shore AC 1:34:15 (tie), 5-Kitchen/GGTC 1:38:38, 6-Glusker/WVTC 1:38:58.8, ...

(DQ) Ranney/GGTC; 200m: (I) 2-Edwards/CPSLO 21.47; (II) 4-Pettus/BAS 21.72; (Final) Brown/Ariz 20.86, Collins/TexChr 20.87, 6-Edwards 21.62; HJ: Guinn/Kans 7-4, Woods/PCC 7-4, 6-Livers/SJS 6-10; DT: Powell/PCC 211-4, Silvester 208-2, 3-Stadel/SJ Stars 199-2, 5-Louisiana/Army-WVTC 192-5, 6-Kennedy/Unat 188-4, 7-Fruguglietti/USC 170-4; 10,000m: Bjorkland/CTC 28:25.4, Gregorio/CTC 28:37.6, 3-Kardong/CNW 28:56.2, 4-Tuttle/BHS 28:59.0, 5-Anderson/OTC 29:10.0, 6-Garcia/Army 29:27.0; Decathlon: Jenner/SJ Stars 8524 (World Record...first ever over 8500), Dixon/BHS 8277, 5-Warkentin/Unat 7937, 7-George/BHS 7909; TJ: Haynes/Army 55-5 3/4, Rahman/BHS 53-10 1/4, 4-Livers/SJS 53-4 1/2; SP: Stuart/UCTC 65-7 1/2, Albritton/Hawaii 65-1 1/4, 4-Schmock/BAS 64-5 1/2, 7-Marks/Unat 62-6 1/4; 3000mSC: Manley/OTC 8:27.75, Lussenden/UCTC 8:27.85, 8-Lucas/WVTC 8:54.6. /Fred Baer/

Discus All-Comers Meet: (Aug. 21, Fairfield) - (1) Louisiana/WVTC-Army 191-2, (2) Burton/Ore 184-7, (3) Nave/WVTC 181-10, (4) Caswallador/COM 142-1. (HS DISC) Powell 150-8. /Brad Nave/

Central Coast Decathlon Championships: (Aug. 23-24, Santa Maria) - (1) Kenny Kring/WVTC 6376 (11.6, 20-6, 35-5 1/2, 5-9 3/4, 52.0, 16.8, 97-9 1/4, 13-10 1/2, 147-7, 4:41.8), (2) Danni Eitleberg/Hancock JC, (3) Buddy Kring/UCSB 5684. /Ray Kring/

Discus All-Comers Meet: (Aug. 28, Fairfield) - (1) Louisiana/WVTC-Army 192-11, (2) Burton/Ore 191-4, (3) Nave/WVTC 188-0 PR, (4) Banich/Ore 178-7, (5) Caswallador/COM 144-6. /Fred Baer/

Pan-American Games Trials: (Aug. 30-31, UCLA) - (WOMEN) 100m: Jiles/NOS 11.3, Bowen/Unat 11.4; 200m: Jiles/NOS 23.6, Cheeseborough/TennSt 24.0, 5-Cobbs/BEBTC 24.1; 400m: Dabney/Clippers 52.1, Sapenter/PV 53.2; 800m: Weston/WS 2:03.6, Hall/WSTC 2:04.2; 1500m: Merrill/AGAA 4:10.6, Bremser/WiscTC 4:13.8, 3-Graham/SJC 4:15.1; 100mH:(w) LaPlante/Unat 13.5, Donnelley/LI 13.6; HJ: Huntley/OTC 6-0, Spencer/GFRR 5-10, 10-Sandberg/SJC 5-4; LJ: Watson/LI 21-4 3/4, McMillan/Unat 21-3 1/2, 7-Elmore/MLTC 19-2 1/4; SP: Seidler/MDYF 50-1 1/2, Jacobson/Unat 49-6, 4-Rutledge/MLTC 48-9; DT: Sabol/LATC 165-9, Svendsen/WWW 162-6, 5-Langford/MDYF 155-3; JT: Schmidt/LATC 201-8, Calvert/LI 186-9, 3-Cannon/MLTC 186-7, 6-Bowers/SJC 159-4, 7-Sulinski/MLTC 153-3; Pentathlon: Fitzgerald/Atoms 4306, Collins/SalemTC 4103, 3-King/MLTC 4079. /Fred Baer/

Discus All-Comers Meet: (Sept. 4, Fairfield) - (1) Burton/Ore 185-10, (2) McCallum/BAS 183-3, (3) Nave/WVTC 174-8. /Brad Nave/

Discus All-Comers Meet: (Sept. 11, Fairfield) - (1) Nave/WVTC 191-1 PR, (2) Burton/Ore 187-2. (GIRLS DISC) Svendsen/WWW 166-11. /Brad Nave/

Discus All-Comers Meet: (Sept. 13, Fairfield) - (1) Nave/WVTC 195-6 PR, (2) Burton/Ore 190-6, (3) Dyer/CSH 152-7. /Brad Nave/

PREP X-C PREVIEW

/By Chris Kinder/--Six members of the 1974 Citizens Savings All NorCal Cross Country team will return in 1975, and several other fine runners will highlight the upcoming season. Leading these outstanding harriers will be NorCal's outstanding junior for 1974, Bob Paulin of Camden (San Jose), who finished third in the Central Coast Section last year. Other returnees are Ron Criner (Mt. Diablo, Walnut Creek) who was third in the NCS; Tim Holmes (Downey, Modesto) who was the Sac-Joaquin two-mile champ with a best of 9:06.5 last year while only a sophomore, and the outstanding soph of 1974 in cross country; Rudy Munoz (Watsonville), sixth in 1974's CCS Title Meet; Hal Schultz (Redwood, Larkspur), the Marin County League two-mile champ; and Kevin Searls (College Park, Pleasant Hill), sixth in the NCS in 1974.

1974's outstanding frosh, Rod Berry (Redwood, Larkspur) will hopefully be back in top shape after missing the spring track season with a knee injury. Another Marin star who has been hampered by a menagerie of injuries is Aran Collier of Tamalpais, third in the NCS frosh-soph race while running with a cast on his arm in 1973 while only a frosh. The North Coast could be real strong if these two return to their previous prowess, and will be getting plenty of push from O'Reilly (San Rafael), Gregg (Redwood), and Carlson (Tamalpais).

Besides Criner and Searls, the East Bay should field some strong teams and individuals. Bob McMeans (DeAnza, Richmond) paced last spring's NorCal junior milers with a 4:16.8 clocking. Washington of Fremont, Skyline of Oakland, and Pleasant Hill appear to be the teams to beat. Other individuals to watch are Dave Acosta (Alameda), Harbaugh (Piedmont), and Rich Judy (Tennyson, Hayward).

Ever-powerful Leigh of San Jose paces the CCS harrier picture for 1975, with several juniors, frosh, and sophs that should combine for another fine squad for coach Homer Latimer. Though upset by Pacific Grove in the CCS Meet last year, they managed to take all titles at the 3-mile postal meet, and have been known to win two different invitationals on the same day with two different teams! Besides Munoz and Paulin, other top stars to watch are Vance Eberly (Los Gatos), the CCS frosh-soph champ, Jeff Nicklin (Monta Vista), junior Dave Cortez (Woodside), and Ken McBride (Half Moon Bay).

The Sac-Joaquin area may well be the strongest section in NorCal this fall. Superstar Tim Holmes leads an impressive list of individuals that includes 9:07 two-miler Ron Read (Jesuit, Sacramento), who was third in that section last fall; Tim Gagen (El Camino, Sacramento), Mike Van Navarro (Oakmont, Roseville), with bests of 4:21 and 9:30 last spring; and Steve Sterling (Davis). Defending champ Jesuit will be challenged by Cordova, Downey, Oakmont, and South Lake Tahoe.

There should be plenty of good competition both individually and team-wise in all parts of Northern California. The Far North areas of Humboldt County and the North Central Valley are beginning to produce some fine athletes, and rumor has it that a NorCal Championship may be on for 1975, and the ever-arising State Championships idea may even materialize, but we shall have to hope for the best.

LONG DISTANCE RESULTS

DSE Summer Solstice Run: (June 21, Lake Merced, SF) - /5 Mi./ 1-Leydig/WVTC 25:13, 2-Conroy/ETC 25:39, 3-Darling/ETC 25:54, 4-Scalmanini/PAMA 26:09, 5-Weidinger/Un 26:28...42-Judy Gumbs/WVTC 30:04 (New CR for women), 53-Joan Ulliyot/WVTC 30:36, 63-Karen Salisbury 30:57, 82-Ruth Anderson/NCSTC (40+) 32:03. /DSE Newsletter/

DSE Stow Lake 3-Miler: (June 29, Golden Gate Park, SF) 1-McVeigh 14:42, 2-Smith 14:46, 3-Leydig 14:52, 4-French 14:59, 5-Weidinger 15:06...80-Colleen Scannell 18:17, 104-Julie Ortiz 19:15, 109-Skip Swannack 19:26. /DSE Newsletter/

Galloway Nabs Fountain Place Run: (June 30, Lake Tahoe) - /6.2 Mi./ 1-Galloway/FTC 32:27, 2-Jones/WVTC 33:25, 3-Ruffatto/CTC 36:11, 4-Swart/WVTC 36:18, 5-Deis 36:50, 6-Ferreira 36:54, 7-Keller 37:11...26 finishers. /David Price/

Redwood City 4th of July Parade Run: (July 4, Redwood City) - /3 Mi./ (11/UNDER) 1-Don Aviles 17:18, 2-Dean Aviles 17:51, 3-Bunting 18:42, 4-A. Sakelarios 19:05; (11/UNDER-GIRLS) 1-Krieg 20:44, 2-Scannell 21:04, 3-Himenes 21:52; (12-13) 1-Thomas 17:14, 2-N. Sakelarios 17:48; (12-13 GIRLS) 1-Himenes 17:49, 2-Scannell 17:59, 3-Vaughan 18:41; (14-17) 1-Mandanis 15:00, 2-Quinn 15:35, 3-Pincombe 15:53, 4-Dolan 16:33, 5-Small 16:36, 6-Weakley 16:43, 7-Vending 16:58; (14-17 GIRLS) 1-Neary/WVTC 17:29, 2-Wolfe 18:11, 3-G. Sakelarios 19:42, 4-Y. Cotte/WVTC 19:45; (18-29) 1-George/AIA 14:19, 2-Tracy/WVTC 14:58, 3-Loux 15:12, 4-Himmelberger/WVTC 15:18, 5-Bird 15:23, 6-Stock/WVTC 15:32, 7-Cooper/WS 15:33, 8-Watson/WVTC 15:51, 9-Norton 15:52, 10-Martin 15:59; (30-39) 1-Mawson 16:55, 2-Ulate 17:01, 3-Stovel 18:00, 4-Main/WVTC 18:01; (30-39 WOMEN) 1-Vaurs 22:14; (40 & OVER) 1-Paul/WVTC 16:53, 2-Healy/WVJS 17:04, 3-Egley 17:17, 4-Crosetti/TRAC 17:53; (40 & OVER-WOMEN) 1-M. Scannell 25:36. /Sten Mawson/

DSE Double Lake Merced Run: (July 4, Lake Merced, SF) - /9.5 Mi./ 1-Leydig/WVTC 49:58, 2-Zapata/WVTC 51:00, 3-Darling/ETC 51:17, 4-Weidinger/Un 51:48, 5-Miller/CWTC 52:56...72-Ruth Anderson (40+) 64:14, 86-Louise Burns 65:58. /DSE Newsletter/

SPA-AAU 15 Kilo Championships: (July 4, Santa Barbara) 1-Tuttle/BHS 45:20 CR, 2-G.Aguirre/SBAA 46:28, 3-R.Aguirre/SBAA 47:07, 4-Badgley/SUTC 47:10, 5-Steiner/AATC 47:39, 6-Hayes/SBAA 47:59, 7-Cook/AIA 48:59, 8-Arbogast/SFVTC 49:16, 9-Maier/CCAC 49:26, 10-Kushner/GWAA 49:38, 11-Donovan/SBAA 49:40, 12-Chambliss/SBAA 49:42, 13-Branch/CCAC 49:48, 14-Swift/AZPC 49:52, 15-Peterson/WVTC 50:03, 16-Caldwell/AIA 50:12, 17-Brotten/STC 50:13, 18-Haake/SBAA 50:20, 19-Perez/AZTL 50:22, 20-Brown/Un 50:52...26-F.Assumma(14)/SURR 51:16...30-Smartt (43)/Un 51:50, 32-Bartek(42)/SBAA 52:05, 35-Bowles/WVTC 52:31, 81-Hagerty/SUTC 57:41...Teams: SBAA 4:00:56, CCAC 4:10:55, RRR 4:20:56, SFVTC 4:28:20. (Note: Tim Peterson took a wrong turn one-half mile from finish while running in 7th and wound up 15th). Old course record was 46:50 by Mike Wagenbach in 1973. A record number of 219 finishers and generally the fastest-ever mass finish for this event. Jackie Hansen was first female in a quick 56:04 (62nd). /John Brennan/

DSE Golden Gate Park 4-Miler: (July 6, S.F.) - (This course is the same as the 4-mile loop for the Golden Gate Park 8-Miler in April...AAU Race). 1-Lucas/WVTC 20:42, 2-Smith/PAMA 20:50, 3-Scalmanini/PAMA 21:01, 4-Weidinger/Un 21:02, 5-Zapata/WVTC 21:03, 6-Fitzgerald/PAMA 21:04...59-Sue Neary/WVTC 24:32, 83-Colleen Scannell 25:43. /DSE Newsletter/

College of the Canyons Run: (July 6, Valencia) - /6.0 Mi./ - 1-Lee 31:12, 2-Swift/AZPC 31:42, 3-Caldwell 32:13, 4-Miller/CCAC 32:19, 5-Harrie/RRR 32:29, 6-Starinieri 32:47. /Brennand/

Cold Creek Trail Run: (July 12, Lake Tahoe) - /8 Mi./ 1-Viljoen/Oklahoma St.-So.Africa 41:06, 2-Galloway/FTC 41:06, 3-Hernandez/Nevada 43:58, 4-Zarate 43:58, 5-Keller 46:09, 6-Vargas/Nevada 46:21, 7-Smith 46:39, 8-Ellis 48:12, 9-Lemus 48:26, 10-Fairwell 48:43. /David Price/

Coastal Section One-Hour Run: (July 12, San Luis Obispo) 1-Flanigan/BHS 10-1539, 2-Alfaro/AZTL 10-1332, 3-Beaton/SLDC 10-731, 4-Nanninga/WVTC 10-614, 5-Hiserman/CPSLO 10-482, 6-Naples/PennAC 10-435, 7-Rosenfield/SLDC 10-116. /Rosenfield/

DSE Coit Tower Run: (July 13, S.F.) - /About 2.6 Miles/ 1-La-Forge/CWTC 13:11, 2-Gregory/PCTC 13:16, 3-Weidinger/Un 13:34, 4-Lennemann 13:37, 5-Chaffee/ETC 14:03, 6-Stagliano 14:10... 14-Kate Keyes/UCLA 14:46, 58-Julie Ortiz 16:26. /DSE News/

The Great Race: (July 19, Sacramento) - A biker, a kayaker, and a runner from Berkeley were the 1975 winners with a record time of 1:20:27. Called the Nike Club, the team consisted of Ron Wayne, Fritz Moritz, and Tom Simonson. Each received a 10-speed bike for his victory. This is a relay event in which competitors raced bikes 9 miles, maneuvered water crafts on the river for 4.5 miles and ran 5.5 miles. Eppie Johnson sponsored the race and proceeds from entry fees (\$1,605) went to the Aquarian Effort, a Sacramento drugs rehabilitation center. Second place went to the Ophir Prison Inmates, consisting of Paul Barton, Dick Reimers, and Steve Williams, who did 1:21:32. Three rubber rafts were awarded to the second-placers. Livermore Flukes was the third place team with a time of 1:21:59... members being Dick Roberts, Bill Seaver, and Bill Spence. All were awarded jogging suits. Highlights of the race included an effort on the river with a surfboard and a performance by one man (Pax Beale) who entered himself as a team and undertook all three portions of the race on his own. Division winners and their times: (Senior) Bike-Oar-Ron-A's (Gade, Hayman, Flodberg) 1:30:22; (Women) Kirby's Girls (Pickett, Rickards, Lyman) 1:36:19; (Junior) Vicker's Honda (O'Neil, Pickett, Pardee) 1:23:59; (Eppie's Restaurants) Voyager Inn (Poud, Dean, Cordes) 1:31:21.

7th Annual County Fair 10-Miler: (July 22, Guadalupe to Santa Maria) - /10.1 Mi./ 1-Zarate/UNTC 50:16.3, 2-Reyes/SDTC 53:06, 3-Huff/PRHS 56:46, 4-Martinez/Un 56:55...11-Gil (40+) 60:27.. 40-Barbara Arreola/SLDC 73:49. /Ray Kring/

DSE Ft. Point Run: (July 25, S.F.) - /Less than 4 miles/ 1-Smith/PAMA 19:33, 2-Muela/ETC 19:56, 3-Lavelle 20:07, 4-Byrd 20:11, 5-Svendsgaard 20:23, 6-Myers 20:31...40-Maryetta Boitano 22:53, 49-Colleen Scannell 23:11. /DSE Newsletter/

Ponderosa Ridge Run: (July 26, Lake Tahoe) - /10 Mi./ 1-Sinott 71:48, 2-Lawson 74:24, 3-Keller 75:19, 4-Kier Furey 76:26, 5-Ellis 77:11, 6-Branchini 78:26. /David Price/

SPA-AAU Hour Run: (July 26, Santa Barbara) - Gary Tuttle finally managed to break Bill Clark's American record for the One Hour Run by travelling 12 miles, 811 yards around the UCSB all-weather surface. WVTC's Jim Nuccio was also well on his way to cracking the old mark (12-527), set in 1971 at Tamalpais High School in Marin County. But he made the mistake of wearing spikes instead of flats and was forced out at 10 miles with bad blisters. Still...his 45:07.8 for 15 Kilos and 48:25 for 10 miles were super marks (he passed 6 miles in 28:58). At the time he pulled out, he was only about 100 yards behind the fleet Tuttle, who won the 1974 Bay-to-Breakers Race. We have no complete results from this race yet, but will print them in next issue, assuming we have them by then. /John Brennand/

DeMoss Takes His First Masters Run: (Aug. 2, Los Gatos) - Having just turned 40 the week before, WVTC's Harold DeMoss decided to celebrate his entry into the masters scene by competing in his first run as one. He promptly clipped off a 74:58 clocking for the 11.5 Mile "Larry Lewis Memorial Run",

leaving his nearest opposition almost three minutes arrears. The very warm temperatures made a shambles of many good runners in the field who could not take the adverse conditions. The run was followed by a picnic at Frank Cunningham's home in the Los Gatos Hills (end of the run...all uphill). Following DeMoss' 74:58 clocking were: 2-Nicholson/NCSTC 77:37, 3-Martin/WVJS 77:58, 4-Napier/WVJS 78:59, 5-Finch/NCSTC 79:38, 6-Reinhardt/NCSTC 80:59, 7-Reese/NCSTC 81:55, 8-Lucero/Un 82:41, 9-Crosetti/TRAC 83:49, 10-Allen/NCSTC 84:16, 11-Willets 86:37, 12-Correa 86:51, 13-Paulin 87:06, 14-Lenihan 89:30, 15-Hill 90:26. /Frank Cunningham/



WVTC's Harold DeMoss won his first race as a 'Master' on Aug. 2. /J.Engle/

Resurrection Pass Trail Marathon: (Aug. 2, Hope, Alaska) - Chris Haines toured 26+ miles of mud-covered trail to better a field of 56 challengers in the 5th Annual running of this race. Following a modified course and extremely rough conditions, Haines completed the race in 2:51:42 (ten minutes off his 1973 time). Other finishers: 2-Besh 3:09:30, 3-Raynor(Jr) 3:15:38, 4-Brown 3:17:06, 5-Bodnar 3:17:43, 6-Malloy 3:22:21, 7-Hill 3:25:19, 8-Vanalston(jr) 3:26:00, 9-Morgester 3:26:04, 10-Gnad 3:29:41. /John Trent/

Pikes Peak Marathon: (Aug. 3, Manitou Springs, Colo.) - Rick Trujillo broke both the ascent and round-trip record for this rugged race, doing the 'up' portion in 2:01:47 to best Chuck Smead (2:07:15) and then completing the roundtrip in 3:31:05 to knock about 5 minutes from his previous mark. We have the complete results but I am facing a printing deadline right now and don't have time to try and figure out all the combinations of ascents and roundtrips for local runners...so hold tight and we'll have them for you in next issue. Thanks for your patience. Any volunteers to do this job for me? /Rudy Fahl/

DSE Practice Dipsea Run: (Aug. 3, Mill Valley to Stinson Beach) - /76.8 Mi./ 1-Bunnett/MH 50:37, 2-Salazar 57:55, 3-Schmidt/57:56, 4-Chaffee/ETC 47:58, 5-Walker 58:23, 6-Scannell 58:33... 10-Debbie Rudolph/Lassen 58:47, 32-Maryetta Boitano/Un 68:45. /DSE Newsletter/

One-Hour Run: (Aug. 4, Sacramento) - (1) Fuller/GWTC 11-322, (2) Ferreira 11-206, (3) Read/GWTC 11-140, (4) Wulff/GWTC 10-1621, (5) Baudendistel/GWTC 10-1104, (6) Krebs/GWTC 10-714, (7) Hardy 9-1238...(10 Miles) Deis 54:27. /Walt Lange/

Griffith Park 13 Kilo Team Run: (Aug. 5, L.A.) - 1-Baksh 42:39, 2-Patterson 43:40, 3-Kryczko 44:16, 4-Askren 44:38, 5-Swift 44:49, 6-Cook 44:50, 7-Branch 45:03, 8-Moffitt 45:19, 9-Chambliss 45:21, 10-Amaya 45:24. /John Brennand/

American River Run: (Aug. 9, Sacramento) - 1-Ferreira 33:32, 2-D.Fuller/GWTC 33:45, 3-Hernandez/WVTC 33:50, 4-Swart/WVTC 34:02, 5-Jordan/GWTC 34:46, 6-Weed 35:24, 7-O'Neil/GWTC 36:02, 8-Smolich/Un 36:46, 9-Fairwell/GWTC 36:57, 10-Lagomarsino/GWTC 37:10, 11-J.Ferreira 37:18, 12-Monje/Un 37:22, 13-Misner/Un 37:45, 14-Teague/Un 37:51, 15-Hardy 37:53. /H. Hernandez/

El Cerrito Hillside Run: (Aug. 9, El Cerrito) - /4 Mi./ 1-Ron Wayne/WVTC 20:10 CR, 2-Castro 20:45, 3-Fitzgerald/PAMA 21:00, 4-Himmelberger/WVTC 21:42, 5-Coleman 22:08, 6-Dale Scott 22:26, 7-Browne 22:34, 8-Larson 22:44, 9-Johnson 22:54, 10-Harlow 22:57...18-Moss (40+) 24:05. /George Moss, Dick Hunn/

DSE Practice Dipsea Run: (Aug. 10, Mill Valley) - /6.8 Mi./ - 1-Muela/ETC 52:07, 2-Carlson 52:52, 3-Chaffee/ETC 52:54, 4-Scannell 53:56, 5-Pickett(40+) 54:21, 6-Mike Boitano 55:05,... 23-Maryetta Boitano 61:34, 27-Colleen Scannell 62:04./DSE News/

DSE Lake Merced Run: (Aug. 17, S.F.) - /5 Mi./ 1-Sershen/Un 24:49, 2-French 25:58, 3-Weidinger/Un 26:19, 4-Sjostedt 27:04, 5-Ferrill 27:05, 6-Jensen(40+) 27:17...39-Maryetta Boitano 30:42, 44-Colleen Scannell 31:03, 80-Skip Swannack 33:11, 98-G. Gustafson 34:09, 105-Rudolf 34:38...264+ finishers. /DSE Newsletter/

Pan-American Games Marathon Trials: (Aug. 23, Flagstaff, Ariz.) /7200 feet/ - 1-Rojas/CTC 2:26:23.8, 2-Smead/CTC 2:28:11.0, 3-Badgley/SUTC 2:29:22, 4-Haviland 2:29:56, 5-Hoag/TCTC 2:32:36, 6-Flanagan 2:33:44, 7-Akiyama/SDTC 2:34:10, 8-Busby 2:34:28, 9-Kelley 2:34:52, 10-Harter/WVTC 2:36:04, 11-Fidler 2:37:04... 13-Fleming 2:40:45, 15-Pfeffer/JT 2:44:23, 17-Ziegler 2:53:53; ---DNF's Galloway, Lorenz, Pate, Wayne, Hoffman, Trujillo, Bowles & others. /Bob DeCelle/

Charleston Distance Run: (Aug. 30, Charleston, W.Va.) - /15 Mi./ 1-Vitale 1:17:00, 2-Brown/FTC 1:17:18, 3-Eden/ATC 1:18:15, 4-Fry/Indiana U&P TC 1:18:48, 5-Rosa/Parkside TC 1:18:49, 6-Dim-mick/Vt 1:18:56, 7-Ed Leddy 1:18:59, 8-Galloway/FTC 1:19:12, 9-Martin/W&M 1:19:47, 10-Richie/OhioTC 1:20:03...16-Kurrle/BHS 1:21:13, 27-Wayne/WVTC 1:23:26, 94-Reeder/Un 1:30:09. /Warm & humid conditions prevailed entire race/. /Don Cohen/



Start of 24-Hour Relay at San Jose State. /Sheldon Gersh/

Ron Wayne Nabs Knights of Columbus Marathon: (May 4, Cupertino) - Just a few short weeks after recording a near PR 2:18:55 at the Boston Marathon, Ron decided to take in the K of C Marathon. Obviously not pushing the pace as hard as he was able, Ron eased in to a 2:36+ clocking (exact time is not available...was printed incorrectly in results as 2:21:12). Fellow Berkeley runner, Bob Coleman got a 2:37:14 in second, easily his best time, and coming on a difficult course made it even the more impressive. Only 8 runners broke three hours, although 150 managed to complete the full course. Mickey Moberg managed to slip under the three hour mark as he picked up the over-40 prize at 2:58:14. Ulrich Kaempf was right on his heels with a 3:01:10, with Gough Reinhardt another minute and forty seconds back. Maryetta Boitano came up with her usual fine race at 3:06:40...probably worth a sub-three hour effort on a flatter course. She was 14th place overall. Yvette Cotte was next at 3:12:09, less than a minute off of her PR. Below are listed the top finishers (men and women). /Dan O'Keefe/

1 - Ron Wayne/WVTC	2:36:??	13 - Peter Wood/NCSTC	3:06:09	25 - Yvette Cotte/Un	3:12:09	37 - Peter Baum	3:18:49
2 - Robert Coleman/Un	2:37:14	14 - Maryetta Boitano	3:06:40	26 - Gary Upham	3:13:32	38 - Paul Sebesta	3:19:55
3 - Tony Mezzapelli	2:44:03	15 - Santos Reynaga/WV	3:06:50	27 - Robert Hopper	3:13:36	39 - Peter Stein/TRAC	3:21:08
4 - Keith Kruse/WVTC	2:47:55	16 - Ray Smith	3:08:20	28 - S. Spark	3:15:12	40 - Wayne Hooper	3:21:08
5 - Jim Waters	2:52:00	17 - Peter Martinez	3:09:09	29 - John Bulash	3:15:14	41 - Dennis Lem	3:22:12
6 - Mark Drissall	2:56:40	18 - Stephan Totten	3:09:22	30 - Richard Willets	3:15:29	42 - Carl Martin	3:22:16
7 - Mickey Moberg	2:58:14	19 - Stephen Sidney	3:09:43	31 - Clifford Wolery	3:15:37	43 - Marshall Frank	3:22:54
8 - Bruce Smith	2:58:20	20 - Robert Malone	3:11:02	32 - Colby Harmon	3:16:36	***WOMEN***	
9 - Ulrich Kaempf/TRAC	3:01:10	21 - David Bogosian	3:11:12	33 - Darrell Jeong	3:17:15	14 - Maryetta Boitano	3:06:40
10 - Mike Boitano	3:02:19	22 - John Perkins(40+)	3:11:17	34 - William Spence	3:18:26	25 - Yvette Cotte/Un	3:12:09
11 - John Hellman	3:02:33	23 - John Holtorf, Jr.	3:11:26	35 - Bob Kuchenmeister	3:18:35	66 - Jeannette Cotte	3:35:33
12 - Gough Reinhardt	3:02:50	24 - Bruce Dingwall	3:11:43	36 - George Sandoval	3:18:35	85 - Sandy Paulin	3:50:21

Ross Smith is Handicap Victor at Mt. Misery: (June 14, Placerville) - Fastest is not necessarily first...at least not in the case of this race. Although Jim Sane had the fastest scratch time by over a minute (41:43), he was not able to catch Ross Smith of Reno, who was still some two minutes ahead at the finishline because of his early start. We found the results sheet awfully confusing, but Ross Smith helped us out a bit by telling us what division each person was in. We'll list finishers below in terms of their 'actual' finish place but put down their actual time too unless we don't know what handicap to use (in which case we'll put down the handicap time with an asterisk before it (*)). Runners got up to 20 minutes headstart (the scratch group was 18-39 and boys in the 11th and 12th grades). /Ross Smith, Ernie Marinoni/

1 - Ross Smith/WVJS	44:19	11 - Micky Brodie	46:07	21 - Steve Fuller	*68:25	31 - Leon Souza	*71:56
2 - Jeff Baker	50:20	12 - Brent Cushenberry	46:10	22 - Bruce Brazelton	49:21	32 - Al Wiggins	62:39
3 - Jim Sane/BCTC	41:43	13 - Randy Hansen	46:11	23 - Walt Currier	69:43	33 - Roger Anawalt	62:56
4 - Ron Wanninger	62:18	14 - Mike O'Neil	56:56	24 - Catherine Smith	70:04	34 - John Lundquist	53:35
5 - Dave Boyet	42:57	15 - Ty Hadley	47:00	25 - Paul Holmes	50:16	35 - Colin Templeman	58:40
6 - Paul Keller	43:25	16 - Mike Brown	47:13	26 - Chuck Himenez	51:21	36 - Bob Long	54:01
7 - T. Powell	54:08	17 - Bob Coulson	47:37	27 - J.P. Wyrick	61:37	37 - Stephen Paine	54:52
8 - Ed Nicholson	44:16	18 - Brent Weaver	47:48	28 - Tim Keller	71:38	38 - Steve Mansdoerfer	54:53
9 - Paul Reese/NCSTC	54:37	19 - Greg Mandanis/WS	47:56	29 - Abe Underwood	51:40	39 - Richard Cooper	56:23
10 - Nick Vogt/GSTC	45:21	20 - Lisa Foy (W)	63:22	30 - Martin Dugard	61:40	40 - Mike Brigante	56:27

Nuccio Clobbers Kenwood Field: (July 4, Kenwood) - WVTC's Jim Nuccio didn't play around at all this year. Last year he and Ron Elijah deliberately tied it up in a then course record of 32:16. Today Nuccio smothered that mark with a 31:25 over the tough 10 kilo course. His closest competition was a minute-and-a-half back in the person of Run Wayne (32:51). Darryl Beardall hung in well to push Ron with his 33:15. Bill Jensen ran very strongly and placed eighth overall to take the masters title in 36:06, besting Craig Roland's 37:15. Kathy Costello, just off a successful track season, proved she's tough on the roads too with a victory in her division (43:06). Her closest rival was a full three minutes back. A total of 104 finished the run. /Fred Kenyon/

1 - Jim Nuccio/WVTC	31:25	8 - Bill Jensen/PAMA	36:06	15 - Jon Valerga/DVTC	37:36	22 - Jim Blank/DVTC	38:50
2 - Ron Wayne/WVTC	32:51	9 - Rich Vasquez/DVTC	36:15	16 - Paul Holmes/Un	37:41	23 - Colin Hermans/VMTC	38:57
3 - Darryl Beardall/MH	33:15	10 - Terry Pintane/VMTC	36:41	17 - Richard Cooper/Un	37:50	24 - Ken Ibarra/Un	39:09
4 - Gene Fitzgerald/PAMA	33:44	11 - Rich Alexander/VMTC	36:50	18 - Phil Bailey/Un	37:59	25 - Don Madronich/Un	39:23
5 - Doug McLean/WVTC	34:49	12 - John Mullin/DVTC	36:51	19 - Dick Lyon/VMTC	38:11	26 - John Lynde/VMTC	39:25
6 - Jack Hackmann/VMTC	35:36	13 - Craig Roland/Un	37:15	20 - Gary Warner/Un	38:23	27 - Pete Schoener/Un	39:45
7 - Jeff Jahn/VMTC	35:41	14 - Glenn McCarthy/VMTC	37:33	21 - Phil Holder/Un	38:38	28 - John Daly/Un	39:54

29 - Larry Kirk/VMTC	40:13	35 - Ivan Rarick/Un	41:26	41 - Gary Bannister/Un	43:05
30 - Brian Jennings/Un	40:26	36 - Gough Reinhardt/NCS	41:36	***WOMEN***	
31 - Dave Hoagland/VMTC	40:38	37 - Evan MacBride/Un	41:59	42 - Kathy Costello/Un	43:06
32 - Bill Shealy/Napa	40:40	38 - Roger Nelson/Un	42:22	61 - Jo Ellen Howard/UTC	46:06
33 - Steve Howard/UTC	41:08	39 - Tom McCarthy/Un	42:31	69 - Dana Searls/Un	47:13
34 - Kevin Farrell/VMTC	41:17	40 - Lynn Stafford/VMTC	43:00	70 - Liz Golincaux/Un	47:44

Pat Phelan Invades 'North'--Cops Folsom 10 Kilo: (July 6, Folsom) - Fresno State's Pat Phelan decided to do some running 'up north' this summer and proceeded to gobble up the field at the Folsom 10 Kilo. His 32:06 clocking was off Jim Birnbaum's 31:31 standard of last year, but the weather wasn't trying to cooperate either...78° at the start. This held most of the records down except that Walt Betschart set a masters mark of 35:53. Dale Fuller of the local Golden West TC was the runnerup in 32:26, followed by Cal-Aggie, Pete Flores, in 32:43. Jim Sane was the first prep to finish, and took fourth overall (32:50). Michelle McKeen of the NorCal Track Club had an easy time upending the Cotte sisters for the women's title (42:33). /Frank Krebs/

1 - Pat Phelan/FSU	32:06	17 - Gordy Vreedenberg	34:31	33 - Mike Brown/Pond.HS	37:04
2 - Dale Fuller/GWTC	32:26	18 - Steve Barr/BCTC	34:33	34 - Corey Sterner/Un	37:24
3 - Pete Flores/AggieTC	32:43	19 - Rob Fairley/Un	34:37	35 - Bruce Dixon/Un	37:28
4 - Jim Sane/BCTC	32:50	20 - Doug Rennie/BCTC	34:42	36 - Dave Reynolds/Un	37:36
5 - H. Hernandez/WVTC	33:08	21 - Nick Vogt/GSTC	34:56	37 - Jim Williams/GSTC	37:44
6 - Jim Howard/GWTC	33:26	22 - Bruce McInturf/Un	35:28	38 - Jim Kirkpatrick/MVTC	37:47
7 - Doug Butt/MH	33:39	23 - Walt Betschart/BCTC	35:53	39 - Doug Essary/PPTC	37:50
8 - Tim Farrell/Un	33:40	24 - Kevin Hanson/Un	36:05	40 - Larry Summer/BCTC	37:56
9 - Paul Keller/Un	33:43	25 - Tom Burns/Un	36:09	41 - Pete Schoener/BCTC	38:03
10 - Robert Deis/Un	33:47	26 - Bill Fairwell/GWTC	36:11	42 - Bob Coulsen/Un	38:19
11 - Dirk Feenstra/GWTC	33:49	27 - Abe Underwood/BCTC	36:17	43 - Joe Cornett/Un	38:48
12 - Greg Mandanis/WS	33:50	28 - Mark Nygaard/GSTC	36:39	***WOMEN***	
13 - Dennis Swart/WVTC	33:59	29 - Paul Holmes/BCTC	36:44	73 - Michelle McKeen/NCTC	42:33
14 - Andy McBride/SCC	34:07	30 - Guy Ealey/Un	36:47	84 - Yvette Cotte/WVTC	43:39
15 - Frank Krebs/GWTC	34:10	31 - Sam Trujillo/BCTC	36:57	96 - Jeannette Cotte/WVTC	46:09
16 - Adam Ferreira/GWTC	34:28	32 - David Brown/Un	36:57	114 - Lisa Riddle/NCTC	70:10



Jim Nuccio set course standards at Kenwood, Lafayette 10 Kilo, and Alameda this summer. /Paul Cooper/

Nuccio Pulls Himself and Two Others Under Course Standard at Lafayette 10 Kilo: (July 12, Lafayette Reservoir) - Under nearly ideal conditions, Mill Valley's Jim Nuccio pushed hard from the start and kept pushing...so hard in fact that he clipped 44 seconds from his own 1974 standard of 31:13. His competition gave a good account of themselves too, as teammates Bill Clark and Jack Bellah also dipped under the old mark with 30:59 and 31:09 clockings. Larry Rose, in fourth, was also close at 31:21. In the over-40 race, Jim Shettler proved why he was chosen as the top masters road runner in 1974 by defeating Dennis Teegarden by a full half-minute. Surprise third-placer was fast improving George Moss, another half-minute back. First woman to finish in the very good field was Sue Munday (38:31), who destroyed her nearest competitor by over a minute (Pam Allen--39:42). Debbie Rudolph was way back of Pam, and Kathy Himmelberger was quite close in fourth. Rumaldo Montenegro waged a good battle with Jim Sane in the high school division before dropping him by 16 seconds at the end. Kevin Searls took the third prep spot, but his 33:52 was out of the money for anything better than that. A whopping 240 finished the run, with 25 of those at 35 minutes or better! /Mike Foley, George Moss/



Gary Singer has an early lead in the Lafayette 10 Kilo (he finished 13th), as about 250 started the run. /Jeff Zimmerman/

1 - Jim Nuccio/WVTC	30:29	24 - Bruce McInturf/Un	35:00	47 - Rick Rockwell/WVTC	37:35	70 - Pam Allen/Lassen	39:42
2 - Bill Clark/WVTC	30:59	25 - Tim Swezey/PAMA	35:06	48 - Albino Amador/Un	37:37	71 - Ken Israel/DSE	39:53
3 - Jack Bellah/WVTC	31:09	26 - Bruce Rubin/Un	35:17	49 - Tom Callander/Un	37:38	72 - Doug Prouty/Un	39:54
4 - Larry Rose/PCC	31:21	27 - Blair Goodrow/Un	35:29	50 - George Moss/NCSTC	37:39	73 - Jim Allen/NCSTC	39:55
5 - Hans Templeman/Un	31:41	28 - Alan Saver/PAMA	35:30	51 - Dennis Egley/Un	37:49	74 - David Zermer/Un	39:56
6 - Mike Emry/PAMA	32:06	29 - Pat Shaughnessy/WV	35:35	52 - Tom Cooper/CRR	37:52	75 - James Parmiter/Un	40:00
7 - Pete Flores/Aggie TC	32:43	30 - Doug Rennie/BCTC	35:38	53 - Mike Cooke/GPP&MB	37:55	76 - Bob Sakauye/Un	40:09
8 - Dennis Tracy/WVTC	32:44	31 - Chris Castro/Un	35:50	54 - Andrew Arce/Un	38:02	77 - Don Lucero/Un	40:10
9 - Rich Kimball/OSU	32:55	32 - Ralph Bowles/WVJS	35:55	55 - Jim Hartinger/DVTC	38:04	78 - Jack Garnett/NCSTC	40:14
10 - Rumaldo Montenegro	32:58	33 - Jim Williams/PBPTC	36:15	56 - Dennis Kroll/Un	38:14	79 - Gough Reinhardt/NCS	40:16
11 - Keith Jacobson/Un	33:04	34 - Jim Shettler/WVJS	36:36	57 - Gary Alderman/Un	38:17	80 - Frank Harrison/NCS	40:28
12 - Jim Sane/BCTC	33:14	35 - Kees Tuinzing/MH	36:37	58 - Isao Apachi/Japan	38:29	81 - Pete Alexander/DSE	40:31
13 - Gary Singer/Un	33:31	36 - Vance Eberly/Un	36:39	59 - Kevin Hampson/NNTC	38:30	***WOMEN***	
14 - Rich Delgado/WVTC	33:42	37 - Mike DeGrott/Un	36:45	60 - Sue Munday/WSTC	38:31	60 - Sue Munday/WSTC	38:31
15 - Doug Butt/MH	33:48	38 - Jack Cavagnaro/Un	36:52	61 - Howard Griffith/CRR	38:36	70 - Pam Allen/Lassen	39:42
16 - Dave Himmelberger/WV	33:50	39 - Paul Holmes/BCTC	36:55	62 - Alan Winkley/Un	38:39	93 - Debbie Rudolph/Un	41:09
17 - Kevin Searls/CPHS	33:52	40 - Wes Hurlburt/USN	37:01	63 - Tom Pinckard/NCSTC	38:40	97 - Kathy Himmelberger	41:19
18 - Bob Bailey/Un	34:07	41 - Javier Barragan/Un	37:02	64 - Marvin Winer/Un	38:41	112 - Vickie Monroe/Lassen	42:09
19 - Eric Burt/Un	34:15	42 - Dennis Teegarden	37:03	65 - Brad Morgan/Un	38:47	117 - Betsy White/WVTC	42:23
20 - Richard French/Un	34:26	43 - Alan Robertson/Un	37:04	66 - Richard Emmons/Un	39:02	120 - Ruth Anderson/NCSTC	42:34
21 - Doug McLean/WVTC	34:38	44 - Dave Lason/Alameda	37:05	67 - John Hillibrink/Un	39:07	128 - Louise Adamson/WVTC	43:01
22 - H. Hernandez/WVTC	34:53	45 - Richard Cooper/MIM	37:20	68 - Hoyt Walker/LVRC	39:10	130 - Yvette Cotte/WVTC	43:19
23 - Steve Parker/NNAC	34:55	46 - Frank Hagerty/SUTC	37:30	69 - Doug Dray/CRR	39:21	140 - Jeannette Cotte/WVTC	44:10

Templeman Conquers Hills at Felton: (July 13, Felton) - Univ. of Montana distance runner (ex-Carlmont HS), Hans Templeman, showed Jack Bellah a thing or two about hill running at the 6.9-Mile Race to the Redwoods (new course). It was never a question of whether Templeman would win, but just by how much...it turned out to be nearly a minute! His 36:56 will be a course standard since it has never been run before. Ulrich Kaempf (43:13) turned back little-known Rudy Del Rio (43:27) in the masters race, with Bill Flodberg next at 43:39. Sue Neary (46:53) proved too much for Sue Munday (48:43) in the women's race. There were 180 finishers.

1 - Hans Templeman/Un	36:56	21 - B. Sawyer	42:25	41 - Stan Newton	45:01	61 - Bill Reinhart	47:10
2 - Jack Bellah/WVTC	37:45	22 - Steve Palladino	42:34	42 - Dennis Urutiaga/WVTC	45:23	62 - Ward Cray	47:13
3 - Bill Seaver/WVTC	38:16	23 - David Weikel	42:35	43 - Bryan Kovacs	45:26	63 - Wayne Griffin	47:21
4 - Dave Stock/WVTC	38:25	24 - Jake White	42:36	44 - Jay Cruze	45:28	64 - Richard Willets	47:21
5 - Gil Brooks/WSTC	38:31	25 - Hollis Marriott	42:45	45 - Joseph Reinhart	45:31	65 - Michael Young	47:27
6 - Tad Woliczko	38:32	26 - David Colburn/CWTC	42:55	46 - Gilbert Munoz	45:33	66 - Gary Martin	47:30
7 - John Moreno	39:20	27 - Mike Millward/Un	43:05	47 - Peter Stein/TRAC	45:35	67 - James Knipe	47:40
8 - Pat Stordahl/WVTC	39:26	28 - Ulrich Kaempf/TRAC	43:13	48 - Chris Kadoch	45:42	68 - John Stock	47:51
9 - Dennis Tracy/WVTC	40:21	29 - W. Meinhardt	43:18	49 - Bill Brown	46:15	69 - Robert Ernst	47:53
10 - A. Landretti	40:22	30 - Rudy Del Rio	43:27	50 - M. Macallair	46:17	70 - Jim Miller	47:58
11 - Bruce Sayre/CWTC	41:06	31 - Keith Maurer/WVTC	43:32	51 - Tom Cooper	46:29	71 - T. Hazlehurst	48:18
12 - Mark Quinn/CWTC	41:22	32 - Haywood Norton	43:34	52 - William Diaz	46:31	72 - Dan Harvey	48:20
13 - Jim Sane/BCTC	41:26	33 - Bill Flodberg/WVJS	43:39	53 - Phil Trumbly	46:33	73 - Howard Griffith	48:23
14 - Roy Hoglund/WSTC	41:34	34 - Gary Grellmann	44:11	54 - Santos Reynaga/WVTC	46:33	74 - P. Sanfilippo	48:24
15 - Scott Carvey	41:36	35 - Marc Lund/WVTC	44:16	55 - Paul Holmes	46:39	***WOMEN***	
16 - Joe Salazar	41:49	36 - Stan Ross	44:23	56 - Paul Sebesta	46:45	59 - Sue Neary/WVTC	46:53
17 - Mike Plummer	41:56	37 - Jack Reime	44:24	57 - Philip Hager	46:47	79 - Sue Munday/WSTC	48:43
18 - John Hillman	41:58	38 - Walt Betschart/BCTC	44:27	58 - Dan Escamilla	46:51	99 - Jeannette Cotte/WVTC	52:04
19 - M. Kaempf	42:21	39 - R. Wolters, Jr.	44:30	59 - Sue Neary/WVTC	46:53	106 - Yvette Cotte/WVTC	53:07
20 - Steve Watkins	42:24	40 - Ed Dally/WVTC	44:44	60 - J. Schwerzler	46:55	129 - Alicia Munoz	55:41

Templeman Outkicks Bellah at Wharf-to-Wharf: (July 19, Santa Cruz to Capitola) - In their third meeting this summer, Templeman pulled ahead, two wins to one, by hanging with the surging Bellah and then kicking hard at the end to win. Both Templeman and Bellah went under Mark McConnell's year old record of 28:30 by going 28:12 and 28:20 respectively. McConnell, admittedly a bit out of shape, settled for third. Ed Dally tagged the masters runners with a solid 36-second margin of victory over Dieter Diekmeyer, 32:03 to 32:39. Improving Walt Betschart was next at 32:51. San Jose Cinderella Teri Anderson had no problem with her division, as she clocked a quick 33:44 over the 5.813 mile course. WVTC's Sue Neary was a near minute arrears at 34:33, with Sue Munday at 35:05. This year the race drew nearly 600 starters with 565 making it to the finish in Capitola. The weather was overcast and perfect for fast times. /Ken Thomas/



Start of the Felton, Race to the Redwoods. /Cooper/

1 - Hans Templeman/Un	28:12	34 - Jake White	31:09	67 - Paul Cooper	32:22	100 - Edward Tico/WVJS	33:26
2 - Jack Bellah/WVTC	28:20	35 - Rob Fairley	31:09	68 - Glenn Pruitt	32:22	101 - Imre Homer	33:27
3 - Mark McConnell/Un	28:54	36 - Pete Dinno	31:11	69 - Richard Herzog	32:30	102 - Rick Sanders	33:27
4 - Dave Cords/WVTC	29:05	37 - Gordy Urebenburg	31:14	70 - Marc O'Hara	32:39	103 - Tom Paul(?)	33:30
5 - H. Hernandez/WVTC	29:29	38 - Mike Plummer	31:14	71 - Dieter Diekmeyer	32:39	104 - Jay Gruze	33:33
6 - Bob Grubbs/WVTC	29:30	39 - Stan Winkley	31:15	72 - Dave Sjostedt	32:40	105 - Chris Kadoch	33:33
7 - Bob Darling/ETC	29:31	40 - Frank Sierras	31:19	73 - D. Hinkinsop	32:43	106 - W. Witscher	33:34
8 - Mike Smith/PAMA	29:39	41 - Gary Goettelmann/WV	31:20	74 - James Jacobs	32:47	107 - Ken Napier/WVJS	33:35
9 - Paul Frederickson/Un	29:39	42 - Shawn James/WSTC	31:25	75 - Gus Cano/ETC	32:50	108 - Kevin Klein	33:35
10 - Jack Leydig/WVTC	29:47	43 - Emil Magallanes	31:27	76 - Alan Harkness	32:51	109 - Bruce Kelly	33:39
11 - Jack Reime	29:53	44 - David Warren/ETC	31:27	77 - Walt Betschart	32:54	110 - Kevin Crowder	33:39
12 - John Moreno	30:01	45 - Bruce Edwards	31:27	78 - Ray Smith	32:54	111 - David Wynn	33:39
13 - Arturo Tello	30:03	46 - John Hellman	31:28	79 - Bruce Williams	32:55	112 - L. Wittgenstein	33:40
14 - Dave Stock/WVTC	30:09	47 - Dave Colburn/CWTC	31:33	80 - Vance Eberly	32:57	113 - L. Vasquez	33:41
15 - R. Montenegro/Un	30:11	48 - Martin Qualle	31:33	81 - Joe Reinhart	32:57	114 - Sten Mawson	33:41
16 - Roy Hoglund/WSTC	30:12	49 - Paul Holmes	31:37	82 - Stan Newton	32:58	115 - J. Harbaugh	33:44
17 - Joe Salazar	30:13	50 - Doug Rennie	31:41	83 - Walt Van Zant/WVJS	32:58	116 - Teri Anderson/SJC	33:45
18 - Ernest Reith	30:18	51 - B. Meinhardt	31:47	84 - Gary Grellman	33:00	117 - John Ulate	33:47
19 - Ray Aver	30:21	52 - Mark Millward/Un	31:50	85 - Mike Williams	33:00	118 - Mike Huffman	33:47
20 - Mike Conroy/ETC	30:22	53 - Jim Hiserman	31:55	86 - D. Billmaier	33:01	119 - Jack Cook	33:48
21 - Steve Palladino	30:24	54 - Rip Wrinkle	31:56	87 - Michael William	33:02	120 - Jim Cook	33:50
22 - Arnardi Kagybas	30:24	55 - Chris Costra	31:59	88 - Santos Reynaga/WVTC	33:10	121 - Bryant Garth	33:51
23 - Bruce Sayre/CWTC	30:25	56 - Ralph Likens/WVTC	31:59	89 - J. Santana	33:10	***WOMEN***	
24 - Frank Donahue/ETC	30:40	57 - Jay Marlowe	31:59	90 - J. Flather	33:12	116 - Teri Anderson/SJC	33:45
25 - Roland Watson/WVTC	30:40	58 - Terrance Casey	32:00	91 - Steve Bruns/WVTC	33:12	143 - Sue Neary/WVTC	34:36
26 - Alan Sandretti	30:41	59 - Steve Niedrauer	32:00	92 - Duwayne Little	33:15	152 - Debbie Rudolph/Las	34:47
27 - Scott Carvey	30:48	60 - Dan Starn	32:03	93 - Michael Gourley	33:16	163 - Sue Munday/WSTC	35:05
28 - Bob Paulin/CRR	30:51	61 - Ed Dally/WVTC	32:03	94 - Tom Cooper	33:17	235 - Penny DeMoss/WVTC	36:48
29 - David Muela/ETC	30:56	62 - Mike Haniger/SJS	32:07	95 - Rick Milam	33:20	241 - Vicki Monroe/Lassen	36:54
30 - Ruben Guzales	31:00	63 - Don Poland	32:14	96 - J. Barrajan	33:21	249 - Yvette Cotte/WVTC	37:00
31 - Mark Quinn/CWTC	31:00	64 - John Clary/TRAC	32:15	97 - M. Ashworff	33:24	250 - Sue Grigsby	37:00
32 - Stan Ross	31:02	65 - David Weikel/CWTC	32:18	98 - Willie Diaz	33:24	289 - Alice Munoz	38:19
33 - David Schmidt	31:08	66 - Rob Robertson/CWTC	32:20	99 - Gary Mader	33:26	300 - Karen Bessey	38:28

Biancalana and Stewart are Winners at Ft. Baker Handicap Run: (July 20, Ft. Baker, Marin County) - Fifty-year-old Bob Biancalana of the Marin Harriers took advantage of his 16 minute head start to hold off a determined George Stewart, the first scratch runner, who came in just slightly under 3 minutes behind. Sandwiched in between was 48-year-old Bob Malain, who was 2 minutes off the winning pace. Handicaps were assigned starting at age 35 (1 minute per year), and all women got 15 minutes, plus an extra minute for each year over 34. The course was unexpectedly cut short (there was a legit reason, but I forgot what it was) of the regular 15 miles, and was probably something like 13.5 miles. Stewart's 1:15:03 scratch time was two minutes up on Gene Fitzgerald's second fastest time. Gene finished ninth overall, however. Ed Dally had the fastest scratch time for a masters runner (1:25:05), while Bill Flodberg (1:26:15) was next. Malain and Biancalana filled the next two spots. Sue Neary's 1:34:08 was about a mile ahead of anyone else in her division, as Peggy Lyman could only manage a 1:40:39, a time close to which she recorded for the full distance a year ago. Betsy White's 1:41:06 was good enough for third fastest scratch time for the women. No official team scores were kept, but the NorCal Seniors tallied 38 unofficially to best runnerup WVTC's 48. A large number of runners turned out for this popular run, and 203 managed to finish the rugged up-and-down course. All times on opposite page are 'actual' running times.



Bob Biancalana near the finish of his Ft. Baker win. /Robt. Main/



Sue Neary /Jeff Zimmerman/

- | | | | |
|------------------------|---------|-------------------------|---------|
| 11 - Hans Roenau/NCSTC | 1:31:10 | 41 - Steve Cole/DSE | 1:53:22 |
| 12 - Joe McDevitt/WVTC | 1:18:25 | 42 - Frank Cuzillo/NCS | 1:51:24 |
| 13 - Karl Marshall/NCS | 1:33:43 | 43 - Yvette Cotte/WVTC | 1:41:25 |
| 14 - Doug McLean/WVTC | 1:19:06 | 44 - Jack Hackmann/VM | 1:26:43 |
| 15 - Sue Neary/WVTC | 1:34:08 | 45 - Darrell Jeong/ETC | 1:26:57 |
| 16 - Bill Flodberg | 1:26:15 | 46 - Harrison Smith/Un | 1:41:05 |
| 17 - Jim Sane/BCTC | 1:19:18 | 47 - Chas. Goodmacker | 1:27:13 |
| 18 - Doug Butt/MH | 1:19:52 | 48 - Pat O'Connor/Un | 1:27:17 |
| 19 - Bob Darling/ETC | 1:20:16 | 49 - Dick Cordone/Un | 1:27:19 |
| 20 - Mike O'Neill/BCTC | 1:37:40 | 50 - Ross Rowley/Un | 1:27:40 |
| 21 - Don Lucero/Un | 1:34:46 | 51 - Steve Sherwood/Un | 1:27:45 |
| 22 - John Weidinger/Un | 1:20:54 | 52 - Ralph Webb/Un | 1:37:56 |
| 23 - Ben Tucker/Un | 1:21:13 | 53 - Alex Monterrosa | 1:28:00 |
| 24 - Don MacIntosh/NCS | 1:30:25 | 54 - Harry Blank/Un | 1:39:08 |
| 25 - Bob Bunnell/MH | 1:21:50 | 55 - Jeannette Cotte/WV | 1:43:57 |
| 26 - Mark Quinn/CWTC | 1:22:00 | 56 - Mark Millward/Un | 1:28:59 |
| 27 - Frank Krebs/GWTC | 1:22:08 | 57 - Santos Reynaga/WV | 1:29:10 |
| 28 - James Jacobs/NCS | 1:30:00 | 58 - Jeff Richman/Un | 1:29:34 |
| 29 - Betsy White/WVTC | 1:41:06 | 59 - R. Paffenbarger | 1:47:37 |
| 30 - T.C. Munos/CWTC | 1:23:45 | 60 - Thomas Bennett/Un | 1:30:08 |
| 31 - John Soubier/DSE | 1:33:57 | 61 - John Geer/Un | 1:30:29 |
| 32 - Ray Bonner/Un | 1:24:13 | 62 - Louise Burns/DSE | 1:46:08 |
| 33 - Ralph Bowles/WVJS | 1:29:28 | 63 - Tertius Chandler | 1:57:12 |
| 34 - Dave Marsh/Un | 1:27:39 | 64 - Bruce Dingwall | 1:39:18 |
| 35 - Tim Swezey/PAMA | 1:24:53 | 65 - Mike Gulli/PAL | 1:31:25 |
| 36 - Peg Lyman/WVTC | 1:40:39 | 66 - Craig MacMahon | 1:31:27 |
| 37 - Mickey Moberg | 1:32:40 | 67 - Joe Maher/Un | 1:31:42 |
| 38 - Bob Pope/Un | 1:25:49 | 68 - Kees Tuinzing/MH | 1:31:43 |
| 39 - John Getas/DSE | 1:43:52 | 69 - Greg Von Buchau/MH | 1:32:48 |
| 40 - Peter Martinez/Un | 1:26:20 | 70 - Lyn Walker/Un | 1:32:14 |



George Stewart /Dave Stock/

- | | |
|-------------------------|---------|
| 1 - Bob Biancalana/MH | 1:28:10 |
| 2 - Bob Malain/NCSTC | 1:28:01 |
| 3 - George Stewart/WV | 1:15:03 |
| 4 - Ed Dally/WVTC | 1:25:05 |
| 5 - Kent Guthrie/WVJS | 1:19:13 |
| 6 - Bill Main/Un | 1:35:26 |
| 7 - Richard Houston/NCS | 1:34:51 |
| 8 - Jim Allen/NCSTC | 1:35:11 |
| 9 - Gene Fitzgerald | 1:17:11 |
| 10 - Flory Rodd/NCSTC | 1:34:51 |

- | | |
|-------------------------|---------|
| 71 - George Roach/Un | 1:32:34 |
| 72 - Gene White/NCSTC | 1:38:36 |
| 73 - Frank Evans/NCSTC | 1:41:43 |
| 74 - Walt Stack/DSE | 2:03:00 |
| 75 - Mike Williams/Un | 1:33:11 |
| 76 - Gus Cano/ETC | 1:33:37 |
| 77 - Gail Gustafson/DSE | 1:48:50 |
| 78 - Julie Ortiz/DSE | 1:48:50 |
| 79 - Emil Richmond/NCS | 1:57:03 |
| 80 - Mike Preece/Un | 1:38:06 |



Start of the Oakland Watermelon Run. /Jeff Zimmerman/

Clark Beats Heat and Field at Watermelon Run: (July 26, Oakland) - Seeming not to be affected by the furnace-like conditions that plagued most of the runners, WVTC's Bill Clark (see cover photo) churned out a 5:19 per mile average over a hilly 8.4 mile double loop to record a two-minute-plus margin of victory over teammate Tim Holmes, who will be a junior at Downey High in Modesto. Out of 302 starters, only 219 managed to complete the challenging run...it was mighty tempting to drop out after completing the first loop. Although not approaching Tom Hale's 43:16 standard, set last year, his time under the conditions was probably almost equivalent. Jim Shettler handled Bob Malain (52:21 to 53:34) almost as easily in the masters division, and amazing Sue Neary, used to the cool coastal breezes of Aptos, didn't suffer as much as the other women as she notched a 57:41 to easily outdistance teammate Kathy Himmelberger (60:57) and top-class runner Sue Munday (65:08). Sue managed to set a course standard for women despite all the heat. Ann Trason was the only other record-setter with her 67:28 in the Jr. Girls race. West Valley TC's 'furnace crew' had a near perfect 18 points to easily outscore Camino West TC's 124. The other teams were far back. Bob Love of CWTC took the Jr. Boys title with his 54:24, although nearly 5 minutes off the division record. Barbara Carlson was the winner in the senior women's race (over-40)...won in 84:35. /J. Taxierra, B. DeCelle/

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|--------------------------|-------|---------------------------|-------|--------------------------|-------|-------------------------|-------|
| 1 - Bill Clark/WVTC | 44:40 | 13 - Steve Palladino/CWTC | 49:12 | 25 - David McCann/Un | 51:28 | 37 - Joe Salazar/WSTC | 53:15 |
| 2 - Tim Holmes/WVTC | 46:57 | 14 - Mike Plummer/ATC | 49:17 | 26 - Mike Smith/PAMA | 51:30 | 38 - Ross Rowley/Un | 53:16 |
| 3 - Bill Seaver/WVTC | 47:37 | 15 - Adam Ferreira/Un | 49:39 | 27 - Matt Dowling/DVTC | 51:51 | 39 - Rich Vasquez/DVTC | 53:33 |
| 4 - Mike Emry/PAMA | 48:01 | 16 - Bennie Jordan/BVH | 49:55 | 28 - Gary Goettelmann/WV | 52:02 | 40 - Bob Malain/NCSTC | 53:34 |
| 5 - Dennis Tracy/WVTC | 48:20 | 17 - H. Hernandez/WVTC | 50:06 | 29 - Mark McConnell/Un | 52:09 | 41 - John Swift/Un | 53:42 |
| 6 - Peter Marks/Aggie TC | 48:26 | 18 - Roy Hogland/CWTC | 50:20 | 30 - Jim Shettler/WVJS | 52:21 | 42 - Bob Bailey/Un | 53:44 |
| 7 - Dave Himmelberger/WV | 48:28 | 19 - Bruce McInturf/Un | 50:26 | 31 - Lester Mina/Un | 52:25 | 43 - Dick Cordone/Un | 53:52 |
| 8 - Rumaldo Montenegro | 48:37 | 20 - Joe Peterson/ETC | 50:35 | 32 - Patrick Scannel/Un | 52:31 | 44 - Ralph Likens/WVTC | 53:57 |
| 9 - Mike Pinocci/WVTC | 48:51 | 21 - Stephen Bird/Un | 50:37 | 33 - Dave Colburn/CWTC | 52:43 | 45 - Mark Millward/Un | 54:03 |
| 10 - Phil Hornig/Un | 48:56 | 22 - Frank Krebs/GWTC | 50:38 | 34 - Chris Castro/Un | 52:47 | 46 - Boyd Tarin/ATC | 54:11 |
| 11 - Mark Quinn/CWTC | 49:01 | 23 - John Thomas/Chabot | 51:04 | 35 - Doug Rennie/BCTC | 52:57 | 47 - Ulrich Kaempf/TRAC | 54:14 |
| 12 - Craig Corey/Un | 49:07 | 24 - Dave Stock/WVTC | 51:08 | 36 - William Diaz/Un | 53:03 | 48 - Frank Lemus/Un | 54:18 |



"WHY BOTHER KICKING IN THIS HEAT WHEN WE CAN JUST CUT THROUGH THE TREES?"

49 - David Hull/CWTC	54:21	60 - David Sauer/PAMA	55:11	71 - Dave Weikel/CWTC	56:26	***WOMEN***	
50 - Javier Barragan/Un	54:23	61 - Dennis Urutiaga/WVTC	55:15	72 - Manuel Monge/Un	56:31	80 - Sue Neary/WVTC	57:41
51 - Bob Love/CWTC	54:24	62 - Ray Kindle/ATC	55:24	73 - Guy Ealey/Un	56:32	106 - Kathy Himmelberger	60:57
52 - Terrence Casey/ETC	54:25	63 - Marc Lund/WVTC	55:26	74 - Larry Sumner/BCTC	56:37	126 - Sue Munday/Un	65:08
53 - Rich Fishbaugh/CWTC	54:33	64 - Jim Blank/DVTC	55:34	75 - David Muela/ETC	56:38	139 - Ann Trason/Mont-TC	67:28
54 - Joe McDevitt/WVTC	54:35	65 - Mark Payne/PAMA	55:37	76 - Mickey Moberg/LVRC	56:51	142 - Louise Burns/DSE	68:01
55 - Wm. Faionul/GWTC	54:40	66 - Terry Lomax/Un	55:56	77 - Bruce Tarver/Un	57:03	143 - Penny DeMoss/WVTC	68:08
56 - Lloyd Sampson/Un	54:45	67 - Gus Cano/ETC	55:56	78 - Scott Shelley/Un	57:16	146 - Colleen Scannell/Un	68:35
57 - Bill Spence/WVTC	55:02	68 - John Geer/Un	55:59	79 - Albert Buck/Un	57:16	155 - Ellen Clark/WVTC	71:01
58 - Earl Hardy/Un	55:02	69 - Bob Paulin/CRR	56:11	80 - Sue Neary/WVTC	57:41	156 - Gail Gustafson/Un	71:08
59 - Gil Tarin/WVJS	55:08	70 - Ralph Bowles/WVJS	56:12	81 - Tony Casillas/WVTC	57:48	159 - Alicia Muniz/WatHS	71:56

Lafayette Rim Run--Templeman Again! (Aug. 9, Lafayette Reservoir) - Hans Templeman continued to make a shambles of top local road runners as he disposed of George Stewart on the super-hilly "Rim Run" around Lafayette Reservoir. Although far off Tom Hale's 36:20 course standard (1974), his 34 second victory certainly indicates he wasn't pressed. Surprising Phil Hornig (another mountain goat) grabbed third spot, just 6 seconds behind Stewart's 37:57. Bill Flodberg won his first masters title in some time with a 45:20 clocking, more than a minute ahead of Dennis Egley's 46:23. Cindergal Teri Anderson continued to dominate the road scene (whenever she runs), notching a 48:48 for the 6.0 mile circuit. Betsy White did very well in holding Teri's victory margin to 1:24, and masters competitor, Ruth Anderson, was a good third in 50:52. This year 170 managed to complete the grind. /G.Wetzork/

1 - Hans Templeman/Un	37:23	19 - R. Lee	42:13	37 - Lloyd Sampson	45:40	55 - Howard Griffith	48:38
2 - George Stewart/WVTC	37:57	20 - Karl Leal	42:47	38 - Chris Jackson	45:45	56 - Danyal Kasapligil	48:45
3 - Phil Hornig/WVTC	38:03	21 - Vance Eberly	42:52	39 - Jeffrey Baird	45:52	57 - Teri Anderson/SJC	48:48
4 - Bill Seaver/WVTC	38:07	22 - Frank Lemus	42:56	40 - Scott Shelley	45:57	58 - Gene White	48:52
5 - Dave Stock/WVTC	38:31	23 - Mark Greenough	43:00	41 - John Weidinger/Un	46:05	59 - Marco Martin	48:56
6 - Mitch Kinger/CWTC	39:04	24 - Rockwell	43:05	42 - Jan Vorlaga	46:08	60 - Ernst Hayman/NCSTC	49:08
7 - Jim Sane/BCTC	39:15	25 - Rowley	43:24	43 - Dennis Egley	46:23	61 - M. Berkowitz	49:10
8 - Tim Holmes/WVTC	39:56	26 - Keith White	43:30	44 - Jerry Smith	46:34	62 - Alan Harkness	49:13
9 - Pete Flores/Aggie TC	40:00	27 - Chris Castro	43:45	45 - Randy Loehn	46:45	63 - A.J. Parmiter	49:17
10 - Craig Corey/Un	40:22	28 - Frank Sierras	43:54	46 - Tony Pedri	46:47	64 - Sam Clark	49:22
11 - Doug McLean/WVTC	40:29	29 - George Lynch	43:56	47 - W. Hurlburg	46:51	65 - Richard Mayers	49:34
12 - Tom Chavez	40:38	30 - Jay Cruze	44:23	48 - A. Chesterman	47:07	***WOMEN***	
13 - Joe Salazar	40:42	31 - Ralph Bowles/WVJS	44:31	49 - Kevin O'Hara	47:15	57 - Teri Anderson/SJC	48:48
14 - Kevin Searls	40:52	32 - David Sauer	44:31	50 - Marv Winer	47:28	81 - Betsy White/WVTC	50:12
15 - Rich Vasquez	40:59	33 - Devin Klein	44:34	51 - Javier Barragar	47:39	86 - Ruth Anderson/NCSTC	50:52
16 - Steve Niedrauer	41:19	34 - Allen Robertson	44:45	52 - H. Rache	48:09	94 - Colleen Scannell	51:35
17 - Terrence Boynton	41:28	35 - Bill Flodberg/WVJS	45:20	53 - Reynaldo Corona	48:11	103 - Kathy Costello/OTC	52:50
18 - Bruce Kelly	41:35	36 - Chris Svensgaard	45:39	54 - Brian MacMahon	48:15	114 - Roxanne Bier/Un	55:37



(ABOVE) Start of the 1975 Tahoe Relays. /Dave Warren/ (RIGHT) Skyler Jones is completing his leg and handing off to anchorman, Jack Bellah, on winning WVTC relay team. /Dave Stock/ (BELOW) Record-setting WVTC Tahoe Relay Team that ran 6:24:43; Left to right (Top): Bill Clark, Mike Pinocci, Jim Nuccio, Jack Bellah; (Bottom): George Stewart, Skyler Jones, Reid Harter. /Harold DeMoss/

New Tahoe Relays Mark by West Valley TC--Pinocci Sets Third Leg Mark: (Aug. 16, Lake Tahoe) - Although only one individual leg record was shattered during the 1975 edition of the Robt. E. DeCelle, Jr. Memorial Relays (Tahoe Relays), many of the old marks were missed by just a few seconds...it all added up to a very fast race. Prior to the race, WVTC's team captain, Jack Leydig, said that it might very well take a sub-6:25 to win it, and this turned out to be the case. Had the weather been a bit cooler and the competition a bit keener, the 6:20 mark might have even been eclipsed. After Mike Pinocci blitzed to a third leg mark and put WVTC ahead, it was just a matter of how fast the race might develop. Although the 3rd/4th exchange point was off a bit, it was figured that about 207 paces should have been added on to the 3rd leg (& subtracted from the 4th leg). After some calculations, it was determined that 45 seconds was a reasonable time to add, and this still gave Mike a time of 53:32, far superior to Ron Elijah's 1974 standard of 54:58. Ron Wayne just missed the 1st leg record by 4 seconds, and Jack Bellah was within 1 second on the anchor. A total of 5 teams dropped below the once-magic 7 hour barrier. Three other teams were within a few minutes. The NorCal Seniors were the first masters team to complete the round-the-lake circuit with a time of 8:19:59 (34th). A WVTC women's squad completed the relay in just under 9 hours (8:59:37) for what is believed to also be a new record to go with the men's. The first 'open' team was the "Mad River" squad that got second place overall in 6:36:07. On the following page are listed the splits for the first 10 teams overall, and then the final times for the rest of the 69 squads that completed the relay. Anyone who did not get a ribbon, please send a self-addressed, stamped envelope to: Harold DeMoss, Box 967, Los Altos 94022.



(1) WVTC "A" Team (Harter 63:50, Nuccio 1:57:08, Pinocci 2:50:42, Clark 3:46:30, Stewart 4:39:15, Jones 5:32:47, Bellah 6:24:43); (2) Mad River (63:24, 1:58:57, 2:54:53, 3:51:45, 4:44:36, 5:43:35, 6:36:07), (3) Tahoe Striders (61:50, 1:57:38, 2:53:58, 3:54:11, 4:49:10, 5:44:37, 6:40:37), (4) Pacific College "A" (65:08, 1:59:20, 2:57:53, 3:56:53, 4:54:15, 5:51:00, 6:46:12), (5) Sundance TC "A" (62:37, 1:56:03, 3:00:09, 3:55:37, 4:54:35, 5:56:05, 6:55:09), (6) Camino West TC (66:02, 2:03:45, 3:03:20, 4:04:28, 5:04:12, 6:03:38, 7:01:00), (7) Golden West "A" (67:13, 2:09:40, 3:09:00, 4:10:01, 5:04:00, 6:01:50, 7:02:12), (8) WVTC "B" (67:43, 2:10:30, 3:10:44, 4:11:11, 5:06:07, 6:07:47, 7:02:25), (9) Harrier Hole (71:30, 2:06:50, 3:09:58, 4:09:34, 5:15:15, 6:20:27, 7:17:47), (10) Cypress Pt. Gold & TC (73:36, 2:15:10, 3:18:54, 4:24:57, 5:19:20, 6:20:50, 7:17:55), (11) Woodside Str. 7:18:22, (12) Heineken Harriers 7:20:47, (13) Excelsior TC 7:22:19, (14) Pacific College "B" 7:22:42, (15) Pamakid "A" 7:25:23, (16) Oxy Tigers 7:27:20, (17) Buffalo Chips "A" 7:28:41, (17) Camino West "B" 7:30:36, (18) Golden West "B" 7:30:36, (19) Six Rivers RC 7:34:34, (20) Bonor Babies 7:36:58, (21) Ophir Prison "A" 7:37:35, (22) Camino West "B" 7:37:40, (23) Road Hogs 7:40:39, (24) TRAC-I 7:45:39, (25) Creed Ranch Runners 7:30:52, (26) Sundance TC "B" 7:56:44, (27) Half Moon Bay Running Mothers 7:56:51; (28) Stereoscope Loafers 7:58:58, (29) E.Bay Grease 8:05:19, (30) Excelsior "B" 8:08:50, (31) Cambrian RR 8:11:56, (32) WVTC "C" 8:12:46, (33) Las Pamas 8:19:43, (34) NCSTC/Masters 8:19:59, (35) Monte Vista AC 8:25:03, (36) Fort Ord Bayonets 8:25:33, (37) NCSTC(over 50) 8:35:31, (38) Pacific College "C" 8:40:20, (39) W. Fifth Fair Fliers 8:40:39, (40) Pamakids "B" 8:43:08, (41) Candian Bacon RC 8:46:30, (42) HSTC/Jrs. 8:51:49, (43) IMAA 8:51:58, (44) Buffalo Chips "B" 8:52:28, (45) Tahoe Turkeys 8:56:37, (46) TRAC Masters 8:57:15, (47) Unatt. TC 8:58:10, (48) Lanza's Restaurant 8:59:37, (49) WVTC "Women" 8:59:37, (50) The Others 8:59:45, (51) Gold Spike TC 9:09:39, (52) TRAC-II 9:16:17, (53) Ralston Alumni 9:20:10, (54) Canadian Bacon #2 9:33:30; (55) Ophir Prison "C" 9:37:45, (56) Campus Crusade for Christ 9:38:11, (57) Tahoe Terrors 9:40:00, (58) Incline Invaders 9:42:50, (59) S.Tahoe Seniors "A" 9:43:32, (60) Sundance TC "C" 9:44:35, (61) DSE Dirty Doctors 9:45:23, (62) S. Bay Turtle Trotters 9:49:59, (63) Ophir Prison "B" 9:58:39, (64) A Mixed Bag 10:07:43, (65) Excelsior Mixed 10:14:00, (66) Ralston JH 10:18:50, (67) S. Lake Tahoe Seniors "B" 10:53:44, (68) Ophir Prison 11:11:45, (69) Solano TC ?? --- FAST LEG TIMES: #1--Ron Wayne 61:50, #2--Jim Nuccio 53:18, #3--Mike Pinocci 53:32, #4--Jerry Turner 55:43, #5--George Stewart 52:45, #6--Skyler Jones 53:32, #7--Jack Bellah 51:56. /Marc Lund/

Templeman is Victor in 2nd Annual Dammit Run--Judy Graham Leads

Tough Women's Field: (Aug. 23, Los Gatos) - Running through a new course this year (a bit over 5 miles probably), the Dammit Run turned into a huge success, with over 400 finishers...despite the fact that the Dipsea Run was the next morning. Hans Templeman made good use of the fact that the course was changed to make it a bit hillier. After doing the Lafayette Rim Run and Felton, this was nothing at all. Coming onto the track, however, the Montana Univ. distance star somehow managed to go astray and did not circle the track. However, at the time he had a 150 yard lead with only a 330 to go, so the award was given to him anyway, although the course record must go to runnerup Bill Clark who followed the track around to the finishline. Clark's 30:07 was about 17 seconds back of Templeman, according to reports. CSM Frosh, Mitch Kingery, was a strong third until the final 220 when Clark put in a quick spurt that left him 9 seconds back. He still finished third, however. Judy Graham of the San Jose Cindergals grabbed a 22-second victory over Sue Neary as the women's competition proved to be as strong or stronger than the men's. Jim Shettler moved closer to reclaiming his Point Rating lead of 1974 with a nearly 3-minute margin of victory over Jerome Lewis (31:48 to 34:31). Ken Napier was another four second arrears. The team scoring was really tight. West Valley TC garnered both the men's and women's titles, but although the men won 61-73-129 (over Camino West & Woodside Striders), the women came out on top by only a single point, and then because of a protest involving ineligibility. The final adjusted score was WVTC 783 and San Jose Cindergals 784!! /Maynard Orme/



(ABOVE) Going up the dam face, about half-way thru the Dammit Run. /Maynard Orme/ (RIGHT) Winner Hans Templeman with less than a mile to go. /Pete Michon/



1 - Hans Templeman/Un	*29:50	29 - Bruce Sayre/CWTC	33:03	57 - Jerome Lewis/NCSTC	34:31	85 - Carl Gillette/WVJS	36:01
2 - Bill Clark/WVTC	30:07	30 - David Weikel/CWTC	33:04	58 - Leroy Bumbaca	34:40	86 - Andrew Arce	36:06
3 - Mitch Kingery/CWTC	30:16	31 - Don Poland/WSTC	33:07	59 - Ken Napier/WVJS	34:45	87 - Curt Karbowski	36:11
4 - Bob Paulin/CRR	30:31	32 - Todd Baker/Un	33:08	60 - Mike McQueeney	34:48	88 - Dave Colburn/CWTC	36:15
5 - Jack Bellah/WVTC	30:52	33 - Terrence Boynton/Un	33:09	61 - W. Weed	34:49	89 - Rod Robertson/CWTC	36:16
6 - Dave Stock/WVTC	31:01	34 - Dave Llewellyn/WS	33:10	62 - Javier Barragan	34:51	90 - Dan Anisman	36:19
7 - Scott Carvey/Un	31:24	35 - Dave Cortez/WS	33:12	63 - Tom Alarcon/CRR	34:53	91 - J. Harbaugh	36:21
8 - John Moreno/CWTC	31:33	36 - Bill Meinhardt/WVJS	33:13	64 - Walt Van Zant/WVJS	35:03	92 - Gary Galloway	36:24
9 - Mark McConnell/Un	31:36	37 - Mike Plummer/ATC	33:17	65 - Ed Tico/WVJS	35:06	93 - Mike Venning	36:26
10 - Tony Munoz/CWTC	31:38	38 - Frank Sierras/Un	33:19	66 - Kevin Donovan	35:07	94 - Mike Huffman	36:27
11 - Craig Corey/Un	31:40	39 - Bruce Kelly	33:23	67 - Craig Wells	35:09	95 - David Zermer	36:28
12 - Joe Salazar/WSTC	31:42	40 - Steve Fuller/WS	33:24	68 - Robert Paredes/CWTC	35:11	96 - Ray Russell	36:30
13 - Russ Daggatt/OTC	31:46	41 - Rudy Munoz	33:27	69 - Paul Cooper/CRR	35:15	97 - Steve Nelson	36:31
14 - Jim Shettler/WVJS	31:48	42 - Tom Paul	33:33	70 - Blair Goodrow	35:17	98 - David Reynolds	36:33
15 - Armando Lagunas	31:53	43 - Joe Mangan/WVTC	33:36	71 - Manny Mahon	35:20	99 - Tom Thibault	36:34
16 - Jesse Zamora/WSTC	32:00	44 - Kevin Klein/Un	33:41	72 - K. Ainslie/SolanoTC	35:22	***WOMEN***	
17 - Bob Cooper/WS	32:02	45 - Kent Guthrie/WVJS	33:45	73 - Rick Wolters/Un	35:22	100 - Judy Graham/SJC	36:38
18 - Bruce Rider/WVJS	32:16	46 - Glenn Harmatz/WVTC	33:49	74 - Glen Harada	35:24	111 - Sue Neary/WVTC	37:00
19 - Greg Miller	32:25	47 - Keith Shepardson	33:55	75 - Carlos Carrasco	35:25	120 - Roxanne Bier/Un	37:27
20 - Gary Goettelmann/WV	32:27	48 - Mark Isaalson/Un	33:56	76 - J. Williams	35:27	121 - Sue Munday/Un	37:30
21 - Greg Mandanis/WS	32:29	49 - Keith Maurer/WVTC	33:57	77 - Ted McRice/OCRC	35:31	125 - Phyllis Olrich/WVTC	37:38
22 - John Barbour/WS	32:38	50 - James Stewart/Un	33:58	78 - Ken Wernick/CWTC	35:32	129 - Peggy Lyman/WVTC	37:47
23 - Jay Marlowe/CWTC	32:41	51 - Haywood Norton/Un	34:03	79 - Harold DeMoss/WVTC	35:33	146 - J. Hendrickson/SJC	38:37
24 - John Clary/TRAC	32:45	52 - Vance Eberly/Un	34:04	80 - John Hilbrink	35:45	159 - Sally McPherson/SJC	39:10
25 - Tom Cooper/CRR	32:46	53 - James S. Howe	34:10	81 - Mike Williams	35:52	162 - Diane Williams/PBP	39:19
26 - Mike Smith/PAMA	32:47	54 - Jess Frescas	34:16	82 - John Hanson	35:56	164 - Ann Witherspoon/SJC	39:25
27 - John Weidinger/ETC	32:48	55 - Robert Weaver/CWTC	34:23	83 - Larry Vasquez	35:57	168 - Penny DeMoss/WVTC	39:33
28 - Roland Watson/WVTC	32:57	56 - Steve Coronado/WVTC	34:28	84 - Carl Martin	36:00	188 - Tracy Weber/SJC	40:26

Benton Hart Sets Course Mark at Grass Valley X-C Run: (Aug. 23, Grass Valley) - Ex-Modesto High School'er, now attending Brigham Young Univ., Benton Hart, made his summer running 'debut' by grabbing the course record at the Golden Empire X-C Runs. His time for the 4.5-mile course was 22:06.1. The battle was for second, where fast-improving Adam Ferreira edged Bob Deis and Colombian Jairo Vargas (22:13 to 22:14). There were many other age-group runs as well, and these are all summarized on the following page. Other record-setters were David McFadden (10-11) in the 1 mile, 587 yard race at 9:15.6; and Earl Lagomarsino's 23:00 in the 4.5 miler (16-18 Division).



Benton Hart set a new course mark at the Golden Empire X-C Run. /John Marconi/

award...Betsy was 13th, and we don't know Gene's finish yet. We have only a few results, thanks to Hans Roenau. We will try to get a complete set for next issue and print at least the top 100. Anyone having a list that deep should send it to us. /Roenu/

BOY'S 9/U (1/2 Mi)			3 - Harry Youkers/Un 10:36	4 - Jairo Vargas/NNTC 22:14
1 - Chas. Haggard/VMTC 2:51	4 - Jon Valerga/DVTC 10:40	5 - Kevin Reynolds/DVTC 10:42	5 - Bob Loux/Un 22:25	6 - Andy Sturgeon/GWTC 22:27
2 - Joe Rice/WS 2:54	5 - Jon Lolly/SierraH 10:50	6 - Chris Shultz/CB 11:05	7 - Karl Schaechterle 22:27	8 - George Hernandez 22:29
3 - Greg Teague/NCTC 3:01	7 - Martin Dugard/CB 11:11	8 - Danya Kasapligil/Un 11:13	9 - Pete Flores/Aggie 22:41	10 - Steve Palladino 22:45
4 - John Gash/VMTC 3:02	9 - Ken Harvey/NCTC 11:17	***GIRL'S 13/U*** (1 Mi, 587 Y)		
5 - Steve Edgar/NCTC 3:03	1 - Sandra Beauchamp/WS 9:21			
6 - Peter Berzman/WS 3:04	2 - Suzie Martinez/WS 9:26			
7 - Joe Liassen/WS 3:13	3 - Karin Minn/WS 9:32			
8 - Glen Frye/Un 3:16	4 - Sandy Warner/WS 9:37			
GIRL'S 9/U (1/2 Mi)			5 - Tami Frye/WS 9:43	
1 - Andrea Lervantes/RG 3:11	6 - Sara Chamness/WS 9:47			
2 - Linda Van Huss/WS 3:12	***GIRL'S 14/O*** (2 Mi, 440 Y)			
3 - Kathy Cresta/WS 3:14	1 - Eileen Claugus/Un 12:24			
4 - Karen Himenes/WS 3:15	2 - Darcy Burleson/IMMA 12:38			
5 - Kim Himenes/WS 3:17	3 - Pam Allen/Lassen 12:44			
6 - Lori Jacobs/WS 3:18	4 - Debbie Rudolph/Las 12:52			
BOY'S 10-11 (1 Mi, 587 Yd)			5 - Karen Nachbar/WS 13:02	
1 - David McFadden/WS 9:16	6 - Vicky Monroe/Las 13:40			
2 - Brian Marlen/CB 9:36	7 - Holly Himenes/WS 13:48			
MEN'S 12-13 (Apx. 1.8 Mi)			***OPEN*** (4.5 Miles)	
1 - Ray Eddy/Un 11:15	1 - Benton Hart/Un 22:06			
2 - Matt Dugard/CB 11:24	2 - Adam Ferreira/Un 22:13			
3 - Tom Arnez/CB 11:31	3 - Bob Deis/Un 22:14			
4 - Tom Owen/WS 11:56	28 - Fred Kenyon/VMTC 25:19			
MEN'S 14-15 (Apx. 1.8 Mi)			29 - Abe Underwood/BCTC 25:21	
1 - Steve Faggella/GWTC 10:19	30 - Jack Betschart/BC 25:23			
2 - Brian Barton/GWTC 10:23				

Australian is Surprise Winner of Dipsea: (Aug. 24, Mill Valley to Stinson Beach) - Joe Patterson, a 41-year-old milkman from Queensland who never even heard of the Dipsea until the night before the race, won by 11 seconds over Don Pickett (47 years old from Tiburon). George McGrath, 56, of Sydney, Australia, came in third ahead of defending champion Darryl Beardall of Santa Rosa. Patterson, with a 7-minute handicap, covered the 6.8 miles to Stinson Beach in an actual elapsed time of 51:58. Both Australians were just staying in the Bay Area before leaving for home after competing in the World Masters Track Championships in Toronto. They just had read about the race in the paper and decided to have a go at it! The fastest scratch time went to Byron Lowry of Mill Valley who did 48:17 for sixth place with a two-minute handicap of his own. Boyd and Gil Tarin took the father/son award (8th & 51st), while Gene and Betsy White grabbed the husband/wife

1 - Joe Patterson/Austr 51:58	6 - Byron Lowry/MH 48:17	11 - Seamount/Un 58:41	16 - Don Chaffee/Un 53:32
2 - Don Pickett/MH 54:09	7 - Bob Biancalana/MH 56:18	12 - Worling 61:04	17 - Mike Healy/WVJS 55:35
3 - George McGrath/Austr 58:14	8 - Gil Tarin/WVJS 54:10	13 - Betsy White/WVTC 62:13	18 - Chuck Stagliano/DSE 52:41
4 - Darryl Beardall/MH 50:51	9 - Bob Malain/NCSTC 56:14	14 - Don Makela/MH 48:22	19 - Karl Marshall/Un 58:05
5 - Debbie Rudolph/Un 56:59	10 - Bob Bunnell/MH 48:26	15 - Bill Scobey/SFVTC 51:23	20 - Jim Nicholson/NCSTC 56:20

Nuccio Sets Course Mark at Alameda: (Sept. 6, Alameda) - Jim Nuccio continues to set course records, with the Alameda 10 Kilo the latest to fall by the wayside with a 31:04 clocking. Matt Yeo was over a minute back in second, as Jim ran virtually a solo race. Jim Shettler did likewise to Bill Jensen in the masters race and appears ready to overhaul in the NCR Point Ratings. Karen Bain led a sweep of the first five places by Will's Spikettes with her 16:47 over a bit less than 3 miles (course was cut short of advertised 3.3 miles). Divisional winners below--- /Bob DeCelle/

BOY'S 7-8		***GIRL'S 13-14***		9 - Paul Reese/NCSTC 40:12
1 - Mike Kennedy/Un 19:52	1 - Karen Bain/WS 16:47	10 - Al Weil/NCSTC 40:30	***OPEN***	
2 - Robert Latting/DVTC 20:16	2 - Sandy Warner/WS 17:00	1 - Jim Nuccio/WVTC 31:04	2 - Matt Yeo/WS 32:22	
3 - Steve Ogen/DVTC 21:14	3 - Karen Salisbury/Un 17:42	3 - Skyler Jones/WVTC 32:29	4 - H. Hernandez/WVTC 32:36	
BOY'S 9-10		***WOMEN 15/OVER***		5 - Dennis Tracy/WVTC 33:11
1 - John Latting/DVTC 17:59	1 - Kathy Adams/WS 17:02	6 - Tony Webb/Un 33:12	7 - David Himmelberger 33:29	
2 - Bryan Kovacs/ARTC 18:31	2 - Karen Nachbar/WS 17:19	8 - Bob Bailey/Un 33:32	9 - Clark Rosen/PAMA 33:37	
3 - Jim Chaney/DVTC 18:33	3 - Ruth Anderson/NCSTC 18:38	10 - Doug Butt/MH 34:03	11 - Nick Vogt/GSTC 34:17	
4 - Jeff Mihn/Un 18:34	4 - Skip Swannack/Un 18:58	12 - Roland Watson/WVTC 34:21	13 - John Weidinger/ETC 34:32	
BOY'S 11-12		5 - Louise Adamson/WVTC 19:02	14 - Ralph Bowles/WVJS 34:42	
1 - Joe Ogden/DVTC 17:40	***HIGH SCHOOL***		15 - Dave Robertson/WVTC 34:45	
2 - Jim Salisbury/DVTC 18:17	1 - Dan Harvey/CWTC 34:25	16 - Bryan Tracy/Un 35:00		17 - Kent Guthrie/WVJS 35:06
3 - Larry Guinee/Un 18:54	2 - Kurt Vineyard/AR 35:07	18 - Marc Lund/WVTC 35:08		19 - Jeff Zimmerman/Un 35:11
BOY'S 13-14		3 - Harry Youkers/AR 35:52	20 - Bryan Gieser/WS 35:42	
1 - Joe Fields/Un 15:49	4 - Ron Busby/WVTC 36:00	21 - John Sheehan/WVTC 35:45		22 - Gary Alderman/Un 36:28
2 - Mike Boitano/Un 16:08	5 - David Renaud/AR 36:12	23 - Greg Tinlay/GSTC 36:59		24 - Lyn Walker/Un 36:59
3 - Peter Foster/DVTC 16:30	6 - Marc O'Hara/MC 36:21	25 - Doug Dray/CRR 37:20		26 - Bruce Dixon/Un 37:39
4 - Bret Raffert/DVTC 17:11	7 - Ken Romiguere/C 36:22	27 - Clifford Stewart/Un 38:18		
GIRL'S 7-8		8 - Peter Wilamoski/AR 36:49		
1 - Yvette Sims/BEBTC 26:40	9 - Bob Rolli/DVTC 36:32			
2 - Pippi Robben/Un 26:56	10 - Gary Veasy/AHS 37:09			
GIRL'S 9-10		***MASTERS MEN***		
1 - Barbara Valerga/OTC 20:17	1 - Jim Shettler/WVJS 34:26			
2 - Janice Bain/WS 20:39	2 - Bill Jensen/PAMA 36:05			
3 - Kathy Scannell/Un 21:20	3 - Ulrich Kaempf/TRAC 36:26			
GIRL'S 11-12		4 - John Finch/NCSTC 36:54		
1 - Sandra Beauchamp/WS 17:25	5 - Bill Snavely/Un 37:52			
2 - Colleen Scannell/Un 17:26	6 - James Jacobs/NCSTC 37:52			
3 - Maryetta Boitano/Un 17:27	7 - Dennis Egly/Un 38:39			
4 - Natalie Fulcher/BEB 23:10	8 - Derl Crowder/Un 39:28			



Australian, Joe Patterson, surprise winner of the Dipsea Race. /Paul Reese/

LATE GNUS

RESULTS: - Ron Wayne won the PA 25-Kilo in 1:20+ and Jim Shettler won the Natl. Masters Title. Seniors TC of L.A. took the overall team award.---Jim Nuccio won the Walnut Festival in course record time. All this and more...next time!

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