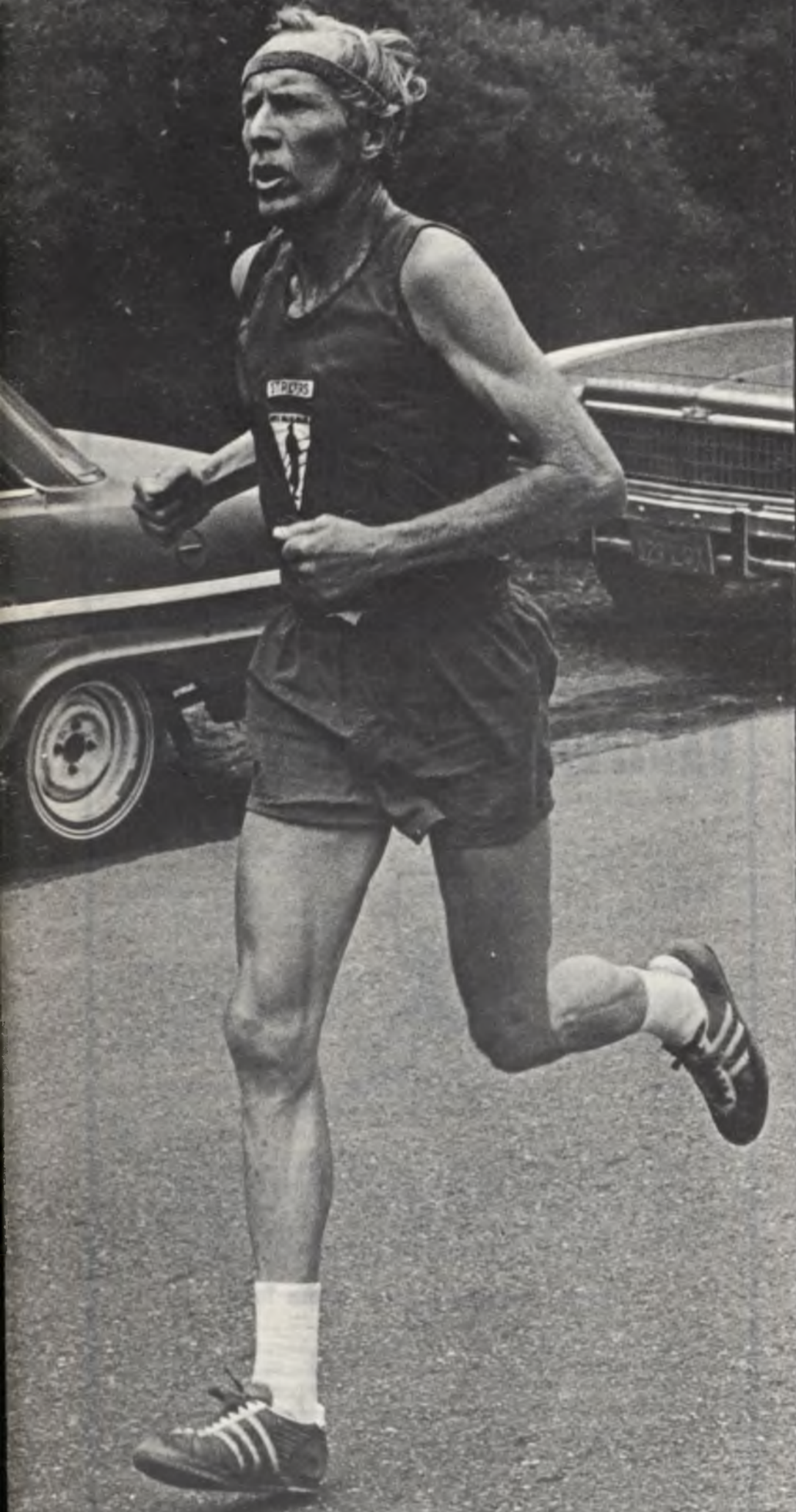


NOR-CAL RUNNING REVIEW

SEPT./OCT. 1975 (No. 50)

75 Cents



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ON THE COVER

Two National A.A.U. Masters Champions: (Left) Jim Shettler (WVJS) grabbed the 25 Kilo in 1:27:48 at Golden Gate Park, San Francisco. /Dennis O'Rorke/ (Right) Ray Menzie (WVTC) annexed the marathon title with a sparkling 2:36:40 in Oregon. Menzie then led an all-star PA Masters team to victory at the Masters X-Country Championships in New York in mid-November. /Jim Engle/

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Contributors

All news, features, results, photos, and other items should be sent to: NCRR, Box 1551, San Mateo, CA 94401. Due to irregularity of mailing dates, all information should be mailed as soon as possible. Prospective photographers and volunteer correspondants should request details. Readers are encouraged to submit meet results & scheduling...credits are always given. Please request permission for materials used from NCRR other than scheduling & meet results. PROSPECTIVE PHOTOGRAPHERS: We now pay \$15 for prints used as cover shots. Prints will not be returned unless requested (5 x 7 or larger if at all possible in black & white preferably).

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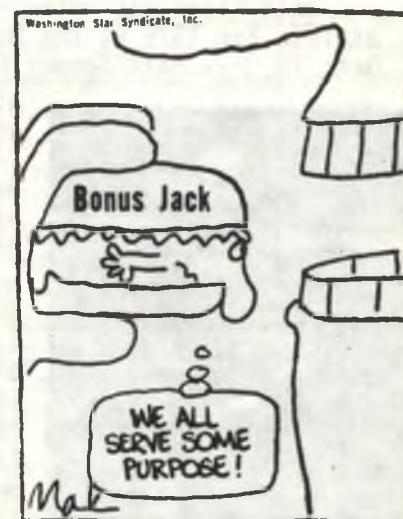
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EDITOR'S MESSAGE

● SIX-YEARS ANNIVERSARY: - Another year has passed already and things continue to change with the publication. We have added several new columns in the past year and expanded our results to cover more Southern California races. Our total subscriptions are now at over 1100 with 1500 printed copies each issue. Our rates are still the most reasonable available we feel...\$5.00/year, with semi-annual subscriptions available at half that rate. BUT, we need to keep getting more subscriptions and renewals to keep this rate.

Postage is going up the end of December, but we will continue to hold our rates. It depends on your support. If you receive a renewal notice with this issue, it will be your only one. We have discontinued putting in two notices and also will no longer supply you with post-paid envelopes. It costs us money to print the envelopes and 15¢ each time one is mailed, with that to probably increase too at the end of the year. We expect this to save us about \$200.00 per year.

● EDITOR'S HOURS: - Sometimes I wonder if I will keep my sanity (and my poor roommate, Aleta, wonders if she'll keep hers too). If possible, you should communicate via the postal service since my hours are fairly irregular. However, if you must reach me by phone, the best time is after 8 pm on Monday, Tuesday and Thursday. I am rarely home on Wednesday or the weekends. Please do not leave messages unless it is an emergency, since Aleta has more to do than be my unpaid secretary. If she replies, "I don't take messages," please respect that. She has nothing to do with the magazine, the club, or Starting Line Sports. Thanks for your consideration.



THIS & THAT

● PEOPLE NEWS: - Homer Latimer, Leigh High's (San Jose) very successful cross-country and track coach for the past several years, is on a leave of absence, and his place is being taken by Bill Hotchkiss. --- Victor Mora, great Colombian distance runner who trained in the Bay Area before the 1972 Olympics and placed second at the Boston Marathon that year, was prepared for a solid effort at the Pan-American Games in Mexico City this October when he was mugged and stabbed in the leg in Bogota, thus forcing him to cancel his competitions. We have no further reports as to his condition, but it was reportedly not too serious. --- Brian Maxwell, Cal-Berkeley's current assistant cross-country coach (he ran for the Golden Bears last season), recently ran in the Canadian National Marathon in

PHOTO QUIZ

RULES: (1) Submit your guess & mail it to: PHOTO QUIZ, BOX 1551, SAN MATEO, CA 94401 (one guess per person)...All guesses must be postmarked by Dec. 25, 1975. (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). All of our readers are encouraged to send in photos for consideration...photo deadline for next issue is Dec. 25.



Who is this NCAA Champ??

**Our winner for LAST MONTH was Judy Gumbs of San Francisco (WVTC member). She was won of only 12 correct answers we received (& was also the first to submit her answer). The correct answer was Rich Delgado, a WVTC runner who is now living in Massachusetts. He won the PA-AAU LDR Point Trophy in 1970 & 1971.

Toronto and won it in 2:18:04 (his first marathon effort)! He hopes to run the marathon at the Olympics for Canada. Canada's top two marathoners (Jerome Drayton & Tom Howard) did not compete, but Brian hopes to compete against them in February. --- Walt Stack was voted as the PA-AAU Masters outstanding LDR athlete for 1975 at the Masters X-C Championships in Ross on Oct. 18. --- Matt Sommer & Rich McCandless, former standouts



Walt Stack /D. O'Rorke/

at West Valley College in Saratoga are now attending Long Beach State. --- Paul Fredrikson, Homestead HS & DeAnza JC is now at the Univ. of Nevada at Reno. --- Jim Schankel of Cal-Poly (SLO) has joined the Air Force and is not running for that school anymore. --- Don Kardong, ex-Stanford & WVTC ace, now competing for Club Northwest, is now teaching school in Spokane. He reports that there is no "Entertainment" section in the Spokane newspapers (but there is some entertainment), and also there is no listing for "Cross Country Races" in the paper either. And there seems to be a total absence thereof. He says he intends to run at Annapolis in the Nationals on Nov. 30 but is lacking racing fitness, although in tough condition. --- Fritz Watson/WVTC is in need of a travelling companion to the Honolulu Marathon in December (share hotel room). Call or write as soon possible (850 Rosedale, Apt. 20, Capitola, CA 95010; Ph. 408/???)--don't have a number listed for him; try information). --- Bob Deines, who ran 5:15:19 and set an American road record for 50 miles back in 1970, recently showed up at a Six Rivers RC and reported he's still training and had run a 50-miler in practice just a few days previously! --- In a recent Registration Committee meeting of the PA-AAU, Mike Ipsen (former coach of the Redwood City Striders, now Woodside Striders) was barred from participating in any capacity in the AAU program for a period of two years, effective Dec. 10, 1974. The decision was made after due process because of multiple violations of the AAU Code. --- Percy Cerutti, famous Australian distance coach of Herb Elliott and many others, passed away at his training camp near Portsea this summer, reportedly of heart problems. Percy made a speaking tour of California last year, sponsored by the Esalen Institute. --- A Six Rivers RC team composed of all over-30 runners (range from 30 to 57) shattered a very esoteric world record recently (Sept. 27)...the 10 x 10 mile, or 100-mile relay. The team, composed of: Aaron Krohn (31), Allen Wheeler (30), Dick Meyer (35), Rich Gilchrist (40), Bill Daniel (32), Lenny Escarda (44), George Crandell (42), Ron Ross (30), Whit Buck (44), and Mel Anderson (57), ran the 100 miles in the total time of 10 hours, 39 minutes, 32 seconds (on the Humboldt State track), breaking a mark of 11:34:27, held by the Univ. of Toledo (Ohio) Faculty Jogging Club, set in 1972.

• The Mail Service will never cease to amaze us. Skyler Jones (So. Lake Tahoe) got his last NCRR less than 24 hours after we mailed it (bulk rate, 3rd class) from San Mateo...BUT

your editor received his copy 2 days later, despite living only one mile from the post office where it was mailed!

• **National Running Week**, sponsored by Runner's World Magazine to mark their 10th anniversary, will take place from Dec. 28 to Jan. 4. The week will feature a series of 'Running Workshops', an informal relay over 60 miles of some of NorCal's favorite running courses, an open house, the Annual Midnight Run (AAU Sanctioned this year), a special 'Running Assembly', and much more. See the centerfold in this issue for complete information and a registration form for this historic week.

• **ATTENTION MASTERS RUNNERS:** (& those nearing 40) - The NCRR has a great deal of difficulty in many races determining who is competing in the over-40 class. Many meet directors do not list divisions, ages, or sometimes even first names of runners. And in some races, there are 35-45 year-old divisions that further complicate matters. We have probably missed 40-and-over runners in the past simply because we don't know who they are...we have a pretty good listing, but more sub-masters are turning 40 every month and we'd like to know who you are. So...we would like to know the birthdates of all those runners turning 40 before Jan. 1, 1977. If you fall into this category (or are already 40 and are not sure we have your name), please drop us a note so we may have a more complete file of masters runners (also send your affiliation, if any). The main purpose of our wanting this information, is, of course, for the NCRR LDR Point Totals, which appear in most issues.

• **1976 AAU Registrations:** - Now is the time for all clubs to start planning for Registrations for 1976. The Registration fee is \$3.00 per individual and insurance will be \$2.00 (optional) and cover sanctioned competitions only (no practice coverage this year). Accidental death and dismemberment coverage will be raised to \$5,000.

• **News Item:** - The largest shoes ever sold, excluding those made for cases of elephantitis, are a pair of size 42 build for the giant, Harley Davidson, of Avon Park, Florida. How about a pair of size 42 SL-76's?

• **PEPSI 20-MILER:** - If you're planning on running in the Pepsi 20-Miler this year (588 did last year), the meet directors have good news for you. They consider this year's course the best in the race's 10-year history---lightly traveled, fast, flat, macadam meandering thru the tomato and corn farmlands. However, a few cautions! The race will be held in the hamlet of Clarksburg, on the Sacramento River, requiring approximately one-half hour more time than the drives to the previous Pepsi races at Kennedy & Burbank Highs in Sacramento. Secondly, the race starts at noon, and if non pre-entered runners get into line after 11:30, he will be charged a late entry fee of \$3.00 rather than the \$2.00 regular fee. Finally, parking at Delta High in Clarksburg is restricted...late arrivals will have some walking. See the LDR Schedule in this issue for meet director. Merchandise prize raffle for pre-entries. Mark Nov. 30 on your calendar.

• **Lake Merritt Races:** - For those of you who competed in this year's Lake Merritt races (Oct. 12), please read the Letters to the Editor section of this issue... it explains that the LDR Committee will take over this race next year...on certain conditions. It is interesting to note that one of the publicity fliers for this event (& the bike races that were held the same morning) that was put out by the Italian-American Federation, lists the Running Races as starting at 8 a.m. (yet LDR Schedule lists 8:30). AND...worse yet, it has the Bike Races to start at 10 a.m. All those that were at the race know that the running races were actually delayed because of the bike races and started at 10 a.m. Assuming that the conditions outlined in the 'letter to the editor' are met, and the LDR Committee does take over this race, we will coordinate with the bike races this year (not just put it down on paper).

• **COURSE CERTIFICATION:** - A volunteer team, composed of Rich Stiller & Sheldon Gersh (Tax Reducers A.C.), is currently in the process of certifying local DSE and AAU long distance running courses that are not already of known distance...most in West Bay.



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THIS MONTH'S FEATURE: - The Varsity (Red/3310 or Blue/3311) is a high quality shoe combined with a low price. Uppers are made of vivid red/blue velour leather. Features a comfortable star-profile sole which is swept up on the toe. Cushioning around the ankle area. Color-co-ordinated midsole. Retails for \$19.95/10% Team Discounts. -- "Vic" D'Aloia is a runner himself and is very knowledgeable about running shoes. If you can't stop by the store, call him at home evenings: 408/296-3982.

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They figure it will take them a few months to do, but they feel very compelled to find out the actual distances they've been running. Thanks goes out to these two individuals who are certainly helping out long distance running in the Bay Area. So far, the following three DSE Runs have been measured and certified by the bicycle wheel method: Ferry Building 4-Miler (3.85 Miles); Presidio Gate 4-Miler (3.74 Miles); Fort Point 4-Miler (3.68 Miles).

• **I.A.A.F. X-Country Championships:** - Just received word from Bob DeCelle that the 1976 World (I.A.A.F.) X-Country Races (Jr., Sr., and Women's) will be moved back a bit to Feb. 28 (still in Wales). There is now legislation before the Natl. AAU LD&RR Committee that will probably pass, that will change the dates of the trials for this event to 5 weeks before for the Juniors, and 4 weeks before for the Seniors. Assuming passage of the proposed legislation, the Jr. Meet for 8000 meters will be Jan. 24th and the Sr. Meet (15,000 meters) will be Jan. 30th...the latter date may be a typo since it is a Friday (it is perhaps the 31st, but at least that weekend). Bids are needed to put on these Championships and should be sent instantly to: Bob DeCelle, Box 1606, Alameda, CA 94501.

• **Minutes of PA-AAU LDR Committee Meeting:** - Following the Lake Merritt Races (Oakland) on Oct. 12, the Joint Men's & Women's LDR Committee met to set up the 1976 LDR Schedule and also discuss other important items. -- **Funding:** Joan Ulyot was funded 1/2 airfare to attend the Natl. AAU Women's Marathon in New York in late Sept. (she finished 4th in 2:58+). The Committee voted unanimously to fund Darryl Beardall (full gas expenses) to the Natl. AAU 50 Miler in Seattle at the end of October. It turned out that Darryl didn't attend (so we hear), so the funds were not spent. Ron Wayne was granted half airfare to attend the Natl. AAU 20 Kilo Championships in Massachusetts on Oct. 26 as winner of the recent PA-AAU 25 Kilo Championships. The maximum funding set was \$175.00. The Committee unanimously voted to reimburse Jack Leydig for items purchased for the "Warehouse", including plastic garbage cans, plastic pitchers, and plastic 5-1/2 gallon water containers. -- **Concerning policy for funding PA-AAU Championship winners in future:** this item was discussed at some length with the following items decided upon. When funds are available, the winning PA-AAU Registered runner and winning PA-AAU Registered masters (over-40) runner

will be sent to their respective National AAU Championships for the 10-Kilo X-Country, Marathon, and two other races (15, 20, 25, 30, or 50 Kilo, or 50 Mile). Travel will be limited to one trip per individual per year, and runnerups will be chosen where necessary. The Committee may vote on additional funding when available (more than two of the above races). In cases where the National Championship does not fall within a time-frame near the PA-AAU Championship, then the Committee can decide on a substitute race for qualifying...the marathon would be most likely to conflict. -- **PA-AAU Masters Championships:** these (except in the case of the X-Country race) will be held concurrently with all Senior PA-AAU Championships. This is already done for women. Thus, standard AAU District medals will be awarded to the top 3 individuals in 40+, 50+, 60+ and 70+ divisions, as well as to the top (scoring) members of the top three teams (overall). -- The LDR Committee voted to grant a loan of \$50.00 to the Track & Field Committee to pay for the trophy debt incurred from the 1974 Oakland Indoor Meet (20% coming from the women's fund). -- **LDR Schedule:** Will be printed and mailed with this NCRR and distributed at local runs, and be available thru the AAU Office and LDR Chairmen. It will be free and cover thru July/August 1976. Then, at midyear, the normal PA-AAU LDR Handbook (expanded) will be printed for the fiscal year 1976-77. It will include the 1976 women's & age-group cross-country schedule. Thus, another scheduling meeting will be held sometime early summer in 1976 for both men's and women's LDR.

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 the number of races run. Following are the totals thru the Santa Barbara Marathon on Oct. 12...with the following exceptions: Antelope Valley, Del Amo 5 Kilo, Huntington Beach 30 Kilo, College of the Canyons 8 Mile, Griffith Park X-C, Big Bear, and the Blue Angels 10 Kilo, as well as all relays. -- Carl Swift and Dave White still rank 1-2 as they have all year, but Swift is now on top for the first time, and undefeated Gary Tuttle, who set three American records this summer during the District Hour Run, could take the lead with two more victories. Previous year's top runners aren't fairing so well thus far in 1975. The 1973 champ, Bill Scobey, is 16th, while 1974 winner, Ron Kurrle, is 18th, and last year's runner-up, Pat Miller, is 22nd. Only 1972 leader Mark Covert is among the top, but he fell from fifth last time to tenth this time. The masters standings could see quite a change in the last three months of the year as newly-turned-40's John Brennan, John Starr, Bill Crum, and John Heikes get in a few more races. Starr is now 18th after only 4 races, and Brennan 20th after just two. Art Andrew, relatively inactive so far, but also new to the over-40 ranks, is now 17th and could also move up. Jerry Smartt appears a good bet to catch Gil Perez, with Sam Nicholson's reign as top masters runner apparently going to end in this year's rankings. Both Sam's vets record (0.091) of last year and Scobey's open mark of 0.107 (1973) appear to be safe for 1975.---(The numbers in parentheses below indicate: number of races run, average placing, and point rating, respectively): - **OPEN:** 1. Carl Swift (AZPAC/18, 3.22, .179), 2. Dave White (AATC/9, 1.78, .198), 3. Gary Tuttle (BHS/4, 1.00, .250), 4. Ajim Baksh (HHS/7, 2.29, .327), 5. Paul Cook (AIA/18, 6.33, .352), 6. Joe Carlson (AATC/10, 4.00, .400), 7. Ed Cadena (SLDC/4, 1.75, .437), 8. Bob Branch (CCAC/10, 5.20, .520), 9. Jim Arquilla (AATC/8, 4.37, .546), 10. Mark Covert (SFVTC/7, 4.00, .571), 11. Ken Moffitt (AZTL/8, 4.62, .578), 12. Dennis Caldwell (AZPAC/7, 4.29, .612), 13. Steve Broten (STC/8, 5.12, .640), 14. Ray Hughes (SFVTC/6, 4.00, .667) & Sam Young (AZTL/3, 2.00, .667). **MASTERS:** 1. Gil Perez (STC/21, 3.38, .161), 2. Jerry Smartt (UNAT/7, 1.14, .163), 3. Sam Nicholson (STC/13, 2.61, .201), 4. John Rudberg (STC/8, 2.00, .250), 5. Dick Durand (STC/10, 3.20, .320) & Dave Waco (CCAC/5, 1.60, .320), 7. Glenn Turner (STC/10, 3.40, .340) & Walt Windsor (UNAT/10, 3.40, .340), 9. Aurelio Camacho (STC/8, 2.87, .359), 10. Dick Bartek (SBAA/4, 1.50, .375), 11. Lou Roberts (STC/6, 2.33, .389), 12. Jack Cline (SLDC/6, 2.83, .472), 13. Pete Mundle (SMT/2, 1.00, .500), 14. Ray Gil (STC/4, 2.25, .562), 15. Dan Sheeran (STC/6, 3.83, .638).

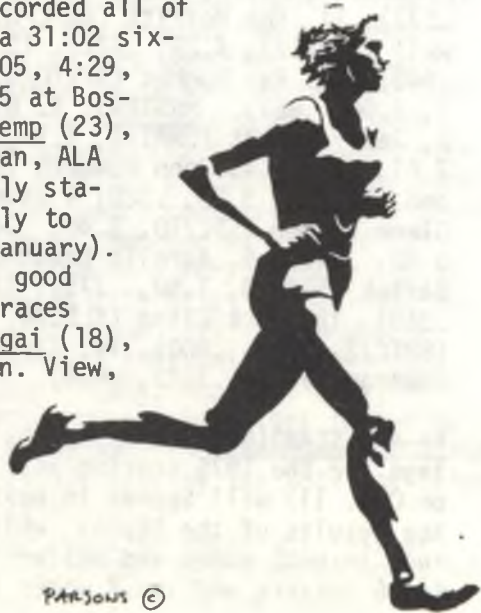
PA-AAU STANDINGS: (Compiled by Art Dudley) - The final standings for the 1975 scoring year (thru Berkeley Waterfront Run on Oct. 11) will appear in next issue. We are still awaiting the results of the Dipsea, which could affect the final standings in both women and masters. Anyone having information on top 6 masters and top 4 women (top 10 overall), let me know.

CLUB NEWS

This section of our magazine 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 WVIC members...it's meant to be of service to all area clubs.

NEW CLUBS IN THE AREA: - One new club has appeared on the PA-AAU roster since last issue--S.W.E.A.T. (that is, Shasta Wonderland Elite Athletic Team)...contact Len Edholm, 4090 Eureka Way, Redding, CA 96001.

WEST VALLEY TC: - Nineteen new members joined the club's ranks since last issue: Robert L. Alford (23), 1655 Big Bend Dr., Milpitas 95035 (Ph. 408/263-0705) is a senior at San Jose St. with a mile best of 5:17.2, set in April of this year. Roderick Berry (15), 7 Spring Rd., Kentfield 94904 (Ph. 461-5494) is a soph at Redwood High with very impressive credentials. His 15:03 3-mile as a frosh last January was a world Age-14 record. Since then he has lowered his PR to 14:36 at a postal meet this November, along with a 9:20 for 2 miles. Rod's goals for 1975 are to run 4:10, 9:00 and 14:00 and to qualify for the Examiner Games and State CIF Meet. Doug Butt (30), 177 Ronda Dr., Fairfield 94533 (Ph. 707/422-0186) is an elementary school P.E. teacher with bests (college) of 9:30.8 and 14:45. Doug has been around the local roadrunning scene for many years and has a 2:32:32 marathon to his credit (1968) also. Craig Corey (17), is another promising prep runner with a 9:23.0 two-mile clocking, set last track season. His address is 115 Redwood Dr., Hillsborough 94010 (Ph. 343-0778). Andrew S. Coron (18), Crown College, Box 64 (Harvey House), Santa Cruz 94064 (Ph. 408/429-4132) is a frosh at UC Santa Cruz and had bests last spring of 4:30 and 9:37, including a 9:40 for a steeplechase without any waterjumps. Tom Dooley (29), 20990 Valley Green, Apt. 620, Cupertino 95014 (Ph. 408/996-8953) is a teacher and welcome addition to the club's race walking squad. Dooley, veteran of two Olympic Games 20-kilo competitions, has marks of: 6:29.8 (1 Mile), 13:37.4 (2 Mi), 20:59 (3 Mi), 21:48 (5 Km), 43:58 (10 Km), 1:30:39 (20 Km), 4:46 (50 Km). Douglas Freer (29), 407 Piccadilly Place, #9, San Bruno 94066 (Ph. 588-5389) is a student in Podiatric Medicine. This past year marks his first serious venture into the running world. He has a diverse athletic career: ranking tennis player in San Diego County (Jr.), state ranking as an Olympic weightlifter, and several years at club level in boxing and rugby. Gerry Garcia (28), 4451 California St., San Francisco 94118 (Ph. 561-4131) is stationed at the Presidio with the Army and is a superlative distance runner, having clocked 13:44 and 27:58 for the 3 and 6-mile distances last spring. He won the Interservice Championships at 29:05 over 10 Kilos and has also run several marathons, although not recently. Mike Harriman (32), 391 Sacramento St., No. 21, Auburn 95603 (Ph. 916/885-4251) is a student (senior) in the school of business Sac'to State. His best running marks include a 10.1 (100), 38.9 (330), and 52.5 (440). Field event marks include: 22'7" (LJ), 44'0" (TJ), 226'0" (JT), 36'0" (SP), and 5'6" (HJ). The javelin is his primary event and he hopes to up his PR to 250' or better. Jon Higley (22), 6842 Lindbrook, #25, Sacramento 95823 (Ph. 916/392-5688) is a college frosh at Consumnes River JC after a hitch with the US Air Force. Jon recorded all of his PR's this year except for a 31:02 six-mile (1974). They include: 2:05, 4:29, 9:35, and 14:45, plus a 2:33:55 at Boston this year (165th). Dean Kemp (23), CoC SCH BN USAMPS, Ft. McClellan, ALA 36201, is in the Army, currently stationed in Alabama, but hopefully to return soon to the Bay Area (January). Dean runs primarily to stay in good shape and hopes to enter some races in the near future. Yoko Kumagai (18), 707 Continental Cir., #524, Mtn. View, 94040 (Ph. 967-1980), is a frosh at DeAnza College in Cupertino and the club's first woman race-walker. Her best mile time is 9:40, set last year. Steve Martin (20), 417 Second St., #1, Santa Cruz 95060, is currently working



part-time and is returning to competition after a semi-layoff. Steve recorded an 8:58.2 two-mile as a junior, while placing fifth at the CIF Meet. The following year he moved up to third place in that meet with a 9:02+. Bob McMeans (17), 2656 Rim Rd., San Pablo 94806 (Ph. 222-3481) is a senior at DeAnza High in Richmond. Last spring he made the State CIF mile finals on 30 miles a week and PR'd 4:16.8 in the process (in the heats). He ended up 7th (4:18.1) in the final. He also has marks of 2:01.6 and 9:27.4. Bob was a member in 1974 but was inactive for a year. Ray Menzie (41), 12 Whittier Ct., Mill Valley 94941 (Ph. 383-1428) is a self-employed laundry owner and new owner of WVIC's masters marathon record at 2:36:40. In his first race for the club, he won the National AAU Marathon (Masters) in Oregon on Oct. 12! Not a bad start. He has a marathon PR of 2:33:55, set at this year's Boston race. While in his earlier years, he clocked 9:44, 15:09, and 32:12 (late fifties). His immediate goals would be for 11+ miles in the hour run and, of course, a sub-2:30 marathon. Byron Richardson (25), Golden Gate Seminary, Mill Valley 94941 (Ph. 388-9970), is a first-year grad student at the Seminary with PR's of 4:47 and 10:40, both set this year. His best marathon clocking was 3:22:39 at last year's Culver City race, but he hopes to greatly improve on this in the near future, and his 1:36:41 for 25 kilos (in Sept.) indicates this shouldn't be too difficult. Walter Walker (27), 428 Ander Dr., Mather AFB 95655 (Ph. 916/362-9843) is an Athletic Specialist with the USAF and a graduate of Lincoln Univ. (Missouri). Walter should revise most of the club's sprint marks if he runs anywhere near his PR's this spring: 9.3 (100y), 10.1 (100m), 20.9 (220), 47.5 (440). Last spring he recorded 9.5, 10.5, 21.0y, 21.2m & 47.8m clockings. Keith White (25), 92 Lyle Way, Davis 95616 (Ph. 916/756-1468), is a grad student at UC Davis with a 49.9 best in the 440 and 1:13.0 for 600 yards. To show his versatility, he has also done a 32:10 for 6 miles. Marvin Winer (38), 82 Estates Dr., Orinda 94563 (Ph. 254-7497) is a financial analyst who started running two years ago to lose weight and now has PR's of 37:26 for 10 Kilos and 2:57:39 for the marathon (Palos Verdes, 1975).

Garment Screening

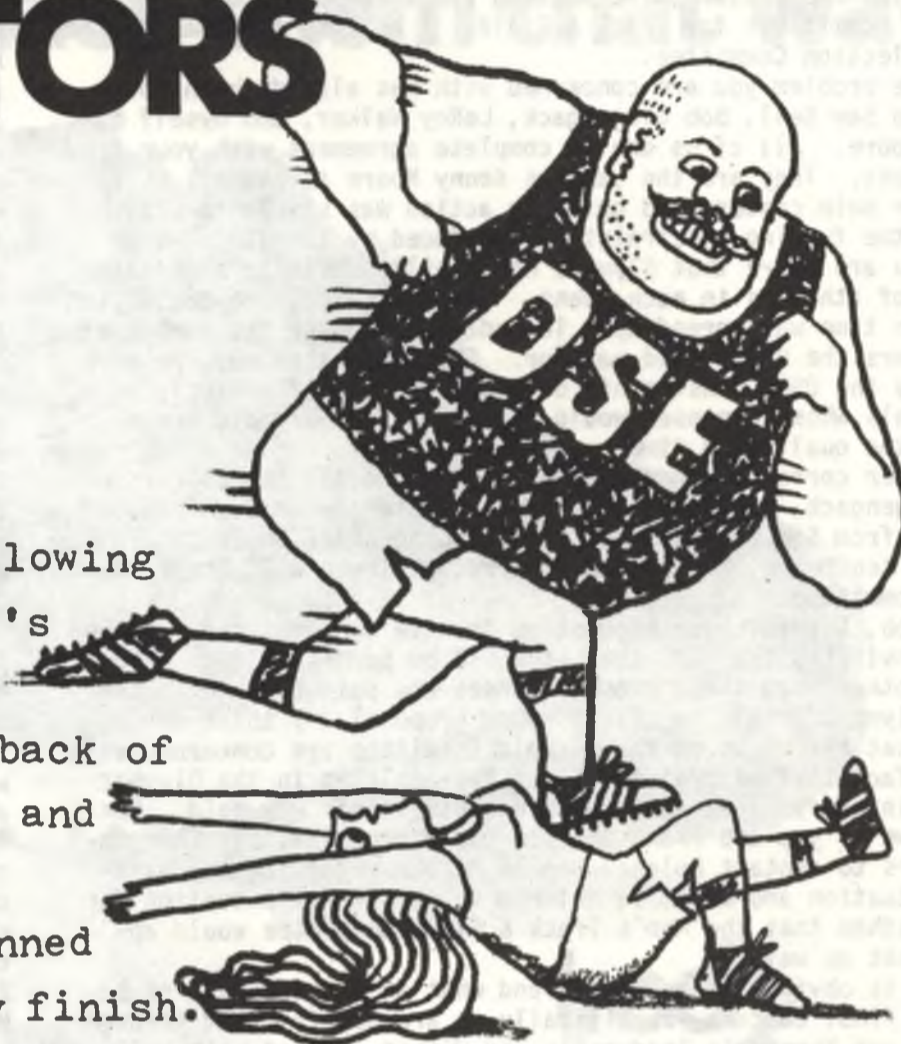
QUALITY SCREENING AT DISCOUNT PRICES: - Jack Leydig, Box 1551, San Mateo, CA 94401. --- If you have T-shirts, warm-ups, etc., that you would like to have printed on, or if you'd like to purchase the clothing as well, please contact me at your earliest convenience. I order my screening through John-John, Inc., who does the Bay-to-Breakers, Tahoe Relays, Dipsea, WVIC, and many other local shirts. But, as a dealer, we can offer a substantial discount below his normal retail prices (about 20-25% off). Prices below are for "Texdye" paint screening, a colorfast, completely washable paint. We can also screen in 'Vinyl' & 'Vinylon' paints, designed exclusively for stretchable fabrics such as nylon, etc. There are other incidentals such as art-charges and screen charges for small orders, so if you think you might be interested, write for complete details. Turnaround time is usually 2 weeks if the shirts are in stock. T-shirt costs are currently \$1.65 each for medium-weight and \$1.95 for heavy-weight, but prices can go up at any time. Screening prices are also subject to change at any time. Number of colors is noted on the left column:

| | 6-11 | 12-35 | 36-71 | 72-143 | 144-287 | 288+ |
|---|--------|--------|--------|--------|---------|--------|
| 1 | \$1.45 | \$0.95 | \$0.70 | \$0.55 | \$0.45 | \$0.35 |
| 2 | ----- | \$1.45 | \$0.95 | \$0.75 | \$0.55 | \$0.45 |
| 3 | ----- | ----- | \$1.45 | \$0.95 | \$0.75 | \$0.65 |

•News from members: - Emil Magallanes, 1974 State JC steeplechase champ from Monterey Peninsula JC, is now attending Boise State and is 2nd or 3rd man on the team. --- John Gomes has been transferred to Ankara, Turkey. The elevation at the base is 4,000 meet and hills surround the city. Yet, he reports the air in the winter is not healthy to say the least. They burn coal and an EPA report says the city has the worst smog in the world. --- Wayne Glusker, who won a trip to the Lugano Cup Race Walks in Italy in October, reports he really blew it. He was relieving himself in the bushes when the

CELEBRATE WITH DSE DIRTY DOCTORS

The Doctors' cups runneth over following their humiliating defeat of Rudolf's Reindears in the '75 Christmas Relays. So join the champs in the back of Birdman's pick-up for victory suds and male chauvinist racing rap. The courageous but obviously outmanned Ruindears are also invited once they finish.



gun went off. After starting about 2 minutes behind the pack, he finished 27th of 36 starters in 1:38:04, playing catchup the whole race. --- Mike Pinocci reports from Oklahoma St. that he is running well, despite an attack of the intestinal flu. He started off the season against Arkansas with a 19:34 over a 4-mile (wet) course, placing 3rd behind Neil O'Shaughnessy's 19:13. He then got 5th in the Cowboy Jamboree in 24:56 for 5 miles plus (Boit won in 24:33, with O'Shaughnessy, Colin Cumming, and Randy Melacon next). Then 12 days of the flu! After two races with the flu, he managed a good tenth at the Big-8 in Boulder, Colorado at altitude, running 26:04 (winner was Jeff Schemmel in 25:22). John Roscoe of Kansas was only one place and two seconds in front of Mike. --- Jeff Curran, now a frosh at Indiana, has been running well. In a few of the meets we have heard about, he has run 20th in the big Indiana Invit. on Oct. 4 (31:16 on the 1975 NCAA course behind Nick Rose's winning time of 29:49.6), and then 5th at the Indiana Intercollegiates on Oct. 24 (25:31 behind winner Heidenreich's 24:54). He was Indiana's fourth man at that meet. --- Jim Dare is now stationed in Poway (near San Diego). In one of his last races in the intermountain region, he ran 7th in the Brigham Young Invit. at 26:20 (ex-Modesto prepster, Benton Hart, won in 24:54).

•Club Records: - Only club record that we know of since the last issue was Ray Menzie's 2:36:40 for a new masters marathon standard, breaking Ed Dally's old mark by some 5 minutes.

•WVTC Finishers in Road Runs: - Not listed elsewhere in this issue: Dammit Run: 220-Scott Gould 41:43, 230-Yvette Cotte 42:10, 272-Rudy Hansen 45:00. PA & Natl. Masters 25K: 177-Ken Paul 1:48:03, 215-Tim Smith 1:54:20, 225-Irene Rudolf 1:56:46, 265-Len Wallach 2:04:40. Double Dipsea: 143-Len Wallach 2:58:08. Walnut Festival: 108-Len Wallach 44:03. Sonoma X-C: 25-Mike Borish 31:34. Pamakid Lake Merced: 144-Tim Smith 47:35, 168-Phil Conley 49:17, 178-Len Wallach 50:00, 189-Ellen Clark 50:35, 191-Jack Gottsche 50:39. Berkeley Waterfront Run: 107-Tim Wallach 36:33, 113-Len Wallach 37:26. Masters 10K X-C: 36-Len Wallach 55:04. Palo Alto 10-Miler: (Places?) Ellen Clark 76:27, Len Wallach 82:27. Excelsior 6-Miler: 85-Mark Haight 40:03, 119-Tim Smith 42:57, 123-Phil Conley 43:05, 141-Len Wal-

lach 44:43.

•Club Xmas Party: - Remember to mark Dec. 27, Saturday evening, on your calendars for the club's annual potluck dinner and elections meeting. It will be held at the Jewish Community Center as last year, in Belmont. Specifics are spelled out on the dittoed 'club insert' this issue. Please read carefully and return to the person listed for reservations. Friends and non-members are welcome as guests.

CLASSIFIED ADS

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SPECIAL ON FILM LOOPS: (\$1.00 Each until gone)--Available in 8mm and Super-8 (some 16mm): Silvester, Davenport, Tom Hill, Tarmak, Isaksson, Hayes, Oldfield, Nordwig. Not all athletes available in both sizes. Please add 25¢ postage for all orders. Checks should be payable to: Jack Leydig, Box 1551, San Mateo, CA 94401. They are going fast so send for yours now!

CUSTOM QUALITY PHOTOS: - Jim Engle, one of our regular photo contributors for the NCRRC, is making available many of his pics at local distance runs and track meets. He will appear most weeks at road runs. Only \$3.00 for custom 'quality' prints in size 8 x 10. Less for groups and snapshot stuff, and 5 x 7's will also be available for lower prices. Some 11 x 14's for a bit more. Prices will be posted. If you would like more information on Jim's prices and what races he will be at (he will take your pic if you ask), he can be written at: 1801 McKinley Rd., Napa, CA 94558.

LETTERS TO THE EDITOR

BILL EXUM (Frankfort, KY): --Reply from last issue's "Editorial" concerning qualifying standards for the U.S. Olympic Marathon Trials.--"Your letter addressed to the Track & Field Committee Chairman, USOC, has been referred to me for answering. I presume such a referral was made because I am the Head Manager for the U.S. Men's Olympic Track & Field Team (Montreal) and I was present at the Denver joint meeting for the Women's and Men's Olympic Committees for Track & Field. I am also chairman of the Site Selection Committee.

The problem you are concerned with has already been conveyed to Sam Bell, Bob Giegengack, LeRoy Walker, and myself by Kenny Moore. All of us are in complete agreement with your presentations. They are the same as Kenny Moore advanced.

Our main concern and guide to action was simply to stay within the funding constraints as advanced by the USOC. I am sure you are aware that Olympic House will subsidize a certain number of athletes in each event. Simply stated, the qualifying marathon time was agreed upon in order to produce the number of qualifiers the USOC would pay for. Stated another way, we were bound by the USOC constraints or producing qualifiers only in the trials whose expenses would be paid by the Olympic House--hence, the qualifying time.

After correspondence with Sam Bell (and all the coaches) and Giegengack, here is where we are (letter dated Sept. 26): I quote from Sam Bell's letter to Bob Giegengack on Sept. 22--copy to Ken Moore, and Aldo Scandurra, Chairman USOC Long Distance Committee:

"Bob, I think your suggestion to have athletes get involved with convincing the USOC that it would be permissible to have people other than those whose expenses are paid compete in the final Olympic Trials is a very sound proposal. I think the thing that all of us on the Olympic Committee are concerned with is the fact that we protect all of the athletes in the Olympic Trials in every event so that we can have their way paid...Ken, I believe if you and Frank Shorter could organize the other marathoners to contact Colonel Donald Miller regarding the marathon situation and we could get him to approve an exception for the marathon that the Men's Track & Field Committee would approve that as well."

It is obvious where we are and what we are desirous of being the final outcome--specifically we are hopeful that through Moore's and Shorter's leadership and direct contact with USOC and Colonel Don Miller, there will be modification of the position that only athletes whose expenses are paid by the USOC will be competing in the Marathon trials. You realize this is an exception and only for the marathon. With such a modification, I have no doubt that the Men's Track & Field Committee will in turn approve such.

Hope this letter supplies some answers. Sam Bell at Indiana University can supply additional information on this. I would like to know your reactions."

*** (Following is your editor's reply to Mr. Exum's letter):*
"I received your letter of Sept. 26 and would like to thank you for your speedy and lengthy reply in regards to the question of having two standards for the Olympic Trials Marathon...one for funding purposes by the USOC and one for qualifying for entering the competition. I would be most interested in hearing any intermediate or final decisions that have been made in this regard, as our readers are interested in finding out any changes at the earliest possible date for training purposes.

I think Bob Giegengack's proposal will carry, and I hope that Kenny Moore, Frank Shorter, and others involved will attempt to organize the other marathoners as soon as possible so that we are not left waiting until a month or two before the trials before a decision can be made.

You did not mention what would be the suggested qualifying time (for non-funding purposes). I would think that the 2:30 time would be a reasonable mark to attain without 'flooding' the entry field. Even with a start on the track, seeding of runners by time could alleviate any problems...this was done, as I mentioned in my first letter, at the 1972 Trials in Eugene.

I would appreciate being kept abreast on this matter as decisions are made, and would like to advance the suggestion that perhaps some of the other 'standards' be changed a bit to allow participation of non-funded athletes, as long as the fields are kept manageable (no greater than conditions at the Games). I still feel that the best qualifying standard is to merely set a number of athletes who can compete in any event. That way, the standards need not be changed at the last minute to allow for fuller fields, nor do they have to be lowered in order to limit the number of competitors. The only disadvantage is that the athlete doesn't know, always, what mark he is shooting for... and administration might be tricky too. But if only the top marks are accepted (say 24 deep in most events), then the U.S.

would be practically assured of having all of its top athletes in the Trials. The USOC need only fund the top 10 or so in each event, or can, in fact, set a 'funding standard', independent of any qualifying standard, whether that qualifying standard be a time/distance or a national ranking position."

(As we go to press, we have heard unconfirmed rumblings that 2:25 may be the standard now, with 2:20, or some other appropriate time, being used to determine who is to be funded. Wayne Badgley also has informed us that the New Zealand AAU has put out the word that there will be a 2:15:20 qualifying time to get into the Games at Montreal. In other words, each country is allowed three competitors in the marathon, but only if they have met the qualifying standard. Each country would still be guaranteed at least one runner. In the past, the marathon has been open to three from every country. Again, this word is not necessarily true, but has come from fairly reliable sources.)

TOM MANN (San Bruno, CA): "I strongly support your stand on the changing of the standard for the Olympic Marathon Trials. I think a petition circulated at races would probably help. However, I also think you should let everyone know where to write as individuals. I'm sure that the Committee is equally impressed by numbers as well as organized group protests. Thanks for leading the way in protesting this stupid ruling." (Addresses: *Bill Exum, Director of Athletics, Kentucky State Univ., Frankfort, KY 40601; Olympic House, U.S. Men's Olympic Track & Field Team, 57 Park Ave., New York, N.Y. 10016.*)

KAJ JOHANSEN (San Diego, CA): "Regarding the Olympic Trials Marathon qualifying mark, I heartily concur that there should be no hardship or impracticality about keeping the time at 1972 levels (2:30). Worse, I and just about every other slob who has spent years reaching for a star in the face of gross athletic inadequacies (I still have never broken 5:00 for a mile--and I've been trying!) would have removed from him one of the really important reasons to keep trying--a chance to compete in the Olympic Trials. If the USOC had sat down and specifically tried to emasculate marathoning in the U.S., I can't imagine their doing a better job of it. A standard of 2:20 will provide a total of not more than 25 athletes next May--mark my word. It could be as few as 10-12!"

We have a good 12-15 people in our club who are in this 2:20-2:30 grey zone, and I'm sure I speak for all of them in backing any sort of mass letter-writing campaign or other lobbying effort. I've written an editorial comment in our newsletter to this point (San Diego TC Newsletter). I don't expect a letter back from you about this, but I do need an address to write to." (Ed.--See above letter)

HAL HIGDON (Michigan City, IND): "I was surprised that anyone would be brave enough to support my stand against drunk driving after the prejudicial remarks you used to introduce my letter several issues back. If anyone was offended, I'm sorry, but at least the NCR--whether involuntarily or not--became the only running journal that I know of to discuss the subject of drinking after athletic competition.

I am tempted to continue the dialogue further, except I feel that Stan Rosenfield thoroughly summarized my feelings when he said: 'If Prefontaine liked to drink, that's his business, but when anyone gets on the road in that condition, it's everyone's business.'"

DON HOWARD (San Francisco, CA): "I strongly feel A.A.U. races should have established fees of \$1.00 or under (marathons excepted). The vast majority of runners really don't care about trophies...they don't receive them. But---they do care about a well-marked, monitored course, and proper race results returned within a reasonable time. This can easily be done for under 50¢! I feel many clubs put on races mainly to make money off the runners (Ed.--But this money does go into benefiting runners on sponsoring clubs if profits are made.). Remember...just 150 runners in a race at \$1.00 brings in \$150.00!'" (Ed.--I think that if A.A.U. races were restricted to charging a \$1.00 entry fee, you'd have half the meet directors pull out of their races. The thing is, many clubs support their running programs--and thus the runners--by profits. It might be interesting to take a poll of race directors to see just how much profit is made on races. If it were not for T-shirt sales, the Christmas Relays would just barely break even, as an example. We charge about \$1.50/runner, but give over 200 'nice' awards every year. -- Several years ago, Ben Sawyer and Jeff Kroot came up with a questionnaire concerning entry fees and awards. The NCR would be happy to insert such a survey in next issue. Would anyone like to send us a list?)

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NCRR

ED HEINLEIN (*San Rafael, CA*): "Regarding Keith Conning's letter (Last issue)--I agree with most of what was contained in the referenced letter, particularly since I happened to come across the results of the 1974 Pamakid race. A financial report was attached which shows a profit of \$14 from a field of 176 runners at 75¢/runner. This is discounting the \$25 made on refreshment sales.

This brings up a couple of points. First is, just what are we buying for our fees in excess of 75¢? What does it take to put on a race...dollars and cents wise? If there is a rule of thumb about race costs, I'd be interested to learn about it.

Secondly, if the costs are truly not covered at 75¢/head, why not take advantage of something simple like soft drink sales after the race for the difference and keep the registration fees down?

Last point, there probably isn't anything more non-utilitarian, notice I didn't say useless, than a trophy. Trophies are useful to the guy who sells them and to people who earn a living with a dust cloth. Why not T-shirts to the top runners or some form of merchandise award credits that could be accumulated toward shoes, sweats, or even a trophy if that's what someone really wanted. I would like to see a survey of the current trophy winners to learn if they would appreciate something more handy along with the recognition for a race well run. Of the things Marje and I have won in the last couple of yearsa bottle of wine and a pizza were the most notable."

(Ed.-Unfortunately, there is no easy 'rule of thumb' on how to determine race costs. It depends almost entirely on just how much the race director wants to put into the race. If runners think that races charge too high an entry fee, they should boycott those races. Then the race director will get the drift and cut his fees, offer more awards, or do both. In most races, the big expense is awards. Even in a 50¢ fun run, the cost of ribbons for all finishers is close to 40% of the total entry fee!! If you mail results (which should be done in all races that are AAU sanctioned), then there is another 10¢ per head (soon to be 13¢)...and that's not counting those envelopes sent to race directors without stamps, requesting entry forms in the first place. All requests for entry forms should be accompanied by a stamped, self-addressed envelope! If the race makes use of a school facility, often times there is a costly rental fee for custodial service. Refreshments in long races (other than water) are another item. Printing of entry blanks and results, payment of sanction fee to AAU, and payment of 10% of entry fees to AAU (except where a loss is incurred) all add to the cost. Then there are race numbers (not necessary in all races) or tags of some sort and pins to fasten them on; phone calls; and many miscellaneous items that may be peculiar to certain types of races, especially marathons and other long runs. The idea of selling refreshments is a good step in the right direction. I think most good runners have enough trophies and would appreciate something different and more useful...but these items still cost money. So here we have a different question altogether. Again, if anyone is willing to draw up a questionnaire on race fees and awards, please submit it to the NCCR before Christmas for our next issue. The PA-AAU Long Distance Committee can propose certain guidelines to race directors in this regard, but it really would not be fair to force them to adhere to these proposals. The best remedy is still to boycott races that you think are 'ripping off' the runners.)

JOHN BRENNAND (*Santa Barbara, CA*): "I am writing to protest the application of the pre-race entry rule to our Dick Bartek during the National Masters 25 Kilo on Sept. 14. The matter was unfair to Dick on two grounds.

First is the matter of pre-entries per se. The only instance where they are really justified is when a limited resource such as food or transportation must be set aside before the race, or team entries must be punched on cards for automatic data processing. Even then, post entries should be accepted until a reasonable time before the race begins, say, 15-30 minutes. Discourage post entries, if you will, by a reasonable penalty, but don't prohibit them. Also, don't promise late entries food or T-shirts, etc., but let them run! Too many runners don't know how well they will be running several weeks hence to always pre-enter. Also, I wonder how many of your readers have run when sick, injured, or inadequately rested just because they had entered some days previously and didn't want to forfeit their entry fees?

Second, and I stand to be corrected on this because I heard it from another runner who was at the PA 25K, held in conjunction with the Masters 25K, I believe that the post-entry prohibition was not applied uniformly. I was told that Jim O'Neil was allowed to enter on raceday and that he was awarded the 50

and over championship.

In closing, I would like to add two asides. One, Dick was philosophical about the incident. He derived his satisfaction from winning the Masters division, even if he didn't get the AAU emblem or medal. This letter is my response to the incident as I understand it. Two, we did away with pre-entries in the Southern Pacific Association in almost all races some five years ago. Sure, it can cause a bit more confusion at sign-in time, but it also means added income to the race since in those few races where pre-entries are required (mostly marathons), we just tack on an extra dollar or two for post entries. (In some of the marathons, the LDRC is working to reduce both pre- and post-entry fees, but this takes time!). If handled properly, it need not even cause appreciable additional work for the race officials."

(The following is your editor's reply to John Brennand):
"Let me answer your second complaint first, regarding the uniform application of our post-entry prohibition. We allowed no one over 40 to enter the National Masters competition after the stated deadline of midnight, Sept. 12. In the case of Jim O'Neil and a few others, their team entry was sent in by their team captain on time, but they were not aware that they should fill out individual entry blanks as well. We merely had them fill out an entry blank on raceday, but they had been pre-entered by their team captains. Some only had to pay entry fees, but in no case did we allow anyone to enter (either for team or as an individual) on raceday if we did not have their name in hand by the Sept. 12 deadline. For those that didn't make the deadline, we allowed them to compete in the PA-AAU Championships, which were held concurrently. The primary reason for our closing entries at all was because of the problem of team declarations at the last minute...causing changes on pre-typed tags, etc., not just for one individual, but for entire teams. We decided to just set a deadline and avoid the hassle. Everyone should have been aware of this who received an entry blank. It was up to the athletes to send for an entry blank enough in advance...I would think that in planning to enter a National Championship, athletes would allow for some leeway. The no post entry rule was clearly stated several times on the blank, so there was really no reason for an athlete not knowing. I even went so far as to accept phone applications up to the deadline. Runners were grumbling over the late start (20 minutes) as it was, caused by post entries for the PA-AAU 25K...and this happened even though we had a total of three people filling out ID tags.

In closing, I too am usually against post entries being disallowed, but in certain instances it is a lot easier on race administration to prohibit them. We have two cross country races coming up where we are not allowing post-entries simply because the course is out in the 'boonies' and registration of any kind is difficult in bad weather (no shelter and very difficult to get vehicles onto course in wet conditions). We try to encourage pre-entries in most of our races by not charging late entry fees at all, but by stating that runners may send in their entry blank without fees (and pay on raceday when they get their number). Most send in their fees with the application anyway. Your other ideas are mostly good and we might apply some of them in future races, but we don't like to charge late entry fees at all."

HAROLD DEMOSS (*Los Altos, CA*): --Harold is PA-AAU Men's Long Distance Running Chairman and his wife, Penny, is the Women's Chairperson. "I'm sure you will get letters concerning the course error at the PA-AAU Marathon Championships at Sonoma State on Nov. 2. I'm sure the race director feels as badly as anyone about the mis-direction. HOWEVER, the runners should all realize that the course was adjusted at the end, so it was a legal marathon, and the second 'wrong-turn' unfortunately increased everyone's time by 1 to 2 minutes. We should also realize that the ultimate responsibility for course knowledge is that of the runners. The course was marked, right from the starting line; the course description on the entry blank was proper, and maps were available before the race. The problem is that everyone plays 'follow the leader', me included, and when the lead runners at the start turned left immediately contrary to the chalk lines, everyone followed. I did not hear one single voice call out that we were going the wrong way. A race director can only do so much; he can mark and describe the course, but he cannot protect us from our own stupidity if we won't read what he puts out. My wife Penny and I just missed 3 hours, but we realize that this was our own fault. I trust that all race directors and runners will learn from this and be a little less complacent in future races."
(Ed.-We did not receive the results of this race in time for publication in this issue. Look for them next time!)

HAROLD DEMOSS (Los Altos, CA): --The following letter was written to Mr. Enrico Dell'Osso, Race Director of the Lake Merritt Runs, by Harold DeMoss, PA-AAU Men's LDR Chairman. "At our LDR Committee meeting after the Lake Merritt Races, it was decided that the LDR Committee would under certain conditions, be willing to put on the race next year. Mr. Ed Phillips would act as Race Director. The conditions are such that the LDR Committee or the PA-AAU would not assume any financial liability for the police services, city officials, any park and recreation services, or the City of Oakland. We will pay for the trophies and awards, the number and cost to be decided between you and Mr. Phillips. The payment for the awards will come from entry fees and any profit from the entry fees will go to the PA-AAU LDR Travel Fund. You will provide the entry blank and list Mr. Phillips as meet director, and the Italian-American Federation and the PA-AAU LDR Committee as co-sponsors. The LDR Committee will oversee raceday registration, and provide all officials for actually running, timing and sending out race results. It is anticipated that pre-race planning will result in all LDR expenses (see above limitations) coming out of the entry fees. The LDR Committee expressed a concern that since it is not assuming the running of this race enthusiastically, that no loss be incurred therein, but that any profit should be returned to the LDR Fund. If these conditions meet with your approval, please communicate with me by Nov. 5, so that I may add the race to the 1976 PA-AAU LDR Schedule.:

(As of this NCCR issue, no communication has been received from Mr. Dell'Osso concerning these conditions, and unless these conditions are satisfied, then the LDR Committee will not be putting on the race; it will not be a sanctioned affair, and legal steps will be taken to assure that the Lake Merritt officials do not indicate on any pre-race publicity release or entry form that it is sanctioned or that the LDR Committee or Chairman is in any way connected with the race. The LDR Committee is very much against the sponsors pocketing the entry fees, walking away, and then letting whoever is standing around conduct a 'fun-run', such as has happened the last two years.)

RUNNER-UP

MEET BOB ANDERSON: (By Len Wallach) - Bob Anderson, World Publications' sparkplug, is a young man in a hurry. And the hurry rubs off. People around him seem to have a special kind of pace that is reserved for those caught up in a cause. But trying to get a clear focus on the cause leaves one groping, as things are never quite as they seem at World Publications.

Take their offices for example. Located just off of one of California's busiest freeways, it looks like the unpacking was interrupted in order to get out one of the multitude of their publications. But this seems pretty typical of Anderson's style of 'relaxed pressure', as there is in the feeling of an idling high-speed motor, waiting for someone to tromp down on the accelerator. Somewhere behind the walls of the outer offices are fifty dedicated people, caught up in their own as well as Anderson's cause, each functioning like an idling piston, waiting for Bob's tromp.

Overland Park High School in Manhattan, Kansas, saw Bob compete in the one and two mile events. In 1966 he was third in his region's cross country and ran a 9:38 two-mile. "I was a fanatic for running," Bob commented. "It seemed a natural extension of this fanaticism to want to communicate it." While still in high school, he cranked out the first primitive issues of *DISTANCE RUNNING NEWS*. In the first year there were only two issues, but shortly he had 350 subscriptions.

He started his college work at Kansas State in Business Administration but got so swamped with the publication that he was putting in 60 hours each week to stay on top of it. Trying to keep up his studies, the magazine, and running meant something had to give. Consequently he chose not to run for the Kansas State team.

Bob's independence started early when in high school he elected to remain in the United States instead of going to London with his parents. Apparently his four brothers have the



Bob Anderson /OMPHOTO/

same characteristic, as they have all succeeded independently. Bill is an engineer; Barry is Kansas State's Women's Track Coach; Ed is in advertising; and Brian is in college.

Bob's wife, Rita, is also from Kansas, however, he had to come to Palo Alto to meet her in a bookstore. Reading the editor's remarks in *Runner's World* keeps you up-to-date on the additions of Lisa and Michael, the Anderson children. It's that kind of homey personal touch that comes through in the many publications he puts out. Can you imagine reading about the owner's kids in *Sports Illustrated*?

His exposure to California came from his efforts to try to relocate his newly founded *Runner's World* while it was small enough to move yet big enough to earn him a living. He canvassed Boston and San Francisco but was impressed with the news on the west coast coming from runners like Pax Beale, Pete League, and Walt Stack. He wanted Joe Henderson, who was already in California, to be his editor, and eventually it all came together in Los Altos in January, 1970. Why Los Altos? "It was cheap office space then," he explained. "But we had to move four more times as we grew out of each facility."

Behind his desk are visible reminders of World Publications' growth in the book-bound volumes of *Runner's World*, *Bike World* (1972), *Nordic World* (1973), *Aquatic World* (1973), *Down River* (1974), *Soccer World* (1974), and most recently, *Gymnastics World* and *Self-Defense World*. One cannot help but be curious as you look past this young-man-in-a-hurry at the three blank binders just marked "World" and wonder what's next.

Bob is not naive about marketing, as he reeled off results of their readership surveys. He's acutely aware of financial threats and counter-threats in the hard-as-a-rock publishing business. Quick on the analysis of the effects of other publications on *World* and vice versa, he pointed out that "Even though *Runner's World* has a circulation of between 36,000 to 40,000, it doesn't mean a thing if it doesn't help runners." "Naturally I feel that *Runner's World* is my favorite, but around here all of our staff have a favorite that they are protecting or nurturing." He summed it up nicely by adding, "My business is publishing, but my hobby is running. But the rest of the staff have their hobbies too, and they are tough competitors. We have 50 people doing the work of 75!"

Bob pondered for a moment, hesitating before he expressed that he has a deep concern for the turnover among runners. "It really bothers me that many of the runners of a few years ago are not around. Running has to be a long-term thing and we have to find ways to insure this. If I wanted to get depressed, the thought of people giving up running would sure do it," he added. "The fun-runs that we put on every weekend and the DSE type low-key races are badly needed to insure the emphasis on lifetime running."

His deep eyes stared for a moment and he leaned back to think about his answer to the allegation made by some that World Publications may be taking more from the athletes than it is giving back. As he played with a paper clip, he related, "I enjoy going to races where I'm not known and asking runners what they thought about a particular story or item in *Runner's World*. It's not hard to get the message as most of the people I talk to are straight-forward. I want to make it all even out somehow...the fun-runs, our anniversary celebration, special articles or any other way."

"You can't talk about running without facing the issue of who controls it. Like anything else, you can't have a successful effort without strong organization. Running is no exception. Whoever has the effective organization and can sustain it will find their efforts being accepted. The RRC, AAU, clubs, colleges, or *Runner's World* all have part of the answer, but we have a long way to go yet," he explained. "Each individual and each group has to walk that fine line between conflict of their self-interest and love of sport if they are going to prove worthy of the runners' trust."

"I've been influenced by a lot of people: Joe Henderson, Ted Corbitt, Arnie Richards...but I had a coach in high school named Lloyd McGuire that kind of typifies the way I feel. He was not only a fantastic coach, but he gave us a lot of personal involvement. I just wish that the whole running scene was like Coach McGuire," Bob concluded.

After leaving his office and getting back on the freeway, I kept going over and over the feeling of vagueness that resulted from the interview. Then I realized that what I was feeling was the lack of agitation. Everything had gone smoothly, without problems. And that is the way I found Bob Anderson and World Publications--smooth and without visible problems, but waiting for someone to tromp on the accelerator.

(Ed.-At the end of December and beginning of January, Runner's World celebrates their 10th anniversary with "National Running Week". Look elsewhere in this issue...centerfold.)

MEET GEORGE TRACY (By Len Wallach) - George Richard Tracy is a brooding gentle giant of a man with a gusto for living and a capacity for humor that would rival the best of the Irish saints.

Frequently misunderstood, he has suffered the slurs and ridicule of the insensitive for a lifetime, but this has given him an inner strength and tenderness that is unique to those who have had to endure silent burdens.

His 82 professional prize fights have given him 67 victories, 48 knockouts, and a housefull of mementos. "I was never knocked out, but I've sure been in queersville a couple of times," George laughed. He related that he would sometimes forget what town he was in after a fight, but in the interview he would reel off obscure facts, remote statistics, names of fighters that go back to the late twenties... He described detail after detail of bouts fought in yesteryear with a narrative flair that outshone most sports writers. His gestures and illustrative movements would become so active that his petite blond wife, Rose Marie, had to reach over with gentle understanding touches of concern, and George would momentarily settle back, less animated, but continuing his machinegun language.



George Tracy as a fighter and as a runner. /R--O'Rourke/

"My best fight was a 12-rounder with Anton Cristofordios in Sydney, Australia in 1943," he related in his rapid-fire fashion while looking over my shoulder to make certain that I spelled Cristofordios correctly. "But I'll never forget young Irishman John McCarthy knocking me down 5 times for the nine-count in San Diego. John was a tough guy from Chicago and was hammering me into a merry-go-round on cloud-8. Somehow I seemed to get stronger each time he hit me, but I got in a 1000-to-1 shot with my right and knocked him flat and out. I was so happy! I was a man who came back from the dead!" he exclaimed. Rosie interrupted and advised that George probably just got madder with each knockdown and not stronger. George and she shared an understanding exchange of grins, reserved for people who can see deeply into one another.

George got interested in running through boxing roadwork and got his share of early Bay-to-Breakers runs in the days when there were only 50 starters and 50 finishers, and George was one of them with his best time ever of 51 minutes in 1941. "It wasn't my best effort as I had to box the next day at Dreamland," he added. George backed up both of these anecdotes with clippings from San Francisco's old newspaper, *The News Sport*.

He returned to running partly to strengthen an injured back and to participate with his sons Dennis and Mike. It was here that George set the stage for his most meaningful but not publically known contribution to athletics by paving the way for Masters athletes to secure amateur status. The original AAU rules prohibited professionals from ever competing as amateurs again, but no one anticipated that there would be a Masters program when the rule was first written. George's professional prizefighting prevented him from legitimate entry into amateur long distance running, but through his persistence, finally helped to change the rule and was awarded his now coveted AAU card as an amateur.

His association with the AAU gave him some of his greatest joys and yet some of his worst heartaches. He was able to see his sons compete in AAU competition and watched Dennis get his

4:11 mile, along with other top places at road races. George also officiated at the AAU all-comers meets at universities and colleges in the Bay Area. George Newlon, AAU's Commissioner of Officials, advised that George "had his heart broke by some loudmouth spectator who objected to a decision." Tracy was more philosophical about the incident and said, "I should have just punched the guy to get it out of my system, but I didn't want to start a ruckus at the meet." When the incident was told to Harry Young, College of San Mateo's unofficial track and field czar, he just shook his head knowingly and commented, "Tracy was one hell of a dedicated volunteer and a damned good official."

Talking to George in the quiet of his immaculate and fashionable home, it's hard to think of the guy as tough Teamster or the Navy's Pacific Fleet Heavyweight Champion. He appears so mild as he strokes the family cat or helps Rosie in their colorful kitchen. But George is so tough that he takes on the harder races without the benefit of training. He has a mania for the Clear Lake Marathon (run 15 miles, swim 3, climb up 3, run down 3, and swim 3). He placed 19th in this event that saw 49 starters and 20 finishers in 1971. "All the other races are kidstuff compared to that one," George commented.

If you're a San Francisco buff, you'll know that George is one of those Dolphin Club swimmers who swims the "Gate" every year.

Most people would recognize George as the guy who usually jumps the gun in most races. "I can at least say I was in the lead for a minute or so," he said sheepishly. Others recognize him from his odd running style and rocking gait, but I recognize George Tracy as a man who enjoys his world, who is in love with his wife, who carries his own private burdens silently, but above all as my friend.

NOR-CAL PORTRAIT

MEET HENRY PEREZ (By Conrad Walker) - If you're a 6-1/160 lb. defensive halfback who likes to jump the hoods of parked cars, then you are obviously cut out to be--a steeplechaser?

Such has been the transition made by Delta College's Henry M. Perez, who, in the course of only 13 months of serious distance training, has gone from a 1:56.0 high school 880-man at Edison of Stockton to a record-breaking (8:46.0) JC steeplechaser and victor in the US-USSR Junior meet. Unusual to say the least, but Henry tells how it came about. "I had very little distance background work in high school and ran mostly quick repeat-type workouts. I made the State CIF track meet in the 880 off of practically no work. My current coach (Merv Smith) saw me run in a lot of high school meets and told me to concentrate on the longer distances and to put in the mileage, lots of it. At first I didn't like all that distance, but now it is easy and I know it is really paying off."

So where do football and jumping cars come in? "During football season in high school I played football; the resulting strength from that and the love of running something else besides a flat race gave me ideas," explains Henry. "And during fall cross country practice (in 1974, his first season ever), I was getting bored with just running along over the flat training courses, so I would jump the hoods of cars. Then the idea of running the steeplechase really started taking hold."

From there, the career of Henry Perez took off. His first big steeple race at Bakersfield led to an 8:58.4 clocking, barely off the national JC record. Then a win over Bobby Thomas of Glendale in the 3 mile at the State JC championships in a PR 13:55.4 ...an 8:48.2 win in record time at the AAU Junior Meet... another new record of 8:46.0 at the AAU meet in Eugene ("I did not run my race up there," says Henry)...finally a 9:07



Delta JC's Henry Perez at Mt. SAC X-C Invitational (he won medium school race)./J. Higley/

win against the Russians in 100-plus temperatures in Lincoln, Nebraska.

To come so far so fast, Perez has put in the work. His training is based on twice-a-day running, 15 miles per day. In the fall, Henry might do 5-6 repeat miles at 75% effort with an 880 jog between them, but other than that he does very little speedwork. "My training for the past year has been mainly background work or foundation work. My coach indicates that my next three or four years are developmental," Henry explains. For fun, Perez likes fast 10-mile runs and, in his words, "to run down traffic-congested streets avoiding all the crazy drivers...that's a real challenge."

Ahead for Perez this year will be 'more rep work' and one other challenge he plans to meet: "I'm going to break 4:00 in the mile," says Henry, without a trace of doubt in his voice.

HENRY M. Perez; 6-1/160-lb.; born at French Camp, CA, June 6, 1956. Attends San Joaquin Delta College. Coached by Merv Smith. Also runs for Sundance TC. Best Marks: 880-1:55.6; Mile-4:14.2; 2 Mi-8:59.4; 3 Mi-13:55.6; 3000mSC-8:46.0 (JC Record); 4 Mi XC-19:03; 440R-50.0.

WEST VALLEY PORTRAIT

MEET PHIL CONLEY: (By Bill Clark) - This month's West Valley Portrait is one of the most remarkable individuals in the club: Phil Conley. As an athlete, Phil's versatility and accomplishments are unmatched: Olympic javelinist in 1956, NCAA javelin champion in 1956, member of AAU champion volleyball teams in 1959 and 1960, silver medalist in the Pan-Am javelin in 1959, winner of the javelin and pentathlon at the 1975 World Masters Championships in Toronto, and winner of ten varsity letters at Cal-Tech. His PR's range from 260-2 1/2 (all-time) and 227-7 (master) for the javelin, to a 3:48:59 for a marathon, a very respectable time for a 200-pounder.

Citing the above statistics gives you some information on the athlete, but it is even more interesting to get to know Phil as a person. He is one of the fascinating individuals that makes running in the Bay Area such a unique experience. His education, which includes a B.S. in mechanical engineering from Cal-Tech and an MBA from Harvard, has qualified him as an expert on almost any subject, and he freely provides expert commentary to most of his friends. Seriously, his philosophy on what it takes for a masters athlete to perform at a high level provides food for thought for all of us: First, the individual should start out as a 'good athlete', which is defined as one who has a knowledge of technique and possesses agility and poise. Second, a general flexible program must be established which consists in part of the proper amount of work, injury avoidance, and a varied routine to stimulate interest. Third, the proper environmental mix of home, wife, family, friends, facilities, job, etc., must be attained so that each element is supportive of the others and then a proper perspective on each can be maintained. Fourth, the competitive instinct must be honed. In simpler terms, you must stay 'hungry', or as Phil puts it: "the winners of life can accept losses, but they don't like to." Phil's philosophic points are not merely the attempts of an engineer/businessman to identify the criteria for high-level performances, but also are reflections on his own life. Phil is obviously a natural athlete. His elaboration on the criteria are interesting; for example, on training programs: "Workouts, or the satisfaction gained from progress achieved from workouts more exactly, must be fun and deemed worthwhile." On proper environment: "My key to success is a very satisfying socio-economic and psychological life style with Fran. I have been fortunate to reduce the typical person's pressures to a quite manageable threshold." On competitive instinct: "Even though an Olympian, I never achieved what I'd hoped, due to accepting a professional job et al after graduation. Thus, I still have the ego involvement and hunger."

Like everything Phil does, his training program is well thought out and organized: "Over the years I have resorted to a less rigid regimen than earlier. In my events, upper body flexibility and leg strength are key. I sandwich in two 5-10 mile runs at 6:30 to 8 minute/mile pace in season and 4-5 off season per week...one or two weight sessions, one or two javelin sessions in season, one or two interval running workouts (220's or 330's) with the Angel Field Ancients, and almost daily swimming, exercising, and rope jumping."

And what does Phil hope to attain from his training?: (1) Set national masters records in the javelin and pentathlon ('realizeable'); (2) defend his javelin and pentathlon World Masters Titles in 1977 (Sweden) ('difficult'); (3) break 3:30 in the marathon ('ugh'); and (4) avoid injury and stay flexible ('the key').

With Phil's ability to organize himself and his environ-

ment, coupled with a strong determination, one would be foolish to bet against him attaining his goals.



West Valley Portrait: Phil Conley

SPECIAL ARTICLE

--INEQUALITIES FACING LEFT-HANDED DISCUS THROWERS--

(By Gary S. Wolf):

I am submitting this article in frustration, for I am a member of a group of track and field athletes who are constantly and deliberately being discriminated against. This discrimination is currently taking place at all levels of track and field competition, as the coaches, meet promoters, and the athletes themselves

share in the perpetuation of this injustice. If track and field competitors receive an equal chance to perform and thus prove themselves on the field of competition, this deliberate injustice must be halted and a solution realized whereby all participants can compete on equal terms.

The group to which I refer consists of dedicated but increasingly frustrated left-handed discus throwers. I would like to think that I am qualified to present the plight of the left-handed thrower, as I have been competing for about ten years and have witnessed the unfair advantages granted to the right-handed thrower. The advantage to which I refer stems from the location of discus circles such that the right-handed throwers can take full advantage of the prevailing winds, thus increasing the distance of every throw.

It does not require an astute observer to realize that the wind in any given area follows an historical pattern based on the geographical makeup of the area. A discus circle can be strategically located such that a quartering wind will blow across the discus sector with extremely high probability. Currently, the discus circles in high schools, colleges, as well as the sites of national and international meets are placed deliberately such that the wind will sweep across the discus sector from the front right-hand quarter, thus aiding the flight and the distance of a discus thrown by any right-handed thrower.

There can be little doubt that the wind does play a major factor in the flight of the discus, as the discus acts like an airfoil as it cuts through the air when in flight. Although I am not technically qualified to deliver a complete disertation concerning aerodynamic principles and the effect of wind upon the flight of the discus, I will make the following observations: as the discus thrown by a right-handed thrower begins to lose centrifugal rotation, the discus begins to tip to the left (from the direction of the thrower) and initiates the fall back to earth. A quartering wind (from the right front) will not only cause the discus to be lifted as a result of a vacuum created above the discus, but the discus will actually be carried forward as a result of the wind blowing in from the right. The discus, in effect, 'rides the wind', resulting in improved distance.

While the right-handed thrower benefits from the wind conditions, the left-handed thrower's discus is not left unaffected. At the same time as the right-handed thrower benefits from the wind, left handers in fact, lose distance on every throw! The discus thrown by a left hander tips to the right as it loses centrifugal rotation and with a wind blowing from the right quarter, a vacuum is created under the discus and the implement is driven earthward, resulting in decreased distance.

The actual effect of the wind on the ultimate distance of a throw is a bit difficult to compete, however, it can be quite substantial as I have experienced. During the summer of 1973 I 'discovered' a throwing area at the site of a community college just south of San Francisco. Much to my welcomed surprise, the discus sector was set up to aid the throw of a left hander. I was a bit excited and very anxious to learn of the effects upon a discus when thrown into a 15-20 mph wind sweeping across the sector from the left quarter (a condition not unknown at the site of major meets, only difference being, of course, the wind blows from the right quarter).

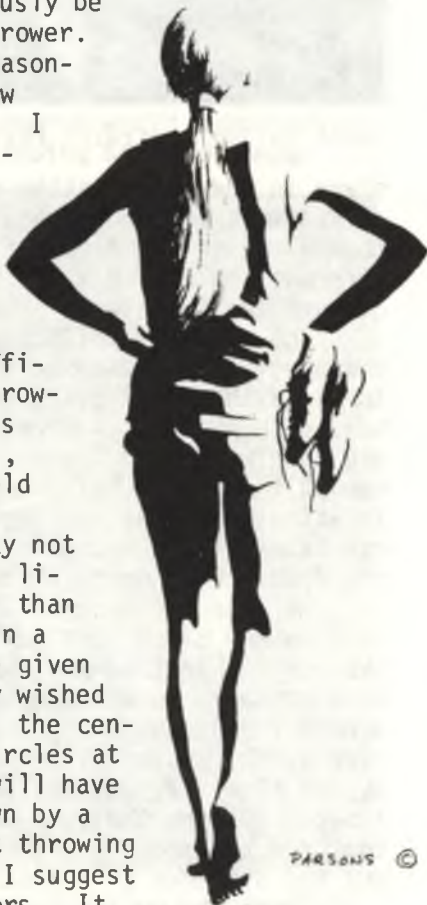
My best practice throw in 1973 prior to finding this advantageous wind had been 175 feet. My easy stands this day were well beyond this mark! I couldn't wait to take a couple of full turns; I mean I was really excited! On my second ring-crossing of the day, I threw what would have been an average toss under normal conditions, but these conditions were not

close to being normal for the left-handed thrower. The discus was riding the wind and didn't fall back to earth until it terminated its ride some 212 feet from the throwing circle. I was probably too excited to think about it then, but now I cannot help but wonder how far I could have thrown and how many meets I may have won if I had competed in conditions similar to that day. I must also reflect on the fact that right-handed throwers often compete in similar conditions and there would really be little doubt of the outcome of a competition between an equally capable left and right-handed thrower when one was granted the use of the wind to aid his distance.

By this time I would hope the reader recognizes that a problem really does exist and in fairness to all would want to see the problem remedied. I do not propose to tear up all discus circles and place them in ideal locations for the left-handed thrower, as this would obviously be quite unfair to the right-handed thrower. I believe that there exists some reasonable method whereby the discus throw may be held on equal terms for all. I will suggest the following as possible solutions to the obvious injustice now faced by the left-handed thrower. The ideal solution would be advantageous to all discus throwers. All that would be required is to place a regulation-sized circle in the middle of a sufficiently large area and allow the thrower to throw in any direction he sees fit. The throwers would, of course, choose the direction that would yield the maximum wind advantage and thus achieve distance. This solution may not be practical when space to throw is limited. If space is a problem, more than one circle can be established within a 440-yard oval. The throwers can be given the choice of using any circle they wished with the direction of throw towards the center of the field. By setting up circles at either end of the field, the wind will have similar effects on the discus thrown by a right or left hander if the correct throwing circle is chosen. Where possible, I suggest that the discus event be held indoors. It would be obvious that all throwers would then have an equal opportunity to compete and that external influences would not affect the ultimate distance of the throw.

Perhaps the ultimate solution rests in the hands of the coaches and those who design the layout of the track. If these individuals would pause for a moment before establishing the location of the circle and sector and reflect on the basic principle of fair play, then the circle could be established where the wind commonly blows directly down the middle of the sector either from the front or the rear.

I would hope that the reader will take some time and think about this problem and possible solutions. It is difficult for a left hander to escape the fact that this is indeed a right-handed world. It is also difficult for a right hander to realize the frustrations the left handers must encounter due to the fact that right handers dominate in numbers, affecting the way tools and equipment are set up. Left handers are able to tolerate deliberately created circumstances where the right handers have a physical advantage. The fact that discus circles are set up for the right-handed throwers violates the concept of equal opportunity in track and field competition. This cannot be tolerated! This injustice must be stopped and a solution realized whereby right and left-handed throwers can compete on equal terms.



less we begin to get some correspondance. So, if you care about the future of this informative column, please take some interest in the immediate future. Certainly there are dozens of our readers who have foot and leg problems that could probably be diagnosed by Dr. Hlavac. Thanks for your support.

FIELD EXAMINATION OF THE ATHLETE'S FOOT AND LEG: - This description is primarily for the trainers, coaches, and athletes who wish to check their teams or teammates. Complete examination of the lower extremity is a complex process which involves the history of any sports-related symptoms or injuries, examination of structure, function, gait patterns, shoe wear patterns, skin callus locations, and often needs x-rays or laboratory tests to confirm a diagnosis.

Stance Position Examination: -- Have the person stand barefoot wearing short pants, in their angle and base of gait: that is, the angle of the foot from the direction of motion and the distance between the ankles while walking and running. The person should stand relaxed with equal weight on each foot. Normally the angle each foot makes with the line of progression is about 10° and the width between the ankles is about 3-inches. In stance, with the body erect and arms resting at the sides, the hips and pelvis should be level, the shoulders level, the spine straight and the head erect. In this relaxed position, you should see:

- (1) The center of the knee joint should be over the center of the ankle joint.
- (2) There should be no bow-legs or knock-knees.
- (3) The heel bone should be in line with the lower leg and straight (perpendicular) to the ground.
- (4) The ball of the foot should be flat on the ground, the toes straight and parallel with each other (no bunions, hammertoes, or pressure points from shoe initiation).
- (5) The inside arch should form a smooth curve.

The person should be able to stand in this position comfortably with no foot fatigue or low back strain for at least 5 minutes. If structural imbalance exists, muscles try to compensate with resulting fatigue. The most common problems seen in stance are bowed legs, tilted heel bone, flat feet, and contracted tendons to the toes.

The One-Foot Test: -- The ability to balance on one foot is a good test for structural and muscular stability. The person should be able to balance on one foot for at least three minutes; there should be a balance between the inside muscles (anterior and posterior tibial), outside muscles (peroneus longus and brevis), and between the front muscles (anterior and extensor digitorum longus), and back muscles of the calf. If weight stress constantly falls to the inside, it indicates a mobile, pronated foot type which needs support. If weight stress falls to the outside, causing inversion of the foot, then the range of motion at the joints is not sufficient for normal function, and needs either stretching exercises, external support, or both.

This test will also indicate the general laxity or tightness of joints for the individual and explain how they might function under stress.

Off Weight-Bearing Examination: -- Examine the foot:

*From the bottom: --observe any corns, calluses, blisters or skin irritations indicating tissue stress and possible imbalance.

*From the top: --observe any tight tendons, crooked or deformed toes, corns, or pressure points on toenails, which could become disabling during competition.

*With the person seated or lying supine (on his back):
(1) The legs should be able to rotate in or out equally, and the resting position from the knee joint should be straight ahead.

(2) The legs should extend fully straight with no stress on the hamstring muscles.

(3) With the knee straight, the foot should be able to move up at least 10° at the ankle joint (to form an angle of about 80° with the lower leg).

*With the person lying prone: --face down, knees straight, feet hanging at rest:

(1) The ball of the foot should be perpendicular or tilted slightly inward (less than 5°) from the direction of the heel bone.

(2) The heel bone should be in line or tilted slightly inward (less than 5°) from the lower part of the leg. -- See next page for a diagram.

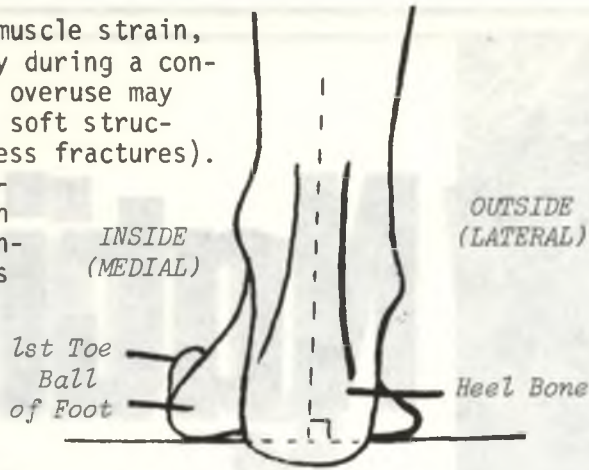
SUMMARY: -- A small degree of imbalance of the foot or leg



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). -- The lack of letters sent to Dr. Hlavac may force us to discontinue this column un-

will cause compensatory muscle strain, leading to overuse injury during a conditioning program. This overuse may show on the skin, deeper soft structures, or even bone (stress fractures). Prevention of overuse injuries is successful with proper examination, training toward flexibility as well as strength, and the use of supportive protective footwear. Traumatic injuries need time to heal, but overuse injuries can be evaluated and treated without disability and lost training time. A few minutes of examination early in the conditioning program may prevent a season of nagging injuries.



NUTRITION CORNER

In this issue we continue our listing of vitamins and minerals that are essential to the healthy body. A brief summary of each vitamin's/mineral's use, natural sources, and results of deficiencies are presented. Final listing will be next time.

VITAMIN B-1: - Thiamine, thiamine chloride, and known as the anti-neuritic or anti-beriberi vitamin. NATURAL SOURCES: Dried yeast, rice husks, whole wheat, oat-meal, peanuts, pork, most vegetables, milk. USES: Promotes growth and digestion, essential for normal functioning of nerve tissues, muscles and heart. DEFICIENCY: May lead to loss of appetite, weakness and lassitude, nervous irritability, insomnia, loss of weight, vague aches and pains, mental depression and constipation, and in children, deficiency may cause impaired growth.

VITAMIN B-2: - Riboflavin or Vitamin G. Measured in milligrams. NATURAL SOURCES: Liver, kidney, milk yeast, cheese, and most B₁ sources. USES: Improves growth, essential for healthy eyes, skin and mouth, promotes general health. DEFICIENCY: May result in itching and burning of the eyes, cracking of the corners of the lips, inflammation of the mouth, bloodshot eyes, purplish tongue.

VITAMIN B-6: - Pyridoxine. Measured in milligrams. If it is designated in micrograms, remember that it requires 1000 micrograms to equal 1 milligram. NATURAL SOURCES: Meat, fish, wheat germ, egg yolk, cantaloupe, cabbage, milk, yeast. USES: Aids in food assimilation and in protein and fat metabolism; prevents various nervous and skin disorders; prevents nausea. DEFICIENCY: May result in nervousness, insomnia, skin eruptions, loss of muscular control.

VITAMIN B-12: - Commonly known as the 'red vitamin' cobalamin. Since it is so effective in small dosages, it is the only common vitamin generally expressed in micrograms (mcg.). NATURAL SOURCES: Liver, beef, pork, eggs, milk, cheese. USES: Helps in the formation and regeneration of red blood cells, thus helping to prevent anemia; promotes growth and increased appetite in children; a general tonic for adults. DEFICIENCY: May lead to nutritional and pernicious anemias, poor appetite and growth failure in children, tiredness.

BIOTIN: - One of the newly discovered members of the B-Complex family. NATURAL SOURCES: Yeast. Present in small minute quantities in every living cell. USES: Growth-promoting factor. Possibly related to metabolism of fats and in the conversion of certain amino-acids. DEFICIENCY: May lead to extreme exhaustion, drowsiness, muscle pains and loss of appetite; also a type of anemia complicated by a skin disease.

CALCIUM PANTOTHENATE: - Pantothenic Acid. A member of the B-Complex family. NATURAL SOURCES: Liver, kidney, yeast, wheat, bran, peas, crude molasses. USES: Not clearly defined as yet. Helps in the building of body cells and maintaining normal skin, growth, and development of central nervous system. Required for synthesis of antibodies. Necessary for normal digestive processes. Originally believed to be a factor in restoring gray hair to original color. This function has not been substantiated. DEFICIENCY: May lead to skin abnormalities, retarded growth, painful and burning feet, dizzy spells, digestive disturbances.

CHOLINE: - A member of the B-Complex family. One of the 'lipo-

tropic factors'. NATURAL SOURCES: - Egg yolks, brain, heart, green leafy vegetables and legumes, yeast, liver and wheat germ. USES: Regulates function of liver; necessary for normal fat metabolism. Minimizes excessive deposits of fat in liver. DEFICIENCY: May result in cirrhosis and fatty degeneration of liver, hardening of the arteries.

FOLIC ACID: - A member of the B-Complex family. NATURAL SOURCES: Deep green leafy vegetables, liver, kidney, yeast. USES: Essential to the formation of red blood cells by its action on the bone marrow. Aids in protein metabolism and contributes to normal growth. DEFICIENCY: Nutritional macrocytic anemia.

INOSITOL: - A member of the B-Complex family. NATURAL SOURCES: Fruits, nuts, whole grains, milk, meat, yeast. USES: Similar to that of choline. DEFICIENCY: Similar to that of choline.

VITAMIN K: - Menadione. NATURAL SOURCES: - Alfalfa and other green plants, soybean oil, egg yolks. USES: Essential for the production of prothrombin (a substance which aids the blood in clotting); important to liver function. DEFICIENCY: Hemorrhages resulting from prolonged blood-clotting time.

LYSINE: - L-lysine monohydrochloride. One of the essential amino-acids. NATURAL SOURCES: Meat, eggs, fish, milk, cheese. USES: Building new body tissue and also such vital substances as antibodies, hormones, enzymes, and body cells. DEFICIENCY: Not definitely known as yet.

METHIONINE: - di-methionine. One of the essential amino acids. NATURAL SOURCES: Meat, eggs, fish, milk, cheese. USES: Building new body tissues; helps to remove fat from liver. DEFICIENCY: May lead to fatty degeneration and cirrhosis of liver.

NIACIN & NIACINAMIDE: Nicotinic acid & Nicotinamide. The functions and deficiency symptoms of these members of the B-complex are similar. Niacinamide is more generally used since it minimizes the burning, flushing and itching of the skin that frequently occurs with nicotinic acid. NATURAL SOURCES: Liver, lean meat, whole wheat products, yeast, green vegetables, and beans. USES: Important for the proper functioning of nervous system. Prevents pellagra. Promotes growth. Maintains normal functioning of the gastrointestinal tract. Necessary for metabolism of sugar. Maintains normal skin conditions. DEFICIENCY: May result in pellagra, whose symptoms include inflammation of the skin, tongue; also gastrointestinal disturbance, nervous system dysfunction, headaches, fatigue, mental depression, vague aches and pains, irritability, loss of appetite, neuritis, loss of weight, insomnia, and overall general weakness.

NEXT TIME: - Vitamin P, Paba, Rutin, and important minerals.

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 | () \$ |
| Tre-en-en Formula Vitamins (360/6-months) | \$35.95 | () \$ |
| Super-Ease Powdered Protein (1 pound tin) | \$ 8.95 | () \$ |
| Super-Ease Powdered Protein (2-1/2 pound) | \$20.75 | () \$ |
| Check flavor on Protein | Vanilla | Chocolate |
| | /SUBTOTAL/ | \$ |
| **California residents add 6% Sales Tax | | \$ |
| Shipping: Vitamins(60¢); 1-lb Protein (75¢); | | \$ |
| 2-1/2 lb. Protein (\$1.00). | | \$ |
| | /TOTAL/ | \$ |

NAME _____
 ADDR _____
 CITY _____ STATE _____ ZIP _____



National

Mountain View, California
December 28 to January 3

National Running Week will be a very special opportunity for the American runner. Beginning December 28, runners will gather from across the nation to draw public attention to running, commemorate the start of our country's bicentennial, and celebrate *Runner's World* Magazine's tenth year in print. Take this opportunity to meet some of the world's most famous runners and compete alongside them, attend workshops on a variety of practical running topics, enjoy the company of over a thousand runners, and sightsee during the holiday season in the beautiful San Francisco Bay area. In addition, there will be a special 60-mile paced relay, open to everyone, a commemorative running assembly to present awards to six people who've made contributions to running during the past decade, "fun-run" races and social training runs, a trip for two to Hawaii as a doorprize, and the 16th Annual Midnight Race, with some of the nation's top runners competing. Come to California in December and help us celebrate!

RUNNING WORKSHOPS

Ten informative, entertaining workshops, each an hour in length with time allowed for questions or discussion. Moderators will be highly-respected running experts, and their presentations will include films, demonstrations and literature. Prominent athletes are being confirmed for these sessions. Individual running workshop tickets will be \$4.50 each or you can buy all ten for \$30.00 per person—a savings of \$15.00 over the individual ticket prices.

January 1, 1976

Yoga and Stretching—Information on preventing running injuries and increasing flexibility. Ian Jackson, author of *Yoga and the Athlete*, will lead the workshop.

Progression in Training—Many people are training the same way they did five years ago. We'll cover all the latest innovations in depth.

Diet and Drinks—David Costill of the Human Performance Laboratory will talk and then lead a panel discussion by several runner/writers.

Running Psychology—Running is not the placing of one foot in front of the other, but rather the continual inner dialogue this action sets in motion. A discussion no serious runner can afford to miss.

Beginning Running—Stress tests, training, style, and special problems of the novice runner. Included will be films and a copy of a beginner's booklet, written by Joe Henderson.

January 2, 1976

Marathoning—Films and speakers will cover the problems of both sexes and all ages and ability levels.

LSD vs. Intervals—Leading proponents of both systems will have it out in a debate that (we hope) will generate more light than heat. And after it's over, you'll have the hard facts to decide for yourself.

Masters Running—One of the fastest-growing groups of runners today. Even if you're not over 40, you still need information on the aging process.

Women's Running—An opportunity to talk about your special problems (if you're a woman) with a large number of experienced female runners, or gain insight into your wife's or girlfriend's problems if you're a man.

Running Medicine—Dr. George Sheehan, medical editor of *Runner's World*, and other experts will personally answer your questions.

Running Week

RELAY (December 28)

The *Runner's World* staff will lead a paced relay from Mill Valley to Mountain View for 60 miles over portions of four famous race courses—the Dipsea, Golden Gate Marathon, Bay-to-Breakers, and Half Moon Bay Marathon—as a “publicity stunt” to draw national attention to running. Come run with us (pace will be 7:30 to 8:30 per mile) over your favorite section of the route.

OPEN HOUSE (December 29-30)

Many readers want to know where *Runner's World* comes from, so we're giving guided tours of our publishing offices to show you how the magazine is written, edited, typeset and pasted up. We're also giving tours of our mail order department and our store (Starting Line Sports).

16th ANNUAL MIDNIGHT RUN (December 31)

This will be the big race of the week—five miles in rolling foothills alongside some of running's current and past “greats,” giving you a unique opportunity to appreciate the beauty of our California countryside at night. \$1.00 entry fee, National Running Week cloth patch to all finishers, other awards for top finishers.

SPECIAL RUNNING ASSEMBLY (January 3)

A special gathering which will feature a dramatic presentation on the four-minute mile and awards to some of running's past and current “greats.” Some of the greatest milers of all time are invited, and the six people outside of the *Runner's World* staff who have made outstanding

contributions to running in the past decade will be there to receive awards. And when the assembly is over, you'll be able to meet and talk with these people. Snacks and drinks will be available, and the drawing for the trip to Hawaii will be made. Cost of the assembly is \$7.50 per person (included in the package price).

SUNDAY FUN RUN (January 4)

Before you leave, come to our weekly fun run—no signup, no fee, just exact distances, accurate times, and the thrill of competition. We've been holding them every week for three years, rain or shine (mostly shine, in California). Distances will be the half mile, one mile, and six miles.

REGISTRATION INFORMATION

Space is limited to 900 people, and package ticket holders will be given preference. The package ticket will cost \$35.00 and will include *all* admission fees. Package tickets for additional family members will cost \$25.00. Reduced hotel rates and airfares will be available. Headquarters for activities will be the Cabana-Hyatt House in Palo Alto, where all our famous guests will be staying.

If you can't attend National Running Week, we urge you to hold your own commemorative races at home, because running needs publicity in order to continue to grow. Please note all profits over and above our costs will be donated to the Special Olympics, the national athletic championships for physically and mentally handicapped athletes.

Some prices in this ad, in the last issue of *Runner's World*, were in error.

The errors have been corrected and the prices listed here are official.

We regret any inconvenience these errors may have caused you.

REGISTRATION FORM

- Please send me your free brochure with more information.
- Please send me the following National Running Week emblems (check desired items): decal—free bumper sticker—25c cloth patch—\$1.00 T-shirt—\$3.00—circle size: Adult S, M, L, XL; Child S, M, L
- Please sign us up for package tickets which will include admission to all events. \$35.00 each, \$25.00 per additional family member (include names on a separate sheet). For tickets to individual events, please send for our brochure.
- I want to take advantage of the reduced airfare and/or hotel rates. Please send further information.
- Please send me an official entry form for the 16th Annual Midnight Run.
- Please send me information on the National Running Week 60-Mile Relay.

Name _____

Address _____

City/State/Zip _____

National Running Week, Box 366, Mountain View, CA 94040

PA-AAU SR. MEN'S X-C CHAMPIONSHIPS T-SHIRTS

HELP! - Due to 'impending rain' conditions at our meet on November 15 (it never came), we suspect that we lost about 100 runners from our starting field. We have a lot of 3-color T-shirts left over (all sizes) and they're going for \$3.00 by mail (or at races). Send your check or cash to: WVTC, P.O. Box 1551, San Mateo, CA 94401. Help us from losing money!

| | | | | | |
|-------|---------|----------------|---|---|----|
| NAME | SIZES: | S | M | L | XL |
| ADDR | | | | | |
| STATE | ZIPCODE | TOTAL ENCLOSED | | | |

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** ★

- 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 - 5-Man 15-Mile Relay, Roeding Park, Fresno. Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
- NOV 29 - Women's Sr. Natl. AAU X-C Championships, 3 Miles, Crystal Sprgs, Belmont, all day. (Entries Closed Nov. 22)
- NOV 29 - Rosebowl Handicap, 10.8 Miles Open & 3.1 Miles), Pasadena, 9 am. Steve Broten, (see area contacts, above). (SPA)
- NOV 30 - 10th Pepsi 20-Miler, Delta High (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. (Entries Closed Nov. 24).
- NOV 30 - OTC Fun Run, 2 & 4 Miles, Alton Baker Pk., Eugene, Ore., 1:30 pm. Oregon TC, P.O. Box 1107, Eugene, OR 97401. (OA)
- DEC 6 - Mt. Madonna 12.1 Miler, Redwood Retreat Rd. & old Mt. Madonna, Gilroy, 11 am. Bill Flodberg, 12925 Foothill, San Martin.
- DEC 6 - SRRC West End Race, Distance(?), Arcata/Eureka area, 11 am. Six Rivers RC, 281 Hidden Valley Rd., Bayside 95524.
- DEC 6 - Davis 'Fun Run', UC Davis (Memorial Union), 1, 3, 6 Miles, 9:30 am. Davis Recreation Dept., 916/756-3740.
- DEC 6 - Las Vegas TC 10,000m Track Run, Univ. of Nevada, 9 am. LVTC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- DEC 6 - Fresno Road Race, 6 Miles. Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
- DEC 6 - 4th Annual Champion Gold Mine Run, 8.2 Mi., Grass Valley, 10 am. Nick Vogt, P.O. Box 151, Grass Valley 95945.
- DEC 7 - Natl. AAU Marathon, Culver City, 8 am (ENTRIES CLOSE NOV. 28). Carl Porter, P.O. Box 507, Culver City 90230. (SPA)
- DEC 7 - DSE Ferry Bldg. Run, 3.85 Miles, (Meet at Dolphin Club), S.F., 10 am. Walt Stack, 321 Collingwood, San Francisco 94114.
- DEC 13 - DSE Stow Lake Relay (2 Miles Each), Golden Gate Park (boathouse), S.F., 10 am. Walt Stack, 321 Collingwood, SF 94114.
- DEC 13 - San Bernardino Arrowhead Marathon. "Marathon", 546 W. Sixth St., San Bernardino, CA 92402. (SPA)
- DEC 13 - 2nd Annual Livermore Valley Marathon, Lawrence Rad Labs, Livermore, 10 am. Dan Moore, 663 Jefferson, Livermore 94550.
- DEC 13 - Madera Marathon & Mini-Marathon, Madera. Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
- DEC 13 - Hill & Dale X-C Race, Bakersfield. Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
- DEC 13 - PSA-AAU 10K X-C Championships, UCSD, San Diego, 11 am. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (PSA)
- DEC 13 - ORRC Hagg Lake (10.4 Mi.) Run & Jogathon, Portland, Ore., 1 pm. Norm Oyler, 7079 SW Montgomery, Wilsonville, OR 97070.
- DEC 14 - Around-the-Butte 8-Miler, Spencer's Butte JHS, Eugene, Ore., 1:30 pm. G. Hollister, 99 W. 10th, #104, Eugene, OR 97401.
- DEC 14 - 13-Mile Las Vegas Mini-Marathon (to Henderson), El Cortez Hotel, 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101.
- DEC 14 - SDTC Family Run, Balboa Park, Texas & Upas St., 5 Km., 2 pm. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (PSA)
- DEC 14 - 14th Annual Apple Valley 6.3 Mile Handicap, Apple Valley, 11 am. Jim Gorrell, 14576 Hopi Rd., Apple Valley, CA 92307.
- DEC 14 - PA-AAU Jr. X-C Championships (Men Under 20 Yrs. Only), 10 Kilos, Crystal Sprgs, Belmont, 11 am...ALL ENTRIES MUST BE RECEIVED BY DEC. 10. Jack Leydig, WVTC, P.O. Box 1551, San Mateo, CA 94401.
- DEC 14 - Honolulu Marathon, Honolulu, Hawaii, 6:30 am. Thomas Ferguson, 4191 Halupa St., Honolulu, HI 96818.
- DEC 20 - Davis "Fun Run", UC Davis (Memorial Union), 1, 3, 6 Miles, 9:30 am. Davis Recreation Dept., 916/756-3740.
- DEC 20 - Wasco Road Runs, Wasco. Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
- DEC 20 - Mt. Tom Hill Climb, 4 Miles, Glendale College, Glendale, 9 am. Steve Broten (see area contacts, above). (SPA)
- DEC 20 - PSA-AAU 25 Kilo Championships, Mission Bay, San Diego (DeAnza Cove), 10 am. Jim Waters, 4369 Hamilton, San Diego 92104.
- DEC 20 - Las Vegas TC 5-Mile Road Run, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101.
- DEC 20 - Clay's Athletic Dept. Run, 7 Mi., Phoenix, Ore., 11 am. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (OA)
- DEC 21 - Skunk Hollow 15 Kilo Handicap, LA area, 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (SPA)
- DEC 21 - 3rd Annual Xmas Relays (50 Mi., 7-men), Santa Cruz to Half Moon Bay, 9 am. WVTC, P.O. Box 1551, San Mateo 94401.
- DEC 27 - Elysian Park 5 Kilo X-C, near Dodger Stadium, 9 am. Steve Broten, 13512 E. Romona Dr., Whittier, CA 90602. (SPA)
- DEC 27 - Heart of the Valley 3 & 7 Milers, Crescent Vly HS, Corvallis, OR, 11 am. Dan Eden, 601 SW Washington, Corvallis 97330.
- DEC 27 - 7 Mile Road Run, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- DEC 28 - Marathon Prep, Penasquitos Canyon (San Diego), 8 am. Kaj Johansen, 4285 Trias St., San Diego, CA 92103. (PSA)
- DEC 28 - OTC Fun Run, 2 & 4 Miles, Alton Baker Pk., Eugene, OR, 1:30 pm. Oregon TC, P.O. Box 1107, Eugene, OR 97401. (OA)
- DEC 31 - New Years Eve Fun Runs (3, 5, 10 Miles), Corvallis HS, OR, 11 pm. Dan Panshin, 1535 NW 14th Pl., Corvallis, OR 97330.
- DEC 31 - Joggin' Council Resolution Run, Balboa Pk., San Diego, 12:15 pm. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120.
- JAN 1 - Hangover Handicap, Fresno. Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
- JAN 1 - Hangover Handicap, Delta Park, Portland, OR (10 Miles), 1 pm...PRE-ENTRIES. Norm Oyler (see area contacts, above). (OA)
- JAN 1 - Runner's World Midnight Run, 10 Kilo, Mtn. View (site TBA), midnight...REGISTER AT RACE. RW, P.O. Box 366, Mt.Vw. 94040.

- JAN 3 - SNA-AAU 30 Kilo Championships, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101.
 JAN 3 - Pacific Unrun, Fresno (Pacific Union College). Bill Cockerham, 1717 S. Chesnut, Fresno, CA 93702. (CCA)
 JAN 3 - Oregon AAU 15 Kilo Championships, Lookingglass, Ore. (Nr. Roseburg), 1 pm. Stan Stafford, 900 SE Douglas, Roseburg 97470.
 JAN 10 - Mission Bay Marathon, San Diego, (& Half-Marathon), 8 am. Bill Gookin, 5946 Wenrich Dr., San Diego, CA 92120. (PSA)
 JAN 10 - Tigard Road Run, 12 Miles Open, Tigard, Ore., 1 pm. Norm Oyler, 7079 SW Montgomery, Wilsonville, OR 97070. (OA)
 JAN 10 - Mystery Relay, Univ. of Nevada, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
 JAN 10 - Central California (CCA-AAU) X-C Championships, Firebaugh. Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
 JAN 11 - 5th Annual Daisy Hill Runs (6.75 & 13.5 Miles), Cal-St. Sonoma, Rohnert Pk., 10 am. Bob Lynde, Track Coach, Sonoma St., Rohnert Park 94928.
 JAN 11 - Skinner's Butte Run, 5 Miles, Eugene, OR, 4 pm. Geoff Hollister, 99 W. 10th, #104, Eugene, OR 97401. (OA)
 JAN 17 - Salem Road Run #1, 6 Miles, Judson JHS, Salem, OR, 1:30 pm. Chuck Bowles, Willamette Univ., Salem, OR 97301. (OA)
 JAN 17 - SNA-AAU 25 Kilo Championships, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101.
 JAN 17 - 4th Annual "California 10" (10 Miles), Stockton (site TBA), 10 am. Wayne Badgley, 2239 Janet Pl., Stockton 95207.
 JAN 18 - PA-AAU 20 Kilo Championships, Portola Valley School (Woodside), 10 am. Harold DeMoss, 765 Campbell, Los Altos 94022.
 JAN 24 - 10 Miler, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
 JAN 24 - 1st Annual Women's Woodside 5-Miler, Woodside School, Woodside, 10 am. Penny DeMoss, 765 Campbell, Los Altos 94022.
 JAN 25 - 2nd Peach Bowl Pacers 10 Kilo, Hiway 20 (13 Mi. E of Marysville), 11 am. Ed Williams, 835 Spiva, Yuba City 95991.
 JAN 25 - Big Dipper Handicap Run, Fresno. Dave Bronzan, P.O. Box 271, Fresno, CA 93708. (CCA)
 FEB 8 - Las Vegas Marathon, Univ. of Nevada, 9 am. Bill Friedman, Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
 FEB 8 - 6th Annual West Valley Marathon, San Mateo, (Humboldt & Poplar), 9 am...PRE-ENTER PLEASE! WVTC, Box 1551, San Mateo 94401.

***1976 PA-AAU LONG DISTANCE SCHEDULE (Thru July 31) is now out...mailed to subscribers with this issue of the NCRR. If you want a copy, send *self-addressed, stamped envelope* to either: PA-AAU Office, 942 Market St., Suite 601, San Francisco, CA 94102; or Harold DeMoss, 765 Campbell, Los Altos, CA 94022. They are free (2 pages each, two copies for one-ounce rate). These will also be available at road runs throughout the year. The regular PA-AAU Long Distance Handbook will appear near the end of July and probably cost 35¢ (50¢ by mail). It will cover the one-year period from Aug. 1, 1976 to Aug. 1, 1977, with women's and age-group cross country scheduling included. -- IMPORTANT: Things do change, so keep your eye on the NCRR for updates, cancellations, etc.

CROSS COUNTRY

Below are the remaining cross country meets for 1975. This schedule is not intended to be perfect...we make mistakes and so do the people that print the schedules. 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 & Girls Age-Group. -- NOTE: Some X-C races are listed in the LDR Section and cross referenced here, while others are not...check both places to be sure.

- 11/29 - USTFF National XC Champs, Charleston, W.Va.; Women's Sr. Natl. AAU XC Champs (& Invit. Age-Group), Crystal Springs, Belmont (See LDR Schedule), all day.
 11/30 - Natl. AAU Sr. Men's 10 Kilo XC Champs, Annapolis, MD; Natl. AAU Boy's Age-Group XC Champs, Annapolis, MD.
 12/6 - Region XIII Jr. Olympic XC Champs, Ventura (Nordhoff HS) - Dave Japs, 835 Oakdale Rd., Rialto, CA 92376; Roseville Gazelles Road Run, 10:30 am (GAG/BAG) - Gil Duran, 1325 Susan Circle, Roseville 95678.
 12/13 - Natl. Jr. Olympic XC Champs (Boys & Girls, 17/Under), Herman Park, Houston, Texas - AAU House, 3400 W. 86th St., Indianapolis, IND 46268.
 12/14 - PA-AAU Jr. Men's XC Champs (10 Kilos), Crystal Springs, Belmont, 11 am...DEC. 10 ENTRY DEADLINE - WVTC, Box 1551, San Mateo, CA 94401.

TRACK & FIELD

Coaches & Athletes: - Please send us your spring track schedule as soon as it's available (or at least some of the big invitationals, etc.). We are compiling a comprehensive listing for the next coming issues and would like to include your meet(s).

- 12/6 - Glendale College USTFF Decathlon (2 days), Contact: John Tansley, Glendale College, Glendale, CA 91200; USTFF Oxy College Distance Carnival, 3 Miles on track, many divisions - Contact: Steve Haas, Occidental College Track Coach, Los Angeles, CA 90041.
 12/13 - SLO Youth Run/USTFF 3 Mile Postal, age group races at lesser distances - Contact: Brian Waterbury, San Luis Obispo HS, SLO 93401.
 1/10 - Records Meet (Masters Only?), College of the Desert, Palm Desert, CA.
 1/24 - LA State College USTFF Decathlon (2 days), Contact: Ron Morris, LA State College, LA 90032.

EXAMINER GAMES TRIALS: - College of San Mateo will host the high school & masters on Jan. 10, 12 noon; San Jose City College will host the Age-Group trials on Jan. 17 at 11 am, followed by the college & JC trials at 1:30 pm. -- We have not yet heard whether there will be a 'Devil Mile' this year at the Indoor Games and if so, when and where the trials will be held (probably would be CSM). Contact the AAU Office or the Examiner for more up to date information. Pre-registration is

normally required to enter any of these trial meets, so school competitors contact your coaches early for detailed information, and masters and age-groupers contact your club leaders or the AAU Office. Don't know what events are being run yet.

INDOOR MEETS: - The San Francisco Examiner Games' 13th Annual Edition will take place at the Cow Place in Daly City as usual (just south of San Francisco) on January 23 (Friday). For information, contact: Jim Terrill, Meet Director, P.O. Box 3100, Rincon Annex, San Francisco, CA 94119. The Portland Indoor (Oregon) will take place on Jan. 31, and the LA SunKist Indoor will most likely be Jan. 17. The LA Times meet is typically the first Friday evening in February (would be the 6th). We hope to have a more complete list of indoor meets for the West Coast in next issue.

ALL-COMERS MEETS: - We have heard of several all-comers series this winter, but I suspect there are probably more. If you know of any meets in your area (anywhere in California or Western Nevada), please let us know details (or at least who to contact for further information) by not later than Dec. 25 for our next issue. --- College of San Mateo: Sponsored by the NorCal Track & Field Ass'n (Harry Young, Pres., 41 Creekridge Ct., San Mateo 94402 (Home Ph. 415/345-5189, after 6:45 pm; Bus. Ph. 415/574-6452). Dates--Dec. 6, 13, 20, 27 and Jan. 3, 17, 31 and Feb. 7. Pole vault goes at 11:30 with other field events to follow and track events at noon. Open & HS division only: 60y, 60HH, 220, 440, 880, Mile, 440R, MileR, LJ, TJ, HJ, PV, SP, DT, and JT & 3 Mi (Open) and 2 Mi (HS). Masters may compete in open division. Entry Fee is 50¢/athlete. Lockers & showers available (supply own towel & lock). All-weather track (1/4" spikes allowed or flats...slightly longer if wet track). --- San Jose City College: Sponsored by SJCC; Contact: Bert Bonanno, Track Coach, 408/298-2181, for further information. Dates--Dec. 6, 13, 20, 27 and Jan. 3, 10, 17, 24. All meets start at 9 am (field events) with running events at 9:30 am. Events are: DT, LJ, SP, TJ, HJ, PV, 60y, 60HH, 220, 440, 880, Mile, 2 Mi, 440R, MileR. Open & High School divisions. Entry Fee is 25¢/athlete. All-weather track requires 1/4" spikes/flats. --- Allan Hancock College: (Santa Maria) - Dates--Dec. 13, 20; Jan. 10, 17, 24. Field events to start at 10 am and track events at 11 am. Open & high school divisions (men & women). Ribbons to top 3 in each event. Entry fee is 25¢/athlete. Events: HJ, PV, LJ, TJ, DT, SP, JT, 100m, 200m, 400m, 800m, 1500m, 5000m (3000m for HS), 64mHH, 300mIH. Lockers & showers provided. For further information, contact: Ray Kring, Track Coach, Allan Hancock College, Santa Maria, CA 93454 (Ph. 922-3481). --- Sacramento State College: We got the word from Walt Lange (Jesuit High School coach) that Sacramento State is going to host some meets this winter, but at the time of this printing the details hadn't been worked out. Contact Bruce Drummond, Head Track Coach, 916/454-6648.

REMEMBER: - Let us know of all-comers meets in your area so we can inform others of them...how about Cabrillo, Gavilan, etc.?



The above drawing, and those on pages 4, 6, and 14 of this issue, are available as folded notecards (4 1/2 x 5 1/2 inches) in packages of 12, including envelopes, for \$2.00 (plus 25¢ per package for postage & handling). One design per package. Contact: Herb Parsons, Dept. NC, 20 Cameron Ave., MASS 02144.

RACE WALKING

SCHEDULING: - For further information on scheduling, contact the following individuals--(For NorCal) Frank Hagerty, 2973 W. Swain Rd., #37, Stockton, CA 95207 (Ph. 209/478-0265); (For SoCal) Ed Bouldin, 11923 Old River School Rd., Downey, CA 90242 (Ph. 213/923-1168); (For Pacific NW) Don Jacobs, Box 23146, Tigard, OR 97223.

- NOV 30 - 30 Kilo Walk, NorCal (Site to be arranged).
- DEC 7 - Two-Hour Track & Records Walk & Half-Hour Championships, (SF State??).
- DEC 28 - Annual 20 Kilo Christmas Walks, SF State College.

Hey, whatsamatter? - Don't you race walkers ever do any competing? I haven't received results of anything since last issue and I know there have been some races. I never got the results of the Lake Merritt Walks (if anyone was timing them...the runners weren't that lucky) or the Natl. 50 Kilo (come on Roger!). If this column is going to continue, we must have some input in the way of results and a bit more of an expanded schedule. Frank, send me your 1976 PA-AAU Schedule ASAP (or at least the events for the first few months). If anyone can send me a schedule of SoCal walks for early 1976, that too would help!

TRACK & FIELD RESULTS

Natl. AAU Masters T&F Championships: (Aug. 8-10, White Plains, N.Y.) - I have tried to list all NorCal people that were in the results, but many times incorrect affiliations were listed and I may have missed someone. If you find your name (or a friend's name) missing, let me know and we'll print it next time around. Standard Division abbreviations are used: (1A=40-44, 1B=45-49, 2A=50-54, 2B=55-59, 3A=60-64, 3B=65-69, 4A=70-74) -- 100m: (1A) 3-Parish/NCS 11.0w, 6-Presber/NCS 11.5w; (1B) 2-Marlin/NCS 11.5w, 4-Washington/BAS 11.6w; (2B) 2-Killian/NCS 12.4w; (3A) 4-Satti/NCS 13.5; (3B) 2-Carnine/NCS 13.5, 5-Puglizevich/NCS 14.4; 200m: (1A) 3-Presber 22.6; (1B) 4-Marlin 24.3, 5-Washington 24.3; (2B) 2-Killian 26.3; (3A) 3-Satti 27.7; (3B) 2-Carnine 28.3; 400m: (1A) 5-Parish 55.8 (54.1 in heats); (1B) 4-Washington 56.3; (3A) 4-Satti 64.1; (3B) 5-Carnine 91.9; (4B) 1-Spangler/SLDC 88.7; 200m(Women): (30-39) 2-Parish/NCS 27.7; (40-49) 2-Obera/NCS 26.3; 800m: (30-39) 4-Bridges/SLDC 1:59.5; (1A) 11-Lualhati/NCS 2:09.6; (2A) 11-Smith/NCS 2:22.9; (4B) Spangler 3:27.7; (30-39, Women) 5-Parish 2:46.5; 1500m: (2A) 12-Smith 5:11.5; (4B) 1-Spangler 6:33.9; 5000m: (2A) 2-O'Neil/SFOC 16:19.6; (4B) 1-Spangler 23:30; (30-39) 12-Spangler/TRAC 18:35; 10,000m: (1A) 7-Jacobs/NCS 35:15; (1B) 5-Lucero/Un 36:27, 14-Siitonen/Un 44:39; (2A) 1-O'Neil 34:46.6; (4B) 1-Spangler 54:47; 110mHH: (1A) 7-Parish 19.2; (2B) 2-Killian 22.0; 400mIH: (1A) 4-Parish 60.7; 3000mSC: (1A) 3-Shettler/WVJS 9:45.6; (3B) 1-Carmichael/SFOC 16:27; 400mR: (40-49) 1-NCSTC 45.0; Pentathlon: (1A) 1-Conley/WVTC (5.73, 61.84, 25.8, 32.36, 5:25.6) 2626, 7-Phillips/NCS

1882; (3B) 1-Carnine 1268; DT: (3A) 6-York/NCS 94-8; (3B) 1-Carnine 105-4; TJ: (1A) 5-Presber 40-2, 6-Conley 38-10 1/4; (1B) 4-Washington 33-6 1/2; SP: (3A) 4-York 36-2; (3B) 1-Puglizevich 28-5; HJ: (1A) 3-Rose/NCS 5-6, 4-Conley 5-6; (3A) 7-Satti 4-2; (3B) 2-Bierlein/NCS 4-0; LJ: (1A) 3-Conley 18-11 1/2; (1B) 3-Washington 17-0 1/2; (2A) 7-Roemer/NCS 15-0 3/4; (3A) 1-Satti 15-8 3/4; JT: (1A) 1-Conley 221-11, 4-Rose 158-8, 5-Phillips 138-11; (3B) 2-Carnine 107-2. Teams: (Div. I) Seniors TC (L.A.) 136, Corona del Mar TC 124, NY Pioneers 90, NCSTC 56, San Diego TC 46, West Valley TC 31, 12-Bay Area Striders 20, 29-West Valley J&S 6; (Div. II) Corona del Mar 288, Seniors TC 62, NCSTC 47, San Diego TC 39, 16-SF Olympic Club 18; (Div. III & IV) Philadelphia Masters 103, NCSTC 97, San Diego TC 83, Seniors TC 72, 30-SF Olympic Club 8. /David Pain/

National J.O. Championships: (Aug. 8-11, Ithaca, N.Y.) - (GIRLS) 100y: 2-Pemberton/MLTC 11.02; 220: 2-Pemberton 24.5; 440: 2-Venezia/Terra Linda HS 55.57; Mile: 1-Rose/CDM 4:48.6 (JO Rcd); 440R: 1-Region 13 (Moran, Venezia, Robinson, Pemberton) 46.83 (ties JO Rcd); LJ: 4-Moran/Sepulveda 18-7 1/4. (BOYS) 120HH: 4-Hicks/Serramonte 14.26; 100y: 5-Kennedy/Serramonte 9.93; 440: 5-Sexton/Compton 48.4; 880: 5-Russell/Studio City 1:57.1; 880R: 3-Region 13 (Vasquez, Sexton, Hicks, Kennedy) 1:27.85; LJ: 3-Vasquez/Mills HS 22-11 1/2; SP: 1-Montgomery/Lassen HS-Susanville 59-8. /AAU News/



Lassen High's Steve Montgomery (Susanville) was the only individual Region 13 winner at the National Junior Olympics with a 59'8" mark. /Joe Gomber/

World Masters T&F Championships: (Aug. 11-16, Toronto) - We tried to pick out the NorCal athletes as best we could, but since only the country of each participant was listed in the results, we had to do a lot of guessing. If anyone has been missed, please send us the information for next printing. -- Standard divisional abbreviations used, with (0) denoting submasters (30-39). -- 100m: (1A) 3-Parish/NCS 11.2; (1B) 3-Marlin/NCS 11.7; (3A) 5-Satti/NCS 13.6; (3B) 2-Carnine/NCS 13.6, 5-Puglizevich/NCS 14.8; (2B) 4-Killian/NCS 12.8; (OW) 1-Parish/NCS 13.2; (1W) 3-Obera/NCS 12.5; 200m: (1A) 3-Presber/NCS 23.4, 4-Parish 23.6; (1B) 4-Marlin 24.6; (2B) 4-Killian 27.6; (3B) 1-Carnine 29.6, 3-Puglizevich 31.6; 400m: (OW) 1-Parish 63.0; (1W) 3-Obera 61.5; (3B) 2-Carnine 69.0; 800m: (0) 7-Cordy/NCS 2:09.0; (3B) 1-Bright/SnTC 2:27.2; 1500m: (3B) 1-Bright 4:59.8; 3000m: (1A) 40-Phillips/NCS 11:37.0; (3B) 2-Bright 11:14.0; 5000m: (1W) 4-Conley/WVTC 20:47.4, 7-O'Conner/NCS 22:16.0, 8-Smith/PAMA 23:11.2; (1A) 21-Peterson/NCS 16:56.0; (1B) 2-Smith/Un 16:41.8; (2A) 2-O'Neil/SFOC 16:50.8, 24-Phillips 20:58.0; (2B) 4-Preston/NCS 18:06.2; (3B) 9-Carmichael/SFOC 26:23.6; 10,000m: (1A) 32-Jacobs/NCS 37:01.0; (2A) 2-O'Neil 34:24.2; (3B) 11-Stack 49:45.0; 400mIH: (1A) 4-Parish 61.7; 3000mSC: (1A) 5-Shettler/WVJS 9:54.2; (3B) 1-Bright 12:24.8, 2-Carmichael 17:07.0; 5000mWalk: (1W) 4-Smith 34:35; DT: (3A) 10-York/NCS 90-1 1/4; (3B) 1-Carnine 110-3; JT: Conley/WVTC 206-0, 11-Phillips 134-2; (3B) 2-Carnine 109-9; SP: (3A) 4-York 36-11; (3B) 3-Puglizevich/NCS 30-1; LJ: (1A) 3-Presber 20-1 1/4; (1B) 6-Yonge/Un 17-5; (3A) 3-Satti 15-5 1/2; (3B) 10-Puglizevich 8-5 1/2; TJ: (1A) 7-Conley 38-1 1/2; Pentathlon: (1A) 1-Conley 2704, 18-Phillips 1479; (3B) 1-Carnine 1161; Marathon: (3B) 3-Stack/DSE (time?); (1W) 1-R. Anderson/NCS (time?). /David Pain/

Second Annual Santa Barbara Masters Meet: (Oct. 4, Santa Barbara) - HJ: (40-44) 3-Graf/WVTC (height?); LJ: 3-Graf (distance?). /Neil Fetter/

Pan-American Games: (Oct. 13-20, Mexico City) - 100m: 5-Edwards/CPSLO 10.39 (10.33 in Semis); 5000m: 1-Tibaduiza/Nevada-Colombia 14:02.0; 10,000m: 3-Tibaduiza 29:25.6; Mara: 2-Smead/ColTC 2:25:32; 110mHH: 4-Rich/CITC 13.88; 400IH: 1-King/MM 49.80, 2-Mann/BHS 50.04; LJ: 2-Robinson/MM 26-0 1/2,

3-Lanier/Presidio 25-11 1/2; TJ: 2-Haynes/Presidio 56-5 1/4 (Amer. Record), 3-Rahman/BHS 55-8 1/2; SP: 3-Albritton/Haw 62-11 1/4; DT: 1-Powell/PCC 204-7; Dec: 1-Jenner/San Jose Stars 8045, 2-Dixon/BHS 8019. (WOMEN) 800m: 1-Weston/WS 2:04.9; SP: 5-Seidler/MDYF 53-7 3/4; DT: 5-Svendson/WWW 160-7; JT: 3-Cannon/MLTC 159-7; 1600mR: 2-USA (Weston anchored with a 52.1) 3:30.6. /Track & Field News/

CROSS COUNTRY RESULTS

Pebble Beach X-C Run: (Sept. 13, Pebble Beach) - (Lg & Sm JC's) 1-Lara/Fr 19:23, 2-Montenegro/SJ 19:51, 3-Hoglund/SJ 19:53, 4-Emry/DVC 19:54, 5-James/SJ 19:59, 6-Santizo/SB 20:12, 7-Reime/Cabr 20:16, 8-Locey/COM 20:20, 9-Haake/SB 20:21, 10-Gomez/MSAC 20:24, 11-Cabral/DVC 20:26, 12-Sutherland/SB 20:32, 13-Rubio/Fr 20:33, 14-McMahan/SB 20:39, 15-Kellogg/MSAC 20:42. Teams: SJCC 31, MSAC 58, Fresno City 63, DVC 69 (Large JC). /CTN/

Long Beach Invit.: (Sept. 13, Long Beach) - (5 mile course) - 1-Steiner/AATC 24:11, 2-Chaidez/CSN 24:13, 3-Harper/JT 24:16, 4-Sweeney/LB 24:19, 5-Johnson/Un 24:21, 6-Morden/LB 24:23, 7-Carlson/AATC 24:35, 8-Smith/SFVTC 24:44, 9-White/AATC 24:45, 10-Aguirre/FrSt 24:46, 11-Simons/CSLA 24:50, 12-Macias/Un 24:52, 13-McCandless/LB 24:54, 14-Rodriguez/LB 24:55, 15-Maier/CCAC 24:59. Teams: Long Beach 50, American Ave. TC 53, Cal-St. Northridge 92, Fresno St. 111, Cal-St. LA 184. /The Harrier/

Half Moon Bay Invit.: (Sept. 19, Half Moon Bay) - 4.0 Miles - 1-Lara/Fr 21:42, 2-Palladino/CSM 22:09, 3-Locey/COM 22:16, 4-Grieco/Fr 22:23, 5-Ketting/EC 22:24, 6-Baker/WV 22:24, 7-Rios/WV 22:32, 8-Vellequette/DA 22:39, 9-Eger/DA 22:48, 10-Martin/COM 22:51. Teams: Fresno 58, COM 66, WVC 71, EC 73. /Bob Rush/

Fresno Pacific All-Comers: (Sept. 20, Fresno) - 4.0 Miles - 1-Cords/WVTC 20:12.8 (CR), 2-Hartig/FP 20:21, 3-Ward/FP 20:24, 4-Tilford, Foley, Chavez, Aguirre, Phelan (all Fresno St.) 21:28, 9-Cox/FP 21:37, 10-Lenneman/FP 22:10. /The Harrier/

Stanford 36, San Diego St. 43, WVTC 44, GWTC 106: (Sept. 27, Stanford) - 4.2 Miles - 1-Sandoval/S 19:38.8 (Stanford Rd), 2-Lux/SD 20:22.6, 3-Kissin/S 20:31.6, 4-Clark/WVTC 20:32.6, 5-Avrea/SD 20:33, 6-Bellah/S 20:36, 7-Swart/WVTC 20:38, 8-Acuff/SD 20:45, 9-Boutin/S 20:48, 10-Bailey/WVTC 20:53, 11-Zapata/WVTC 20:58, 12-Seaver/WVTC 20:58, 13-Lord/SD 20:59, 14-Brock/WVTC 21:06, 15-Hazard/SD 21:07, 16-Howard/GWTC 21:08. /Clark/

Alum Rock Invit.: (Sept. 27, San Jose) - (VARSITY) Teams: Mira Loma 72, Lick 114, Saratoga 167, Leigh 184, Silver Creek 189. 1-Speere/ML 11:25, 2-Dyer/Sar 11:36, 3-Smith/MSJ 11:39, 4-Paulin/Cam 11:39, 5-Salazar/Li 11:41, 6-Miller/MP, 7-Brener/ML 11:44, 8-Flores/ML 11:47, 9-Salet/Mil 11:48, 10-Smith/New 11:49, 11-Gyorey/Sar 11:50, 12-Behrmann/LA 11:51, 13-Miller/PH 11:55, 14-Diaz/SC 11:56, 15-Hussey/Wash 11:59, 16-Hiler/Wash 11:59, 17-Bruns/Sar 11:59, 18-Pramann/LA 12:01, 19-Plummer/New 12:02, 20-Rift/Lei 12:03. (SOPHS) Teams: Gilroy 81, Piedmont Hills 142, Milpitas 148. 1-Weakley/Ken 12:26, 2-Holladay/Gil 12:30, 3-Billmaier/Cam 12:31, 4-Reyes/Gil 12:37, 5-Richards/SC 12:38. (FROSH) Teams: Silver Crk 72, Lick 92, Mt. Pleasant 103. 1-Carrasco/MP 11:59, 2-McDonald/Cam 12:30, 3-Strangio/MSJ 12:36, 4-Garcia/Gil 12:42, 5-Escamilla/Li 12:43. /Rich Keneally/

Sunnyvale Invit.: (Sept. 27, Sunnyvale) - 2.4 Miles - Teams: Cupertino 80, Skyline 82, Willow Glen 128, Lynbrook 130, Los Gatos 152. 1-Pujao/LG 12:02, 2-Baronian/Sk 12:11, 3-Bumbaca/WG 12:12, 4-Castro/LG 12:12, 5-Picha/Hom 12:16, 6-Boynton/Cup 12:16, 7-Pearl/Sky 12:17, 8-Lassara/MVw 12:18, 9-Stewart/Lyn 12:21, 10-Nicklin/MVista 12:22. /Glenn Harmatz/

Stanford High School Invit.: (Oct. 2, Stanford) - 2.75 Miles - (Individual times only, merged from several races in some cases). (VARSITY) 1-Ross/Serra 13:24.8, 2-Love/Carl 13:30, 3-Nelson/Ara 13:33, 4-Corey/SM 13:34, 5-Mandanis/Carl 13:36, 6-Behrmann/LA 13:41, 7-Miller/MP 13:44, 8-Russell/Black 13:49, 9-Renga/Ara 13:50, 10-Lambert/Lei 13:51, 11-Picha/Hom 13:52, 12-Cassara/MtVw 13:52, 13-Stahl/Hom 13:53, 14-Roynton/Cup 13:54, 15-Salazar/Lick 13:55. (SOPHS) 1-Billmaier/Cam 14:23.8, 2-Sanchez/Sun 14:25, 3-Skrbeck/DM, 4-Sakamaki/Bell 14:51, 5-Reichert/DM 14:54, 6-Sermino/PH 14:55, 7-Blesh/Hom 14:56, 8-Rochford/Serra 14:57, 9-Foianini/Carl 14:58, 10-Allen/Carl 15:02. (FROSH) 1-Carrasco/MP nt, 2-McDonald/Cam nt, 3-Demo/Hom 14:46, 4-Avila/Cup 14:49, 5-McMenemy/Hom 14:50, 6-Pryor/Carl 14:55, 7-O'Malley/Carl 15:03. (GIRLS) 1-Furtado/Buch 10:21.2, 2-Barrett/Bran 10:27, 3-Taylor/Sun 10:45, 4-Mallet/Bran 10:47, 5-Ott/MV 10:58, 6-Douglas/Pro 11:14, 7-Richter/Cup 11:18, 8-Smith/Cup 11:21, 9-Noland/Cup 11:32, 10-Russell/Cub 11:41. /Clark/

Golden Gate Invit.: (Oct. 4, San Francisco) - 4.2 Miles - Teams: Delta 1:46:20, Amer. River 1:47:24, SJCC 1:48:28, COM 1:50:39, Fresno CC 1:51:05, West Valley 1:52:25, DVC 1:52:31. 1-Perez/Delta 20:30, 2-Lara/Fr 21:09, 3-Deis/AR 21:11, 4-Payne/AR 21:12, 5-Weed/AR 21:16, 6-James/SJCC 21:17, 7-Emry/DVC 21:19, 8-Jordan/Delta 21:24, 9-Hoglund/SJCC 21:25, 10-Cordova/Delta 21:27, 11-Stoker/Delta 21:29, 12-Jacobson/Delta 21:30, 13-Loux/Mod 21:33, 14-Casillas/Delta 21:35, 15-Starky/AR 21:37, 16-Mongenegro/SJCC 21:43, 17-Rios/WV 21:47, 18-Ferreira/AR 21:48, 19-Eger/DA 21:49, 20-Bettencourt/SJCC 21:52. /CTN/



(Above) Cyndy Poor showed she was ready for a good X-C season by winning the PA-AAU 25 Kilo title in mid-Sept. /John Danner/ (Right) Teammate Judy Graham was third in that race and has been running away in all the X-C meets. /D. O'Rorke/



Cindergal Invit.: (Oct. 4, San Jose) - (WOMEN) 3.0 Mi - Teams: SJC "A" 19, WVTC 42, SJC "B" 63. 1-Graham/SJC 17:24, 2-Olrich/WVTC 17:41, 3-Hendrickson/SJC 18:01, 4-McPherson/SJC 18:15, 5-Guina/SJC 18:24, 6-Witherspoon/SJC 18:32, 7-Finn/WVTC 18:37, 8-Bonacich/SJC 18:43, 9-Mears/SJC 18:54, 10-Tiernan/WVTC 18:54. (14-15)

2.5 Mi - Teams: SJC Only complete team. 1-Bowers/SJC 14:46, 2-Belk/SJC 14:52, 3-Burns/SJC 15:21, 4-Wolfe/RCF 15:51, 5-Sakelarios/RCF 15:58. (12-13) 2.0 Mi - Teams: SJC 46, RCF 71, CY 78, RG 205. 1-Bier/SJC 11:34, 2-Cobb/SVTC 12:11, 3-Choy/SVTC 12:19, 4-Regan/Un 12:25, 5-Bray/ATC 12:26. (10-11) 1.5 Mi - Teams: OTC 60, SLT 73, CY 82, SJC 92. 1-Weber/SJC 8:39, 2-Choy/SVTC 9:02, 3-Gleason/CY 9:02, 4-Campbell/OTC 9:11, 5-Johnson/CY 9:11. (9/U) 1.0 Mi - Teams: Appaloosa 60, RG 82, WDS 93, CY 98, Arrow 101. 1-Miller/App 6:14.4, 2-Salinas/App 6:32, 3-Vasquez/App 6:35, 4-Hemenes/WDS 6:37, 5-Sylvester/RG 6:38, 6-Bray/ATC 6:38. /Phyllis Olrich/

Fresno State Invit.: (Oct. 4, Fresno-Woodward Pk.) - 6.0 Mi. - Teams: Nevada/Reno 46, Stanford 47, Fresno St. 56, Cal-Poly SLO 84. 1-Sandoval/S 29:17.0 (CR), 2-DeLaGarza/Nev 30:16, 3-Bellah/S 30:23, 4-Cadena/CPSLO 30:26, 5-Cords/WVTC 30:27, 6-Reynosa/CPSLO 30:30, 7-Phelan/FS 30:38, 8-Hartig/FP 30:44, 9-Wysocki/Nev 30:51, 10-Fredrickson/Nev 30:57, 11-Kissin/S 30:59, 12-Aguirre/FS 31:15, 13-Ramirez/FS 31:20, 14-Stock/CPSLO 31:21, 15-Chavez/FS 31:27. /Dave Stock, Marshall Clark/

All-Cal X-Country: (Oct. 4, Santa Barbara) - 4.9 Mi. - Teams: UCI 18, UCD 42, UCSB 92, UCB 108, UCR 116. 1-Serna & Hunsaker/UCI 24:17.8, 3-Yeo/UCD 24:25, 4-Scott/UCI 24:31, 5-Tillman/UCI 24:48, 6-Koniogh/UCI 24:51, 7-Schweitzer/UCSB 25:01, 8-Sweeney/UCD 25:04, 9-Taxiera/UCD 25:05, 10-Leeper/UCD 25:11. /S. Adams/

Oregon State Invit.: (Oct. 4, Corvallis, Ore.) - 4 Mi - Teams: HSU 51, OSU 54, Idaho 64, Spokane CC 77. 1-Brown/OSU 19:18.2, 2-Larson/SCC 19:33, 3-Blikstad/Fox 19:38, 4-Woodard/Un 19:41, 5-Elijah/HSU 19:48, 6-Griffin/Ida 19:56, 7-Innes/HSU 20:03, 8-Dulaney/HSU 20:06, 9-Kimball/OSU 20:12, 10-Mwaura/OSU 20:13. /The Harrier/

Aptos Invit.: (Oct. 4, Aptos) - 2.4 Mi - (Large) Aptos 36, Monta Vista 49, Salinas 80. 1-Salet/Mil 13:01, 2-Solbach/Apt 13:11, 3-Glover/ST 13:16, 4-Nicklin/MV 13:17, 5-Hidalgo/Sun 13:21. (Small) PacGrove 18, B'game 56, St. Francis 86. 1-Minor/Pg 12:32, 2-Rumrill/Pg 12:35, 3-Watkins/Pg 12:42, 4-Daniels/Bur 13:05, 5-Saylor/Pg 13:07. /Glenn Harmatz/

College Park Invit.: (Oct. 4, Pleasant Hill) - (VARSITY) 3 Mi - Teams: Mt. Diablo 62, Pleasant Hill 104, Tennyson 105, College Pk 111, Amador 127. 1-Criner/MD 14:53, 2-Harvey 15:04, 3-Bedecure 15:19, 4-Smith/MSJ 15:23, 5-Cross/MD 15:26, 6-Mullin/NG 15:34, 7-Searls/CP 15:37, 8-Dowling/CP 15:40, 9-Galvin 15:41, 10-Rodgers 15:43. (FROSH-SOPH) 2 Mi - Teams: Pleasant Hill & San Ramon 68, Mt. Diablo 105, Mission San Jose 108, Northgate 116. 1-Strangio/MSJ 10:08, 2-Weakley/Kenn 10:11, 3-Anklam/SR 10:22, 4-Morimoto/PH 10:33, 5-Snook/SR 10:36, 6-Gomez/MD 10:37, 7-Russo/PH 10:40, 8-Newcomb/SR 10:43. (GIRLS) 2 Mi - Teams: Northgate 44, Pleasant Hill 58, Amador 73. 1-Salisbury/NG 11:59, 2-Habig/NG 12:16, 3-Behrbaum/Ama 12:19, 4-Searls, D./CP 12:22, 5-Bruder/PH 12:30, 6-Robinson/PH 12:36. /Bill Tillson/

Artichoke Invit.: (Oct. 4, Half Moon Bay) - (LG. SCHOOL) Varsity - Teams: HMB 55, Piedmont Hills 115, Aptos 131. 1-Corey/SM 11:31, 2-McBride/HMB 11:31, 3-Arnold/HMB 11:39, 4-Nelson/Ara 11:49, 5-Mello/Cr 12:00, 6-Nicklen/MVis 12:02, 7-Renga/Ara 12:02, 8-Remillong/HMB 12:02, 9-Hidalgo/Sun 12:03, 10-Miller/PH 12:05. Frosh-Soph - Teams: HMB 43, Piedmont Hills 106, Vanden 107. 1-Pledger/Van 12:19, 2-Sanchez/Sun 12:28, 3-Sawery/HMB 12:36, 4-Molina/HMB 12:38, 5-Wright/Lyn 12:40, 6-Pepper/HMB 12:41, 7-Olivas/HMB 12:42, 8-Sermenio/PH 12:43, 9-Graycar/SC 12:45, 10-Crocker/Apt 12:45. Frosh - Teams: HMB 39, Homestead 48, Aragon 74. 1-McMenomey/Hom 12:52, 2-Willoughby/TN 12:58, 3-Demo/Hom 13:05, 4-Shelley/HMB 13:11, 5-Brain/Ara 13:19, 6-Davidson/HMB 13:26. (SM. SCHOOL) Varsity - Teams: Pacific Gr. 31, Stevenson 100, DeLaSalle 105. 1-Newberger/RLS 11:36, 2-Minor/PG 11:41, 3-Wright/Van 11:41, 4-Rumrill/PG 11:45, 5-Watkins/PG 11:46, 6-Burke/DLS 11:49, 7-Colburn/RLS 12:00, 8-Sup/P 12:10. Frosh-Soph - Teams: King City 67, Milpitas 68, DeLaSalle 83. 1-Marshall/Mil 12:28, 2-Hartman/Mil 12:36, 3-Figueora/KC 12:37, 4-Dean/Jeff 12:41, 5-Heuton/SLor 12:43, 6-Remirez/P 12:46, 7-Devlin/DLS 12:46, 8-Sims/P 12:49. Frosh - Teams: DeLaSalle 95, PacGr 123, St. Mary's 135. 1-Beccaro/DLS 13:47, 2-Piawarski/LB 13:57, 3-Flores/KC 13:57, 4-Comstock/PG 14:03, 5-Fannell/LB 14:07, 6-Kelly/DLS 14:11. /Dick Calvin/



One of the eight races at the "Artichoke" Invit. /Lita Calvin/

Carlmont Invit.: (Oct. 6, Belmont) - (VARSITY) Teams: Carlmont 38, Los Altos 40, San Mateo 64, St. Francis 82. 1-Corey/SM 9:49, 2-Behrmann/LA 9:49, 3-Love/Carl 9:51, 4-Mandanis/Carl 9:58, 5-Cortez/SF 10:05, 6-Praman/LA 10:17. (SOPHS) Teams: Carlmont 19, Terra Nova 56, San Mateo 75, Los Altos 95. 1-Allen/C 8:47, 2-Dabanian/C 8:52, 3-Thompson/C 8:58, 4-Wallace/SM 8:59, 5-Newton/C 9:01. (FROSH) Teams: Carlmont 22, Terra Nova 48, San Mateo 63. 1-O'Malley/C 8:58, 2-Willoughby/TN 8:58, 3-Kolto/C 9:03, 4-Moran/TN 9:06, 5-Pryor/C 9:06. /Loren Lansberry/

Cal-Aggie Invit.: (Oct. 11, Davis) - 5 Miles - Teams: UCD 43, FSU 47, SJS 51, HSU 100, FPC 171, SacSt 181. 1-Genet/SJ 24:15, 2-Yeo/UCD 24:22, 3-Schelegle/Un 24:37, 4-Elias/Un 24:40, 5-Badgley/Un 24:42, 6-Dulaney/HSU 24:44, 7-Mollring/Son 24:45, 8-Aguirre/FSU 24:46, 9-Phelan/FSU 24:47, 10-Elijah/Un 24:49, 11-Misner/Un 24:50, 12-Prowell/SJS 24:51, 13-Ramirez/FSU 24:52, 14-Sweeney/UCD 24:55, 15-Gruber/SJS 24:58, 16-Clark/UCD 25:03, 17-Leeper/UCD 25:08, 18-Taxiera/UCD 25:09, 19-White/UCD 25:10, 20-Dean/Un 25:18. /Bill Adams/

Orinda Invit.: (Oct. 11, Concord) - (WOMEN) 3.0 Mi - Teams: SJC "A" 16, SJC "B" 39. 1-Graham/SJC 18:10, 2-Poor/SJC 18:10, 3-Bowers/SJC 18:26, 4-Greenberg/SJC 18:58, 5-Witherspoon/SJC 19:45. (14-15) 2.5 Mi - Teams: SJC 24, WS 94. 1-Adams/WS 14:58, 2-Belk/SJC 15:18, 3-Greenberg/SJC 15:29, 4-Nachbar/WS 15:50, 5-Burns/SJC 15:52. (12-13) 2.0 Mi - Teams: WS 41, CY 90, SJC 92. 1-Bain/WS 12:07, 2-Regan/Un 12:19, 3-Beauchamp/WS 12:23, 4-Bray/Ar 12:24, 5-Choy/S 12:25. (10-11) 1.5 Mi - Teams: CY 50, SJC 69, Tahoe 122. 1-Gleason/C 9:17, 2-Weber/SJC 9:25, 3-Choy/S 9:26, 4-Martinez/W 9:28, 5-Kind/A 9:36. (9/UNDER) 1.0 Mi - Teams:

App 69, CY 75, WS 83. 1-Miller/App 6:08, 2-Salinas/Ap 6:10, 3-Bain/WS 6:10, 4-Carney/C 6:12, 5-Himenes/WS 6:14. (BOYS) (12-13) 2.0 Mi - Teams: SVTC 29, Diablo 98, Arrow 116. 1-Mills/C 11:47, 2-Scattini/S 11:48, 3-Sakelarios/RCF 11:50, 4-Bunting/RCF 12:03, 5-Sells/S 12:05, 6-Vasquez/S 12:06. (10-11) 1.5 Mi - Teams: RCF 44, Diablo 58. 1-Don Aviles/RCF 9:04, 2-Dean Aviles/RCF 9:13, 3-Sells/S 9:24, 4-Rice/WDS 9:27, 5-Harris/B 9:31, 6-Sakelarios/RCF 9:36. (9/UNDER) 1.0 Mi - Teams: SVTC 34, WDS 65, VMTC 76. 1-Haggard/VM 5:56, 2-Munn/S 5:56, 3-Taylor/S 5:57, 4-Berzaman/WDS 6:17, 5-McFadden/WDS 6:23, 6-Scattini/S 6:26. /Don Bailes/

Crystal Springs Invit.: (Oct. 11, Belmont) - (VARSITY) Teams: Serra 57, Mt. Pleasant 123, Piedmont Hills 143. 1-Ross/Serra 15:11, 2-Corey/SM 15:12, 3-Munoz/Wat 15:23, 4-Miller/MP 15:23, 5-Mello/Cr 15:38, 6-Blake/Serra(Frosh) 15:41 (CR), 7-Johnson/Ov 15:43, 8-Pincombe/Serra 15:46, 9-Pujol/LG 15:47, 10-Miller/PH 15:51, 11-Picha/Hom 15:55, 12-Eberly/LG 15:58. (SOPHS) Teams: Leigh 83, Piedmont Hills 107, Homestead 127. Silver Crk 130, Serra 145. 1-Bryant/Mitty 16:18, 2-Sipora/Lei 16:29, 3-Smith/Aw 16:32, 4-Richards/SCrk 16:33, 5-Brewer/Lei 16:43, 6-Billmaier/Cam 16:59, 7-Ritchie/SCrk 17:00, 8-Rochford/Serra 17:05, 9-Graycar/SC 17:15, 10-Moulos/MA 17:16. (FROSH) Teams: Lynbrook 74, Silver Creek 75, Aragon 75. 1-Carrasco/MP 15:43, 2-McDonald/Cam 16:49, 3-McMenomey/Hom 17:11, 4-Frank/Ara 17:21, 5-Hatfield/SCrk 17:25, 6-Bosley/Ara 17:37. /R. Fambrini/

San Ramon Invit.: (Oct. 11, Danville) - (LG. SCHOOLS)(Varsity) MD 54, Skyline 71, Redwood 72. 1-Criner/MD 8:13, 2-Searls/CP 8:17, 3-Schultz/R 8:20, 4-Cross/MD 8:24, 5-Smith/Eur 8:24, 6-Bedecarre/MD 8:25, 7-Pearl/Sky 8:30, 8-Simons/Yg 8:31, 9-Baronian/Sky 8:36, 10-Berry/R 8:37. (F-S) Pinole 33, CP 75, Clayton 87. 1-Hoag/Pin 8:42, 2-Vasquez/Clay 8:44, 3-Cole/Pin 8:47, 4-Watts/Pin 8:55, 5-Valdez/Sky 8:59, 6-Brady/Pin 9:05. (Frosh) 1-Nebeker/MD 10:14, 2-Young/MD 10:19. (MEDIUM SCHOOL) (Varsity) San Rafael 28, PH 63, Miramonte 104. 1-Harvey/Dub 8:24, 2-Haas/Mir 8:30, 3-Roberts/SRaf 8:31, 4-McGuire/SRaf 8:36, 5-Williams/Mir 8:39. (F-S) PH 42, Miramonte 75, Kennedy 90. 1-Hartinger/PH 8:48, Castro/Log 8:50, 3-Weakley/Kenn 8:58, 4-Russo/PH 9:00. (Frosh) Northgate 31, PH 40, San Rafael 64. 1-Cox/NG 9:14, 2-Foster/P1 9:21, 3-Kennedy/NG 9:41, 4-Van Buskirk/P1 9:54, 5-Polling/P1 10:01. (SMALL SCHOOL) (Varsity) San Ramon 52, DeLaSalle 60, Encinal 68. 1-Burke/DLS 8:31, 2-Bowles/En 8:33, 3-Galvin/SR 8:35, 4-Raylor/LL 8:45, 5-Cadwallaber/En 8:46. (F-S) DLS 40, San Ramon 60, Encinal 86. 1-Snook/SR 8:58, 2-Kallander/LL 9:07, Molind/DLS 9:10. (Frosh) Monte Vista 53, DLS 61, Muir 96. 1-Smith/WinJHS 9:14, 2-Brasacco/Cal 9:36, 3-Baddlard/Cal 9:40, 4-Foster/MV 9:41, 5-Del Beccoro/DLS 9:48. (GIRLS) Granada 52, Northgate 65, Pleasant Hill & Tam 79. 1-Keyes/Tam 8:16, 2-Broderick/Tam 8:18, 3-Robinson/P1 8:19, 4-Salisbury/NG 8:26, 5-Stohr/Gr 8:27, 6-Searls/CP 8:29, 7-Daley/Gr 8:29, 8-Greene/NG 8:34, 9-Lyons/Gr 8:38, 10-Habig/NG 8:41. /Bob Vincent/

Crystal Springs Invit.: (Oct. 11, Belmont) - (Lg.School) 4.2 Mi - WVC 65, DVC 95, Chabot 100, CSM 101, SRJC 102. 1-Rios/WV 21:01, 2-Emry/DV 21:06, 3-Eger/DA 21:17, 4-Hernandez/SR 21:34, 5-Palladino/CSM 21:36, 6-Hall/Ch 21:40, 7-Barnett/CSM 21:43, 8-Hull/CSM 21:46, 9-Baker/WV 21:57, 10-Loux/Mod 22:01. (Sm. School) COM 48, COS 53, CRC 101, SKY 137, Shasta 172. 1-Garcia/COS 20:39, 2-Garrett/CRC 21:15, 3-Locy/COM 21:25, 4-Reime/Cab 21:29, 5-Baez/COM 21:40, 6-Lohse/COS 21:45, 7-Higley/CRC 21:49, 8-Taylor/COS 21:56, 9-Miller/SKY 22:01, 10-Wells/COR 22:03. (Reserves) 1-Weaver/WV 21:55. /Bob Rush/



Stanford Invit.: (Oct. 18, Stanford) - Teams: UTEP 18, Stanford 71, Nevada/Reno 82, WVTC 90, CPSLO 144, FSU 147, UCB 165. 1-Waigwa/UTEP 28:10, 2-Munyala/UTEP 28:29, 3-Sandoval/S, 4-Munene/UTEP 29:02, 5-Zuniga/UTEP 29:07, 6-Sirma/UTEP 29:12, 7-Gibson/UTEP 29:26, 8-Wysocki/Nev 29:31, 9-Bellah/S 29:33, 10-Zarate/Un 29:41, 11-Kissin/S 29:47, 12-Swart/WVTC 29:50, 13-Dember/UTEP 29:54, 14-DeLaGarza/Nev 29:57, 15-Clark/WVTC 30:01, 16-Thomas/Un 30:04, 17-Aguirre/FSU 30:05, 18-Emory/S 30:06, 19-Reynosa/CP 30:07, 20-Cords/WVTC 30:12, 21-Fredrickson/Nev 30:16, 22-Dagg/Nev 30:21, 23-Fritzke/Cal 30:25, 24-Ybarra/Nev 30:26, 25-Seaver/WVTC 30:29, 26-Bailey/WVTC 30:36, 27-Stock/CP 30:37, 28-Hernandez/WVTC 30:46. (WOMEN) 1-Anex/UCD 10:32,

Tony Sandoval has established Stanford marks on both 4.2 & 6 mile home courses this season.

2-Olrich/WVTC 11:02, 3-Tiernan/S-WV 11:49, 4-Himmelberger/WVTC 12:06, 5-Stein/DA 12:10, 6-Thrupp/S 12:22. (Men's race was 6.0 miles and women's was 2.0 miles). /Olrich, Himmelberger, Clark/

Appaloosa Invit.: (Oct. 18, Milpitas) - (WOMEN) RCF 25, WS 37. 1-Simmons/RCF 19:37, 2-Sakelarios/RCF 20:26, 3-Wolfe/RCF 20:47, 4-Regalado/S 20:59, 5-Swannack/WDS 21:03. (14-15) 1-Adams/WS 18:33, 2-Nachbar/WS 18:54, 3-Harrison/A 20:35, 4-J.Cotte/WVTC 21:25, 5-Eddy/WS 21:26, 6-Y.Cotte/WVTC 21:34. (12-13) WS 26, CY 83, RCF 89. 1-Bain/WS 12:53, 2-Bray/A 13:02, 3-Beauchamp/WS 13:04, 4-McKeen/NCTC 13:06, 5-Warner/WS 13:07, 6-Linn/WS 13:09, 7-Himenes/WDS 13:12, 8-Allred/NCTC 13:23, 9-Hintz/C 13:24, 10-Cobb/S 13:28. (10-11) SLT 60, RG 73, CY 74. 1-Choy/S 10:18, 2-Martinez/WS 10:44, 3-Gleason/CY 10:50, 4-Grijalva/S 10:59, 5-McKeen/R 11:00, 6-Rose/T 11:05, 7-Marvin/A 11:06, 8-Hitchcock/T 11:10, 9-Wolcott/T 11:13, 10-Simmons/T 11:15. (9/UNDER) App 58, CY 61, RG 102. 1-Miller/Ap 6:33, 2-Salinas/Ap 6:46, 3-Carney/CY 6:48, 4-Sylvester/R 6:50, 5-Vasquez/Ap 6:56, 6-McLaughlin/CY 6:58, 7-Himenes/WDS 6:59, 8-Bray/A 7:00, 9-Johnson/T 7:02, 10-Smith/S 7:03. /Richard Fernandez/

Hayward Area Invit.: (Oct. 18, Hayward) - (VAR) MSJ 76, Tennyson 78, Castro Vly 84, Amador 116. 1-Hornig/CV 15:19 (CR), 2-Smith/Nwk 15:42, 3-Smith/MSJ 15:50, 4-Gray/T 15:58, 5-Acosta/A 16:00, 6-Enanoria/T 16:12, 7-Raisner/T 16:14, 8-Strangio/MSJ 16:19. (F-S) MSJ 49, Castro Vly 81, Amador 86, Moreau 114. 1-Routh/CV 10:40, 2-Novacak/A 10:54, 3-Harb/C 10:58, 4-Schoenberger/M 10:58, 5-Ruffing/MSJ 11:00. (GIRLS) Bishop O'Dowd 41, Moreau 61, Alameda 64, Amador 86. 1-Behrbaum/A 12:45, 2-Scannell/BOD 12:49, 3-Lauth/BOD 12:58, 4-Pla/A 13:04, 5-O'Donnell/SJ 13:19. /Hornig/

Del Mar Invit.: (Oct. 18, San Jose) - (VAR) Saratoga 66, DelMar 91, Willow Glen 96, Lynbrook 115. 1-Stillman/WG 10:40, 2-Dyer/S 10:41, 3-Pujao/LG 10:45, 4-Gyorey/S 10:45, 5-Bumbaca/Wil 10:46, 6-Bruns/S 10:55, 7-Schmidt/WG 10:59, 8-McQueney/Lyn 10:59, 9-Eberly/LG 11:01. /Glenn Harmatz/

Rio Linda Invit.: (Oct. 18, Rio Linda) - (VAR) Jesuit 41, La Sierra 83, Davis 87, Stagg 88, Downey 90. 1-Holmes/Dwn 15:18, 2-Rinde/CR 15:31, 3-Lagomarsino/J 15:34, 4-O'Neil/J 15:34, 5-Wolfe/Dav 15:54, 6-Farrell/LS 15:56, 7-Read/J 16:01, 8-Fairley/LS 16:03, 9-Vail/Stg 16:08, 10-Swift/Dwn 16:15. /Bill Mensing/

Allan Hancock Invit.: (Oct. 18, Santa Maria) - (OPEN) 4.0 Mi - 1-Temple/LVRR 21:01, 2-Weaver/LVRR 21:13, 3-Schanke/Un 21:23, 4-Tracy/CPSLO 21:34, 5-Aguilar/SJCC 21:38, 6-Fabing/Un 21:52, 7-Mora/CPSLO 21:54. (JC-LG) SJCC 43, SBCC 49, WVC 69, DeAnza 93. 1-Haake/SB 20:40, 2-Santizo/SB 20:49, 3-Rios/WV 20:50, 4-James/SJCC 20:55, 5-Baker/WV 21:08, 6-Eger/DA 21:24, 7-Hoglund/SJCC 21:29, 8-Hall/Chab 21:30, 9-Montenegro/SJCC 21:33, 10-Hobson/V 21:33. (HS-LG,VAR) CresVly 78, Santa Barb 78, Carlmont 97, Lompoc 110. 1-Moses/CV 9:27, 2-Aguirre/SB 9:34, 3-Hollister/SM 9:59, 4-Love/Ca 9:59, 5-Mitchell/AG 10:06... 11-Mandanis/Ca 10:14. (HS-JV) Carlmont 18, Dos Pueblos 71. 1-Weiand/Ca 10:50, 2-Norris/Ca 10:54, 3-Campbell/Ca 10:56, 4-Suda/Ca 10:57, 5-Conway/SB 10:58. (HS-FROSH) Carlmont 40, Righetti 62, Arroyo Grande 88, Lompoc 92. 1-Southall/L 10:49, 2-Nunn/RM 10:54, 3-Rettler/AG 10:56, 4-O'Malley/Ca 11:04, 5-Pryor/Ca 11:05. /Ray Kring/

Center Meet: (Oct. 23, Belmont) - (VAR #1) PacGr 40, Carlmont 47, St. Francis 111. 1-Love/Ca 15:10, 2-Rumrill/PG 15:13, 3-Watkins/PG 15:15, 4-Minor/PG 15:23, 5-Mandanis/Ca 15:29, 6-Allara/Cap 15:46, 7-Cortez/SF 15:52, 8-Mello/Cr 15:58, 9-Hartman/Mi 16:01, 10-Neillands/Ca 16:02. (VAR #2) M-A 67, Cup 67, Monte Vista 71, RLS 81, San Carlos 102. 1-Newburger/RLS 15:13, 2-Colburn/RLS 15:30, 3-Thurston/MA 15:57, 4-Wagner/RLS 16:11, 5-Ruppunger/MV 16:12, 6-Farey/MA 16:12. (SOPH) HMB 40, Cup 96, San Carlos 106, Carlmont 118. 1-Schmidt/HMB 16:14, 2-Dean/Jeff 16:30, 3-Sawrey/HMB 16:34, 4-Potts/R 16:35, 5-Vavuris/Cu 16:35, 6-Pepper/HMB 16:40, 7-Sullivan/SF 16:46, 8-McCarty/SF 16:46, 9-Luttrell/SC 16:49, 10-Graycar/SC 16:49. (FROSH) Carlmont 38, HMB 70, St. Francis 130, Riordan 144. 1-Boitano/SI 16:45, 2-Rochlitz/SF 16:53, 3-Olivas/HMB 16:58, 4-Pryor/Ca 17:01, 5-Ifland/So 17:18, 6-O'Malley/Ca 17:23, 7-Mellquist/Ca 17:27. /Loren Lansberry/

Mt. SAC JUCO: (Oct. 24, Walnut) - 4 Mi, warm, hilly - (LG) 1-Olswang/OC 19:43, 2-Saavedra/Full 19:50, 3-Simonian/LACC 20:05, 4-Nance/LAV 20:24, 5-T.Olswang/OC 20:28. (MED) Grossmont 31, Delta 52, AmerRiver 87, Bakersfield 95. 1-Perez/D 19:57, 2-Pfeffer/Gr 20:13, 3-Wilson/Gr 20:27, 4-Colley/SB 20:30, 5-Casilas/D 20:35. (SM) Moorpark 55, COS 64, Citrus 64, Consumnes Rvr 111. 1-Garcia/COS 20:07, 2-Blackburn/MPk 20:32, 3-Garrett/CR 20:51. /The Harrier/

WE NEED MORE RESULTS FROM THE SACRAMENTO/STOCKTON AREA PLEASE.

Pleasant Hill X-C Jamboree: (Oct. 25, Pleasant Hill) - (OPEN) 5.0 Mi - Nevada 49, SJS 76, WVTC 87, FSU 91, Cal 164. 1-Wysocki/Nev 24:12, 2-DeLaGarza/Nev 24:17, 3-Gruber/SJS 24:21, 4-Swart/WVTC 24:23, 5-Blume/Cal 24:25, 6-Martinez/UCD 24:26, 7-Fredrickson/Nev 24:27, 8-Prowell/SJS 24:27, 9-Phelan/FS 24:35, 10-Dagg/Nev 24:35, 11-Emry/Un 24:42, 12-Garcia/UCR 24:48, 13-Hernandez/WVTC 24:51, 14-Aguirre/FS 24:57, 15-Celms/SU 25:00, 16-Flores/AGTC 25:00, 17-Ramirez/FS 25:02, 18-Nahirny/SJS 25:05, 19-Hurst/SJS 25:06, 20-Mueller/UCR 25:07, 21-Seaver/WVTC 25:08, 22-Cole/Wmt 25:09, 23-Brock/WVTC 25:10, 24-?? 25:12, 25-Bailey/WVTC 25:17. (LG SCHOOL) Varsity: 2.0 Mi - Rdwd 80, San Rafael 93, Mt. Diablo 106, Mt. Pleasant 119, Cordova 140. 1-Schultz/R 9:08.7 (CR), 2-Criner/MD 9:18, 3-Tarin/Liv 9:21, 4-Searls/CP 9:22, 5-Berry/R 9:22, 6-Miller/MP 9:24, 7-Carrasco/MP 9:27, 8-Sane/Cor 9:28, 9-Cross/MD 9:29, 10-Baronian/Sky 9:31. Fr-So: Cordova 36, MSJ 90, MD 108. 1-Strangio/MSJ 9:50, 2-Vasquez/CV 9:53, 3-Schultz/Cor 10:03, 4-Ruffing/MSJ 10:05, 5-Valdez/Sky 10:06. Frosh: Merced 33, MP1 84, Cordova 86. 1-Ochoa/Mer 10:27, 2-Ifland/Soq 10:31, 3-Garcia/MP1 10:38, 4-G.Ochoa/Mer 10:43, Duggard/Cor 10:47. (SM SCHOOL) Varsity: Pl.Hill 85, Castro Vly 119, Alameda 124, Tam 126, Del Mar 145. 1-Wright/V 9:19.7, 2-Hornig/CV 9:20, 3-Harvey/Dub 9:27, 4-Collier/Tam 9:30, 5-Burke/DLS 9:32, 6-Costa/Ala 9:38, 7-Calvin/SR 9:39, 8-Harbaugh/Pdmt 9:41, 9-Croft/PH 9:51, 10-Van Buskirk/PH 9:52. F-S: Vanden 61, Pl.Hill 75, O'Dowd 104, Campolindo 111. 1-Pledger/V 9:49, 2-Maroney/OD 10:00, 3-Scannell/OD 10:05, 4-Erickson/Cam 10:12, 5-Nelson/SR 10:15. Frosh: Northgate 58, DeLaSalle 65, Pl.Hill 87. 1-Cox/NG 10:30, 2-Chord/Ala 10:35, 3-Foster/PH 10:36, 4-Foster/MV 10:37, 5-McMahon/DLS 10:38. (GIRLS) Tam 42, Northgate 126, Pl.Hill 129, San Rafael 184. 1-Munday/Li 10:32, 2-Sweeney/MC 11:17, 3-Adams/Tam 11:35, 4-Scharringousan/?? 11:36, 5-Salisbury/NG 11:38, 6-Keyes/Tam 11:40, 7-Bachand/Berk 11:40, 8-Broderick/Tam 11:41, 9-Hill/SRaf 11:45, 10-Bertalino/Tam 11:47. /Bob McGuire/



(Above) Downey's Tim Holmes won the 2-mile postal race at West Valley College in 9:10.5. /O'Rourke/ (Right) Redwood's Hal Schultz was second at 9:12.1 and broke Rich Kimball's record at Pleasant Hill Invit. by a tenth-second. /K. Conning/



Madera Elks Invit.: (Oct. 25, Madera) - 3 Mi - (OPEN) 1-Lenemann/FPTC 15:06, 2-Elia/FTC 15:10, 3-Craig Elia/Ph 15:32, 4-McManus/FS 15:49, 5-Jeffers/JT 15:53. (HS-VAR) 1-Holmes/Dwn 14:39, 2-White/Shaf 14:44 (soph), 3-Carranza/Mad 15:03, 4-Swift/Dwn 15:10, 5-Lewis/EB 15:11, 6-Renteria/Mad 15:12, 7-Costa/Bey 15:13, 8-Lopez/Reedley 15:15. /CTN, Bill Mensing/

Leigh Blossom Hill Challenge: (Oct. 25, San Jose) - 3.0 Miles tough hills - (VAR) Leigh 43, Lick 57, Aptos 87. 1-Heldalگو/Sun 17:39, 2-Ritt/Lei 17:45, 3-Kardoch/Lick 17:51, 4-Salazar/Lick 17:55, 5-Galaski/Lei 17:58, 6-Bumbaca/Wil 18:00, 7-Bergkamp/Lei 18:13, 8-Durocher/SCRk 18:15, 9-Salet/Mil 18:17, 10-Lawbert/Lei 18:18. (SOPH) (Scores N/A) 1-Hartman/Mil 17:47, 2-Schmidt/HMB 18:38, 3-Sanchez/Sun 18:41, 4-Acosta/Ov 18:45, 5-Linninger/LO 18:48. (FROSH) Homestead 50, Lick 62, HMB 72. 1-McDonald/Cam 18:27, 2-Olivas/HMB 18:51, 3-McMeonomey/Hom 18:51, 4-Escamilla/Lick 19:22, 5-Fernandez/Lick 19:45, 6-Westwood/Hom 19:51, 7-Demo/Hom 19:56, 8-Shelley/HMB 20:01. /Bill Hotchkiss/

LONG DISTANCE RESULTS

Two-Mile High School Postal: (Nov. 1, Saratoga) - Note: Only a partial list of results (varsity race #1) have been received by our publication deadline. We will probably list more in next issue. All are seniors unless noted (9=frosh, etc.). 1-Holmes/Dwn(11) 9:10.5, 2-Schultz/Red 9:12.1, 3-Farrell/LS 9:17.5, 4-Read/J 9:18.5, 5-Miller/MP1 9:19.5, 6-Love/Ca(10) 9:20.0, 7-Berry/Red(10) 9:20.7, 8-Sup/P 9:21.0, 9-Paulin/Cam 9:23.0, 10-Behrmann/LA 9:23.5, 11-Lagomarsino/J 9:24.9, 12-Newborgwer/RLS 9:25.0, 13-Munoz/Wat 9:28.0, 14-Johnson/Ov 9:28.0, 15-Dyer/Sar 9:30.4, 16-Carrasco/MP1(9) 9:31.1, 17-Bruns/Sar(11) 9:33.0, 18-Fairly/LS 9:33.0, 19-Tarin/Liv 9:34.0, 20-Mihailoff/R 9:34.0, 21-Smith/MSJ 9:36.0, 22-Bolen/EC 9:37.0, 23-Anex/LS(11) 9:37, 24-Mandanis/Ca 9:38, 25-Barton/J 9:38.5. /Bill Mensing/

Pac-8 Southern Division: (Nov. 1, UCLA) - 6.2 Mi - Stanford 28, UCLA 38, Cal 59, USC ns. 1-Sandoval/S 31:07, 2-Thomas/UCLA 31:15, 3-Bellah/S 31:48, 4-Nitti/UCLA 32:05, 5-Kissin/S 32:23, 6-Boswell/UCLA 32:32, 7-Fritzke/Cal 32:48, 8-Emory/S 32:55, 9-Harris/Cal 32:57, 10-Blume/Cal 32:58, 11-Cummings/S 33:02. /Marshall Clark/

Big-8 Conference: (Nov. 1, Boulder, Colo.) - 5 Mi - (1) Schemmel/KS 25:22...(10) Pinocci/OSU 26:04, (15) Quintana/Colo 26:22. /The Harrier/

PA-AAU Girl's Age-Group Champs: (Nov. 2, Belmont) - (EXHIB.-WOMEN) 1-Olrich/WVTC 18:06, 2-Haberman/SJC 19:56, 3-Tiernan/WVTC 19:58, 4-Swannack/WDS 20:39, 5-Regalado/SV 21:14. (14-18) SJC "A" 36, SJC "B" 70, Lassen 102. 1-Bowers/SJC 16:08.9, 2-S.Greenberg/SJC 16:16, 3-L.Greenberg/SJC 16:18, 4-Adams/WS 16:25, 5-Allen/L 16:38, 6-Simmons/RCF 16:43, 7-Carron/ML 16:52, 8-Belk/SJC 16:59, 9-Neary/WVTC 17:03, 10-Wotherspoon/SJC 17:09, 11-Nachbar/WS 17:16, 12-Rudolph/L 17:19, 13-Mears/SJC 17:21, 14-Dimmick/SJ 17:27, 15-Wolfe/RCF 17:28. (12-13) WS 40, SJC 64, RCF 108. 1-Bier/SJC 10:49.2, 2-Bain/WS 11:02, 3-McKeen/NCTC 11:16, 4-Beauchamp/WS 11:20, 5-Regan/CY 11:22, 6-Allred/NCTC 11:22, 7-Linn/WS 11:23, 8-Himenes/WDS 11:24, 9-Davis/RCF 11:29, 10-Miller/SJC 11:37. (10-11) OTC 68, SLT 70, RG 105. 1-Gleason/CY 8:33.2, 2-Choy/SV 8:35, 3-Fuller/RG 8:37, 4-Martinez/WS 8:47, 5-Wolcott/SLT 8:52, 6-Scannell/Berk 8:54, 7-Boitano/Un 8:56, 8-Hitchcock/SLT 8:57, 9-Van Buskirk/OTC 9:01, 10-Marvin/ATC 9:02. (9/UNDER) CY 50, APP 85, WDS 112. 1-Miller/App 6:18.0, 2-Bain/WS 6:24, 3-Johnson/SLT 6:27, 4-Bento/CY 6:28, 5-Scannell/Berk 6:35, 6-Carney/CY 6:36, 7-Vasquez/App 6:37, 8-Smith/SV 6:39, 9-McLaughlin/CY 6:40, 10-Lepley/CY 6:41. /Nick Sakelarios/

PA-AAU Boy's Age-Group Champs: (Nov. 2, Belmont) - (14/UP) 1-DeWitt/VMTC 16:13.6. (12-13) SVTC 47, DVTC 82, Arrow 105. 1-Miller/CY 10:36.7, 2-Gonzales/ATC 10:38, 3-Krause/DVTC 10:52, 4-Marson/ML 10:55, 5-Sells/SV 10:57, 6-Scattini/SV 10:58, 7-Ogden/DVTC 11:00, 8-Green/SV 11:00, 9-Sakelarios/RCF 11:00, 10-Lewis/ATC 11:02. (10-11) RCF 34, DVTC 64, Arrow 74. 1-Don Aviles/RCF 8:28.5, 2-Dean Aviles/RCF 8:38, 3-Sells/SV 8:43, 4-Cambren/RCF 8:50, 5-Chaney/DVTC 8:51, 6-Latting/DVTC 8:52, 7-Sakelarios/RCF 8:56, 8-Mihm/Un 8:57, 9-Lee/CY 8:58, 10-Castro/ATC 8:59. (9/UNDER) SVTC 34, WDS 91, VMTC 91. 1-Munn/SV 6:00, 2-Haggard/VMTC 6:09, 3-Teague/NCTC 6:12, 4-Taylor/SV 6:15, 5-G.Scattini/SV 6:24, 6-Edgar/NCTC 6:27, 7-DeBrine/RCF 6:32, 8-B.Scattini/SV 6:34, 9-O'Hara/VMTC 6:37, 10-Berzaman/WDS 6:39. (6-7 EXHIB.) 1-Myall/SC 7:03, 2-Olvera/SV 7:09. /Sakelarios/

Far West Conference Champs: (Nov. 8, Belmont) - 5.1 Miles - UCD 27, HSU 37, SacSt 83, Stanislaus 98, SFS 111, CSH 172. 1-Dulaney/HSU 25:42.0 (CR), 2-Yeo/UCD 25:46, 3-Sweeney/UCD 25:53, 4-Cole/HSU 26:11, 5-Hammer/HSU 26:20, 6-Leeper/UCD 26:35, 7-Taxiera/UCD 26:39, 8-Brooks/Stn 26:50, 9-Berquist/UCD 26:55, 10-Hayes/HSU 27:03, 11-Martinez/UCD 27:07, 12-McCarthy/SFS 27:16, 13-Mijares/Sac 27:29, 14-Cooper/Sac 27:33, 15-Fuller/Sac 27:34, 16-Haroum/Stn 27:36, 17-Anderson/HSU 27:38. /Dave Fix/

National AAU Masters X-C Champs: (Nov. 15, New York City) - Van Cortlandt Pk. 10 Kilo (difficult) - Only partial results have been received, but the big story is that the PA-AAU District All-Star Team walked off with the team title (second place team and scores not available)! The team was composed of: (8) Ray Menzie/WVTC 36:53, (21) Harold DeMoss/WVTC 37:55, (24) Bill Jensen/PAMA 38:00, (25) John Finch/NCSTC 38:02, (33) Jim O'Neil/SFOC 38:43, (64) Flory Rodd/NCSTC 41:10. O'Neil was the first in Division II (over 50), beating Jim McDonagh by 2 seconds. Flory Rodd was 3rd in Div. II. Winner (not known at moment) was timed in 34:58. To attest to the toughness of the field, Hal Higdon could only manage 10th place! Race was run under perfect conditions...126 entries. More next time. /Jim O'Neil/

Palos Verdes Marathon: (June 14, Palos Verdes) - More results of local finishers are listed here (top 10 in issue #54). 66-Winer/CCAC 2:57:39, 77-Egley (2nd 50+) 3:00:37, 142-Y.Cotte/WVTC 3:11:26 (1st Woman), 209-J.Cotte/WVTC 3:21:23 (2nd Woman), 298-J.Boitano 3:32:24, 333-M.Boitano 3:36:13. /J. Brennan/

SPA-AAU One-Hour Run: (July--various dates & locations) - Below are the compiled results from 4 races held this summer in postal competition. Distances are in miles/yards. -- 1-Tuttle/BHS 12-811 (New Amer. Rcd., old Rcd. by Bill Clark, 12-527 in August 1971), 2-Baksh/HHS 12-254, 3-G.Aguirre/SBAA 12-147, 4-Hayes/SBAA 12-93, 5-Ocana/BHS 11-1639, 6-Moffitt/AZTL 11-1003, 7-Branch/CCAC 11-921, 8-Covert/SFVTC 11-916, 9-Maier/CCAC 11-906, 10-Kushner/CCAC 11-800, 11-Chambliss/SBAA 11-576, 12-Moses/GPAC 11-552, 13-Miller/CCAC 11-426, 14-Brotten/STC 11-330, 15-Roberts 11-98, 16-Smartt/Un (40+) 11-26...40-Rudberg/STC (40+) 10-811, 46-Nanninga/WVTC 10-614, 60-Sawyer/Soq 10-251, 61-J.Hansen/SFVTC (Woman) 10-246, 106-S.Collins/SLDC 9-697, 192-V.Collins/SLDC (Woman) 7-1683. /John Brennan/

Pikes Peak Marathon: (Aug. 3, Manitou Sprgs., Colo.) - ASCENT: (20-34) 1-Trujillo/CTC 2:01:47 (Record), 2-Smead/CTC 2:07:15, 3-Lower/Col 2:16:21, 4-Harrie/San Bernardino 2:21:29, 5-Strabel/Colo 2:25:12, 6-Young/Ariz 2:24:30...14-Swezey/PAMA 2:50:02, 58-Rasmussen/Davis 3:24:30, 65-Burns/Berk 3:27:20, 66-Witter/Novato 3:27:22, 71-McDonald/Davis 3:32:02, 79-Albert/Carmichael 3:38:17, 81-Canning/San Anselmo 3:41:30, 84-Crowley/Menlo Park 3:46:04, 88-Colin/SF 3:52:27, 90-Cooper/MI 3:53:29, 101-Hlavac/Mill Valley 4:11:35, 109-Weill/SF 4:19:22, 115-Whalen/SF 5:10:07. (35-39) 1-Butterfield/BAA 2:30:00, 13-Whittingslow/SFOC 3:23:57, 15-D.Ullyot/SF 3:38:00, 17-Stafford/Kenwood 3:41:07, 22-B.Swannack/Los Altos 4:29:37, 23-Lester/SF 4:45:04. (40-49) 1-Greene/Colo 2:28:30, 12-Dingwall/PAMA 3:27:47, 17-Chambers/Reno 3:43:25, 18-Cotter/Corte Madera 3:45:35, 19-Sitonen/SF 3:47:30, 21-J.Anderson/Oakland 3:53:26, 23-Jenner/Brk 3:57:33, 29-Witter/SF 4:32:16, 32-Hamaker/Presidio 5:45:00. (50-59) 6-Fox/Campbell 3:20:34, 7-Getas/SF 3:27:55, 11-Collins/SLDC 3:42:29, 13-Sekulich/NCSTC 3:54:55, 16-Anawalt/PAMA 4:12:15, 19-Rodd/NCSTC 5:02:40. (60+) 1-Wertin/SF 3:43:42, 2-Cole/SF 3:55:02, 3-Stack/DSE 3:58:12. (16-19) 7-Keller/Placerville 2:52:54, 47-Witter/Novato 4:18:03. (15/UNDER) 15-Bangert/MLTC 4:22:01, 23-M.Bangert/MLTC 5:45:12. (WOMEN 16/UNDER) 1-L.Bangert/MLTC 5:20:25. (WOMEN 17-30) 5-Fox/Berk 4:34:50. (WOMEN 31/OVER) 1-Messenger/Colo 3:02:24 (Rcd), 2-Ullyot/WVTC 3:10:46, 3-Burns/Berk 3:21:52, 4-Anderson/NCSTC 3:27:40, 5-Gustafson/SF 3:45:00, 6-St. James/Coyote 3:46:00, 7-Collins/SLDC 3:52:00, 8-Chambers/Reno 4:05:08, 10-Swannack/WDS 4:45:00, 11-Dingwall/PAMA 4:50:00, 12-McEwen/SF 4:50:37, 13-Pedersen/SF 5:24:48, 17-Marsh/SF 6:10:00. ROUNDTRIP: 1-Trujillo 3:31:05 (Rcd), 2-Lower 3:50:16, 3-Whiton/Colo 3:54:50, 4-Strabel 3:55:32, 9-Butterfield 4:11:17, 13-Swezey 4:22:22, 14-Fitzgerald/PAMA 4:32:16, 31-McDaniel/Davis 5:02:25, 50-J.Ullyot 5:20:21 (Rcd), 57-L.Burns 5:29:40, 60-Rasmussen 5:34:35, 69-Albert 5:45:27, 71-Hamaker 5:45:39, 74-T.Burns 5:46:50, 76-Fox 5:55:47, 77-Whittingslow 5:56:34, 84-Colin 6:07:53, 85-Canning 6:07:53, 87-St. James 6:10:00, 88-Gustafson 6:10:52, 96-Stafford 6:24:18, 99-D.Ullyot 6:30:42, 101-Cooper 6:32:35, 106-Cotter 6:58:00, 107-Dingwall 7:00:00, 109-D.Weill 7:05:15, 110-Stack 7:25:00, 112-S.Swannack 7:30:00, 113-Anawalt 7:48:00, 114-Lester 7:51:14, 116-McEwen 8:25:27, 117-S.Fox 8:28:00. /Rudy Fahl/



"Not a public thoroughfare?" Runners don't seem to take heed in the DSE Biathlon, held in early Sept. /Jim Engle/

Walnut Sports Festival: (Aug. 3, Walnut) - 6.0 Mi - 1-Gregorio/CTC 28:39 (CR), 2-White/AATC 30:17, 3-Simonian/LAV 30:31, 4-Swift/AZPC 31:03, 5-Leeper/AGTC 31:14, 6-Macias/Un 31:25, 7-Cook/AIA 31:48. /John Brennard/

Huntington Beach Distance Derby: (Aug. 9, Huntington Beach) - 10.0 Mi - 1-Baksh/SFVTC 49:28, 2-White/AATC 49:31, 3-Scobey/CCAC 50:38, 4-Branch/CCAC 50:43, 5-Carlson/AATC 51:12, 6-Dulany/HSU 51:46, 7-Cook/AIA 51:47, 8-Covert/SFVTC 51:55, 9-Simonian/LAV 51:56, 10-Sweeny 51:57, 11-Nolasco/SDTC 51:58, 12-Kurrle/BHS 51:58, 13-Hanson/CCAC 51:59, 14-Reynoso/SLDC 52:13, 15-Swift/AATC 52:48, 16-Johnson/SDTC 52:49, 17-Akiyama/SDTC 52:50, 18-Colley/SURR 54:31, 19-Hughes/BHS 54:45, 20-Caldwell/AIA 55:00...37-Rudberg/STC (40+) 56:56, 53-Hansen/SFVTC (Woman) 59:09, 77-Rudolph/Lassen 61:36, 84-Gorman/SFVTC 62:02. /Brennard/

Santa Monica Sports Festival: (Aug. 24, Santa Monica) - 6.2 Mi - 1-Williams/Ore 30:26, 2-White/AATC 30:27, 3-Baksh/HHS 30:29, 4-Schankel 30:30, 5-Nitti/UCLA 30:39, 6-Carlson 30:40, 7-Cook/AIA 31:09, 8-Lee 31:30, 9-Kurrle/BHS 31:32, 10-Acuff 31:35...(Vets) 1-Smartt 33:14, 2-Smith 33:51...(Women) 1-Gorman/SFVTC 36:19, 2-Reinhart 39:42. /John Brennard/

DSE Ocean Beach Run: (Aug. 30, San Francisco) 6.0 Mi - 1-Sershen/Un 30:19, 2-Leydig/WVTC 32:22, 3-Fitzgerald/PAMA 32:34, 4-Weidinger/Un 32:59, 5-McVeigh 33:35, 6-Jensen/PAMA(40+) 33:36, 7-Lee 33:50...80-Betsy White/WVTC 40:09. /DSE Newsletter/

2nd Annual Rio Beach Run: (Aug. 31, Aptos) 6.86 Mi - 1-McConnell/Stn 38:03, 2-Watson/WVTC 38:43, 3-Brock/WVTC 38:43, 4-Munoz/CWTC 39:33, 5-Carruth/WVTC 40:48, 6-Marlowe/CPSLO 40:50, 7-Millward/WVTC 41:19, 8-Frosolone/Un 41:22, 9-Macallair 41:27, 10-Watkins 41:28, 11-Meinhardt 41:36, 12-Salazar 41:39, 13-Minor 41:44, 14-Paredes 41:50, 15-Eberly 41:59, 16-Reynaga/WVTC 42:10, 17-Gregoric 42:17, 18-Goodrow 42:23, 19-McLean 42:26, 20-Sierras 42:31...(Women) 1-Poor/SJC 43:50, 2-Furtado/Buchser HS 44:13, 3-Bier/Un 44:17, 4-Hendrickson/SJC 44:48, 5-McPherson/SJC 47:13, 6-Weber 47:46. /Don Amini/

Mt. Baldy Hill Climb: (Sept. 1, So. Cal.) 8.0 Mi - 1-Smead/CTC 62:44, 2-Scobey/CCAC 66:55, 3-Moffitt/GNG 67:19, 4-Harrie/RRR 68:51, 5-Rawlins 69:09, 6-Louis 69:51, 7-Kushner/CCAC 71:48, 8-Durand/Un 72:11, 9-Stephenson 72:53, 10-Assumma, F./SURR 74:58, ... (40+) 22-Durand/STC 78:55, 26-HolteI 79:53, ... (Women) 43-Sanchez 89:19...73-S. Collins/SLDC 1:42:49, 85-V. Collins/SLDC 1:55:31. /John Brennard/

SPA-AAU 50-Mile Champs: (Sept. 6, Santa Monica) - (Dirt track) 1-Burgasser/STC 5:39:06, 2-Levinson/STC 6:23:47, 3-Sheeran/STC (48) 6:30:23, 4-Donna Gookin/SDTC 7:18:36, 5-Eileen Waters/SDTC 7:44:00, 6-Reynolds/PLTC 7:45:19, 7-Klass/GPAC (53) 8:13:42... 12 finishers. Donna Gookin picked up a world mark at 40 miles with 5:42:30, bettering Eileen Waters' 5:49:51. /Tom Sturak/

DSE Biathlon: (Sept. 7, San Francisco) Run 3 Miles, Swim 1/4 Mile (approx. distances) - 1-Price/WVTC 23:40, 2-Gaughan 23:42, 3-Matheson 24:11, 4-Larson 24:28, 5-Walker 24:39, 6-???, 7-R. Major 24:46, 8-Stanbridge 24:50, 9-Gottsche/WVTC (11) 25:15, 10-Swezey/PAMA 25:23, 11-Chaffee/ETC 25:33...(40+) 14-P. Cunneen/PAMA 26:20...(Women) 32-C. Scannell 28:54, 33-D. Major 28:58, 34-Scott 29:04...123 participants. /DSE Newsletter/

UCCM La Fiesta X-C Races: (Sept. 13, Grover City) 4.0 Miles - (OPEN) 1-Cadena/SLDC 19:42, 2-Genschmer/WVTC 20:03, 3-Mysliviec/CPSLO 20:33, 4-Dabill/Un 20:40, 5-Arreola/SLDC 21:25, 6-Welch/Un 21:26...(40+) 12-Cline/SLDC 23:29, 17-S. Collins/SLDC 25:41...(Women) 20-Spierling/SLDC 28:56, 21-Collins/SLDC 29:36. (15/UNDER) 2.0 Miles - 1-Vrooman 10:18. /Stan Rosenfield/

Will Rogers 15 Kilo X-C: (Sept. 14, So. Cal.) - 1-Scobey/CCAC 49:58, 2-Branch/CCAC 50:40, 3-Hughes/SFVTC 50:54, 4-Cour 51:21, 5-Siva 51:41, 6-Rawlins 51:49, 7-P. Ryan/GWAA 52:10, 8-Bueller 52:13, 9-C. Assumma/SURR 52:41, 10-Edwards/Un 53:32...(Women) 38-N. Garcia/SDTC 59:04, 57-Sanchez 61:53. /John Brennard/

Equinox Marathon: (Sept. 20, Fairbanks, Alaska) 1-May 3:01:15, ...7-Alex Monterrosa/PAMA 3:21:07, 13-H. DeMoss/WVTC 3:30:22 (4th 40-49), ... (Women) Coe (14) 3:52:54, P. DeMoss/WVTC 4:00:48 (34th)...153 starters (21 women). /Harold DeMoss/

Atascadero Colony Days 4-Miler: (Sept. 21, Atascadero) - 1-Cadena/SLDC 19:49, 2-Genschmer/WVTC 20:05, 3-Warrick/CPSLO 20:34, 4-Stock/WVTC-CPSLO 20:41, 5-Beaton/SLDC 21:13, 6-Mysliviec/CP 21:15, 7-Hockerson/CP 21:18, 8-Hiserman/Un 21:49...(Women) 23-Arreola/SLDC (12) 25:22, 24-Rouda/CP 25:55. /Stan Rosenfield/

Griffith Park 20 Kilo: (Sept. 27, L.A.) - 1-Babiracki/SFVTC 62:21, 2-Scobey/CCAC 63:59, 3-Cook/AIA 64:11, 4-Hughes/SFVTC 64:32, 5-Miller/CCAC 64:57, 6-Branch/CCAC 65:15, 7-Moffitt/GNG 66:07, 8-Alfaro/AZTL 66:41, 9-Freemoth 67:21, 10-Reyes 67:47, ... (40+) 15-Smartt 69:01, 22-Crum/STC & Rudberg/STC 71:31... (Women) 36-Kinsey 77:58. /John Brennard/

Long Beach Grand Prix 5 Kilo: (Sept. 27, Long Beach) - 1-Steiner/AATC 14:40, 2-Wayne/WVTC 14:58, 3-Sutherland/SFVTC 14:59, 4-Horn/SFVTC 15:04, 5-Kurrle/Un 15:09...(Women) 1-Heald/Un 16:42, 2-Hansen/SFVTC 17:13...(40+) Turner/STC 17:34. /STC News/

Contra Costa YMCA Run: (Sept. 27, Richmond) - 2.75 Miles - 1-Fitzgerald/PAMA 13:41, 2-McMeans/DeAnza HS 14:20, 3-Martin 14:25, 4-Swezey/PAMA 14:26, 5-Jones 14:30, 6-Warren/ETC 14:33, 7-Myers/PAMA 14:38, 8-Harlow 14:43, 9-Teegarden/NCS(40+) 14:44, 10-Bachand 15:05...(Woman) 38-Edelsen 18:04. /G. Moss/

Arroyo Grande Harvest Festival 8-Miler: (Sept. 27, Arroyo Grande) - 1-Cadena/SLDC 40:31, 2-Beaton/SLDC 44:18, 3-Hiserman 44:18, 4-Pena 44:48, 5-Flather/Palo Alto 44:58, 6-Rosenfield 45:15, 7-Cline(40+) 46:02. /Stan Rosenfield/

College of the Canyons Road Run: (Sept. 28, Valencia) - 7.9 Miles - 1-Reynoso/CP 42:21, 2-Macias/ELATC 43:07, 3-Martinez/CC 43:25, 4-Blakley/Un 43:28, 5-Breneman/CC 44:01, 6-Bowles/WVTC 44:08, 7-Shaffer/CCAC 44:26...(40+) 28-Perez/STC 48:37... (Women) 47-Tiernan/WVTC 52:33. /California Track News/

DSE Baker Beach Run: (Sept. 28, San Francisco) - (Not run on beach...alternate course 3 Miles+). 1-Muela/ETC & Fitzgerald/PAMA 16:32, 3-Weidinger/ETC 16:37, 4-Stagliano 17:10, 5-John/ETC 17:14, 6-Jensen/PAMA(40+) 17:20...13-Cunneen/PAMA(40+) 18:01...(Women) 32-Boitano 19:30, 34-Tiernan/WVTC 19:40, 40-C. Scannell 19:54. /DSE Newsletter/

Mt. Vaca Hill Climb: (Sept. 28, Vacaville) - 10.6 Miles - 1-Butt/Un 66:28, 2-O'Riordan/WVTC 67:57, 3-Otter 70:06, 4-Smith/Un (40+) 72:18, 5-Cordone 76:32, 6-LaPierre 76:48, 7-S. Swesey 77:40, 8-Flodberg/WVJS(40+) 79:57, 9-Mourgey 84:37, 10-O'Neil, M. (40+) 84:53...(Women) 15-Anderson/NCSTC 86:48, 18-P. Reneau 92:05, 21-T. Reneau 93:36. Doug Butt set a new unofficial downhill record of 24:30! /Bill Flodberg/

New York City Marathon: (Sept. 28, N.Y.C.) 1-Fleming/NYAC 2:19:27.6, 2-Bragg/NYAC 2:25:20, 3-Smith/MohStr 2:26:03, 4-White/ChTC 2:28:38, 5-Baxter/BAA 2:28:40, 6-Hall/OkwdTC 2:28:52, 7-Fredrick/NYAC 2:29:46...22-Williams/WVTC 2:44:17, 25-Waco/CCAC 2:46:08 (1st 40+), 78-Rodd/NCSTC 3:02:27 (1st 50+), 111-Lem/SF 3:14:07, 186-R. Miller/SF 3:37:11. /F. Lebow/

National AAU Women's Marathon: (Sept. 28, N.Y.C.) 1-Merritt/ParksideAC 2:46:14.8 (CR), 2-Gorman/SFVTC(40+) 2:53:03, 3-Baron/AtTC 2:57:22, 4-Ullyot/WVTC 2:58:31, 5-Bevans/Balt 2:59:20, 6-Garrett/ArizTC 3:01:41, 7-Switzer/CPTC 3:02:57, 8-Linday/NY 3:06:53, 9-Mallery/OhioTC 3:07:27, 10-May/Alaska 3:12:02... 20-L. Bangert/MLTC 3:51:36. (44 starters, 36 finishers) Teams: Central Pk. TC, Long Island Gold Spikes. Weather was sunny, clear (61°-68°); rolling hills. /Nina Kuscsik, Fred Lebow/



(Left) Joan Ullyot, in the best condition of her life, won the Pamakid Lake Merced Run in 42:29, setting a course record, only a week after placing fourth in the Women's AAU National Marathon in New York City. /Dennis O'Rourke/ (Above) Doug Butt captured the Mt. Vaca Hill Climb and set a downhill record of 24:30 for 5.3 miles! /Dave Stock Photo?/

Lake Merritt All-Comers Runs: (Oct. 5, Oakland) - (5 Kilo) 1-Tucker 16:27, 2-Warren/ETC 17:05, 3-Jiks 17:10, 4-Visser 17:21, 5-Allen 17:21. (10 Kilo) 1-Tucker 34:29, 2-Warren 35:42, 3-Spino 36:49, 4-Moss(40+) 38:06, 5-Walker 38:08. /George Moss/

Malibu Canyon X-C: (Oct. 5, So. Cal) - 6.2 Mi - 1-Cook/AIA 33:38, 2-Johnson 33:45, 3-Horn 33:50, 4-Martinez 33:56, 5-Swift/AZPC 34:05, 6-Arquilla/AATC 34:10, 7-Miller/CCAC 34:14, 8-Carlson 34:25, 9-Macias/ELATC 34:36, 10-Chase/Un 34:49, 11-Hughes/SFVTC 34:56, 12-Maier/CCAC 35:05, 13-Lee 35:10, 14-Afar/AZTL 35:17, 15-Haller 35:19... (40+) 24-Brennand/SBAA 37:03, ...29-Bowles/WVTC 37:30. /John Brennand/

Reedley Road Runs: (Oct. 11, Reedley) - (OPEN) 1-Zarate/UNTC 28:41, 2-Wysocki/Nev 29:00, 3-Dagg/Nev 29:26, 4-DeLaGarza/Nev 29:40, 5-Caputo/LassenTC 30:05, 6-Curt Elia/FrTC 30:14, 7-Fredrickson/Nev 30:28, 8-Vargas/Nev-Col 30:46, 9-Sanchez/Nev 31:16, 10-Kiel/Un 32:03... (40+) 1-Thornton/HSTC 33:22, 2-Livesay/SDTC 33:43. /California Track News/ (6 Mile Race)

Lake Merritt Columbus Day Runs: (Oct. 12, Oakland) - HELP!! - Those of you who ran this year's 5 & 10 Kilo runs were aware that no one recorded finish places or times. We do have a partial list of the top open/masters/women in both races, but we need the help of our readers. If you ran in these (either) races, and if you remember your time or place (times were called off at the finish), please send your name/finish-place/time to the NCCR right away. We will try and piece together some information for next issue and print a more complete set of results then, instead of doing it this time. They will be late, but at least maybe we can get something out. We want not just the top open runners (say 30-40 deep), but also the top women & masters in both races...especially for point races. So if you don't remember your time, at least send us your place...it will be appreciated very much. Thanks.



Ross Smith placed second in the Masters AAU Marathon with a 2:39:15. /O'Rourke/

Santa Barbara Marathon: (Oct. 12, Santa Barbara) 1-Schmenk/USAF 2:28:21 (CR), 2-Lee 2:31:13, 3-Cadena/SLDC 2:34:13, 4-Shaffer/CCAC 2:36:08, 5-Schwertzer 2:36:58, 6-McDermott 2:38:51, 7-Donovan 2:39:10, 8-Sayward 2:39:55, 9-Bartek/SBAA (40+) 2:42:13, 10-Maron/SBAA 2:42:43, 11-McComb 2:43:59, 12-Rupp 2:44:05, 13-Brennand/SBAA(40+) 2:44:33, 14-Georgi/SBAA 2:45:17, 15-Gleason 2:46:58...22-Sawyer/SoqRC 2:53:35, 30-McCray/USAF 2:57:42, 32-Stein/TRAC 2:58:59, 36-Perkins/USAF 2:59:50, 40-Gillette/WVJS 3:01:01, 76-Bowen/RW 3:17:27, 83-Mary Carman 3:20:20, 101-Lem 3:29:10, 112-Campbell/WVJS 3:36:58, 115-Miller/PAMA 3:38:54, 127-Jan Herhold/RW 3:44:57, 139-Ruth Dettering/NCS 3:53:55 (1st WV), 162-Siitonen/DSE 4:26:24, 180-Anawalt/PAMA 5:11:33. /John Brennand/

Nike/Oregon TC Marathon: (Oct. 12, Eugene, Oregon) 1-Anderson/OTC 2:16:08, 2-Kardong/CNW 2:19:14, 3-Norton 2:22:45, 4-Dewsberry/OTC 2:22:57, 5-Berka 2:23:04, 6-Merrell 2:23:44, 7-Chapman 2:26:55, 8-Steinke 2:35:44, 9-Jacob 2:38:09, 10-Peterson

2:38:14, 11-Jackie Hansen/SFVTC 2:38:19 (World Record), ...14-Frosolone 2:40:14, 22-J.Waters 2:50:25, 26-O'Halloran 2:55:07, ...73 finishers. /Geoff Hollister/

Natl. AAU Masters Marathon: (Oct. 12, Medford, Ore.) - Running on top throughout the race, WVTC's Ray Menzie, 40, handily won the national title with a 2:36:40 clocking. Ross Smith, 47, Univ. of Nevada science professor, was second in 2:39:15, as the PA-AAU scored a 1-2 sweep. Menzie's victory thunder was dimmed by the phenomenal performance of 60-year-old Clive Davies of Portland, Ore., who was timed in 2:47:46, a new world record for 60-and-over. This averages out to a 6:23/mile clip. Weather conditions were overcast and crispy cold, but no rain. There were 42 finishers on the undulating course. -- 1-Menzie/WVTC 2:36:40, 2-Smith/Un 2:39:15, 3-Beckwith/Ore 2:40:22, 4-Parkhurst/Ore 2:40:39, 5-Fall/Canada 2:44:49, 6-Coveney/Canada 2:46:07, 7-Parker/STC 2:46:28, 8-Davies/Ore (60+) 2:47:46, 9-Eroen/STC 2:48:43, 10-Escarda/SRRC 2:49:34, 11-Betschart/BCTC 2:50:35, 13-Nicholson/NCS 2:51:57, 14-Harper/Palos Verdes 2:52:21, 15-Daniell/Redding 2:53:02, 17-Jacobs/NCS 2:53:59, 19-MacIntosh/NCS 2:56:07, 23-Bright/SnTC 3:10:54, 25-Reese/NCS 3:11:56, 26-Montoya/STC 3:12:37, 27-Smith/Redding 3:13:26, 30-Ruth Anderson/NCS 3:15:47(PR), 31-Crosetti/TRAC 3:18:51, 32-Naylor/Cupertino 3:20:31, 33-Fong/SUTC 3:24:04, 36-Zembsch/Fremont 3:52:31, 37-Johnson/El Toro 3:52:31, 38-Abbe/Redding 3:55:20, 41-Waste/Kentfield 4:19:43, 42-Whiting/Fremont 4:30:44. Team winner: Seniors TC (LA). /Paul Reese, Jim Nicholson, Jerry Swartsley/

Rice Festival Marathon: (Oct. 18, Crowley, LA) 1-B.Brown/FTC 2:16:43, 2-Ziegler/OKta 2:17:23, 3-Busby 2:18:40, 4-Cloeter 2:19:32, 5-Haviland 2:19:32, 6-Dimick 2:19:51, 7-Wayne/WVTC 2:20:29, 8-Fanelli 2:23:22, 9-Amer/GBTC 2:23:30, 10-Cederholm 2:24:27...18-Bozanich/USMC 2:30:16, ??-Kokesh 2:58+, 144-Lem 3:20:00, 168-Smith/WVTC 3:27:01, 226-Stack/DSE 3:53:35. /Charlie Attwood/

DSE Golden Gate Park Run: (Oct. 19, S.F.) 4.7 Miles - 1-Caputo/Lassen 23:37, 2-Conroy/ETC 23:47, 3-Scalmanini/PAMA 23:59, 4-French 24:09, 5-Muela/ETC 24:22... (Women) 30-Carron/MLTC 27:42, 31-Ullyot/WVTC 27:47, 58-Gumbs/WVTC 29:41. /DSE Newsletter/

Natl. AAU 50 Mile Champs: (Oct. 25, Seattle) - Incomplete results: 1-Jim Pearson 5:13+ (Amer.Rcd.), ...7-Lem 8:06, 8-Reyes 8:33:10, 9-Fauss 9:00+, 11-Miller/PAMA 11:38:06, 12-Siitonen 11:52:30, 13-Anawalt/PAMA 13:30:24. /DSE Newsletter/

Natl. AAU 20 Kilo Champs: (Oct. 26, W.Roxbury, Mass.) 1-Babiracki/SFVTC 60:20, 2-Rodgers/GBTC 60:24, 3-Vitale/HTC 62:10, 4-Eden/AtTC 62:45, 5-Burfoot/MS 62:50, 6-Hodge/GBTC 62:56, 7-Thomas/GBTC 63:06, 8-Fleming/NYAC 63:16, 9-Wayne/WVTC 63:37, 10-Ryan/NYAC 63:47...14-Cook/AIA 64:24. /Bob Campbell/

Journal Jog: (Oct. 26, Reno, Nev.) 5 Miles - 1-Zarate/Un 24:24, 2-Barton/Un 24:58, 3-Wysocki/Nev 25:18, 4-Dagg/Nev 25:33, 5-DeLaGarza/Nev 25:36, 6-Fredrickson/Nev 25:42, 7-Paulson/LTTC 25:58, 8-Ellis/Nev 26:12, 9-Williams/Nev 26:15, 10-Houk/WVTC 26:23, 11-Hernandez/Reno 26:56, 12-Dyer 27:05, 13-Lawrence/SLT 27:15, 14-Pfefferle/Nev 27:16, 15-Lawson 27:19. (Women) 1-Bain 30:08, 2-Allen/Lassen 30:52, 3-Monroe/Lassen 32:24, 4-Williams/PBP 32:45, 5-Rudolph/Lassen 33:36. /Nevada State Journal/

RRCA 15 Kilo Champs: (Nov. 16, N.Y.C.) 50-Jim O'Neil/SFOC (1st 50+) 58:55 (Rcd. by 1:05), 69-Rodd/NCS 62:09 (3rd 50+), 74-Penny DeMoss/WVTC (1st woman) 63:02 (Rcd. by 46 sec). /Jim O'Neil/

Chico State's Tim Stone Easy Victor at Lake Wildwood Cross-Country: (Sept. 13, nr. Grass Valley) - Tim Stone, Chico State student running for the Intermountain A.A., showed he's ready for a good cross country season by easily defeating Gold Spike TC's mainstay, Nick Vogt, by nearly a quarter-mile in 59:08 for a very rugged ten mile course. Doug Rennie of the Buffalo Chips was another minute and 14-seconds down. Near-masters runner, Bob Bourbeau of Reno (anyone know when he'll turn 40?), showed he will be a factor to contend with soon in that division by placing fourth overall in 62:02, and taking top honors in the 35-and-over division. Michelle McKeen ran a fantastic race to blitz all other women competitors with a fine 68:18, fast enough for 13th overall in the field of 60 finishers! Darly Burleson of the IMAA was next at 72:16. We aren't sure who the first over-40 finisher was because of the unusual 35+ division. The results list several other divisions but fails to explain the coding...therefore the results are meaningless to us. Can anyone help us out? /Nick Vogt/

| | | | | | | | |
|------------------------|-------|---------------------------|-------|--------------------------|-------|---------------------------|-------|
| 1 - Tim Stone/IMAA | 59:08 | 10 - Abe Underwood/Un | 67:15 | 19 - L. Burleson/Chico | 72:15 | 28 - Suzy McKeen/NCTC | 79:00 |
| 2 - Nick Vogt/GSTC | 60:20 | 11 - LaPierre/Un | 67:53 | 20 - D. Burleson/IMAA | 72:16 | 29 - V.I. Wexner/Un | 79:45 |
| 3 - Doug Rennie/BCTC | 61:34 | 12 - Guy Ealey/Un | 68:03 | 21 - Charles Albert/BCTC | 72:18 | 30 - Jim Wirick/OPHIR | 79:49 |
| 4 - Bob Bourbeau/NNTC | 62:02 | 13 - Michelle McKeen/NCTC | 68:18 | 22 - Jonathon Brown/BCTC | 74:17 | ***WOMEN*** | |
| 5 - Larry Slamner/BCTC | 65:10 | 14 - Mickey Brodie/BCTC | 68:23 | 23 - Mike O'Neil/BCTC | 76:23 | 13 - Michelle McKeen/NCTC | 68:18 |
| 6 - Mike Bradley/Chico | 65:41 | 15 - Don Jardine/OPHIR | 70:28 | 24 - Gary Campen/Un | 77:25 | 20 - D. Burleson/IMAA | 72:16 |
| 7 - Paul Holmes/BCTC | 65:44 | 16 - Fraser Rasmussen/Un | 70:33 | 25 - Dennis Lem/Un | 77:-- | 26 - Penny Reneau/NCTC | 77:33 |
| 8 - Tom Wilson/Un | 66:53 | 17 - Ed Stromberg/BCTC | 71:13 | 26 - Penny Reneau/NCTC | 77:33 | 28 - Suzy McKeen/NCTC | 79:00 |
| 9 - Wayne Moss/Un | 67:02 | 18 - Jim Cook/Un | 71:30 | 27 - Tom Moungey/Chico | 78:51 | 33 - Tami Reneau/NCTC | 81:00 |



(Clockwise) Ron Wayne winning PA-AAU 25-Kilo title. /Dennis O'Rorke/ Runnerup in the women's division, Roxanne Bier, 13 years old. /John Danner/ Start of the combined PA-AAU and National Masters 25 Kilo. /O'Rorke/ Seniors T.C.'s winning team at Natl. 25 Kilo: (L to R) Darty Cronin, John Rudberg, Dave Parker, Don Jones, Conrad Eroen.



Ron Wayne & Jim Shettler Grab 25-Kilo Titles: (Sept. 14, San Francisco) - In what turned out to be a perfect day, WVTC's Ron Wayne grabbed the District Championship over the certified 5K loop in Golden Gate Park with a 1:20:17 clocking to defend his 1974 title, while Jim Shettler of the West Valley Joggers & Striders (see cover photo) beat a fine masters field in 1:27:48, just 10 seconds ahead of Graham Parnell of San Diego. Actually, the first over-40 to finish was SBAA's Dick Bartek, just 5 seconds in front of Shettler, but he failed to enter the National Championship division by the entry deadline and so was content to compete in the PA-AAU Championships only (see protest in Letters to the Editor section of this issue). Surprise second-placer in the overall race was Wayne's teammate, Humberto Hernandez, who finds himself in the best condition of his life. His 1:21:43 was 15 seconds up on UC Davis' Matt Yeo. Ray Menzie slipped in for a solid third in the masters race at 1:28:21. WVTC took team honors (26) over Excelsior TC (74) and Woodside Striders (82) in the open PA-AAU division, while the San Jose Cindergals, led by Cyndy Poor's superlative 1:35:14 (69th), clobbered WVTC in the women's team race, 21-34, with the NCSTC Masters Women next with 65. Tiny Roxanne Bier, just 13, downed a strong field for second place among the women with a 1:39:36, ahead of the likes of Judy Graham (1:40:15) and Joan Ulliot (1:41:02). Jim O'Neil led the Division II (50+) runners with his 1:33:02 in 56th, some four minutes ahead of Bob Biancalana (1:37:06), with Ray Gil third (1:39:55). In the 60-and-over competition, John Montoya (1:48:01), Al Clark (1:50:58), and Jim Bole (2:00:58) led an SPA-AAU sweep. Overall team champion in the Natl. Masters race was the Seniors TC of Los Angeles, followed by WVJS and NCSTC (32-46-61). A PA-AAU All-Star team won the 50-and-over team title (26-29) over the Seniors TC, and the 60-and-over team title went to the SPA-AAU All-Stars, the only complete squad. A total of 320 completed the highly successful run (72 masters, 46 women)./Leydig/

(* = Masters--Natl.)

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|----------------------------------|---------------------------------|----------------------------------|----------------------------------|
| 1 - Ron Wayne/WVTC 1:20:17 | 30 - Bryan Gieser/WDS 1:28:26 | *59 - Dave Parker/STC 1:33:40 | 88 - George Roach/Un 1:38:11 |
| 2 - H.Hernandez/WVTC 1:21:43 | 31 - Russ Black/TRAC 1:28:27 | *60 - Len Thornton/HSTC 1:33:50 | *89 - James Jacobs/NCS 1:38:18 |
| 3 - Matt Yeo/WDS 1:21:57 | 32 - Mike Smith/PAMA 1:28:48 | 61 - Walt Van Zant/WVJS 1:33:52 | 90 - Mike Huffman/Un 1:38:38 |
| 4 - Jan Sershen/Un 1:22:17 | 33 - David Warren/ETC 1:28:55 | 62 - Ben Sawyer/SoqRC 1:33:58 | 91 - Robbie Bates/Un 1:38:39 |
| 5 - Mike Chambliss/SBAA 1:22:34 | 34 - Kent Guthrie/WVJS 1:29:05 | *63 - Mike Healy/WVJS 1:34:14 | *92 - Carl Gillette/WVJ 1:38:41 |
| 6 - Bob Darling/ETC 1:22:54 | 35 - Greg Mandanis/WDS 1:29:14 | 64 - Joe Becerra/ETC 1:34:26 | 93 - Lee Damron/PAMA 1:38:42 |
| 7 - Ed Schelegle/AGTC 1:23:19 | 36 - George Stewart/WV 1:29:17 | 65 - Bill Meinhardt/WVJ 1:34:31 | 94 - Nick Granados/Un 1:38:49 |
| 8 - Gene Fitzgerald/PK 1:23:23 | 37 - John Clary/TRAC 1:29:20 | *66 - Ulrich Kaempf/TRAC 1:34:49 | 95 - Stephen Swesey/SJS 1:38:58 |
| 9 - Kirk Randall/Un 1:23:27 | 38 - Frank Krebs/GWTC 1:29:52 | *67 - Conrad Eroen/STC 1:35:05 | *96 - Carl Martin/WVJS 1:39:01 |
| 10 - Larry Reyes/SDTC 1:24:45 | 39 - Ralph Bowles/WVJS 1:30:05 | 68 - Ray White/SRC 1:35:06 | *97 - Hans Roenau/NCS 1:39:03 |
| 11 - D. O'Halloran/Un 1:24:45 | *40 - John Rudberg/STC 1:30:10 | 69 - Cyndy Poor/SJC 1:35:14 | *98 - Jim Nicholson/NCS 1:39:06 |
| 12 - Daryl Zapata/WVTC 1:25:22 | *41 - Ross Smith/Un 1:30:37 | 70 - Haywood Norton/Un 1:35:51 | ***WOMEN*** |
| 13 - Dennis Dillie/WVTC 1:25:46 | 42 - Don Roth/WVTC 1:31:15 | 71 - Joe Maher/Un 1:36:12 | 69 - Cyndy Poor/SJC 1:35:14 |
| 14 - Scott Carvey/CWTC 1:26:05 | 43 - Dave Muela/ETC 1:31:20 | 72 - Ross Rowley/Un 1:36:17 | 99 - Roxanne Bier/Un 1:39:36 |
| 15 - Mike Conroy/ETC 1:26:15 | 44 - Don Chaffee/ETC 1:31:23 | *73 - Walt Betschart/BC 1:36:19 | 109 - Judy Graham/SJC 1:40:15 |
| 16 - Clark Rosen/PAMA 1:26:29 | 45 - Jerry Ockerman/Un 1:31:50 | 74 - Bill Catanese/Un 1:36:27 | 116 - Joan Ulliot/WVTC 1:41:02 |
| 17 - Roland Watson/WVTC 1:26:38 | 46 - Bob Myers/PAMA 1:31:51 | 75 - Pat McVeigh/USCL 1:36:36 | 132 - Micki Vardell/Un 1:42:42 |
| 18 - Tom Castro/Un 1:26:48 | 47 - Bruce Rider/WVJS 1:32:03 | 76 - Keith Hastings/Un 1:36:52 | 133 - Sue Neary/WVTC 1:42:51 |
| 19 - G. Goettelmann/WVTC 1:27:02 | 48 - Kevin Kirby/Un 1:32:16 | *77 - B.Biancalana/MH 1:37:06 | 165 - Estella Guina/SJC 1:46:47 |
| 20 - Mark Llewellyn/WDS 1:27:24 | 49 - John Kleinbach/ETC 1:32:21 | 78 - Terry Casey/ETC 1:37:17 | 174 - Sue Munday/Un 1:47:46 |
| 21 - Bob Paulin/CRR 1:27:29 | *50 - Don Jones/STC 1:32:36 | 79 - B. Carradine/ESLN 1:37:18 | 186 - J. Henderson/SJC 1:48:50 |
| 22 - Mike Plummer/Un 1:27:33 | 51 - Vince Spangler/SF 1:32:37 | 80 - Bill Spence/WVTC 1:37:33 | 187 - S. McPherson/SJC 1:48:52 |
| 23 - Bob Miller/CWTC 1:27:34 | 52 - Mike Larsen/Un 1:32:46 | 81 - Peter Marks/AGTC 1:37:35 | 190 - L. Greenberg/SJC 1:48:58 |
| 24 - Doug Butt/Un 1:27:39 | *53 - Gil Tarin/WVJS 1:32:51 | 82 - John Sheehan/WVTC 1:37:35 | 191 - Betsy White/WVTC 1:48:59 |
| 25 - Dick Bartek/SBAA 1:27:43 | *54 - Bob Malain/NCS 1:32:59 | 83 - Doug Castro/Un 1:37:39 | 195 - Yvette Cotte/WVTC 1:49:40 |
| *26 - Jim Shettler/WVJS 1:27:48 | *55 - Darty Cronin/STC 1:33:00 | 84 - John Armstrong/Un 1:37:42 | 202 - J. Cotte/WVTC 1:51:07 |
| *27 - Graham Parnell/Un 1:27:58 | *56 - D.Teegarden/NCS 1:33:02 | 85 - D. Diekmeyer/Un 1:37:48 | 206 - Pam Bowers/SJC 1:51:50 |
| 28 - Jake White/TRAC 1:28:02 | *57 - Jim O'Neil/SFOC 1:33:02 | 86 - Gary John/ETC 1:37:51 | *207 - Ruth Anderson/NCS 1:51:51 |
| *29 - Ray Menzie/Un 1:28:21 | 58 - Rich Stiller/TRAC 1:33:31 | 87 - Rich Hornstra/SKY 1:38:04 | 208 - S. Greenberg/SJC 1:51:52 |

Biancalana and Lowry Grab Double Dipsea Titles: (Sept. 20, Stinson Beach) - Just-turned-50, Bob Biancalana, took advantage of his 25-minute handicap and knowledge of the Dipsea Trail to turn back a strong field of other masters runners in winning by a big margin of 4 minutes in the sixth running of the Double Dipsea, beginning at Stinson Beach, going to Mill Valley, and returning. Bob Malain, himself approaching fifty (48), notched a 1:58:59, exactly one minute faster (scratch time) than Biancalana, but finished behind due to the 20-minute handicap for his age-group. Byron Lowry picked away at the leaders but wound up four places short in fifth. However, his time of 1:42:37 was a new course standard. Denis O'Halloran ran a brilliant race at 1:44:27, considering his far lesser knowledge of the "Tam" trails than winner Lowry. Other scratch runners didn't have times approaching these. Betsy White led the women with her twelfth place finish and 2:15:26 clocking. Louise Burns (2:24:22) and Ruth Anderson (2:28:26) were far back. Paul Reese, now 58, ran a very strong race at 2:14:47 for tenth place overall. The popularity of this race continues as there were a total of 184 finishers, and 20 of these were members of the fair sex. Total distance of the run is 13.6 miles of extremely difficult trails and some pavement, including over 1000 stairs! (total of both directions). The general greater appeal of this run is probably because it's easier to run (less fighting to pass runners) than the regular Dipsea. /Walt Stack/

Double Dipsea results below (story on page 27)...times listed are actual running times. Handicap times are not listed...no room!

| | | | |
|---------------------------------|---------------------------------|--------------------------------|--------------------------------|
| 1 - Bob Biancalana/MH 1:59:59 | 19 - Jon Valerga 2:02:39 | 37 - Kent Davenport 2:02:40 | 55 - Jim Gault 2:26:44 |
| 2 - Bob Malain/NCSTC 1:58:59 | 20 - Sal Citarella 2:02:57 | 38 - Pax Beale/NCS 2:22:50 | 56 - Lyn Walker/Un 2:07:51 |
| 3 - Dennis Egley/Un 2:05:40 | 21 - Greg Von Cuchau 2:03:16 | 39 - Jim Durocher 2:02:57 | 57 - Tom Bennett 2:08:43 |
| 4 - Ralph Paffenbarger 2:07:07 | 22 - Louise Burns 2:24:22 | 40 - Mike Williams 2:03:05 | 58 - Bruce Dingwall/PK 2:23:51 |
| 5 - Byron Lowry/MH 1:42:37 | 23 - Gene White/NCS 2:09:41 | 41 - Ken Bolter 2:23:13 | 59 - King Ritchie 2:34:26 |
| 6 - Don Chaffee/ETC 1:51:45 | 24 - Mike O'Neil 2:20:38 | 42 - Mark Willward 2:03:38 | 60 - Alan Kirschbaum 2:18:29 |
| 7 - Alvaro Mejia/Un 1:52:49 | 25 - Lewis Mayhew 2:04:51 | 43 - Alex Bangert/MLTC 2:12:45 | 61 - Jim Weil 2:18:32 |
| 8 - Denis O'Halloran 1:44:27 | 26 - Chas. Cauldwell 2:06:15 | 44 - Laurie Bangert/ML 2:33:53 | 62 - Adam Castellanos 2:39:52 |
| 9 - Paul Reese/NCSTC 2:14:47 | 27 - Keith Whittingslow 2:06:27 | 45 - Richy Rodriguez 2:04:42 | 63 - Charles Albert 2:19:00 |
| 10 - Darryl Beardall/MH 1:54:06 | 28 - Ruth Anderson/NCS 2:28:26 | 46 - Carroll O'Conner 2:34:57 | 64 - Haywood Norton 2:10:02 |
| 11 - Betsy White/WVTC 2:15:26 | 29 - Steve Sherwood 1:59:00 | 47 - Mike Laner 2:14:02 | 65 - Irene Rudolf/WVTC 2:40:10 |
| 12 - Jim Nicholson/NCS 2:02:02 | 30 - Keith Hastings 2:08:48 | 48 - Bryan March 2:05:12 | 66 - Charles Becker 2:19:10 |
| 13 - Don MacIntosh/NCS 2:03:10 | 31 - Elmer Sanborn 2:10:26 | 49 - W.J. Swiztecki 2:25:14 | 67 - Alan Swartz 2:20:10 |
| 14 - David Warren/ETC 1:57:18 | 32 - Brian Ritchie 2:10:45 | 50 - Jim Allen/NCS 2:30:55 | 68 - Frazer Rassmussen 2:21:42 |
| 15 - Hans Roenau/NCS 2:10:12 | 33 - Ross Rowley 2:02:00 | 51 - Chas. Frosolone 2:05:05 | 69 - Dwight Hendrix 2:12:43 |
| 16 - Bob Bunnell/MH 1:52:24 | 34 - Russ Kiernan 2:11:03 | 52 - Santos Reynaga/WV 2:06:12 | 70 - P.W. Osborne 2:37:57 |
| 17 - Jack Ball 2:01:27 | 35 - Tom Fodor 2:11:12 | 53 - Lloyd Sampson 2:15:23 | 71 - Cliff Janoff 2:21:58 |
| 18 - Carl Gillette/WVJS 2:07:41 | 36 - Eileen McGowan 2:32:28 | 54 - Don Kerr 2:15:39 | 72 - A. Menocal 2:21:59 |



Double Dipsea victor, Bob Biancalana. /Dennis O'Rourke Photo/



After 3/4 mile at the Walnut Festival, Ed Schelegle leads a tight pack. Jim Nuccio (#235) won by over a minute from Schelegle. /Jim Engle/

Nuccio Blitzes Course Standard at Walnut Festival by 40 Seconds: (Sept. 21, Walnut Creek) - The fact that Jim Nuccio annihilated Dwayne Harms' 1973 course standard by nearly 40 seconds was something in itself, but when you figure he beat the rest of the field by over a minute in the process (5.605 miles), you know he was moving! His 27:23 figures out to 4:56 per mile, really moving when you consider the presence of a rough hill on each of the five laps. Ed Schelegle of the Davis Aggies was 28:34 in second, and his teammate, Jeff Clark, was next at 28:39. The Aggie TC grabbed team honors with 30 to WVTC's 56. The masters were led by John Finch's 33:15, a minute ahead of George Moss. Kathy Costello, to be a frosh at UCLA this fall, ran her final tuneup before cross country season in 35:21, with surprising Carolyn Tiernan of WVTC next in 35:53. Besides the 132 finishers in the open race, meet directors Andy MacCono and Frank Sutton staged a family run of 2.242 miles (2 laps) and several boys and girls age-group runs. The top finishers in these races are listed below. The Myers family grabbed the family run title with 29 points (Bob, Jim, and Priscilla), followed by the Robben's (Frank, Mike, and Barbara). A total of 52 completed that race. /Andy MacCono/

| | | |
|--------------------------------|---------------------------------|---|
| 1 - Jim Nuccio/WVTC 27:23 | 40 - Michael Dunne/AGTC 34:15 | ***WOMEN*** |
| 2 - Ed Schelegle/AGTC 28:34 | 41 - David McCormack/Un 34:18 | 17 - Barbara Sherrell 16:05 |
| 3 - Jeff Clark/AGTC 28:39 | 42 - Robert Ernst/Un 34:25 | 21 - Priscilla Myers/PK 16:28 |
| 4 - Pat Stordahl/WVTC 28:43 | 43 - Winfred Wollen/Un 34:42 | 22 - Barbara Robben 16:33 |
| 5 - Pete Sweeney/AGTC 28:48 | 44 - Ross Rowley/Un 34:45 | BOYS 12/UNDER (2.242 Mi) |
| 6 - Ron Elijah/Un 28:59 | 45 - John Geer/Whit.Alum 34:56 | 1 - Steve Larson 13:24 |
| 7 - Joe Taxiera/Un 29:00 | 46 - Ralph Waller/Un 35:06 | 2 - Orlando Harris 13:36 |
| 8 - Dennis Tracy/WVTC 29:15 | 47 - Henry Raehn/Un 35:10 | 3 - Jeff Larson 14:00 |
| 9 - John Leeper/AGTC 29:27 | 48 - Mike Shaughnessy/WV 35:16 | 4 - David Anderson 14:24 |
| 10 - Matt Yeo/WDS 30:36 | 49 - Art Waggoner/BCTC 35:17 | 5 - Jack Gottsche/WVTC 14:25 |
| 11 - Peter Marks/AGTC 30:54 | 50 - Bob Lofthus/Un 35:18 | BOYS 13/18 (3.363 Mi) |
| 12 - Bob Bailey/Un 30:04 | 51 - Mike Souza/BCTC 35:20 | 1 - Kevin Searls 17:32 |
| 13 - Bryan Gieser/WDS 30:06 | 52 - Kathy Costello/UCLA 35:21 | 2 - Rich Vasquez 17:40 |
| 14 - Roger Stordahl/IMAA 30:08 | 53 - Harry Cross/WVTC 35:26 | 3 - Matt Dowling 17:45 |
| 15 - Steve White/AGTC 30:13 | 54 - John Dugan/Un 35:27 | 4 - John Mullin 17:52 |
| 16 - Tony Webb/Un 30:17 | 55 - Mike Preece/Un 35:48 | 5 - Jeff Zimmerman 18:01 |
| 17 - Lester Mina/Un 30:20 | 56 - Carolyn Tiernan/WV 35:53 | GIRLS 9/UNDER (1 Mi) RG=47 Pts. |
| 18 - Bernd Heinrich/Un 30:24 | 57 - Samuel S. Clark/Un 35:59 | 1 - Barbara Valerga/OTC 6:29 |
| 19 - Lee Hotchkin/AGTC 30:35 | 58 - Vincent Ricevuto/DVC 36:01 | 2 - Kathy Scannell 6:35 |
| 20 - Dan Anderson/WVTC 30:40 | 59 - Peter Many/Un 36:10 | 3 - Keri Johnson/SLT 6:37 |
| 21 - Gary Miller/Un 30:59 | 60 - Lee Fox/BCTC 36:15 | 4 - Kim McGarraugh/Berk 6:38 |
| 22 - Kevin Rudy/AGTC 31:17 | ***WOMEN*** | 5 - Susy Sylvester/RG 6:38 |
| 23 - Jack Leydig/WVTC 31:29 | 52 - Kathy Costello/UCLA 35:21 | GIRLS 10/11 (1 1/4 Mi) SLT=27 Pts. |
| 24 - Ralph Bowles/WVJS 31:35 | 56 - Carolyn Tiernan/WV 35:53 | 1 - Mary Hitchcock/SLT 8:02 |
| 25 - Mike Pratt/AGTC 31:55 | 85 - Nancy Edelson/PAMA 39:56 | 2 - Maree Hansen/OTC 8:02 |
| 26 - John Lynde/Sonoma 31:58 | FAMILY RUN (2.242 Mi) | 3 - Lynn Simmons/SLT 8:03 |
| 27 - Gary Montante/Un 32:19 | 1 - Kent Guthrie/WVJS 11:50 | 4 - Marlow Rose/SLT 8:09 |
| 28 - Grover Prowell/SJS 32:21 | 2 - Bob Myers/PAMA 12:21 | 5 - Lisa Van Buskirk/OTC 8:17 |
| 29 - Lon Berquist/AGTC 32:26 | 3 - Frank Robben 12:59 | GIRLS 12/13 (1 1/2 Mi) RG=38 Pts. |
| 30 - Wesley Hurlburt/Nvy 32:37 | 4 - Marvin Winer/Un 13:03 | 1 - Colleen Scannell 9:53 |
| 31 - John Finch/NCSTC 33:15 | 5 - Bob Wall 13:10 | 2 - Kris Taylor/Berk 10:39 |
| 32 - David Brown/WVTC 33:31 | 6 - Jim Myers/PAMA 13:38 | 3 - Laurie Greene/OTC 10:48 |
| 33 - Gary Alderman/Un 33:34 | 7 - Tom Pinckard/NCSTC 14:07 | 4 - Nida DeLeon/RG 11:38 |
| 34 - Leroy Kotchevar 33:37 | 8 - Ron Neumann 14:10 | 5 - Valerie Schultz/SLT 11:41 |
| 35 - Doug Dray/CRR 33:39 | 9 - Robby Lynde 14:12 | GIRLS 14/OVER (2.242) L=17 Pts. |
| 36 - Gary Whittemore/Un 33:48 | 10 - Bob Lynde 14:12 | 1 - Pam Allen/Lassen 12:21 |
| 37 - Howard Griffith/CRR 33:52 | 11 - Ray Walker 14:17 | 2 - Debbie Rudolph/Lass 12:51 |
| 38 - George Moss/Un 34:10 | 12 - Bruce Dingwall/PAMA 14:32 | 3 - Vicky Monroe/Lassen 13:24 |
| 39 - Rob Gardner/Un 34:14 | 13 - Jaime McEntee 14:43 | 4 - Karen Salisbury 13:40 |

Mollring Nips Hernandez at Sonoma State Cross Country: (Oct. 4, Rohnert Park) - Sonoma State's 4:06 miler (transfer from Southern California), John Mollring, showed he's not a bad cross country runner as he clipped WVTC's Humberto Hernandez in the final stages of the run to win by an 11-second margin. The 5-mile course was flat, but on dirt and gravel roads, open rough field, and hard-surface bike path. Ray Menzie ran a strong race in 15th place overall to cop the over-40 title, a little over a minute in front of Mike Healy (29:22 to 30:30). Masters newcomer, Bruce Carradine of Sausalito, was a close third at 30:38. All others were far arrears. Kathy Rankin proved the class of the women with her 32:51, nearly a mile in front of Mary Healy (39:35) and Janice Stordahl (38:34). Craig Fisher edged out Gerry Haslam in the joggers "predicted time" division (by a second). Fisher missed his guess finish-time by 26 seconds. Combined placings on next page. /Bob Lynde/

| | | | |
|-------------------------------|---------------------------------|----------------------------|--------------------------------|
| 1 - John Mollring/SonSt 26:26 | 8 - Gerry Haslam/VMTC 28:03 | 15 - Ray Menzie/WVTC 29:22 | 22 - Bob McMeans/Un 30:42 |
| 2 - H. Hernandez/WVTC 26:37 | 9 - Gary Wolfram 28:24 | 16 - John Neuhaus 29:30 | 23 - Bruce Jones 30:58 |
| 3 - John Moreno/CWTC 26:52 | 10 - Hersh Jenkins/SRRC 28:40 | 17 - Jeff Zimmerman 29:32 | ***WOMEN*** |
| 4 - Pat Stordahl/WVTC 27:08 | 11 - Frank Krebs/GWTC 28:53 | 18 - John Carty 29:57 | 1 - Kathy Rankin/SonSt 32:51 |
| 5 - Tony Munoz/CWTC 27:12 | 12 - Dave Sjostedt 29:06 | 19 - Haywood Norton 30:13 | 2 - Janice Stordahl/Un 38:34 |
| 6 - Jack West/WVTC 27:23 | 13 - Bruce Sayer/CWTC 29:09 | 20 - Mike Healy/WVJS 30:30 | 3 - Mary Healy/WVJS 39:35 |
| 7 - Scott Carvey/CWTC 27:27 | 14 - Butch Alexander/VMTC 29:14 | 21 - Bruce Carradine 30:38 | 4 - Madeline Roese/SonSt 39:54 |



(Above) Start of Pamakid Lake Merced Run. (Below--Left to Rt) Close battle for 5th thru 7th in same race (L to R): Daryl Zapata, Bob Bailey, Dennis Tracy. Bill Clark, individual winner. /O'Rorke Photos/ Jim Myers, 10 years old, was second in the 10-14 division in 44:26, 11 seconds out of first. /Pris Myers/

Clark Outkicks Emerling at Pamakid Lake Merced Run: (Oct. 5, San Francisco) - WVTC teammates Bill Clark and Fred Emerling ran together for most of the 7-mile run, but then, coming into the final stretch, Clark's superior speed proved too much as he moved away to an easy 4-second victory, 34:36 to 34:40. Jon Anderson's 1972 mark of 34:25 remained intact. Jim Shettler, trying to catch Bill Jensen's NCRR Point Standings lead in the last few races of the season, made quick work of a strong over-40 field, recording an excellent 37:48, while Ken Napier also slipped ahead of the Point Total leader with a 38:20. Jensen had 38:44 in third spot. Joan Ulliot, only a week after her fourth place finish at the Natl. AAU Women's Marathon in New York, gobbled up the women's competition with a record 42:29,

some 2 minutes up on Maryetta Boitano's 44:23. Carolyn Tiernan (44:57) just managed to hold off Kathy Himmelberger (44:59) for third. WVTC defended their team title with a low of 21, with Excelsior TC next at 59 and WVJS with 140. Other divisional winners were: 9/Under Boys--Garrett Cunneen 54:14; 9/Under Girls--Rachel Bray 59:37; 10-14 Boys--Charlie Lewis 44:15; 10-14 Girls--Sis Boitano 44:23; 15-19 Men--Bob Miller 37:55; 15-19 Women--Kathy O'Conner 50:27; 40-49 Women--Ruth Anderson 48:48 (Rcd); 50+ Men--Mike O'Neil 46:05; 50+ Women--Nancy Bean 62:49 (Rcd). There were 285 finishers under perfect overcast conditions. /B. Long/

| | | | |
|---------------------------------|---------------------------------|--------------------------------|----------------------------------|
| 1 - Bill Clark/WVTC 34:36 | 29 - Bill Jensen/PAMA 38:44 | 57 - Don Chaffee/ETC 41:41 | 85 - Dan Alberti/Un 44:14 |
| 2 - Fred Emerling/WVTC 34:40 | 30 - Tom Jacobs/Un 38:52 | 58 - Tom Pierce/PAMA 41:45 | 86 - Charlie Lewis/Arrow 44:15 |
| 3 - Jan Sershen/ETC 35:16 | 31 - Glen Berwick/Un 38:55 | 59 - Steve Bailey/Un 41:47 | 87 - Al Stanbridge/Un 44:20 |
| 4 - Bob Darling/ETC 35:26 | 32 - Charles Frosolone/Un 39:12 | 60 - W.E. Wollen/Un 41:48 | 88 - Sis Boitano/Un 44:23 |
| 5 - Daryl Zapata/WVTC 35:36 | 33 - Terry Casey/ETC 39:17 | 61 - Tom Mann/ETC 42:05 | 89 - Tlkihiko Suyehiro/Un 44:25 |
| 6 - Dennis Tracy/WVTC 35:37 | 34 - Gus Cano/ETC 39:20 | 62 - Stuart Ruth/PAMA 42:15 | 90 - Jim Myers/PAMA 44:26 |
| 7 - Bob Bailey/WVTC 35:37 | 35 - Darrell Jeong/ETC 39:21 | 63 - George Ridout/Un 42:19 | 91 - Ted Brock/Un 44:31 |
| 8 - Dan Anderson/WVTC 35:58 | 36 - Robert Parks/PAMA 39:27 | 64 - Philip Hager/Un 42:20 | 92 - Unknown Runner 44:45 |
| 9 - Denis O'Halloran/Un 36:33 | 37 - Robert Lange/Skyline 39:34 | 65 - Jim Mullany/Un 42:23 | 93 - John Whetstone/Un 44:48 |
| 10 - Mike Conroy/ETC 36:47 | 38 - Rob Gardner/SLS 39:47 | 66 - Joan Ulliot/WVTC 42:29 | 94 - Don Jardine/OPHIR 44:53 |
| 11 - Joe Becerra/ETC 36:50 | 39 - Rich Stiller/TRAC 39:49 | 67 - Bill Tillson/Un 42:40 | 95 - Tom Gallagher/E-YMCA 44:54 |
| 12 - Dave Himmelberger/WV 36:56 | 40 - Ulrich Kaempf/TRAC 39:57 | 68 - Brian Hennessy/Un 42:45 | 96 - Carolyn Tiernan/WVTC 44:57 |
| 13 - Neal Pyke/Un 37:00 | 41 - Lee Damron/PAMA 39:58 | 69 - John Ryan/Un 42:50 | 97 - Kathy Himmelberger/WV 44:59 |
| 14 - John Weidinger/ETC 37:05 | 42 - Edward Lee/Un 40:00 | 70 - Frank Lee/Un 43:07 | 98 - Sheldon Gersh/TRAC 45:00 |
| 15 - David Muela/ETC 37:06 | 43 - John Finch/NCSTC 40:05 | 71 - Bob Luahati/NCSTC 43:25 | 99 - Dennis Lem/Un 45:02 |
| 16 - Frank Donahue/ETC 37:12 | 44 - Alan Hart/Un 40:06 | 72 - Unknown Runner 43:26 | 100 - Marvin Pettey/Un 45:03 |
| 17 - Bill Benz/Un 37:20 | 45 - David Brown/Un 40:08 | 73 - Unknown Runner 43:27 | ***WOMEN*** |
| 18 - John Sheehan/WVTC 37:27 | 46 - Walt Van Zant/WVJS 40:18 | 74 - Clifford Wolery/Un 43:28 | 66 - Joan Ulliot/WVTC 42:29 |
| 19 - John Kleinbach/ETC 37:34 | 47 - Lloyd Sampson 40:25 | 75 - Scott Frank/Un 43:30 | 88 - Sis Boitano/Un 44:23 |
| 20 - Kent Guthrie/WVJS 37:40 | 48 - Jim Nicholson/NCSTC 40:34 | 76 - Robin Nowinski/PAMA 43:35 | 96 - Carolyn Tiernan/WVTC 44:57 |
| 21 - Jim Shettler/WVJS 37:48 | 49 - Wayne Plymale/PAMA 40:37 | 77 - Allan Berrin/PAMA 43:38 | 97 - K.Himmelberger/WVTC 44:59 |
| 22 - George Gilbert/ETC 37:52 | 50 - George Roach/Un 40:44 | 78 - Michael Preece/Un 43:43 | 119 - Vicky Bray/Arrow TC 46:04 |
| 23 - Bob Miller/CWTC 37:55 | 51 - Ray White/SRC 40:56 | 79 - Dave Donaldson/Merc 43:44 | 126 - Skip Swannack/WDS 46:25 |
| 24 - Mario Flores/WVTC 38:00 | 52 - Abe Underwood/BCTC 40:56 | 80 - Charles Albert/BCTC 44:00 | 137 - Maria King/Arrow TC 47:09 |
| 25 - Bruce Rubin/Un 38:03 | 53 - Gary Alderman/Un 40:57 | 81 - Ray Dito/Un 44:02 | 162 - Ruth Anderson/NCSTC 48:48 |
| 26 - Ralph Bowles/WVJS 38:17 | 54 - Bill Long/PAMA 41:05 | 82 - Jonathan Brown/BCTC 44:03 | 169 - Gail Gustafson/Un 49:21 |
| 27 - Ken Napier/WVJS 38:20 | 55 - Pat Connor/Un 41:33 | 83 - Alex Bangert/Un 44:04 | 177 - Carroll O'Conner/NCS 49:52 |
| 28 - Lee Byrd/PAMA 38:41 | 56 - K. Whittingslow/OC 41:37 | 84 - Ken Israel/Un 44:12 | 187 - Kathy O'Conner/CWTC 50:27 |

Jim Nuccio Shatters Record in Second Annual Berkeley Waterfront Run: (Oct. 11, Berkeley) - Ron Wayne's year-old mark of 25:20 for the 5-mile course was eclipsed by almost a minute by Nuccio when he won with a 24:23 clocking. Bill Clark's 25:16 in second also dipped under the old standard, as he grabbed the first pre-masters award (over-30). A total of 169 runners completed the race, which was divided into eight categories, four men's and four women's divisions. Jeff Zimmerman won the Junior Men's division with a time of 27:03 (6th overall), with Jim Shettler the masters champion (27:21). Pat Cunneen and George Moss battled it out for the runnerup spot in the over-40 classification, 29:43 to 29:44. Joan Ulliot continued her great racing this year by clocking 30:29 as top woman (took first in Women's Pre-Masters division). Carolyn Tiernan and Kathy Himmelberger continued their close rivalry, with Carolyn again coming out on top, 31:44 to 31:55, for the top two in the Women's division, and second and third overall. Carroll O'Conner finished first in the Women's Masters Division with a time of 36:51. Winners and second place finishers were given fine merchandise awards by the co-sponsoring Sierra Designs and The Athletic Dept. of Berkeley. Almost forgot...the Junior Women's Division was won by Jamie Lynch in 39:42. /Dan Williams/

| | | | | | | | |
|-------------------------|-------|--------------------------|-------|--------------------------|-------|------------------------|-------|
| 1 - Dennis Swart/WVTC | 29:17 | 9 - Pat Buzbee | 32:27 | 17 - Dan Ralston | 34:35 | 25 - Michael Huwaldt | 35:39 |
| 2 - Wayne Badgley/SUTC | 29:22 | 10 - Mike Buzbee | 32:32 | 18 - Jim Middleton | 34:38 | 26 - John Moran | 35:46 |
| 3 - Gary Singer/SUTC | 30:09 | 11 - Steven Cain | 32:50 | 19 - Jim Engle | 34:39 | 27 - Stan Edwards | 35:59 |
| 4 - Jack West/WVTC | 30:34 | 12 - Doug Rennie | 33:35 | 20 - Walt Betschart/BCTC | 34:57 | 28 - Roger Herndon | 36:23 |
| 5 - Chris DeFazio | 30:43 | 13 - David Wood | 33:46 | 21 - Tom Hannickel | 34:58 | 29 - Brian Newell | 36:32 |
| 6 - Rodger Stordahl | 31:34 | 14 - Paul Holmes/BCTC | 34:05 | 22 - Gary Kohl | 35:08 | ***WOMEN*** | |
| 7 - Tony Webb | 31:49 | 15 - Tom Olsen | 34:16 | 23 - Harry Daniell | 35:14 | 60 - Merrill Cray | 40:47 |
| 8 - George Rogers | 32:00 | 16 - Mark Shumen | 34:22 | 24 - Mark Glenesk | 35:22 | 67 - Betty Best | 42:01 |
| | | | | | | | |
| 1 - Lee Ferrero | 14:10 | 9 - Harry Ellis/ChicoSt | 15:39 | 17 - Stephen Broderick | 17:16 | 25 - James Cavanaugh | 18:36 |
| 2 - Tim Stone/Chico St. | 14:37 | 10 - Steve Coronado/WVTC | 15:48 | 18 - Mark Morgan | 17:32 | 26 - Mike Gregg | 18:45 |
| 3 - Pat Finn/Chico St. | 14:43 | 11 - Steve Harvey | 16:05 | 19 - Robert Chavez | 17:36 | 27 - Brandon Muncy | 18:47 |
| 4 - Karl Schaecterle | 14:49 | 12 - Dave Callnon | 16:09 | 20 - Floyd Harden | 17:45 | ***WOMEN*** | |
| 5 - Wayne Barth | 15:05 | 13 - Scott Ellis | 16:10 | 21 - Ken Long | 17:47 | 35 - Cindy Claiborne | 20:00 |
| 6 - Michael Hovar | 15:08 | 14 - Wayne Moss | 16:34 | 22 - Thomas Grady | 18:30 | 36 - Jeanette Anderson | 20:01 |
| 7 - Jack Betschart | 15:26 | 15 - Eric Peterson | 16:40 | 23 - Paul Fuller | 18:35 | 44 - Betsy Petersen | 21:25 |
| 8 - Kent Mulkey | 15:28 | 16 - Dale Booth | 16:43 | 24 - Charles Engle | 18:35 | 48 - Danae Luper | 22:42 |

Blume Outkicks Badgley at Excelsior West End Run: (Nov. 8, San Francisco) - Wayne Badgley, running on top for nearly the entire race, was caught during the final mile at Excelsior TC's Golden Gate Park West End Run. Blume displayed a good kick in putting a 4-second margin between he and Badgley over the final 150 yards. Bill Seaver and Pete Flores had a similar battle for third spot as Seaver clocked 30:45, 2 seconds ahead of Flores. Jerome Lewis, seeming to improve with each race, grabbed the masters competition with a fine 34:15, ahead of teammate Jim Nicholson's 35:41. Dennis Egley, a Division 2 runner (over-50), took a surprising third (37:00). The women's battle was as close as the men's open, with 14-year-old Vicki Bray edging out masters runner Ruth Anderson by 3 seconds, 39:46 to 39:49. Nancy Edelson was next at 43:24. West Valley TC edged out the host Excelsior squad by 4 points, 28-32, with NorCal Seniors next with 84. /Frank Donahue/ 205 finish

| | | | | | | | |
|---------------------------|-------|---------------------------|-------|--------------------------|-------|----------------------------|-------|
| 1 - Gary Blume/Cal (6 Mi) | 30:15 | 26 - Mike Conroy/ETC | 34:05 | 51 - Thomas Fodor/Un | 37:11 | 122 - Nancy Edelson/PAMA | 43:24 |
| 2 - Wayne Badgley/SUTC | 30:19 | 27 - Al Sanford/WVTC | 34:12 | 52 - Jeffrey Rogers/Un | 37:20 | 128 - Carroll O'Conner/NCS | 43:45 |
| 3 - Bill Seaver/WVTC | 30:45 | 28 - Ralph Bowles/WVJS | 34:14 | 53 - Cliff Wolery/Un | 37:24 | 130 - Pat Whittingslow/Un | 44:05 |
| 4 - Pete Flores/AGTC | 30:47 | 29 - Jerome Lewis/NCSTC | 34:15 | 54 - Jim Mullany/Un | 37:39 | 138 - Suzanne Anderson/Un | 44:53 |
| 5 - Brian Maxwell/Un | 30:53 | 30 - Gary Whittemore/Un | 34:40 | 55 - Bill Flodberg/WVJS | 37:42 | 140 - Kathy O'Conner/CWTC | 45:07 |
| 6 - Gary Singer/SUTC | 31:13 | 31 - Anthony Flores/Un | 34:47 | 56 - R. Mayers/Un | 37:47 | 147 - Rachel Bray/Arrow | 45:50 |
| 7 - Daryl Zapata/WVTC | 31:21 | 32 - David Owen/Un | 35:08 | 57 - J. Hannawalt/Un | 37:54 | | |
| 8 - John Moreno/CWTC | 31:24 | 33 - Byron Richardson/WV | 35:13 | 58 - Bob Scolnick/Un | 37:56 | | |
| 9 - Bob Bailey/WVTC | 31:26 | 34 - James Reinertsen/Un | 35:14 | 59 - Mark West/Un | 37:59 | | |
| 10 - Damon Wood/CWTC | 31:38 | 35 - Dick Cordone/Un | 35:24 | 60 - Chris Brophy/Un | 38:00 | | |
| 11 - Bob Darling/ETC | 31:48 | 36 - Ross Rowley/Un | 35:25 | 61 - Phil Paulson/NCSTC | 38:14 | | |
| 12 - Gordon MacMitchell | 31:52 | 37 - Paul Navarro/Un | 35:26 | 62 - Harry Cross/WVTC | 38:15 | | |
| 13 - Frank Hagerty/SUTC | 32:13 | 38 - Jim Nicholson/NCSTC | 35:41 | 63 - Marvin Pettey/Un | 38:17 | | |
| 14 - Gary Wolfram/Cal | 32:18 | 39 - Darrell Jeong/ETC | 35:51 | 64 - Dan Gonzales/Arrow | 38:29 | | |
| 15 - Jim Tracy/ETC | 32:22 | 40 - Lyn Walker/Un | 35:59 | 65 - Leon Souza/Un | 38:33 | | |
| 16 - Peter Jones/Cal | 32:31 | 41 - Walt Berringer/ETC | 36:04 | 66 - William Lovelace/Un | 38:36 | | |
| 17 - Tony Munoz/CWTC | 32:44 | 42 - Gus Cano/ETC | 36:07 | 67 - Don Lucero/Un | 38:38 | | |
| 18 - John Kleinbach/ETC | 32:47 | 43 - Santos Reynaga/WVTC | 36:08 | 68 - Richard Siciliano | 38:49 | | |
| 19 - Kent Guthrie/WVJS | 32:50 | 44 - Michael Humwaldt/Un | 36:09 | 69 - Mike Steen/Un | 39:02 | | |
| 20 - Bill Benz/Un | 33:06 | 45 - Lloyd Sampson/Un | 36:20 | 70 - Larry Guinee/Un | 39:09 | | |
| 21 - Clark Rosen/PAMA | 33:15 | 46 - Kerry Kilgore/SUTC | 36:25 | 71 - David Tripp/Un | 39:18 | | |
| 22 - Neal Pyke/Un | 33:23 | 47 - Cliff Stewart/Un | 36:34 | 72 - A.J. Parmiter/Un | 39:23 | | |
| 23 - John Weidinger/ETC | 33:26 | 48 - K. Whittingslow/SFOC | 36:40 | ***WOMEN*** | | | |
| 24 - Dan Cruz/CWTC | 33:29 | 49 - Dennis Egley/Un | 37:00 | 76 - Vicky Bray/Arrow | 39:46 | | |
| 25 - John Shroyer/CWTC | 33:31 | 50 - Dennis Kroll/Un | 37:01 | 79 - Ruth Anderson/NCSTC | 39:49 | | |



Gary Blume chugs to victory over Wayne Badgley (under his right arm) at the Excelsior West End Run. /J.Engle/

Ybarra Leads Wolfpack to "Angwin" Title: (Nov. 9, Angwin) - University of Nevada's Terry Ybarra was an easy victor in the Second Annual Angwin to Angwish Run, clipping off a good 39:50 time, but falling short of Darren George's 1974 mark of 39:33. Teammate Richard Ellis was runnerup at 40:53. Ross Smith took his division (over-40) almost as easily as Ybarra, clocking 42:52 to Bill Jensen's 43:46, with Bob Malain next at 44:54. Joan Ulyot continued her dominance over the women with a 48:43, and teammate Kathy Himmelberger next in 51:01. Ruth Anderson was first veteran woman and third woman overall at 52:32. A total of 171 runners completed the hilly course. There were T-shirts left over: \$3.25 to Dennis Reeder, 1100 Crestmont, Angwin, 94508. /D. Reeder/

| | | | | | | | |
|--------------------------|-------|--------------------------|-------|--------------------------|-------|---------------------------|-------|
| 1 - Terry Ybarra/UNTC | 39:50 | 17 - Dwight Van Pelt | 43:31 | 33 - Bob Malain/NCSTC | 44:54 | 49 - Mike Bobst | 46:21 |
| 2 - Richard Ellis/UNTC | 40:53 | 18 - Bill Jensen/PAMA | 43:46 | 34 - Jim Sullivan/WVTC | 45:10 | 50 - Steve Miller | 46:23 |
| 3 - Rodger Gates | 41:13 | 19 - John Hawkley | 43:48 | 35 - Brian Nichelin | 45:16 | 51 - Jim Simpson | 46:26 |
| 4 - Mark Proteau | 41:18 | 20 - Mike Kearny/UNTC | 43:51 | 36 - Bob Myers/PAMA | 45:21 | 52 - Larry Pugh | 46:28 |
| 5 - Dave Himmelberger/WV | 41:27 | 21 - Bruce Jones | 43:54 | 37 - Mike Healy/WVJS | 45:24 | 53 - Mury Salls | 46:34 |
| 6 - Dave Muela/ETC | 41:44 | 22 - Bob Barber | 43:55 | 38 - Bill Shealy | 45:27 | 54 - Larry Sumner | 46:53 |
| 7 - Gordy Vredenburg | 42:10 | 23 - Jim Penrose/UNTC | 43:59 | 39 - Craig Roland | 45:29 | 55 - Abe Underwood/BCTC | 47:09 |
| 8 - Doug Butt/WVTC | 42:27 | 24 - K. Christensen/UNTC | 44:00 | 40 - Jim O'Neil/SFOC | 45:32 | 56 - Bruce Carradine | 47:33 |
| 9 - Kevin Pfefferle/UNTC | 42:41 | 25 - Kent George | 44:02 | 41 - Walt Betschart/BCTC | 45:35 | 57 - Dan Hintz/WVTC | 47:42 |
| 10 - Dan Moore/LVRC | 42:45 | 26 - Rooney Mowbray | 44:20 | 42 - Carl Gillette/WVJS | 45:44 | ***WOMEN*** | |
| 11 - Ross Smith/WVJS | 42:52 | 27 - Steve Coronado/WVTC | 44:28 | 43 - Fraser Rasmussen | 46:05 | 68 - Joan Ulyot/WVTC | 48:43 |
| 12 - Harry Ellis | 42:57 | 28 - Brian Bonner | 44:36 | 44 - Gary Alderman | 46:06 | 90 - K.Himmelberger/WVTC | 51:01 |
| 13 - Rafael Othon/UNTC | 43:00 | 29 - Scott Ellis | 44:42 | 45 - Bob Layton | 46:06 | 105 - Ruth Anderson/NCSTC | 52:32 |
| 14 - Keith White/WVTC | 43:05 | 30 - Edward Lee | 44:44 | 46 - Greg Jewett | 46:07 | 109 - Judy Gumbs/WVTC | 53:00 |
| 15 - Tony Lee | 43:23 | 31 - David Zumwalt | 44:46 | 47 - Paul Holmes/BCTC | 46:14 | 117 - Louise Burns | 54:34 |
| 16 - Tim Lee | 43:24 | 32 - Jack Hackmann/VMTC | 44:49 | 48 - Greg Durbin | 46:15 | 127 - Olavie Weir | 56:01 |

LATE GNUS

RESULTS: - Humberto Hernandez grabbed his first PA-AAU title in the marathon at Sonoma St. with a 2:30:18...results will be in next issue. He wins a trip to the Culver City (National AAU) Marathon (via LDR Committee funds).
 BOSTON GROUP PACKAGE: - Detail sheet will be out in a few weeks...write now to get on mailing list and save \$\$ if you are interested in 1976 Boston Marathon...c/o NCRR. NEXT LDRC MEETING: - After PA-AAU 20 Kilo on January 18.

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