

NOR-CAL RUNNING REVIEW

JAN./FEB. 1976 (No. 58)

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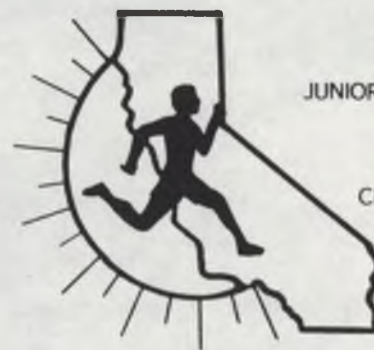
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Contributors

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 results/scheduling. Request permission for materials used from NCRR other than scheduling & results. We now pay \$15 for prints used as cover shots. Prints not returned unless requested...should be 5 x 7 or larger if possible and in black in white preferrably. Thanks for your support!

UP FRONT

WVTC's Ron Wayne strides to a 9-second win over Brian Maxwell at the recent PA-AAU 20-Kilo Championships in Woodside with a 1:03:25 clocking. The previous week saw Ron chop over three minutes from the Daisy Hill course record, while he set a record for the 4th leg of the Christmas Relays in late December. Maxwell ran a 2:17:13 at the Seaside Marathon. */Jim Engle/*

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EDITOR'S MESSAGE

● **WEDDING BELLS:** - Your editor and Judy Gumbs are planning on a late September date, although no definite time has been set as of now. The offices of the NCRR will be moving to somewhere in Burlingame most likely, but our mailing address will be the same, and we'll hopefully try to keep the phone number too...it depends on how far north into Burlingame we move. Things are going to be very hectic with moving and all, so please try to spread the correspondance a little thin until late October. I am already working more hours than I have available with my job and the NCRR (my hobby) and trying to run too, so please limit your correspondance to only the absolutely necessary items. **VACATION:** - Judy and I will be taking sort of a pre-honeymoon to Montreal this summer for the Olympic Games, leaving in early July and returning in mid-August. There will be two more NCRR's out before we leave; one in early May and the other in late June. I will have all I can do getting things together before our vacation, so again please limit your letters and calls. There will be no one at our phone number (342-3181) between July 1 and August 15, so don't try to call. Since I am not sure when I will be moving from my current address, all correspondance should be directed to our P.O. Box (above), and not to my current street address. Thanks for your consideration...please spread the word.

● **\$50 REWARD:** - Many of you out there have probably already heard that my VW camper was burglarized in late February, and over \$1000 (wholesale value) in running shoes were lifted, along with several other items (watch & pocket-calculator). The bus was broken into early in the morning in the Diamond Heights area of San Francisco and one of the neighbors got a brief description of the car (1957 metallic green Chrysler with a badly dented rear end), but no license plates were seen. So far (3 weeks later) I have received no leads on the car or the shoes, but I have not given up hope. I am depending on the running community to help me out by keeping an eye out for the car and/or shoes. If you would like a listing of all the shoes (models & sizes) that were stolen, please write or call. If you get any leads at all (someone selling shoes at *LOW* prices...either at school, at a Flea Market, etc.), please contact me at once. If your information leads to the conviction of the individual(s) responsible, I will give you a \$50 reward. Another clue: the suspect seen getting into the car looked to be Chicano, although it was dark. Thanks for your help; it is really appreciated.

● **SUBSCRIPTION INCREASES?** - Last issue we warned of a possibility of raising our subscription prices. Since that time we have not received an overwhelming number of new subscriptions, and the percentage of renewals is only about 75%. Unless things change pretty quick, we will probably be forced to boost our price/issue to \$1.00 and yearly subscription rates to \$6.00 (\$3.00 for 1/2-year). Costs keep rising and we have tried to maintain our prices, but we too are caught in the inflationary spiral...**SUBSCRIBE NOW AND SAVE!**

PHOTO QUIZ

RULES: (1) Submit your guess and mail it to: PHOTO QUIZ, Box 1551, San Mateo, CA 94401 (one guess per person)...*All guesses must be post-marked by April 20, 1976.* (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 April 25.

****Our winner for LAST MONTH** was H.K. Hastings of San Francisco. We received 11 correct guesses that our mystery man was the great Peter Snell, 1964 Olympic gold medalist at 800 and 1500 meters. The photo was taken at last year's Golden Gate Charity Run.



Who is this well-known local distance runner who stuffed too many chocolate bars in his mouth? "The Hamster"

THIS & THAT

● **PEOPLE NEWS:** - Victor Mora, who trained in the Bay Area with the Colombian Olympic Team (distance runners) in 1972, seems to have recovered completely from his wounds following a knife attack that forced him to miss the Pan-American Games in October. His convincing victory at the San Silvestre "Midnight Run" in Sao Paulo, Brazil, on Jan. 1, seemed to prove that without a doubt. Colombian countryman, Domingo Tibaduiza, who is the Pan-American Games 5,000m champion, was running in the top five in that race until he developed bad stitches in the latter stages of the run and ended up ninth. Tibaduiza is a student at the Univ. of Nevada in Reno. In the same race, Jackie Hansen, world record holder in the marathon at 2:38:19, was second behind West German Christa Vahlensieck in the women's division (17 competed). --- WVTC's Dave Shrock and Camino West's Pete Michon have both accepted positions of assistant track coach at the College of San Mateo, under Head Coach, Bob Rush, also a WVTC member. Shrock will handle the distance men, while Michon will work with the sprints and relays. --- Jim O'Neil, 50, and his son, Tom O'Neil, 16, a junior at Jesuit High School in Sacramento, broke the world marathon record for a father-son team at the West Valley Marathon on Feb. 8 in San Mateo. Their combined time was 5:16:53, bettering the previous standard of 5:21:21, set by Bob & Paul Thurston. Jim recorded a 2:47:52, while Tom became the eighth high schooler to ever cover the marathon distance in less than 2:30 with a 2:29:01. --- Jost Schmitt, a West Valley TC middle distance and distance runner from West Germany (he attended UC Berkeley several years ago), is planning on vacationing in the Bay Area for about 6 weeks, beginning in late April or early May. His problem is accommodations. Some of his friends who put him up last time (a year ago) have moved. Jost would like to have only a reasonably clean and quiet place to sleep, preferably in a neighborhood with a decent track and public transportation (Oakland/Berkeley or San Francisco/Daly City areas preferred). He will pay for his own food so as not to cause any financial burden on his host(s). He would enjoy spending some time with his hosts, but is prepared to be totally independent. Anyone who would be interested in sharing your home with Jost (he speaks fluent English as well as German and several other languages I believe), please write him immediately at: Primus-Truber Strasse 50, 74 Tübingen, West Germany. He would not mind staying in several places during his stay. Thanks. --- Brian Newell is looking around for a used vaulting pole. If you have one or know of someone who does, please contact Brian at: 1017 Alabama St., Napa, CA 94558 (Ph. 252-4609). --- Boo-Boo Dept.: It was John Clary, not Mike Cleary, who finished fourth in the Lake Merritt 5K last October in 15:31 (we reported it incorrectly last time).



--- Craig Corey has stepped forth to claim the photo credit on the last page (30) of issue #57.

● MORE CERTIFIED DSE

COURSES: - Sheldon Gersh reports that he has measured two more DSE courses with his calibrated bicycle wheel as follows -- Single Muni Pier is 1.246 miles, while the Double Muni Pier is 2.492 (plus another 5-foot? for the extra distance making the turnaround at the halfway point).

● RACE INFORMATION: -

For all information pertaining to the Statuto Races in early June, please call or write to SFAC, 1630 Stockton St., San Francisco 94133 (Ph. 986-9650), and not Mr. John Valentini, as listed on the AAU schedule. It is also the 56th Annual event...not the 55th. --- Although not on the AAU schedule, the 11th Annual Woodminster Run will be held this year, on June 13, at 8:30 am for registration & 10 am for the start. For further information, contact: Chas. McMahon, 154 Grover Ln., Walnut Creek, CA 94596 (Ph. 937-0806). --- PA-AAU Women's 5-Kilo Championships will be held during the Millbrae Lions track meet on April 10. It will be on the track, probably at 9:30 am, and there will be a masters division and senior women's division, but probably no awards for teams. It will be at Mills High School in Millbrae...contact Dr. Harmon Brown, 2335 David Ct., San Mateo 94403 (341-5726). --- The Natl. AAU Men's Masters X-C Championships (10 Kilos) will be held on Nov. 14, Sunday, at Belmont, not on the 13th as indicated in several AAU announcements. Please spread the word. PA-AAU Sr. Men's X-C will be held the same day, same location, but a different race, and there will probably be several other races (women's, etc.) too.

○ PA-AAU LONG DISTANCE ALL-STAR TEAM FOR 1975: - In the past, the Long Distance Committee has polled the runners for determining the "District All-Star Teams", but due to lack of response last year, we have switched to a fairly permanent method, using the NCCR's "Point Total" system. The top seven in each division (seniors, masters, women) will compose the team. For 1975---(Senior) Jim Nuccio/WVTC, Bill Clark/WVTC, Darryl Beardall/MH, Wayne Badgley/SUND, Ron Wayne/WVTC, Hans Templeman/Un, Domingo Tibaduiza/Nevada; (Masters) Jim Shettler/WVJS, Bill Jensen/PAMA, Ross Smith/Un, Bob Malain/NCSTC, Ray Menzie/WVTC, Ken Napier/WVJS, Ed Dally/WVTC; (Women) Maryetta Boitano/RG, Joan Ulyot/WVTC, Ruth Anderson/NCSTC, Sue Neary/WVTC, Kathy Himmelberger/WVTC, Kathy Costello/LATC, Peggy Lyman/WVTC. -- Ruth Anderson was the only masters woman to make the listing, placing third overall.

● **SPORTS MEDICINE SEMINAR:** - Program Chairman, Steve Subotnick, a well-known area podiatrist, announces that this year's seminar, titled "The Injured Athlete, Part II", will take place over the April 30-May 2 weekend (3 days) in San Francisco. An introduction to the goals of the seminar: "Overuse injuries of the lower extremity appear to be related to improper conditioning, training and biomechanical function. These injuries are occurring in all types of athletics. Inherent in the treatment of the injured athlete is considering his final rehabilitation. There is often times, pressures to return the athlete to competition as soon as possible. It is the goal of this seminar to explore the injured athlete in regards to preventative as well as rehabilitative measures, as well as considering the medical-legal aspects of sports. This year we will concentrate on specific injuries and specific sports as well as the total conditioning of the athlete. The presentations will be at such a level that all those involved in sports medicine will gain equally. There will be ample time each afternoon for table top clinics and discussing specific problems with consultants." Many experts in the field will take part, including such well-known names as: George Sheehan, John Pagliano, Harry Hlavac, David Costill, Tom Bassler, Jim Santos, Joe Henderson, Ian Jackson, & Joan Ulyot. It is a weekend you will not want to miss...**FOR FURTHER INFORMATION CONTACT:** Steven I. Subotnick, DPM, Hesperian Medical Center, 19682 Hesperian Blvd., Hayward, CA 94541 (Ph. 415/783-3255).

● **PROPOSED LDR RACE-LOCATOR:** - The LDR Committee has been toying with the idea of having a small booklet, to be added to yearly, that would feature course maps and 'how to find'



Jim & Tom O'Neil set a world record for a father-son combination at the West Valley Marathon (5:16:53).

maps/directions for all PA-AAU Sanctioned long distance races. The proposed booklet would be 5-1/2 x 8-1/2 and probably sell for 25¢ to 50¢. Any profits would go to the LDR Travel Fund, being split proportionally between men and women, depending on total AAU registrations for the year. To make this work, all race directors will have to send a course map and either a locator map or detailed instructions on how to get to the start of the race...all this must fit on the above-dimensioned page, or something proportional to it. If you are a race director, you may begin by sending your map to: Harold DeMoss, 765 Campbell, Los Altos, CA 94022 (Ph. 415/941-8975). The map should be 'camera ready' and fairly neat.

● **LDRC MEETINGS:** - The next two scheduled "Joint PA-AAU Long Distance Running Committee" Meetings will take place after two popular area road runs to facilitate better participation from area athletes (all are encouraged to attend, although each club only has one vote). The first meeting will be after the PA-AAU 15-Kilo, to take place at the Los Altos Hills Town Hall on Fremont near Concepcion...March 27. The second meeting will be the Annual Scheduling Meeting, taking place after the "Strawberry Stroll" on May 2 at Holy Names College in Oakland. Mary King, the race director, has reserved Room 61 at Brennan Hall for the meeting (there will be directional signs on raceday). The meeting is scheduled to begin about 12:30 pm. This meeting will be for anyone wishing to sponsor a race between July 31, 1976 and July 31, 1977. All those directors who have races set up for the latter part of 1976 (from the October meeting) need not attend, but anyone wishing to get their race on the 1976 portion of the schedule who has not already done so should plan on attending. Information and race-request forms will be sent to all 1975 race-sponsors, and all others should write to Harold DeMoss, 765 Campbell, Los Altos 94022, if they wish to be included on the AAU Schedule. The LDR Handbook for 1976-77 will tentatively be ready for the public by early or mid-July. It will probably remain at 35¢ (50¢ by mail). As usual, all profits will be split proportionally between the Men's and Women's Travel Fund (& the LDR Warehouse Fund).

● **LDRC INTERIM EXECUTIVE BOARD:** - Because of the very poor turnouts at most PA-AAU LDRC Meetings, it was decided to ap-

point an "Interim" Executive Board until such time as a general ballot can be sent to the PA-AAU registered clubs for voting. It is anticipated that the ballot will be sent during the next month and will be of the (name of member) or (write-in) form. The following are on the Interim Board: Harold DeMoss (Chrmn), Jack Leydig/WVTC, Bob DeCelle/Alameda TC, Walt Van Zant/WVJS, Sheldon Gersh/TRAC, Dan Moore/LVRC, Frank Donahue/ETC, Pat Cunneneen/PAMA, Jim Nicholson/NCSTC, and Pete Michon/CAMWST. --- The LDRC approved the following Funding via telephone: (1) \$300 to Roy Kissin for Internat'l XC Run in Wales; (2) \$106 for quarter interest in a used AB Dick Model 320 offset press for LDRC business; (3) \$100 (max) for 6 to 8 plywood boards for aid-station tables for the LDRC Equipment Warehouse. As of Feb. 3, the Men's LDRC Fund balance stands at \$2040.

● **PA-LDRC POLICY FOR PA-AAU CHAMPIONSHIPS:** - The following is LDR Committee policy for all PA Championships, including: 10-Kilo X-C, 15-Kilo, 20-Kilo, 25-Kilo, 30-Kilo, Marathon, and 50-Kilo (Hour Run was omitted on notice). Individual Medals: Senior Men (5); Senior Women (5); Masters Men (5); Masters Women (3)...championship patches to Divisional winners (40/Up applies to both Masters Men & Women for PA-AAU). Team Medals: Senior Men (3 teams) (any number may enter, and 5 score below 30-Kilo; 3 score at 30-Kilo and above). Senior Women (3 teams) (any number may enter, and 3 score at all distances). Masters Men (2 teams) (any number may enter, and 5 score below 30-Kilo, and 3 score at 30-Kilo and above). Masters Women (1 team) (any number may enter and 3 score at all distances). Championship patches to each scoring member of first place team in each division. Scoring will be done by cumulative times (low time is winner). Team declarations do not have to be made prior to race EXCEPT if a club desires to enter more than one team. All team members must be in the same age division, except that a Masters runner may compete on a Senior team, but he must then compete as a Senior runner (individually) and not as a Master. Any runner that is awarded more than one medal (individual and team) may choose only one medal and patch, and the remaining medals will be recycled through the LDR Chairpersons to other championships (this is due to the high cost of medals/patches, and the desire to limit entry fees to \$1.50).

● **NEW NAT'L AAU TEAM SCORING RULES:** - How well a runner places in relationship to other runners will no longer decide team championships. The new system will be based on aggregate time of the team members. For events less than 30-kilometers (including One-Hour Run), five team members shall be used in computing the aggregate times. For events of 30-Kilo and above (including Two-Hour Run), three members shall be used in computing the times. Also new is that a team can enter an unlimited number of runners to count toward the team scoring, except in Cross Country (3, 8, 10, and 12 Kilometers), where a maximum of 8 runners can run for a team (club may still enter two or more squads, properly designated, "A" and "B", etc.).

● **US OLYMPIC MARATHON TRIALS QUALIFIERS:** - If you have run under 2:23 since April 1, 1975, and have not been contacted by AAU LDR Chairman Bob Campbell, you should write to him immediately at: 39 Linnet St., West Roxbury, Mass. 02132. Marks are to have been made on a Certified marathon course. The date of the US Trials is May 22, in Eugene, Oregon.

● **AAU REGISTRATIONS:** - The Pacific AAU may have its problems, but it can be proud of the fact that of the 20,000 registered long distance runners in the country for 1975, a total of 5,500 were from our district (that's over 25%!). This is not because we have that many more runners than other districts (although we do have a lot with the Bay-to-Breakers), but it is mainly because we have people that do their jobs of getting people registered. Of those 5,500 registrants, a total of \$2,750 (or 50¢/runner) was cycled back into the District's AAU long distance program, while the same amount went to the Nat'l. Travel Fund. It is far better for the average runner to help our LDR program by a mere 50¢/year fee (that portion of the AAU fee that goes to our program here in the District) than to be penalized by higher fees at races, or to penalize race directors by charging higher sanction fees and registration fees (currently \$10 and 10% of entry fees in our district...considerably higher in the SPA-AAU). This way clubs can make a little money off their races without charging super-high entry fees to break even. Of all the AAU Districts in the country, I would venture to say that the PA-AAU has by far the fairest system, due mainly to hard-working LDR Chairmen and race directors. Let's keep our record...when you register for 1976 with the AAU, be sure to put LD over the little red arrow to make sure your money goes to the proper place and benefits our sport. After all, what is 1¢ a day (\$3.00/year is what it costs for your AAU card)? Incidentally, the SPA-AAU had 2,000 registered runners (second highest of all US Districts)!

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NCRR LONG DISTANCE POINT TOTALS

SPA-AAU STANDINGS: (Compiled by Stan Rosenfield) - Following are the final 1975 Standings: --ratings are determined by dividing average placing (when in top 10, or top 6 for masters) by the number of races run. The standings include all SPA races listed on the schedule with the exception of: Antelope Valley 10-Mile, Del Amo 5-Kilo, Huntington Beach 30-Kilo, Griffith Park X-C, Big Bear, Devil-Take-the-Hindmost, Rosebowl Handicap (Masters), and all relays. --- Undefeated Gary Tuttle, who set six meet records in his seven races, raced just often enough to end up on top in this year's standings. Three of his wins came in the final quarter to move him up from third, where he stood most of the year. The race for the top was the closest ever with only 0.010 separating the top three. Tuttle's mark is the second best yet, topped only by Bill Scobey's record of 0.107 set in 1973. Jerry Smartt duplicated Gary's dominance in the master's category but Gil Perez had just enough races to hold him off for first. Sam Nicholson's record from 1974 of 0.091 held up easily and should last quite a while. ---

(The numbers in parentheses below indicate: number of races run, average placing, and point rating, respectively): - OPEN: 1. Gary Tuttle/BHS (7, 1.00, .143), 2. Carl Swift/AATC (23, 3.43, .149), 3. Dave White/AATC (12, 1.83, .153), 4. Paul Cook/AIA (20, 6.15, .307), 5. Ed Cadena/SLDC (5, 1.60, .320), 6. Ajim Baksh/Un (7, 2.29, .327), 7. Ken Moffitt/AZTL (11, 4.18, .380), 8. Bob Branch/CCAC & Joe Carlson/AATC (12, 4.83, .403), 10. Ron Kurrle/BHS (10, 4.50, .450), 11. Phil Ryan/GWAA & Mark Covert/SFVTC (8, 3.62, .453), 13. Bob Macias/ELATC (8, 3.75, .469), 14. Jim Arquilla/AATC (9, 4.44, .494), 15. Anthony Reynoso/CPSLO (2, 1.00, .500), 16. Tom Lee/Un (7, 3.57, .510), 17. Dennis Caldwell/AIA (8, 4.12, .516), 18. Skip Shaffer/CCAC (13, 7.08, .543), 19. Bill Scobey/SFVTC (6, 3.50, .583), 20. Steve Broten/STC (9, 5.33, .593), 21. Bruce Johnson/AATC (4, 2.50, .625), 22. Sam Young/AZTL (3, 2.00, .667) & Ray Hughes/BHS (6, 4.00, .667), 24. Mike Chambliss/SBAA (9, 6.33, .704), 25. Mike Harris/RRR (7, 5.14, .735). MASTERS: 1. Gil Perez/STC (24, 3.21, .134), 2. Jerry Smartt/Un (8, 1.11, .139), 3. Dave Waco/CCAC (9, 1.44, .160), 4. Sam Nicholson/STC (17, 3.00, .176), 5. John Rudberg/STC (9, 2.11, .234), 6. Dick Durand/STC (13, 3.23, .248), 7. Glenn Turner/STC (12, 3.33, .278), 8. John Starr/CCAC (10, 2.90,

.290), 9. Dick Bartek/SBAA (5, 1.60, .320), 10. Aurelio Camacho/STC (9, 2.89, .321), 11. Walt Windsor/Un (10, 3.40, .340), 12. Jack Cline/SLDC (7, 2.57, .367), 13. Lew Roberts/STC (6, 2.33, .389), 14. John Brennan/SBAA (5, 2.00, .400), 15. Bill Crum/STC (5, 2.20, .440), 16. Ray Gil/STC (6, 2.67, .444), 17. Art Andrew/STC (4, 2.00, .500) & Pete Mundle/SMTC (2, 1.00, .500), 19. Dan Sheeran/STC (6, 3.83, .638), 20. Dave Parker/STC & Don Jones/STC (5, 3.20, .640), 22. Wilbur Williams/STC (3, 2.00, .667), 23. John Stayton/STC (6, 4.33, .722), 24. Rudy Ceja/STC (5, 4.00, .800), 25. Conrad Eroen/STC (5, 4.20, .840). -- First standings for the 1976 scoring year will be printed in next issue.

PA-AAU STANDINGS: (Compiled by Art Dudley) - Not really enough races yet in 1976 to do a decent compilation, so we'll wait until the next issue to do the first one...it should cover most races through mid-April at least. The NCRR has taken the liberty of changing the scoring year from the traditional Lake Merritt to Lake Merritt system to the regular calendar year. See "Letters to the Editor" in this issue for some discussion on this change.

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...possibly in edited form. Let us 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 WVTC members...it's meant to be of service to all area clubs.

NEW CLUBS IN THE AREA: - Sweat-Band (not to be confused with S.W.E.A.T. of Redding), c/o Palo Alto YMCA, Steve Totten, 3412 Ross Rd., Palo Alto 94303 (Ph. 494-1883). Kaiser Joggers Club, c/o Kaiser Employee's Club, 300 Lakeside Dr., Oakland 94606. Mount Vaca T.C., c/o Mike Larsen, 107-3 Del Rio Ct., Vacaville 95688. Galway Bay Striders, c/o Edward F. Malley, 122 Sycamore Ave., San Mateo 94402. Humboldt Loggers T.C., 3981 "F" St., Eureka 95501 (Ph. 707/443-7294).



Rod Miller, DSE Point Trophy winner for 1975 with 1001 points, resulting from 106 races and 1822 miles! /Jim Engle Photo/

WEST VALLEY TC: - WVTC welcomes the 28 new members who've joined ranks since last issue: Bill Benz (33), 4043 Second St., Palo Alto 94306 (Ph. 493-4698) is a lawyer, and is a quarter-miler turned distance runner. His 50.3 best came in 1964 and he's also done 1:13.1 for 600 yards. More recently Bill has taken up road racing with a good degree of success, recording a 1:54 for 20 miles (1974) and 33:04 for 10-Kilos (last year). Lee Blaine (33), 820 Olive, Menlo Park 94025 (Ph. 327-6619) is a graduate student and research assistant at Stanford and has a 2-Mile PR of 13:00, as well as a 36:05 for 5 miles. John Cadwallader, 576 Appleberry Dr., San Rafael 94903 (Ph. 479-6283) is a frosh at the College of Marin and adds some youth to the club's predominantly older weight division (John is 18). His bests include a 45'7" in the shot and 149'4" in the discus (both college-weight). Jerry Coleman (21), 9821 E. Lawlor St.,

Oakland 94605 (Ph. 635-0137) is a senior at Sacramento State and specializes in the high jump, and he's very good at his specialty with a PR of 6'10-1/2" set in 1974. Brian Curry (17), is a senior at San Mateo High and resides at 825 Lurline Dr., Foster City 94404 (Ph. 341-1437). His marks include a 2:06 for the half (set in 1974), and 4:39 & 10:06 for the mile and 2-mile, set this year. Bob DeMoss (15), 765 Campbell, Los Altos 94022 (Ph. 941-8975) is a soph at Los Altos High and joins the rest of his running family, Harold and Penny. After just beginning his running, Bob has recorded a 5:56 mile and 19:49 3-mile. Curt Duff (25), 7989 Carmencita Ave., Sacramento 95823 (Ph. 916/682-2254) is a salesman and very versatile middle distance and distance runner with the following bests: 440-49.8r, 880-1:52.1, Mile-4:10.7, 2 Mile-9:18.2, 3000mSC-9:26.0. Tom Fodor (32), 5024 Fulton, San Francisco 94121 (Ph. 387-2251) is into public relations and distance running. The one-time sprinter (10.5 & 23.5 back in high school) has recently done a 2:50:49 marathon. Brian Frank (15), 210 Spuraway Dr., San Mateo 94403 (Ph. 345-9878) is a frosh at Aragon High with good marks of: 440-55.9, 880-2:11.0, Mile-4:55.0, 2 Mile-10:42 (all these times were set as a 14-year-old except for possibly the 880...he just turned 15 in January). Richard "Ira" Gorbet (21), 7729 College Town Dr., #42, Sacramento 95826 (Ph. 916/383-8927) is a junior at Sacramento State and also works for U.P.S. Ira is another good addition to the club's weight crew as he boasts a 56'3" PR in the shot, but did 58'6" in an intraschool practice meet last year. Ralph Gordon (22), 701 - 41st, Sacramento 95819 (Ph. 916/456-5988) is a soph at Cosumnes River JC and has done 5.5 and 6.6 for the 50 and 60-yard dashes, along with a 54.8 for the quarter-mile. Ralph does distance work in the fall and has recorded a 12:33 2-mile clocking. Ron Hamley (26), 138 Del Sur Way, San Luis Obispo 93401 (Ph. 805-544-1554) is a sprinter who has done the following times: 100-9.6, 220-21.5, 440-48.4, 120HH (39")-13.9, 120HH(42")-14.6, 180LH-18.6, 440IH-51.8. James Han-nawalt (14), 75 Junipero Serra Blvd., San Francisco 94127 (Ph. 661-8353) is a soph at St. Ignatius High with PR's of: 440-63.0, 880-2:15.0, Mile-4:48, 2 Mile-10:27, 3 Mile-15:57. Harry Hlavac (31), 36 Tiburon Blvd., Mill Valley 94941 (Ph. 388-0650) is the NCCR's 'Medical Advisor' and makes his living as a Podiatrist. He is an active road racer but states that his times are 'not very good'. Nonetheless, Harry is a welcome addition to our membership, and becomes WVTC's second 'foot-doctor' (Steve Subotnick was our first). Michael Kirtman (19), 1040 So. 12th, #9, San Jose 95112 (Ph. 208/298-5998) is a soph at San Jose St. and a transfer from the Univ. of Washington...thus, the club can benefit from his superlative sprinting/hurdling talents this spring since he must 'redshirt' and sit out a year because of his school transfer. Mike's times include: 100-9.4, 220-21.2, 440-48.4, 120HH-14.2, 60-6.1, and 60HH(HS)-7.2. Jerry Lansing (21), 1161 Hester, San Jose 95126 (Ph. 408/998-5904) is a part-time student and waiter, but most importantly--a race-walker supreme. Jerry's PR's include a 22:38 for 5-Kilos (track), and 22:19 (road). He is also very good at the longer Olympic 20-Km distance with a 1:39:03 for that far on the track. Don Lucero (48), 300 Alameda, Belmont 94002 (Ph. 592-1889) is an ironworker and excellent addition to the club's growing masters contingent. Don's 3:00:08 in the marathon in February makes him one of the better runners in the country for his near-50 age. Don can also run well at the shorter distances, boasting a 37:24 for 10-Kilos on the track. Edward & Melissa Malloy (36 & 25), 837 Shell Bvd., Foster City 94404 (Ph. None at present) are both 'fun-runners' and look forward to distance running for health and exercise and possibly future competition. Ed is a dispatcher and Melissa a housewife. Richard Marks (31), 120 Saratoga Ave., #100, Santa Clara 95050 (Ph. 408/248-4989) is a designer and weightman supreme. With a PR of 65'1" in the shot 4 years ago, Rich then began concentrating on weightlifting. Now, during the Olympic year, Rich has renewed his interest in track and field and has already tossed 64'3" and employs the Oldfield 'spin' technique to good advantage. Milton (Skip) Marquard (38), 312 W. Carmel Valley Rd., Carmel Valley 93924 (Ph. 408/659-2268) is a realtor and developer and recently (1972) resumed running after a 13-year layoff! His best mile in college was a 4:28 (in 1957). Skip has recently done 23:29 for 4-miles X-C and other similar times. James McCray (22), 2105 Floral Way, Santa Rosa 95401 (Ph. 707/546-3624) is a Park Ranger Aide and most welcome addition to the club in that he is a pole vaulter--a rarity among WVTC athletes. Jim's PR of 15-0 was achieved in 1975. He's also done 53.5 and 2:14 for the one and two-lap races. Tim Nicholson (27), 14 Tynan Way, Portola Valley 94025 (Ph. 851-1746) is a Stanford grad and Programmer/Analyst and very talented middle distance runner. He has PR's of 49.5, 1:50.2, and 4:17.0, and a 3:55.2 for 1500m. Tim promises to be an important cog in WVTC's spring relay teams this season. Mike Niemiec (25), 821 N. El Camino, #301, San

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, WVTC, 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

Mateo 94401 (Ph. 347-7837) is an insurance trainee and recent graduate of Bowling Green State (Ohio). Mike's PR's include a 4:20.9, 9:22, 14:45, and 30:27. In addition, Mike recorded a 2:31:56 at the Glass City Marathon in 1974. Marlon Rochee (20), 315 E. San Fernando, Apt. 3, San Jose 95112 (Ph. 408/998-1888) is a soph at San Jose St. and promises to reset all WVTC's sprint records this spring. Having transferred from college in Georgia, Marlon must 'redshirt' a year, but should find competition no problem with WVTC's extensive track schedule. His marks include a 9.4, 20.9, and 46.8, as well as a 1:54, showing he's not afraid of the longer distances. In addition, he's done a 9.3 wind-aided effort and 45.9 relay leg. Michael Strausz (24), 1925 Ellis St., San Francisco 94115 (Ph. 563-4818) is a real estate broker and is getting back to the javelin after a 4-year layoff (his PR is 199-feet). Erik Takulan (25), 746 Emory Ave., Campbell 95008 (Ph. 408/378-6701) is a cartoonist and puppeteer with experience in communications. Although only a 'beginner' in the high hurdles, Erik has already recorded a 7.5 (last year) for the 60-yard distance and hopes to go under 14 seconds someday. Tony Woodard (23), 641 S. 11th, #6, San Jose 95112 (Ph. 408/998-2806) is a junior at San Jose St. with a PR in the 440 of 48.0.--Whew!! What a list! Pretty soon we'll need an entire issue just to list new members at this rate.

•NEWS FROM MEMBERS: - Jost Schmitt, WVTC's West German member who visits the U.S. most every year since attending UC Berkeley, has just finished up 'Assessor-Examen' (the exam which is the final barrier on his way to practicing law) and is looking forward to a month-long (or more) vacation in the Bay Area, taking it easy, visiting with old club members and other friends, and competing under the club colors for awhile. Jost will need several host(s) to make his stay feasible financially, so anyone who might be interested (he speaks fluent English, as well as German) should contact him directly...see "People News" on page 4 of this issue for his address and more information...write immediately since he plans on visiting in late April or early May. --- Dave Davis & Dick Shelton have both set up extensive weightrooms in their garages and invite any club members to join them for workouts. Dave has spent \$700+ on a Russian Olympic weightlifting set and has a squat-rack, bench-press rack, and a special 45° incline setup. He can be reached at 408/629-0890. Dick's number is 408/246-8084. Both live in the Santa Clara/San Jose area. --- Skyler Jones seems to have disappeared from the Lake Tahoe area. Anyone knowing the whereabouts of Skyler should drop me a line immediately...he has the #3 Leg 'Fast Time Trophy' for the Xmas Relays and we'd like to get it back to avoid buying another.

OLYMPIC TOUR

ROUNDRIP FROM SF TO MONTREAL!

VIA AIR CANADA

*Package includes 10 days of lodging at the College of St. Jean...with four breakfast-lunches too!

FOR **\$465⁰⁰**

!OPTIONAL!

TICKETS TO TRACK EVENTS: Do not have to be included in package. -- (a) To all events -- \$188.00, includes 15 admissions. (b) Tickets to finals only -- \$139.00, includes 8 admissions.

COLLEGE CREDITS ALSO AVAILABLE: -- Why not pick up some college credit while you're enjoying the Games? Two units for \$75; Four units for \$135; available from Cal-State Univ., Sacramento.

FOR COMPLETE DETAILS: - Write to: Travis Parker, 1917 O'Neil Way, Sacramento, CA 95822.

Phones: (Home) 916/391-3629, or
(Work) 916/421-1000 (Ext. 208)

Don't be left out...these will go very fast as there are no longer tickets available from Ward's!

20 Seats Left

● CLUB MARKS: - With the track season just beginning, WVTC's record list appears to be getting ready for a major revamping. Since this is Olympic year, probably all or most of the club's metric marks in the shorter distances will be updated, but the field events are also in danger of being changed. The 60-yard mark went under twice, once to Walter Walker on Jan. 17th at Sacramento (6.1) and again by Mike Kirtman and Marlon Rochee at CSM on Jan. 31st...tied the mark at 6.1. The 220 standard also took a dumping when Dedy Cooper, normally a hurdler, got the time down to 21.5 at CSM. Marlon Rochee picked up his second club standard with a 47.9 for 400 meters at the Cal 3-way meet on March 6th. George Carty picked up a couple of hurdle standards at both the English and metric distances (14.0)... his 110mHH time tied Dedy Cooper's mark, but his 120yHH clocking is all by itself. Two relay standards went by the wayside at the Cal Meet. The 400-meter relay mark was set at 41.6 by a foursome of Ralph Walker, Greg Marshall, George Carty, and Otis Gaines, while the mile relay was taken under 3:20 for the first time by a team of Tony Woodard, Tim Nicholson, Rich Harris, and Marlon Rochee at 3:17.3. The 400-meter relay standard is better than the club's 440 baton mark of 42.0, set way back in 1972. Two field event bests also took a dumping as Dick Shelton spun 151'9" with the hammer and Rich Marks crushed Dave Davis' shot record with a 63'1-1/4" heave, using the Oldfield 'spin' technique. --- Important Note: All members be sure to turn in your season bests to Greg Marshall and/or myself so we can put you on our top-10 listings...we need the mark, date, meet and any wind-information (or lack of it). Send all marks to Greg at 1144 Fulton St., Palo Alto 94301. The Exec Council reversed it's decision of last year by now accepting any mark set by a WVTC athlete, whether he is competing for the club or his school (or service team). The only reason a member would not qualify for the club list would be if he purposely competed as 'unattached'. Marks set while competing for U.S. National teams are also ok. This eliminates the necessity of having two lists to worry about (one for club 'records', and the other for club 'bests'...set by athletes who've paid dues but are competing for their schools). So all you school athletes be sure to keep us posted since it's more difficult for us to keep track of your marks.

● OTHER MARKS: - A lot of other excellent marks have been

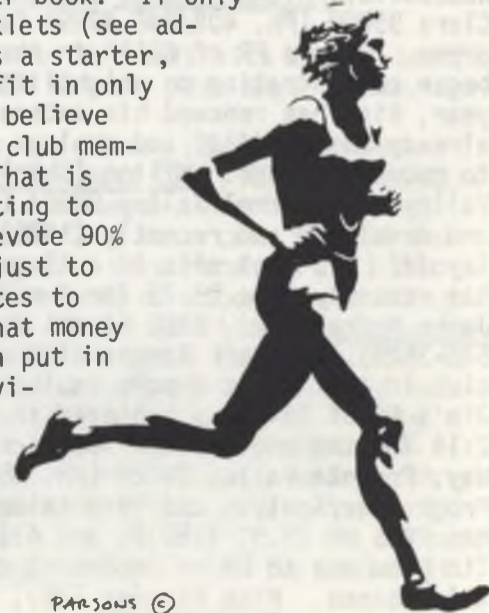
turned in by club athletes during the indoor and early outdoor season, although they don't qualify as club records. Anthony Terry, defending AAU triple jump titlist from Davis, got off to a good start with a 53-1 leap at the Examiner Games (good enough for second in the meet, and far enough to rank fourth best by an American indoors as of the February issue of *Track & Field News*). He continued his fine early season jumping with a 52-10 at the Mason-Dixon Games, good enough for fourth. Chuck Steffes bounded 51'7-1/4" at the Albuquerque Indoor, good enough for 12th best in the U.S. in the *T&FN* rankings. Dedy Cooper grabbed a very close second in the Examiner Games while competing for San Jose State, and his 7.1 is tied with a long list of others for third on the U.S. list (7.0 is tops). George Stewart elbowed his way to an 8:51.8 two-mile time at the Natl. USTFF Championships in Oklahoma City, good enough for fourth out of a far-too-big starting field of 22 runners. Randy Smith of Wichita St. grabbed the win in 8:37.6. George Carty was the club's lone representative at the Natl. AAU Indoor Championships in New York City. Although he didn't make it past the heats, he finished in a swift 7.1 in a very tight field for fourth spot in his only race of the day.

● EXEC FUNDING: - The club's Exec Council approved funding in the following amounts since last issue: \$123 (for Roy Kissin to help him travel to the IAAF X-Country Championships in Wales); \$129 (for George Carty as partial airfare to the AAU Indoor Championships); \$120 for Craig Corey, Rod Berry, and Dave Stock to go to the Natl. AAU Jr. 8-Kilo X-Country Championships at Irvine...the rest of the team was subsidized by the PA-LDRC). The team grabbed the club's second National title in a bit more than a month (see results section for full details). --- Speaking of funding: - Please remember to apply at least 30 days in advance for any funding to meets that have been approved as 'fundable' by the Exec Council (see back of last club insert). You should send a self-addressed, stamped envelope to our P.O. Box with a request for a funding form. The Exec Council meets once a month to process these requests and if you're too late, then you may have to wait until after the meet to find out if you've been funded.

○ AAU CARDS: - Club members are not required to purchase AAU cards, but you run the risk of being suspended 4 months from AAU competition if you are caught competing without being registered or falsifying your number. New numbers will be issued for 1976, so they won't be the same as last year's! Any athlete participating on the club's track schedule should definitely have a current card, as many meets on our schedule require numbers (your entry will probably be rejected if you don't have a number). If you do not have a card, send a self-addressed, stamped envelope to the AAU Office, 942 Market St., Suite 601, San Francisco 94102 (Ph. 986-6725) right away. You should request a 1976 AAU-Card application (send in \$3 fees with the application after you receive it). If you have a 1976 card already, please drop the club a line (or call) as soon as possible so we will have a record of your number for entry purposes...please make it easier on my workload! I just don't have the time to go calling everyone to find out their numbers (it just takes one call from you). Thanks much!

● PLEASE HELP! - Honestly, it gets very depressing to see the apathy (lack of enthusiasm...or any response at all) exhibited by the majority of our club members. It always seems to be the same small nucleus of people doing the work all the time. In last issue we pleaded for a club effort in getting a terrific idea started for fund-raising at minimal effort to members...that was the selling of "Gift-Check" books at a profit of \$3.00 per book. If only each member would sell 5 booklets (see advertisement in this issue) as a starter, we could realize a \$3000 profit in only one month's time! Would you believe we only got one inquiry from club members concerning this idea! That is just plain apathy. I am getting to the point where I will not devote 90% of my free time to the club just to make money to send our athletes to meets. I could be putting that money into my own wallet. If I can put in 4-5 hours a day on club activities, you should be able to devote less than one hour a month to do something as easy as selling these booklets...otherwise, there may not be a WVTC around very long (at least with money)!

PARSONS ©



● **GOLDEN GATE PARK 8-MILER:** - The club will again host the very popular race (\$1.00 entry fee), this time on April 10th. Let's have some volunteers for a few hours of work without my having to spend unnecessary time calling people...how about a few of our non-distance people that are always applying for funding but never put in any work to help the club? We need only about 10 people at most to organize things at registration, during the race, and at the finishline on raceday. If you have never helped out the club at a race before, we encourage you to try...you may like it! Please give me a call by not later than April 4th if you'd like to help in any way.

● **PA-AAU MEN'S T&F CHAMPIONSHIPS:** - The club has filed a request to sponsor this important meet again this year. At press time we had received no word from the PA-AAU as far as our bid being accepted or rejected...but the chances appear pretty good of our getting the meet since I haven't heard of anyone else making a bid. SO...we'll need some volunteers for this meet (probably to be at CSM on May 29 at noon) to help with hurdles, registration, etc. We will request help from qualified AAU officials for judging and timing...any officials reading this (as well as club members) are requested to contact the club as soon as possible if you think you can help out. Dave Shrock will be in charge of officials, so he may be reached at 20 LaSalle Rd., Hillsborough 94010 (Ph. 343-7895).

● **NCCR HELP NEEDED:** - Any club member who has had any experience in graphic arts or negative layouts...we need your help for about 5-6 hours every two months! Necessity has forced us to start doing our own negative-stripping and layout for the NCCR (we still have it printed commercially). If you've been around a light-table or have worked for a printer at any time, we desperately need your help...either as a 'doer' or 'trainer'. Hopefully several people will step forward so that we can rotate the work. We are currently looking for an inexpensive light table (40 x 50 inches preferably) too...so if you've got any leads, call Harold DeMoss (941-8975) immediately. Also, anyone wishing to learn how to run a small offset press (club and PA-AAU, along with myself, have part interest in it) should give Harold a call. We are doing our own printing now on smaller jobs (8-1/2 x 14 and less), but we need to spread the work around a little. This can be a good learning experience and make for job experience in the future. It's not like we are not offering varied chances to help out the club, so please take some time and see if you can participate in one of the above jobs. Your club will quickly go under unless we get more people to become involved with the necessary tasks at hand.

● **EXEC COUNCIL MEETING:** - The Club's Exec Council met at Brad Nave's plush San Mateo apartment on the first Sunday in March to discuss a variety of items...one was the alternative to having club members pitch in and do a little work (selling) now and then (e.g. - Gift-Check books, etc.)...one alternative was to simply charge higher dues (like double the current rate!!). The higher increases would be aimed primarily at those areas that benefit from club funding the most (non-school athletes). While no definite decision was made, there was a general feeling that we may have to resort to this soon unless we get more club participation (in other words, get off your ass!!). The next Exec Meeting will be April 4th, so anyone wishing to travel and apply for some expenses to 'fundable meets' should write for a "Funding Request Form" if the meet takes place any time before mid-May. Gas expenses may be applied for retroactively (out of necessity)...gas receipts must be turned in after the meet, along with a Funding Form. Only expenses can be granted to those meets on the back of the last club insert to the NCCR. Check them out and apply in advance!!

● **WVTC FINISHERS IN ROAD RACES:** - Following are club members who competed in local AAU road runs who didn't finish high enough to be listed in the regular results section. Christmas Relays: (79) WVTC Mixed-Masters Team (5:37:32)...finished as the second "F" Division team (originally scheduled to run were Ed Dally, Len Wallach, Jack Graf, Ken Paul, Phil Conley, Bob Rush and Monte Dayton...I am not sure who didn't run, but pretty sure Bob Rush didn't). Daisy Hill 13.5-Miler: 75-Joe Shami 1:48:16, 76-Len Wallach 1:48:21. PA-AAU 20-Kilo: 76-Steve Simpson 1:21:34, 96-Doug Freer 1:25:20, 137-Ellen Clark 1:34:34, 142-Jeanette Cotte 1:35:06, 143-Joe Shami 1:35:11, 150-Len Wallach 1:37:11, 155-Tim Smith 1:40:10, 162-Harry Hlavac 1:41:32, 165-Monte Dayton 1:42:21. California 10-Miler: 98-Len Wallach 75:30. Peach Bowl Pacers 10-Kilo: 127-Len Wallach 47:59. Channel to Lake Run: 91-Don Lucero 66:24, 105-Doug Freer 68:56, 110-Dan Hintz 69:42, 137-Joe Shami 74:36, 158-Len Wallach 79:52, 226-Sharon Wallach 1:44:48. West Valley Marathon: 113-Steve Subotnick 3:20:31, 154-Tim Smith 3:35:07, 183-Joe Shami 4:07:50, 184-Monte Dayton 4:08:00, 188-Len Wallach 4:15:22. Excelsior East End Run: 123-Joe Shami 58:45, 185-Julie Ortiz 66:50.

Martinez to Port Costa Run: 109-Tim Smith 58:34, 130-Len Wallach 63:28.

CLASSIFIED ADS

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

ADIDAS SPIDER--DISCOUNTED: - A practically new (slightly soiled but otherwise like new) pair of this popular adidas racing spike (retails for \$43.50) is being offered for \$30.00 or the best offer to anyone on a first-come basis. For size 9 feet only!! Write to: Jack Leydig, P.O. Box 1551, San Mateo, CA 94401 (Ph. 415/342-3181, after 8 pm weeknights).

HIGH SCHOOL TRACK 1976: - It's another edition of Track & Field News' popular high school annual! From the Athlete-of-the-Year story to the 1975 All-American Team to the extensive statistical and records sections, it's the normal exhaustive job done by T&FN HS editor, Jack Shepard and the T&FN staff. This year's edition also has results and stories of the two biggest end-of-year invitationals: The International Prep Invitational (Illinois) and California's Golden West Invitational. The stats include national, age, and class outdoor and indoor records; all-time outdoor and indoor performance lists; and 1975 outdoor and indoor performance lists. Price--\$1.50 (add 25¢ for postage & handling). Available from: NCCR, Box 1551, San Mateo, CA 94401.

CUSTOM PHOTOS: - Jim & Lois Engle will be at most all races in the Bay Area (road races) in the next few months, displaying a small percentage of pics from recent races...and they'll have lots of mini-shots with them, undisplayed, of most races from last year and this year. What they display is only a very small portion of what they have. Folks wondering if a shot of them is available should ask. If it's not on file, they'll get it that day or at nearly any race the person wants a pic of themselves at. They have also begun to take orders through the mail--though it is much easier to just bring the prints to the next race. They can do 'super-imposures' like the guy running into the brick wall (above), photo sketches, solarizations, distortions--you name it. Write or call either Jim or Lois at 1801 McKinley Rd., Napa, CA 94558 (Ph. 707/224-9279).



LETTERS TO THE EDITOR

FRAN CONLEY (Woodside, CA): - "I am writing you to support the thesis advanced by Larry Neverkovec about divisional entries in your Santa Clara Valley Ridge Run as stated in the NCCR. (Ed. - written to Race Director, Ron Landrum, regarding the Letter to the Editor in last issue)

As you know, I was the official champion in the 1975 race in the women's division of the 10.7-miler. I entered the race at the urging of my husband, and we ran the majority of it together as a good and trying workout. I knew that there were several young girls ahead of me, and I was certainly surprised when I was notified that I had won the women's division. I assumed that the three girls had *chosen* to enter the various age-group division. Miss Allred's time of 1:22:43 was indeed outstanding for the tough hills and net uphill of over 400-ft.

I join with Mr. Neverkovec in urging that you change your entry rules to allow *any* competitor to enter *any* division for which he or she qualifies. In summary, he or she should be

eligible to win *one* award for, or set a record in, one specific category if he or she *chose* to enter that division. I believe that this is consistent with the majority of race rules as employed by race directors in Northern California."

PETER ALEXANDER (*San Francisco, CA*): - "The West Valley Marathon was an excellent race...very well run. BUT, I wish runners would leave their dogs at home. Another runner and myself had much trouble with one, the other runner almost going down as the dog stopped in her path. What are the AAU rules, if any?" (Ed. - *I'm afraid AAU rules apply only to the runners...I'm assuming, of course, that the dog wasn't being used as a 'pacer'. It's unfortunate that people have so little common sense. I am against anything going along with the race except the runners and maybe a pace-car or bike. Too many bikes, autos, or animals can cause unnecessary problems that the marathoner, or runner at any other distance, should not have to contend with.*)

RUTH ANDERSON (*Oakland, CA*): - "I sure go along with your suggestions to race directors--in fact, Joe Henderson put in the March 1975 *Runner's World* my 'Resolutions for Race Directors', including full names (especially women's) and also divisions (some men's names are Gail and some women's Chris, etc.)...also age for age-group as well as masters. I also hope the legibility of the results will be given more consideration!"

Last, but not least, I don't blame you for not wanting to start your NCRR Long Distance Point Ratings with the beginning of the calendar year after the super foul-up race at Lake Merritt (Columbus Day). But so many great races will get left out if you start with the Midnight Run (results not too accurate there either). Naturally I hate to lose my high placings at these 'discarded' runs. I may not be able to finish in the top four for the rest of the year at the rate all these gals are speeding up! I'd bet the other top placers in those dozen races during Oct., Nov., and Dec. would feel the same as I do." (Ed. - *See following letter and comments after it by editor.*)

ULRICH KAEMPF (*Los Altos, CA*): - "In your Nov/Dec issue of the NCRR I read with surprise that the races from Oct. 12 to the end of 1975 do not count towards the NCRR point score for 1976. I think that this after-the-fact ruling is not fair to all the runners who tried hard to compete in the early standing during this period. I agree with your idea of using calendar years for the point standings, but the change-over should have been made with advance notification. My suggestion is that you include all those races during the period mentioned in the 1976 Point Score and that you terminate the 1976 standings by Dec. 31, 1976. That means, of course, that the 1976 score of the leaders can't be used for setting records, but I think that this would be a fairer way to switch over to the calendar year than the one you suggested." (Ed. - *I have decided to keep to my decision of starting the 1976 scoring year with Jan. 1st. I feel to keep any continuity to our ratings, this is the way it has to be done...otherwise it's like changing the route of a running course, keeping the same distance, and comparing records. It simply does not make sense. If I had made an announcement beforehand that this was going to be done, perhaps you would not have run as hard in those races you did well in. I would like to think that our area athletes don't compete solely for 'points' in our ratings, and that they compete between themselves and for personal records (times) too! I am honored that you enjoy our rating system to that great an extent, but I really hope that this is not the primary reason you are out there running your guts out. Actually, I didn't make this decision until about the first week in November, so it would have been too late to make a announcement to that effect anyway.*)

"THE HUMAN RACE"

MEET PAX BEALE: (*By Len Wallach*) - Paxton King Beale is a complex mixture of scholar, comic, and humanitarian, with a bit of the romantic thrown in for seasoning. Trying to capture his personality on paper is like stringing pebbles and pearls on the same strand. His disarming humor and frequent cut-ups quickly throws one off balance, missing his serious side as fast as a tourist can grab up San Francisco's sour dough bread at Fisherman's Wharf.

Certainly, portions of the inner man of Pax are part philosopher and part story-teller; and it's the latter that gives vigor and color to the Beale tapestry. His acute perception, rapid sense of tempo, and sensitive awareness of his listener's reactions, coupled with his almost Churchillian ability with the well-turned and carefully-prepared-but-casually-delivered

phrase, makes his anecdotes and yarns hit their entertaining and thought-provoking marks every time.

Behind his bravado and sentimentality is a series of impressive and diversified achievements. His office is a clutter of reminders of some of these, but the momentos have to fight for dusty space among piles of hospital administrative records, old running clothes, and pictures of his two favorite ingenues, his daughter Lynda, and long-time associate and confidant, Elaine Pedersen, who herself could be a fascinating subject for a *Human Race* interview.



Pax Beale during the recent Martinez Road Run. /J. Engle/

Pax, whose business life is as complicated as his personality, uses several titles when referring to himself. 'Hospital Administrator' does not quite describe it all, but he was comfortable as 'Chairman of the Board of Directors of the Pregnancy Control Center' but made sure that I added a comma and the disclaimer, 'A Non-Profit Tax-Exempt Corporation'. He also slipped in the tip that it was probably the largest birth control center in the world and generously pointed out the many fine services offered.

Beyond his current business involvement, he has owned his own plastics firm, held an executive position with a major chemical manufacturer, and by so doing has illustrated the attitude of his mother, Nellie, and her pioneering principle that one gets ahead only by hard work. But Pax mixed in his own value system for success by the more modern-stated virtues of 'taking your shots when you can and thinking the ball in.' This was a Beale reference to his basketball-playing buddy, Tom Craig,

who shot with such self-confidence that no self-respecting basketball would resist his power to mentally push the ball through the hoop. 'But I don't kid myself, you have to have ideas, experience, and a little daring to pull off any venture worth a damn,' he commented with sufficient insight to give me a momentary peek into that quick-paced, computer-like brain of his.

For those who have had any contact with Pax, they know that he started his athletic career early primarily due to his size. He weighed 194 pounds when he was 14, and with that kind of statistic it's easy to see why he was awarded a football scholarship to UC Berkeley. He participated in most sports with such a level of excellence and ease that he found himself hungering for 'something more', which included some very brutal activity like boxing. I never quite got the story straight, as his narrative was a typical Beale yarn, complete with sub-plots and elaborate characterizations, but he managed to get a good clobbering from an Olympic champion and claims he has a picture of his black eye to prove it.

His search for that 'something more' brought an occasional contact with long distance runners whose feats just overwhelmed him. It's not hard to imagine a brute of his size looking at the sports achievements of a thinclad marathoner with some degrees of healthy respect. He admits a certain amount of admiration for his former father-in-law, Ernie Marinoni, who won the Dipsea in 1941, and with that connection, Pax began his love affair with the race and running.

His curious appetites for the obscure led him to research the lore and background of the Dipsea Race, which gives him his capability to whip off anecdote after anecdote and little-known facts that make up the colorful history of this race. Being an audience of Pax brings a certain numbness from a continuous bombardment of the bizarre and unusual. I've made the mistake of running long segments of races with him, listening in fascination to his five, ten, and fifteen-mile stories. Once I got as far as a nineteen-mile story, but that was only because Rod Miller, 1976 DSE 'Man of the Year', got in his Philippine National Championship yard in ahead of Pax's Italian Marathon story. Frankly, I'm not sure what wore me down the most, the race, Rod, or Pax, but it was a close contest.

But Pax isn't just talk, antics, songs and funny sayings, as he has made many meaningful contributions to running, particularly through his dramatic motion pictures and interesting dialog on the Dipsea. He puts a San Francisco touch on everything, but when it comes to his films, there's a genuine flavor of both fun and seriousness that accompanies his sense of timing and pace. The films were expensive to produce with their helicopter views, inspiring angles, contrasting moods...but the sight of Norman Bright and Vance Eberly shown on a big screen brings me the uncanny chill and euphoria of sharing moments of drama during their struggle and victory. The ability to communicate these same feelings to everyone who watches the films is a most amazing and valuable contribution to the sport that is just about unmatched.

More than anyone else, Pax has been a primemover in the San Francisco and Northern California running scene through his sponsorship of the Cathedral Hill Medical Center joggers, the Golden Gate Charity Run for Big Brothers & Big Sisters, his support for the DSE group and his early writings for Runner's World Magazine. His influence in the Masters movement provides a balance to those who are in pursuit of belated glory. 'Who in the hell wants to watch a race between a bunch of old guys except their wives, and if going after a gold medal at age 50 is the most important thing in your life, you had better take a look at yourself,' he mused.

Pax's efforts on behalf of women runners have spawned much of the current struggle for their running rights. He was the behind-the-scenes mover to force many of the resisters by pushing the cause of Elaine Pedersen, with resulting confrontations and slow gains.

He managed to get caught up in the Korean conflict and got as far as an airbase in Japan. From this short stint in the Air Force, Pax has a storehouse of tales that defy compilation and lay in wait for the innocent runner who opens the subject at a yet-to-be-run race. It suffices to say that from the share that he has told me, just don't ask.

Pax is a guy very much looking at far-distant horizons. He speaks of going back to school, but then shifts to talk of his present work and seems reluctant to leave it unfinished. 'There is something special in everybody's life; running is still secondary,' he explained. 'But one thing for sure, I intend to die in San Francisco,' he hurriedly added in a kind of macabre humor.

Pax will always remain a curious mixture to all of us, as we each see him from a different and subjective vantage point. I'll remember him best as he coaxed, coached, and cursed me to a new personal record in the Berkeley-to-Moraga 14-miler last year. As we neared my crumbling point about a mile from the finish, another failing runner tried to strike up a conversation so familiar to all of us who falter. Pax, ever tenderly held his finger to his lips in the universal sign for silence and shared the whispered secret, 'Shhhh, he's on his way to a PR; talk to you at the finish!'

Some think that he is still searching for his place in the sun, but from my point of view, Pax is already in it but just doesn't know it. He's everybody's big brother.

NOR-CAL PORTRAIT

MEET SHARON FURTADO (By Conrad Walker) - Sharon Furtado's favorite event is the mile, and she is very good at it (5:20 PR). But this Buchser High School senior is phenomenal at the longer distances.

Since she began running in February of 1974, the petite (5-1/87-1b) Sharon has taken to distance running like J. Paul Getty takes to money. Sharon explains her start in distance running this way: "I started running my sophomore year in track. I went out for boys track because there wasn't a girls track or cross country team. My event was the 100 and 220 and 80-yd low hurdles, but I didn't do so well in them. So I decided to try distance. One of the distance practices I finally worked up enough courage and went to run the 10 miles in the streets with the boys. I ran one mile (barely)."

From that beginning, Sharon has carved out an impressive record. Take 1975 cross country season for example: 20th place in the varsity SCVAL race; first woman in the Sunnyvale Invitational, the Stanford Invitational, the Santa Clara City Meet, etc. But she considers her best race to be the 1975 Pepsi 20-Miler. Sharon's 2:13:21 for the distance is a time anyone could be proud of, but the days leading up to the race make her performance even more unbelievable. "My best race was the 1975 Pepsi 20-Miler," says Sharon. "Although I didn't think I'd do well because on Friday I had the Boy's Region, Saturday the Women's Nationals (she placed 46th), and then Sunday was

the Pepsi." Sharon's time helped her to 136th place overall out of 518! Not bad for someone whose first cross country race of any kind was the discouraging Dipsea. "I thought all cross country races were like that," says the San Jose native.

In 1976, Sharon has continued her successes. Off her training of 4-1/2 miles of overdistance and 3 miles of intervals per day, she has taken first in the Women's Woodside 5-Miler in a spectacular 29:38 over a hilly course, and also first in the Marathon Prep in San Diego, where she gave real indication of her distance talents with a 2:46 clocking for 23 miles. Furtado continued her strong road racing with a 3:18+ finish in the West Valley Marathon--all this at the age of 17!

Sharon plans to continue her running, from the mile ("I like the challenge") on up. She hopes to get a scholarship to college in women's track and/or cross country and to, above all, keep running. "I love to run," says Sharon simply, "it's relaxing."



Sharon Furtado at the finish of the West Valley Marathon. /Marconi/

WEST VALLEY PORTRAIT

MEET DENNIS TRACY (By Bill Clark) - This month's West Valley Portrait is using the same road to improvement that Jim Dare used back in 1972. Dennis Tracy is our subject, and for the last few months he has been working out with the 'old pro', Tom Laris, as did Dare. Most readers probably recall that in 1972 Jim came from relative obscurity to win the AAU steeplechase and then just miss making the Olympic team. Dennis has already shown a capacity for dramatic improvement. Last year he dragged his mile PR from 4:16+ to 4:11.1, in one race! With his improved workouts and a little more confidence in his racing ability, Dennis may again take a large chunk out of his PR's this year.

The improvement in Dennis' workouts is largely related to his joining Tom Laris for noontime workouts at Stanford's Angel Field. As Dennis explains: "For the first time since college, I have been able to train with somebody (Tom): 50 minutes a day at lunch. He sort of acts as my part-time coach. Our workouts are a hard day followed by an easy day, with quality rather than quantity. A typical week's workout would be: Sunday--9 to 10 miles medium pace; Monday--4 sets of 4 x 220 at 27-28 seconds with a 110 rest between each and a 440 between sets; Tuesday--7 miles of medium fartlek; Wednesday--2 sets of 4 x 440 at 60-62 with a 220 rest between each and a 660 rest between sets; Thursday--8 miles at medium pace and 10 x 110; Friday--6 miles of easy running; Saturday--race."

In addition to the specifics on his current training, Dennis also provided us with a description of his annual schedule: "I train year around, 7 days a week. My training is divided into 3 seasons: summer, cross-country, and track. Summer is usually one day of track work, one day of fartlek, three days of overdistance, one track meet (1 hard race or 2 easy ones), and one road race day. Cross-Country is usually 2 days of fartlek, 2 days of overdistance, 2 days of track, and one day of racing. Track is usually 3 days of interval work, one day of over-distance, one day of fartlek, one easy day and one race per week."

Dennis believes that the key to his improvement has been



Dennis Tracy after a close win over teammate Bill Seaver last October. /Jeff Zimmerman/

year-round training. He also is a strong advocate of racing, because it provides experience, lets him know how his training is progressing, and mostly, because he enjoys it. He avoids staleness by running different distances and slower paced races.

The enjoyment aspect of running is important to Dennis: "I still consider myself a fun-runner because I run for fun. If it ever stops being fun, then I'll stop running." Associated with the enjoyment is improvement: "My goal is to continue to improve both on the track and the roads. Specifically, under 9:00 in the two-mile, under 14:00 for three miles, under 4:07 in the mile, under 1:53.5 in the 880, and the top 10 in the Bay-to-Breakers. Once I reach these goals, I hope to re-set them."

Dennis' positive attitude about his goals is consistent with his basic philosophy for success: "A person has to want to succeed and enjoy doing it." This attitude should become even more positive as Dennis continues to train with Tom Laris, who is one of the toughest and most-determined athletes produced in this country. It should be exciting to watch Dennis' improvement this year.

Dennis Tracy, 29: Married, a one-year-old son; graduate of Westmoor High School (1964), Cal-State Hayward (1970, B.S. in Physical Education), truck driver. Marks: 22.5, 49.6, 1:54.4, 4:11.1, 9:06.8, 14:17.



ADVICE FROM A RUNNING PODIATRIST

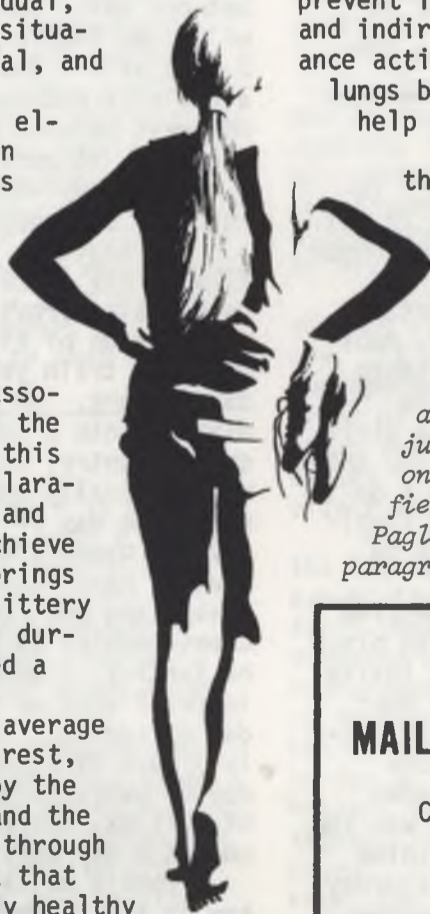
Harry F. Hlavac, D.P.M.

Any readers who have some sort of foot or leg problem can take advantage of our free "Medical Advice Column". ALL QUESTIONS SHOULD BE SENT TO: -- Dr. Harry Hlavac, DPM, 36 Tiburon Blvd., Mill Valley, CA 94941 (Ph. 415/388-0650). -- Harry reports that recent response (letters) has been good...but don't feel that should be a reason not to write! The advice is free even if it isn't printed in the NCRR. Thanks for your support!

(The following article is not a letter, but is presented as a little bit of philosophy on the subject of the relationship between the injured athlete and his doctor.) --- Most disciplines of medicine consider vital needs of mankind. They should. The study and treatment of internal medical problems, cardiac problems, and of stress and trauma on the restoration of health in the average man is an essential concern. The main effort of American medicine has been the treatment of disease. Little attention is paid to prevention of disease and still less to the establishment of the healthy individual, free from disease and stress, adaptable to new situations, and self-actualizing as a physical, social, and emotional being.

A highly trained athlete has attained this elite state; he is approaching an ideal. He is in tune with his body, and his body responds to his needs. His body does not function like an average man. His pulse (heart) rate is below normal; his total metabolism is not 'normal'. He often asks his body to do abnormal things, eat abnormally and train under abnormal conditions, such as paved surfaces, inclement weather, and stress beyond normal endurance. He associates with people like himself who have shared the same experiences. Those who have not attained this elite state have short periods of success, exhilaration, and awareness of this one-ness with body and spirit. They become totally involved. They achieve a positive addiction. A day without activity brings on withdrawal symptoms. They become anxious, jittery and obsessed. They find it difficult to relate during normal activities and situations. They need a daily activity fix.

This attitude is difficult for doctors of average people to understand. Normal prescriptions of rest, drugs, and other medications are not accepted by the injured athlete. The athlete wants to understand the mechanics of the problem and condition himself through it. Many doctors are so involved with the sick that they don't see the importance of treating overly healthy



people.

Podiatric Medicine evolved to fill a void. It shares responsibility with the orthopedist for bone, joint, and muscle problems, with the neurologist for nerve problems, with the vascular specialist for blood vessel problems, and with the dermatologist for skin problems of the foot. Podiatrists also attempt to work along with the family doctor, internist or pediatrician when foot problems are recognized. Podiatrists attain the degree of D.P.M. (Doctor of Podiatric Medicine) through a specialized course of medical training and are fully aware that the foot is well-connected to the rest of the body. We are trained in the recognition of medical disease. Foot and ankle problems for the most part are not vital or life-threatening, and for that reason are not studied by other medical specialities. Podiatrists are generally concerned with 'little things', such as an understanding of the structure and function of the 26 bones in each foot, shoes, supporting surfaces, overuse injuries, pressure points, and the integral function of the limb above the foot. Much of the work of a Podiatrist is the simple relief of pressure and pain through the use of pads and protective devices, the care of people who are unable to care for themselves, such as the elderly, the prevention of foot and leg problems by early treatment of the child. Surgical correction of foot and ankle problems is for the most part elective, rather than emergency in nature; these surgeries are often performed in hospitals, but many times in a private office under local anesthesia, for those cases in which the patient may walk immediately after the procedure is performed. Most foot and ankle procedures afford minimal disability. Foot surgery may be performed by a Podiatrist, Orthopedic Surgeon, or General Surgeon; the patient should select the man they have the most confidence in and who has the best reputation in the community.

There are very few doctors who specialize in treatment of the injured athlete, and the athlete is fortunate to find an 'athlete' doctor. Traumatic injuries with pain, swelling, and disability require immediate professional treatment, usually calling for rest and immobilization. But for the most part, injuries to athletes are from imbalance or overuse. When injuries come on after sustained activity, or produce recurrent stresses, strains, or sprains on muscles, bones and joints, they can be treated mechanically. In the past, this required devices such as pads attached to the foot or outside ankle braces. Physical therapy was used on an ongoing basis to keep inflammation down and progressive resistance exercises were used to train muscles to overpower injured areas. Through a science of measurement procedures, including studies of the limb off-weight bearing, in stance, and during function, proper casting methods and the construction of a functional orthotic device, we are now able to set up a consistent control between the ground and the foot. This insert can be used in regular shoes, and under most vigorous activities. By preventing the adaptation motive between the foot and the ground, we are able to prevent inefficient motion, directly control action of the foot, and indirectly control motion of the knee and hip. Most endurance activities establish strong development of the heart and lungs but increase stress on the feet and legs. Orthotics help prevent this trauma.

When a doctor takes time to understand the 'little' things, the mechanics of the particular activity, and the emotional affects of lost training, he will then be able to prescribe a series of activities to keep the athlete in condition while the particular injury heals. This satisfies the doctor, and helps the attitude and performance of the athlete.

(NOTE: - Dr. Hlavac, among others, will take part in an upcoming Sports Medicine Seminar entitled "The Injured Athlete, Part II", taking place in San Francisco on April 30 thru May 2. Other well-known experts in the field will be present (including George Sheehan, John Pagliano, David Costill, Ian Jackson, etc.). See the last paragraph on page 4 of this issue for more information.)

Meet Directors!!!

MAIL ENTRY BLANKS TO 1100 RUNNERS FOR \$15

CONTACT US IMMEDIATELY FOR FURTHER INFORMATION.

★NOR-CAL RUNNING REVIEW★

Scheduling

LONG DISTANCE

NOTE: - ALWAYS check with the Meet Director to verify the dates and times listed in the schedules below...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, the Dolphin/South End Runners (DSE) and most others are races requiring no pre-entries...sign in on raceday only. **AREA CONTACTS:** PACIFIC ASS'N: Harold DeMoss, 765 Campbell Ave., 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) John L. Frey, 1450 Fir St., Salem, ORE 97302; DSE FUN-RUNS: (DSE) Walt Stack, 321 Collingwood, San Francisco, CA 94114 (Ph. 415/647-9459, before 8 pm). --- PA-AAU DISTRICT OFFICE: 942 Market St., Suite 601, San Francisco, 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--OTHERWISE YOU RUN THE VERY GOOD RISK OF NOT HAVING YOUR CORRESPONDANCE ANSWERED. *** 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 (Moody Rd. exit). 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 short distances (less than those normally on the AAU schedule). There are usually two shorter runs (mile or less) and a longer, two to six-miler. Come and enjoy yourselves every Sunday morning.

DAVIS FUN-RUNS: - No entry fees, no AAU card required. These runs are scheduled for alternate Saturdays and are at varying distances (1, 3, 6 miles and more), much like the Runner's World program, above. Usually they attract 50-80 runners of varying ability. Runs begin at 10 am (signup at 9 am) from the Main Quad near Memorial Union on the U.C. Davis campus. Dates: April 3, 17, etc. (alternate Saturdays)...for more information contact: Rich Harley (916/758-2687).

* * * * *

IMPORTANT: - During the past few months the NCR has had to make an important decision...that of whether to list any and all runs on our schedule. This is not because of lack of room, but merely because of 'ethics'. We feel that the AAU races are to have first choice (meet directors pay a sanction fee and a certain percentage of the entry fees to the AAU for the privilege of having their race publicized and put on a weekend that isn't cluttered with other runs). Therefore we will use our better judgment in accepting and/or rejecting non-AAU races.

- MAR 27 - PA-AAU 15-Kilo Championships, Los Altos Hills, 10 am. Dave Himmelberger, 1763 Park Blvd., Palo Alto 94306.
- MAR 27 - PA-AAU Joint Men's & Women's Long Distance Running Committee Meeting...follows PA-AAU 15-Kilo Championships, Above.
- MAR 27 - Long Beach Grand Prix Road Races, 10-Kilo (seeded) & 2-Mile Fun Runs, 11:40 am. GPRR, P.O. Box 4581, Long Beach 90804.
- MAR 28 - 4th Annual Lake El San Jo 10-Miler, Howarth Park, Santa Rosa, 10 am. David Hughes, 1075 Tilden Rd., Sebastopol 95472.
- MAR 28 - Natl. AAU Sr. 30-Kilo Championships, Gloversville, N.Y. Warren Dennis (518/725-6447).
- MAR 28 - DSE Legion-of-Honor Run, 4.5 Miles (Nr. 31st & Clement), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- APR 3 - 12-Kilo "English Style" X-C Run, Crystal Sprgs. Course, Belmont, 10 am. RRC, Bill Flodberg, 12925 Foothill, San Martin.
- APR 3 - Orienteering Meet, Carlsbad (Palomar Airport Rd. & El Camino Rd.), 10 am. Bill Gookin, 5946 Wenrich, San Diego 92120.
- APR 3 - 10th Annual 2-Man 14-Mile Relay, La Mirada Pk. (LA Area), 9 am. Joe Burgasser, 2721 168th St., Torrance 90504. (SPA)
- APR 3 - ORRC Oak Hills Run, 7 Miles, Sunset, ORE, 11 am (& 2 Mile Fun Run). John Frey, 1450 Fir St., Salem, OR 97302. (OA)
- APR 3 - Escondido 10-Kilo X-C, Kit Carson Pk., San Diego, 9 am. Bill Gookin, 5946 Wenrich, San Diego 92120. (PSA)
- APR 3 - Three Rivers Run, Three Rivers (nr. Fresno). Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
- APR 4 - Moffett Field 10-Kilo (moved to Lockheed Plant, Sunnyvale), 10 am. Warren Olds, 1554 Canna Ct., Mtn. View 94043.
- APR 4 - DSE Nob Hill Run, 2.369 Miles, (Meet at Dolphin Club), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- APR 10 - Golden Gate Park 8-Miler (Polo Fields), S.F., 10 am. WVTC, Jack Leydig, P.O. Box 1551, San Mateo 94401.
- APR 10 - Clay's Athletic Dept. 7-Miler, Phoenix, ORE, 11 am. So. Oregon Sizzlers, P.O. Box 1072, Phoenix, ORE 97535. (OA)
- APR 10 - PA-AAU Women's 5-Kilo Championships (Mills H.S. track), Millbrae, 9:30 am. Dr. Brown, 2335 David Ct., San Mateo 94403.
- APR 10 - 1st Annual Redding-to-Chico 100-Mile Relay. Dr. Don Richey, 564 Rio Linda, Chico 95926 (Ph. 916/343-8904).
- APR 10 - Birch Bay Marathon, Blaine, Wash., noon. Jim Pearson, 521 17th St., Bellingham, WA 98225. (PNW)
- APR 11 - Children's Hospital Charity Run, 6.95 Mi., Lake Chabot Boathouse, Castro Valley, 10 am. Dennis Tracy, 27910 Edgecliff Wy, Hayward 94542 (Ph. 538-7573).
- APR 11 - DSE Golden Gate Bridge Vista Run, 5 Miles (Meet at Legion of Honor), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114.
- APR 11 - Space Race, Fresno. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
- APR 17 - Knights of Columbus Marathon, Paul Mason Winery, Cupertino, 9 am. Dan O'Keefe, 20032 Rodriguez Ave., Cupertino 95014.
- APR 17 - Women's Woodard Park Run, 1.4 Mi (JHS & HS) & 2.8 Mi (Open), Fresno, 10 am. Ron Gates, 2237 Valeria, Fresno 93703. (CCA)

FREE FOOD

West Valley Track Club is presently involved in a fund-raising drive so that it can continue to operate effectively in the future. To aid this drive, we are happy to make this incredible offer! With enough support from our readers, we may be able to use this alternative to raising subscription prices and/or club dues.

ONLY \$5.00 -- GIFT CHECKS -- ONLY \$5.00

--Valuable coupons good for free food at leading restaurants, ice cream shops, pizza parlors, etc.
 --Also contained in the Gift Check books are coupons good for entertainment such as: bowling, miniature golf, theaters, horseback riding, ice-skating, etc.

These booklets contain many two-for-one deals at your favorite local establishments...you pay for one meal and get the other free!! Over 50 coupons valued in excess of \$200 are contained in each book. WVTC has investigated the company thoroughly and is satisfied that this coupon book offer is a tremendous value. We are happy to make them available to readers of the NorCal Running Review. The merchants that participate in the Gift Check program have been carefully chosen and are anxious to serve you.

GIFT CHECK BOOKS ARE AVAILABLE FOR THE FOLLOWING AREAS

- ___ San Mateo; ___ Santa Clara; ___ Mtn. View;
- ___ Fremont; ___ Almaden Valley; ___ Oak Grove/Santa Ter.
- ___ Los Gatos; ___ Campbell; ___ Redwood City;
- ___ Palo Alto; ___ Willow Glen. ****ALL BOOKS HAVE COUPONS FOR NEARBY CITIES.**

NOTE: Other areas will be available in the near future in the Bay Area.

TO ORDER YOUR BOOK(S): - Indicate the number of each book you'd like (by area, above), and send \$5.00 per book (plus 25¢/book handling up to a 50¢ maximum) to: Gift Checks, c/o Wayne Glusker, 20391 Stevens Creek Blvd., Cupertino, CA 95014. Make checks payable to West Valley Track Club.

**Members wishing to sell these booklets contact Wayne immediately and let him know what you'd like to start with.

NAME _____ AMT. ENCLOSED _____
 ADDR _____
 CITY _____ STATE _____ ZIP _____

- APR 17 - PSA-AAU 15-Kilo Championships, Mission Bay, San Diego, 9 am. Bill Gookin, 5946 Wenrich Dr., San Diego, 92120. (PSA)
 APR 17 - Conejo 10-Kilo Handicap, Conejo (nr. LA), 10 am. Connie Rodewald, 852 Sharon, Camarillo 93010. (SPA)
 APR 18 - DSE Golden Gate Park Run (Polo Fields), 4 Miles, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
 APR 18 - April Family Run, 4 Miles, Lake Murray (San Diego), 3 pm. Bill Gookin, 5946 Wenrich Dr., San Diego 92120 (PSA)
 APR 18 - Natl. AAU Masters 15-Kilo X-C Championships, Honolulu, Hawaii. Jim Moberly, 44-122 Kalenakai Pl., Kaneohe, HI 96744.
 APR 19 - Boston Marathon, Hopkinton to Boston, Mass., noon (ENTRIES CLOSE APR. 1). Will Cloney, Boston Garden, Boston, MASS 02114.
 APR 24 - Mt. San Antonio Relays Marathon, Walnut, 8 am. Mt. SAC Relays, 1100 North Grand Ave., Walnut, CA 91789. (SPA)
 APR 24 - Joggin' Council Chollas Lake Chug, Lake Chollas (nr. San Diego), 8:30 am. Bill Gookin, 5946 Wenrich, San Diego 92120.
 APR 24 - 5th Livermore 8.5 Miler, Lawrence Labs, Livermore, 10 am. Bill Dunlop, 1221 Hillcrest Ave., Livermore 94550.
 APR 25 - ORRC Council Crest Run, 2.5 Miles, Portland, ORE, 2 pm. John Frey, 1450 Fir St., Salem, OR 97302. (OA)
 APR 25 - Mt. Diablo Disturbance Handicap, 6.6 Mi., Mt. Diablo State Pk., 9 am. (Entry Deadline--Apr. 10...entries limited to men only, 21 years or over who have finished 3 Dipsea races). Jack Kirk, Star Route, Mariposa 95338.
 APR 25 - SPA-AAU 50-Kilo Championships, Camarillo, 7 am. Connie Rodewald, 852 Sharon, Camarillo 93010. (SPA)
 APR 25 - DSE Diamond Heights Run (McAteer H.S. track), 4 Mi., S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
 MAY 1 - ORRC Hagg Lake Run, 10.4 Miles, west of Forest Grove, ORE, 1 pm. John Frey, 1450 Fir St., Salem, OR 97302. (OA)
 MAY 1 - Reedley 10 Mile Run, Reedley. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)
 MAY 1 - Sports Medicine Seminar 10-Kilo Run (Polo Fields, Golden Gate Park), S.F., 1 pm. Walt Stack, 321 Collingwood, S.F. 94114.
 MAY 2 - 5th Avenue of the Giants Marathon, (nr. Weott), 9 am. Dick Meyer, Route 1, Box 153-A, Eureka 95501.
 MAY 2 - 2nd May Run--Strawberry Stroll, 6.5 Miles, Holy Names Coll., Oakland, 10 am. Mary King, Holy Names College, 3500 Mountain Blvd., Oakland 94619.
 MAY 2 - PA-AAU Joint Men's & Women's LDRC Scheduling Meeting for 1976-77 (Follows May Run at 12:30 pm, Room 61, Brennan Hall).
 MAY 8 - Clay's Athletic Dept. 7-Miler, Phoenix, ORE, 11 am. So. Oregon Sizzlers, P.O. Box 1072, Phoenix, OR 97535. (OA)
 MAY 8 - 5th Angel Island Run, 4.78 Miles, Angel Island, 11:30 am. The Guardsmen, 12 Geary St., San Francisco 94108.
 MAY 9 - Corralitos 15-Kilo Run, Bradley School, Corralitos (Watsonville), 9:30 am. Mike Jones, 109 Valencia Ave., Aptos 95003.
 MAY 9 - DSE Bay-to-Breakers Practice Run, 7.6 Miles (Howard & Spear, S.F.), 8 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
 MAY 15 - Oregon AAU 20-Kilo Championships, Oak Hills, ORE, 9:30 am. John Frey, 1450 Fir St., Salem, OR 97302. (OA)
 MAY 15 - Harry Cordellos Fun Run, 5 Miles(?), Lake Merced Boathouse, S.F., 10 am. Information--Contact Walt Stack?? (see above).
 MAY 16 - 66th Bay-to-Breakers, 7.6 Miles, S.F., 10 am. (ENTRIES CLOSE APRIL 30). Frank Geis, PA-AAU, 942 Market, #601, SF 94102.
 MAY 22 - US Olympic Trials Marathon, Eugene, ORE (2:23 To Qualify). Athletic Department, Univ. of Oregon, Eugene, OR 97403.
 MAY 22 - Oregon TC Women's Invit. 10-Kilo, Eugene, ORE, 4:30 pm. Janet Heinonen, 2929 Madison St., Eugene, OR 97405. (OA)
 MAY 22 - 3rd Golden Gate Charity Run, 6 Miles, Ft. Baker to S.F. Marina Greens, noon. Pax Beale, 1801 Bush St., S.F. 94109.
 MAY 23 - DSE Mt. Davidson Hill Climb, 3 Mi., (Phelan north of Ocean), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
 MAY 30 - 2nd T.R.A.C. 6-Miler, Hellyer Park, San Jose, 10 am. John Clary, 272 Sorrento Way, San Jose 95119. REGISTER AT RACE ONLY.
 MAY 31 - DSE Bakers Beach & BYO Picnic, S.F., 4 Miles, 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
 MAY 31 - Labor Day Fun Run, Fresno. Dave Bronzan, P.O. Box 271, Fresno 93708. (CCA)

TRACK & FIELD

IMPORTANT: - The NCR is not perfect, nor are the schedules we receive! There are usually conflicts between schedules and we don't always take the time to determine which is correct. We have probably missed a lot of major meets on our schedule, but we only print what we receive...and that wasn't much (only about 20 people sent us schedules out of a mailing of 1100 subscribers and 200+ additional mailings to coaches!). If you see any mistakes, please notify us by mail before May 1. Our information on some of the major Sectional and Regional high school meets is sketchy as usual...let us know if you have something definite. **BEFORE YOU JOURNEY TO ANY OF THE MEETS BELOW:** - Be sure to try and check it out with someone else (please don't call us as we (I) just don't have the time to answer the phone all the time). **CODING:** - Rather than put a different section for high school, college, etc., we will print all the meets together, with use of the following coding system when the name of the meet is not enough to distinguish entry restrictions. -- (B) Boys; (G) Girls; (AG) Age-Group; (JHS) Junior High School; (HS) High School; (JC) Junior College; (C) College/Univ.; (W) Women; (JR) Juniors (Under 20); (M) Masters (over-40); (LM) Limited Masters events; (O) Open; (12-13) Age designations where appropriate. /Compiled by Bill Weller/

- MAR 26 - Santa Barbara Relays, UCSB, (M/HS/JC/C/O), 2 days.
 MAR 27 - Watsonville Relays, Watsonville, 10 am (HS); Carlmont Invit., Belmont (HS); Sparta TC Invit., Westmont HS, Campbell (B-AG); Arizona & Cal-Poly SLO at UC Berkeley, 1 pm...correction--should be Arizona St.
 APR 3 - Blossom Hill Relays, West Valley Coll. (HS); Kennedy Relays, Contra Costa Coll. (HS); King City Invit., King City (HS); Women's Age-Group Meet, Laney Coll., Oakland--Willie White, 1551 Madison, #47, Oakland; Oakland Relays, Oakland (HS); Matador Relays, Mira Loma HS, 9 am (HS); Placer Invit., Auburn (HS); VMTC Invit., Santa Rosa JC (B-AG)--Fred Kenyon, 1609 Mariner, Sebastopol 95472; Martinez Relays, Alhambra HS, Martinez (HS); Sacramento Relays, Sac'to St., 11 am (O/C).
 APR 9 - Amador Valley Invit., Amador Valley HS (HS).
 APR 10 - Gilroy Invit., Gilroy HS (HS); Ed Adams Invit., Hartnell JC, Salinas, 10:30 am (JC); Andrew Hill Invit., San Jose CC (HS); Millbrae Lions Relays, Mills HS, Millbrae (B&G-AG/W)--Harmon Brown, 2335 David Ct., San Mateo 94403; Cordova Invit., Rancho Cordova HS (HS); Amador Relays, Sutter Creek (HS); Sac'to St. @ Hayward St., 1 pm; Vanden Relays, Vacaville (HS); San Diego Relays, Balboa Stad., San Diego (O/C/M).



The above drawing, and those on pages 4, 8, and 12 of this issue, are available as folded notecards (4½ x 5½ inches) in packages of 12, including envelopes, for \$2.00 (plus 25¢ per package for postage & handling). One design per package. They are ideal for letter-writing, birthdays, special events, or as race awards. Contact: Herb Parsons, Dept. NC, 20 Cameron Ave., Somerville, MASS 02144.

- APR 11 - Herbert Hoover Relays, Menlo-Atherton HS (all day), (O/M/AG)--Van Parish, 400 Market Pl., Menlo Pk. 94025.
 APR 12 - St. Mary's Octathlon, Moraga, 2 days (HS).
 APR 13 - USTFF Decathlon, Fresno, 2 days (O).
 APR 17 - UCLA @ Stanford, 1 pm?; Woody Wilson Relays, UC Davis, 1 pm (HS/C); WVTC & BAS @ San Jose St., 11 am; Diablo Valley Easter Relays, DVC, 10:30 am (JC); Striders Relays, Santa Monica Coll., noon (M); Pacific Relays, San Leandro HS (HS); San Jose Relays, SJCC, 10 am (HS/JC); Marin-Santa Rosa Relays, Kentfield, 11 am (JC).
 APR 23 - Chico Invit., Chico HS (HS); Oroville Invit., Oroville HS (HS)
 APR 24 - NorCal Relays, College of San Mateo, 10 am (JC);

- APR 24 - Mt. SAC Relays, Walnut, all day (HS/JC/C/W/O/M)--1100 N. Grand Av., Walnut 91789 (3 days); Pacific Grove Invit., Pacific Grove HS, 9 am (HS); Antioch Relays, Antioch HS (HS); Fresno St. @ Stanford, 1 pm; Hughson Invit., Hughson HS (HS); Sir Francis Drake Invit., Drake HS, Marin (HS); Sac'to St. @ Davis, 1 pm; Downey Games, Modesto (HS); Vacaville Jamboree, Vacaville HS (HS); Sacramento Prep Invit., Hughes Stad., 2 pm (HS); Orinda Invit. & PA Sr. Women's Pentathlon, (G-AG/W)--Don Bailes, 133 Selbourne, Moraga 94556; Diablo Valley Invit., DVC, Pleasant Hill (B-AG)--Gary Santos, Box 23646, Pleasant Hill 94523.
- APR 28 - Golden Gate Conf. Trials, West Valley JC, 2:30 pm (JC).
- APR 30 - UC Davis Decathlon, 11 am (2 days) (Open??).
- MAY 1 - San Jose St. Invit., 9:30 am (HS/C/O/W)--Ernie Bullard, San Jose St.; Humboldt St. @ SF State, 1 pm; Golden Gate Conf. Finals, West Valley JC, 2:30 pm (JC); Santa Cruz Relays, Santa Cruz HS (HS); Fremont Invit., Fremont HS, Cupertino, 10 am (HS); Coast Conf. Finals, Hartnell JC, Salinas, 10:30 am (JC); Stanford @ Cal, 1 pm; San Jose Bicentennial Meet, San Jose St. (HS)--Homestead HS sponsor; Hale Roach Relays, El Cerrito HS (HS); Relays at College of San Mateo (HS)--Crestmoor HS sponsor; Woodland Invit., Woodland HS (HS); Bret Harte Invit., Angels Camp (HS) (Tentative).
- MAY 2 - PA-AAU Jr. Women's Pentathlon & Age-Group Triathlon, Harmon Brown, 2335 David Ct., San Mateo 94403.
- MAY 7 - State Small JC Champs, Porterville, 5 pm; West Coast Relays, Ratliffe Stadium, Fresno (2 days) (HS/O/C/W/M/W); Dewey Holden Invit., Davis (HS); San Juan Invit., San Juan HS, 4 pm (HS).
- MAY 8 - Willits Invit., Willits HS (HS); Arrow TC Relays, Foothill College (B-AG) running events only--Bruce Carney, 505 Cypress Pt., #92, Mtn. View 94041; RC Flyers Field Event Meet, Foothill College (B-G/AG)--Nick Sakelarios, 11 Burbank, Redwood City 94063.
- MAY 13 - Far Western Conf. Champs, SF State, 1 pm (C) (3 days).
- MAY 14 - NorCal JC Trials, Modesto, 12:30 pm; Pac-8 Champs, UC Berkeley, 1 pm (2 days).
- MAY 15 - Bakersfield Classic, Memorial Stad., evening (O); 6th Grandfather Games, LA Valley Coll., noon (M)--George Ker, 16750 Index, Granada Hills 91344 (2 days); PA-AAU Sr. Women's Champs (& Selected Intermed. events), San Jose CC, --Marge Powell, 3467 Golden State Dr., Santa Clara 95051.
- MAY 21 - Sac-Joaquin Region Meet, Elk Grove HS, 3 pm (HS); NorCal JC Finals, Diablo Valley JC; Northern Section Small School Champs, Durham HS, Durham, 3 pm (HS); Northern Section (North Valley Div.), Yreka HS, 5 pm (HS); Northern Section (South Valley Div.), Chico HS, 2 pm (HS).
- MAY 22 - CCS Region I & II, Sites TBA (HS); CCS Region Meet, San Jose (G-HS); California Relays, Modesto, 4 pm (C/O/JC/W); PA-AAU Boy's & Girl's Age-Group Champs, Hartnell JC, Salinas (2 days)--Dick Casper, 122 Live Oak, Salinas 93901.

RACE WALKING

SCHEDULING: - For further information on scheduling, contact the following individuals--(For NorCal) Bob Bowman, 2190 Mountain Blvd., #1, Oakland 94611 (Ph. 415/531-1427); (For SoCal) Jim Bentley, P.O. Box 7767, Van Nuys, CA 91409; (For Pacific NW) Don Jacobs, Box 23146, Tigard, ORE 97223.

- APR 17 - Natl. AAU Sr. 25-Kilo, Seattle, WA.
 MAY 2 - Natl. AAU Sr. 20-Kilo, New York.
 MAY 15 - Natl. AAU Sr. 10-Kilo, Colorado.

Note: - I have received no word of local scheduling past March 21st (does anyone have a quarterly schedule or something close? --I don't even have race contacts for the Nationals...or exact locations. Someone please send me this info if you have it).

Klopfer Back in Shape--Nips Dooley in 7-Miler: (Jan. 25, Stanford) - Goetz Klopfer outkicked Tom Dooley over the final stretch in a 7-mile road walk on a nice warm day on the Stanford campus, recording a fine 52:16 to Dooley's 52:19. Jerry Lansing also recorded a good time of 53:20. -- (1) Klopfer/Unat 52:16, (2) Dooley/WVTC 52:19, (3) Lansing/WVTC 53:20, (4) Ranney/GGTC 56:30, (5) Adriano/WVTC 56:40, (6) Mooers/WVTC 69:25 (for 6.25 miles). /Bob Bowman/

Lansing & Dooley Tie At 5-Kilos: (Feb. 21, Stanford) - Despite

fighting a bad cold (or flu), Jerry Lansing hung tough to dead-heat with teammate Tom Dooley in 22:19 over a road course at Stanford. Wayne Glusker was another 15-seconds back in 22:34. (1) Lansing/WVTC & Dooley/WVTC 22:19, (3) Glusker/WVTC 22:34, (4) Himmelberger/WVTC 27:20, (5) Chris Sakelarios/RCF 27:52 (1st woman). /Tom Dooley/

PREP PREVIEW

Here is the 1976 NorCal Prep Preview, compiled by NCCR's Prep Editor, Chris Kinder. Correspondance is urgently needed again this year. The areas where Chris needs help especially are: Marin County, The East Bay, San Francisco, Stockton-Modesto. Hopefully we will have the same great help from Chico, Sacramento, and Santa Rosa as last year. Anyone who has anything of interest and/or results, please send them to: Chris Kinder, 646 Inwood Dr., Campbell, CA 95008 (408/378-9593).

SPRINTS: - Keith Taylor and Glenn Cannon head a strong field of San Jose area sprinters that should dominate NorCal preps this year. Taylor, of Piedmont Hills, won the CCS 100 and 220 with seasonal bests of 9.6, 9.4w, and 21.3. The 6-4 senior also won the West Coast Relays 100. Cannon, an all-state half-back from Mt. Pleasant, reached the State finals in both sprints last year, with bests of 9.6 and 21.3. He won the recent Examiner Games 60. Other San Jose area sprinters are Ron Anderson (Santa Teresa) 9.7; Eugene Rachal (Yerba Buena) 9.8 and 21.9, with a 22.0 already this year; Duane Green (Ayer, Milpitas) who ran 9.7w and 22.1 while winning the CCS Frosh/Soph title last year; and Sherman Jones (Piedmont Hills). San Francisco will also be strong with Mission's Broderick Bryant (9.6, 21.7) and Tuquil Willis (9.7). Willis is 6'4 and 210-lbs. Bryant ran 9.7 as a soph in 1974. Other NorCal sprinters to watch are Anthony Stephens (Berkeley), 9.9 & 21.9; Ken Bowles (Cordova), 9.9w; Don Davis (Norte Del Rio), 9.9 as a soph; and Jim Burrell (Piner), 10.0 as a soph.

440: - The Central Coast Section returns all three of its State Meet entrants from last year, and heading the list is Don Coulter (Harbor, Santa Cruz) who was fourth in the State Meet last year with a best of 48.2. Fred Harvey (Silver Creek, San Jose) at 48.8 and Wyatt Bishop (Carlmont, Belmont) with 48.7 (47.3r) are the other two. Speedy Andrew Fields (Grant, Sac'to) was as fast as Coulter last year with his 48.2. Two noted sophs are well worth noting in Bob Maiocco (Liberty, Brentwood) who was undefeated in Frosh/Soph races with a best of 50.5; and Glen Clark (Petaluma) who also ran 50.5. Others to watch are Armando Jimenez (DeLaSalle, Concord) 49.2; Mike Breaux (Seaside) 49.9; Darrell Chapman (Highlands, Sac'to) 49.3; and Tiny Davis (Ells, Richmond) 49.8.

880: - 1975 was a good year for underclassmen in the half-mile, which could well mean a great year for 1976. Steve Vasquez (Mills, Millbrae) heads a strong field of returnees with a best of 1:53.5. John House (Bella Vista, Sac'to) is second only to Rick Brown on the all-time NorCal soph list with his 1:54.3 clocking. Los Altos boasts two strong runners in Alan Prayman (1:56.4) and junior Mike Troedson (1:57.3). Others are Rich Judy (Tennyson, Hayward) 1:54.9; Tyce Ferguson (Lynbrook, San Jose) 1:56.4; Vernon Shanks (Elk Grove) 1:55.9; and several others who dipped under 1:58 last year.

DISTANCES: - Junior Tim Holmes should be the main attraction in NorCal distance circles this year. His 9:06.6 as a soph won the Sac-Joaquin Section Meet. He kept his winning ways by earning All-American honors last fall in cross-country as he went undefeated. Bob Paulin (Camden, San Jose) came out of last spring's problems to also be undefeated in cross-country, and he is looking forward to a fine track season. Bob McMeans (DeAnza, Richmond) heads the returning milers with a best of 4:16.8 and 7th in the State Meet. Dan Navarro (Oakmont, Roseville) ran 4:21.1 and 9:31 as a soph last year and should be a strong factor in this year's competition. Other returnees include Ron Read (Jesuit, Sac'to) 9:07.2; Tim Gagen (El Camino, Sac'to) 4:22.3; and Mike Van Horn (Kennedy, Sac'to) 9:21.0. Not that there aren't enough fine prospects in the Sac-Joaquin Section, but there are several more coming: Earl Lagomarsino (Jesuit) ran 9:20 this winter; Bob Farrell (LaSierra) ran 9:17 in the postals; Dan Weil (Encina) did a 9:34 as a frosh; and John Walentschka (Lassen) an amazing 4:31 as an eighth-grader. Tom O'Neil (Jesuit) recently did a 2:29 marathon and has gone into the low 9:20's this winter. Marin county will have plenty of competition in Hal Schulz and Rod Berry, both of Redwood in Larkspur and Aran Collier (Tamalpais). The East Bay is headed

by Kevin Searls (College Park), Boyd Tarin (Livermore), and Ron Criner (Mt. Diablo). Carlmont's Bob Love, only a soph, ran a 9:20 in the November postals. And then there is super-frosh Carlos Carrasco from Mt. Pleasant, featured in last issue's NorCal Portrait. During the winter he lowered his two-mile PR to 9:29.

HIGH HURDLES: - 1975's strongest event (eight under 14.0) may be 1976's weakest event. Greg Smith (LaSierra) 14.2, and Perry Slaton (Merced) 14.4 & 14.2w, appear to be the only returnees of note from last year. Tom Robertz (Serramonte) ran 14.5 while in the shadows of two fine hurdlers; Greg Woodard (Silver Creek, San Jose) sped to an 8.6 over 70 yards to win the CCS Frosh/Soph title. At least four others managed bests of 8.8, and could become factors this year.

LOW HURDLES: - NorCal adapted well to the new 330 lows last year, and the year of experience could make for an excellent spring this year. Don Reed (Mt. Pleasant) heads the returnees with a best of 37.5. Byron 'Hurricane' Hawkins (Burlingame) ran 37.9 as a soph. Other fine hurdlers last year were Ricky Swift (Vallejo) 38.1; Chris Koko (Sunset, Hayward) 38.3; Tim McDonald (St. Helena) 38.3; Andrew Fields (Grant, Sac'to) 38.4; Jon Tanner (Logan, Union City) 38.8; Tony Ward (Lodi) 38.9; Anthony Stephens (Berkeley) 38.9; Jim Martin (Lynbrook, San Jose) 39.0; and Larry Mondragon (Stagg, Stockton) 39.1. Notable sophs last year were Andre Phillips (Silver Creek) and Kurt Terry (LaSierra). Look for many times in the 37's this year, and several in the 36's.

HIGH JUMP: - Each year the number of 6-6 high jumpers throughout California increases. In 1975 there were 89, up 9 from 1974, and 14 from NorCal topped the 6-8 barrier...four of whom will be back this year. Coart Owens (Castlemont, Oakland) was second in the State Meet last year, and John Lane (American, Fremont) was third. Both cleared 6-10. The Sac-Joaquin Finals produced two 6-8 efforts last year. Larry Graham (Vacaville) won the varsity, and 5-9 Jim Bjornsson (Encina) won the Frosh/Soph division. Jumpers at 6-6 will include Mel Taylor (Cordova), Tom Bryan (Alisal, Salinas), and two juniors, Don Akerland (San Mateo) and Colin McElhatten (San Rafael). Thurlis Gibbs (Hill, San Jose) cleared 6-8 in 1974, which set the NorCal soph record (which was tied by Bjornsson last year).

POLE VAULT: - The area's top returnee is not from California. Reno's Wooster High is the home for Ray Crook, who vaulted 15-4 last year as a soph, only 4-inches off the national soph record. NorCal's top prospects are Bill Fernside (DelMar, San Jose) 14-9, and Tom Nigh (Fremont, Sunnyvale) 14-6. Another outstanding top prospect was also a soph last year. Gary Moore (Shasta, Redding) topped 14-6 and was seventh in the State Finals. Bill Fernside was the highest underclassman at 14-9. Tom Nigh is from a school that produced five vaulters over 12-0 (all underclassmen), including Keith Westlund (13-5), the CCS Frosh/Soph champ. Other top prospects are Brian Cochrane (Elk Grove) 14-0; Vince Endter (Hill, San Jose) 14-1; and Rick Wiley (Arcata).

LONG JUMP: - The long jump continued to be a weak event for NorCal preps in 1975, with no jumper over 24-feet for the second straight year. But 16 spanned 23-0 to give depth anyway. This year appears to be more of the same, although there could be some surprises. Eric Kelley (Skyline, Oakland) won the Examiner Indoor with a 22-6 effort. Ken Vasquez (Mills, Millbrae) went 23-1 last year. Junior Steve Bennett (Lynbrook, San Jose) reached 22-7 to win the CCS Frosh/Soph title. Other returnees include Darryl Morgan (El Cerrito), Mark Sims (Balboa, S.F.), Ed Rolland (Lincoln, S.F.)--the City champ, and Paul Bates (Menlo-Atherton).

TRIPLE JUMP: - A very strong NorCal event appears to be strong again in 1976. Pete Moreno (Lick, San Jose) leads the way off his 48-4 best last year. Kurt Durham (Oakland) had a best of 47-0. All CCS receiver and excellent hurdler Greg Woodard (Silver Creek) reached 45-10 last year as a frosh, and that was third in the CCS Frosh/Soph finals to Jim Rossi (Palma, Salinas) and Larry Leberz (Gilroy), both of whom topped 46 feet. Other outstanding jumpers to watch are Ed Bechite (Los Altos), already over 47-feet this year; Cephus Johnson (Mt. Eden, Hayward) 46-6; Darryl Morgan (El Cerrito) 46-0; Gary Lewis (Berkeley) 45-6, and Marshall (Edison, Stockton) 46-5.

SHOT PUT: - The nine-year-old NorCal record of 65-10 is in jeopardy in 1976. Big Steve Montgomery (Lassen, Chico) pushed

the ball 61-9 for 7th in the State Meet last year. He'll have plenty of local competition from Jeff Stover (Corning) who reached 59-5, making them the top two ever in the Northern Section. Conrad Jepson (Washington, Fremont) tossed over 60-feet last year, and smooth Ron Comer (Sunnyvale) has been over 60-feet already this year. Others with plenty of potential are 280-pound Tony Flores (Vintage, Napa) 56-2; All-NorCal footballer, Kevin Messenger (Highlands) who reached 56-2 as a soph last year; and junior Matt Pear (Los Altos) was NorCal's leading 10-pounder at 58-11.

DISCUS: - Bill Perry (Fremont, Sunnyvale) and Steve Montgomery (Lassen) appear to be the main hopefuls for NorCal's continued dominance of the discus event. Perry threw 177-5 and Montgomery 173-9 last year. The city of Cupertino has two fine throwers in Mark Duggan (Monta Vista) and diminutive Tim Blockinger (Cupertino), who threw 165-6 and 168-3 respectively in 1975. Three outstanding juniors to watch are Dave Powell (Vacaville), Anthony Hill (Berkeley), and Ray Franklin (Los Altos).

TRACK & FIELD RESULTS

EXAMINER GAMES TRIALS: (Jan. 10, San Mateo) - Only results available are the high school trials. --- 60: (I) Broderick/Mission 6.4, Burrell/Tennyson 6.4, Jackson/Stagg 6.6; (II) Jones/PiedHills 6.3, Littlejohn/MtPleasant 6.4, Stoval/Balboa 6.4; (III) Cannon/MtPleasant 6.2, Stevens/Berk 6.3, White/Balboa 6.6; 2-Mile: Lagomarsino/Jesuit 9:20.2, Read/Jesuit 9:21.0, Searls/CPK 9:21.4, Tarin/Liv 9:22.2, O'Neil/Jesuit 9:23.4, Behrman/LA 9:24.8, Smith/Nwk 9:25.0, Smith/Eureka 9:25.4, VanHorn/JFK-Sacto 9:26.0, Farrell/LaSierra 9:26.8, Corey/SanMateo 9:27.0, Carrasco/MtPleasant 9:29.5 (frosh); LJ: Bates/M-A 22-4 1/2, Kelley/Sky1 22-0, Cody/Balb 21-6 1/4, Rolland/Linc 21-5, Durham/Okld 21-4, Sims/Balb 20-10 3/4; 2-MiRly: Vintage/Napa 8:05.6, SI 8:09.0, Berkeley 8:10.6, Oakland 8:13.4, Mills 8:16.2; SprrMed: Oakland 3:37.1, Mission 3:40.6, Amador Vly 3:42.0, Eureka 3:42.1, Serra 3:42.5; MileR: Mt.Pleasant 3:25.1, Highlands 3:26.5, Madera 3:28.2, Silver Crk 3:28.8, Berkeley 3:28.8. /Jim Luttrell/

ALL-COMERS MEET: (Jan. 17, San Mateo) - (OPEN) LJ: Pulliam/ATC 22-8 1/4, Butler/CAC 21-9 1/2; Mile: Clifford/Cal 4:13.8, Tracy/WVTC 4:15.7, Blume/Cal 4:17.3, Proteau/Un 4:19.3; 60HH: Carty/WVTC 7.3, Kirtman/SJS 7.4; JT: Macrorie/Stanfd 207-6; 440: Rodgers/SacSt 48.4, McCarthy/Stanfd 50.3, Hadley/Stanfd 50.7; SP: Schwartzell/Hawaii 42-3 3/4; PV: Flint/Stanfd 15-0 3/4; 60: Kirtman/SJS 6.2, McCollum/Un 6.2, Roche/Unat 6.3, Carter/SJS 6.3; 3 Mi: Stewart/WVTC 14:08.0, Parietti/Stanfd 14:09.0, Bailey/WVTC 14:15.2, Campbell/Alameda 14:37.5, McLean/Stanfd-WVTC 14:39.5; HJ: Haber/CSH 6-10 1/4, Friday/CSH 6-8 1/4, Coleman/Un 6-8 1/4, McGinnity/WVTC 6-6 1/4; 220: Rodgers/SacSt 21.6, Holmes/Stan 22.1, Carty/WVTC 22.1; DT: Overton/Un 175-1; 880: Phelps/Un 1:55.1, Gaessen/Un 1:58.5; Women's 880: Neufville/Cal 2:10.3; Sr.-Mile: Wood/NCS 4:44.4; (HIGH SCHOOL) 440R: Sundance 44.2; Mile: Hawkey/Vint 4:31.2, Lee/Vint 4:32.2, Capurro/Moreau 4:35.0; 60HH: Tyler/Balb 7.8, Whiteside/Ara 7.8; SP: Flores/Vint 51-2 1/4; 440: Sudak/Ser 51.4; LJ: Cody/Balb 21-4 3/4; 60: Hill/Sund 6.4; HJ: Kniffen/Ser 6-2 1/4; 2-Mi: Smith/Nwk 9:34.2; TJ: Hainson/M-A 43-4 1/2; 220: Shopes/TN 23.5, Hartsfield/Wstmr 23.5; 880: Schneider/Sky1 2:01.4, Atkinson/TN 2:03.8; DT: Silcox/Vint 148-6; MileR: Serra 3:38.8. /Harry Young/



Masters Relay at Examiner Games Indoor Meet. /Jim Engle/

ALL-COMERS MEET: (Jan. 17, Santa Maria) - (OPEN) 1500m: Genschmer/WVTC-VAFB 4:09.8; TJ: McClellon/WVTC-VAFB 50-11 1/2. /Ray Kring/

BICENTENNIAL CLASSIC: (Jan. 23, Philadelphia) - HJ: Livers/SJS 7-4. /S.F. Chronicle/

EXAMINER GAMES: (Jan. 23, Daly City) - Girl's Age-Group Relay: MLTC 2:11.3, Cup 2:13.8, SVTC 2:14.8, Arrow 2:15.6; HS-2MR: SI 8:18.4, Vintage 8:20.8, Oakland 8:25.8, Berkeley 8:32.6, Mills 8:32.6; Boy's A-G Relay: DVTC 2:03.6, Cup 2:06.7, SVTC 2:09.1, ECTC 2:10.7, HHBC 2:11.9; HS-SMR: Eureka 3:45.5, Mission 3:45.5, Amador Vly 3:46.6, Oakland 3:46.6; JC-SMR: DVC 3:34.9, SJCC 3:35.6, FCC 3:38.7, Fthl 3:41.4; Masters-SMR: NCSTC 4:01.3, NCSTC 4:09.5, Aerobic Adventurers 4:11.6, WVJS 4:13.1; JC-HJ: Larusch/Glendale 6-10, Tevis/Sac 6-6, Jenkins/FCC 6-6, Wiley/SF 6-6, Horn/FCC & Lundberg/Chab 6-4; Women-LJ: Walker/Falc 19-10 3/4, Elmore/MLTC 18-8, Ng/LivHS 17-9 1/4, Bolton/MLTC 17-0 1/4, Cornell/SVTC 16-7 1/4; W-60: Cobbs/BETC 6.9, Allen/MLTC 7.0, Parker/MLTC 7.1, Ng/LivHS 7.1, Nickson/CPSLO 7.2; HS-LJ: Kelly/Skyl 22-6 1/2, Sims/Balb 21-4, Roland/Linc 21-1 3/4, Durham/Okld 21-1 1/4, Cody/Balb 20-3 3/4, Bates/M-A 20-2 1/4; Masters(50+)-60: Jordan/Stan 7.1, Satti/NCSTC 7.8, Hoover/NCSTC 8.1, Thursby/NCSTC 8.2; Col/JC-60: Jackson/Alameda 6.3, Clark/CSH 6.3, Hampton/SJCC 6.4, Glass/Alameda 6.4, Larry/CSH 6.5, Davis/Mod 6.5, Masterson/Chico 6.5, Carter/Chico 6.6; Col-PV: Robinson/CSH 15-6, Middleton/Chico 15-0, Olsen/CSH 14-6, Franson/Chico 14-0, Nelson/CSH 14-0; HS-60: Cannon/MP1 6.3, Jones/PiedHills 6.4, Littlejohn/MP1 6.5, Broderick/Mission 6.5, Stevens/Berk 6.5, Burrell/Tenny 6.6; 60: Borzov/SU 6.1, Whitaker/SJS 6.2, Clark/CSH 6.3, Holmes/Stan 6.4, Deckard/AATC 6.4, Campbell/Cal 6.5; 60HH: Wilson/BHS 7.1, Cooper/SJS 7.1, Rich/CITC 7.2, Carty/WVTC 7.3, Florant/Cal 7.3, Foster/Stan 7.4; Col-LJ: Williams/BHS 24-5, Lofton/Stanford 23-11 1/2, Huey/SJS 23-6, Adamson/Mass 23-1, Thorp/Cal 20-9; SP: Capes/PCC 68-5, Wilkins/PCC 67-10 3/4, Schmock/BHS 67-4, Feuerbach/PCC 65-1 1/2, Semkiw/SJS 62-9; MileR: SJS 3:23.0, SFS 3:26.7, Stanford 3:27.1, CSH 3:29.9; HS-MileR: Highlands 3:32.9, Mt.Pleasant 3:35.0, Silver Crk 3:36.3, Madera 3:36.3; Col-SMR: CPSLO 3:31.8, SFS 3:35.3, CSH 3:35.4, Chico 3:42.4; W-HJ: Oskolok/SU 5-10, Blackburn/Un & Sandberg/Un 5-6; JC-MR: SJCC 3:26.0, DVC 3:26.9, CSM 3:31.3, FCC 3:34.8; Masters-Mile: Richardson/Sund 4:39.2, Napier/WVJS 4:40.6, Lewis/NCSTC 4:43.7, Simpson/Un 4:47.5, Wood/NCSTC 4:47.7, Basham/AA 4:50.4, O'Neil/SFOC 4:50.9, Koerner/NCSTC 4:51.1, Pickett/MH 4:52.6; HS-2M: Read/J 9:25.4, Lagomarsino/J 9:27.2, Tarin/Liv 9:27.8, Smith/Nwk 9:32.6, Farrell/LS 9:33.2, O'Neil/J 9:34.1, Behrmann/LA 9:36.7, Searls/CP 9:38.6, Smith/Eur 9:40.2, Van Horn/Kennedy 9:43.8; 600: Casslemann/PCC 1:12.0, Whitney/BHS 1:12.3, Rochee/Un 1:12.9, Campbell/FSU 1:15.1, Rogers/BAS 1:21.5; 160y: Lutz/PCC 17.0, Byrd/SRBC & Campbell/Un 17.1, Novotny/Stan 17.4; Women's-1000m: Larrieu/PCC 2:44.2, Brown/LATC 2:47.0, Poor/SJC 2:47.8, Graham/SJC 2:48.2, Weston/WS 2:50.3, Neufville/Cal 2:53.2, Regan/CY 2:55.0, Belk/SJC 2:59.7; 2 Mi: Bonzet/SoAfr 8:40.4, Shorter/FTC 8:42.0, Virgin/Illinois 8:42.6, Hart/BYU 8:43.6, Lawson/SCSA 8:44.0, Sandoval/Stan 8:52.4, Perez/Delta 8:54.6, Kimball/Un 8:58.0, Blume/Cal 9:01.0, Stewart/Army-WVTC nt; 880: Baxter/SMTC 1:50.9, Enyeart/UtahSt 1:50.9, Brown/Un 1:53.9, Kuang-Chia 1:55.4, Boit/ENMU 1:57.0, Hadley/Stan 2:00.7; TJ: Haynes/Army 54-8 1/2, Terry/WVTC 53-1, Marlow/CosRvrJC 52-4, Steffes/WVTC 49-6 3/4, Dobbins/Cal 46-11 (note--Marlow's mark is indoor JC record); Mile: Cummings/BHS 4:01.4, Malan/SoAfr 4:08.2, Woods/BYU 4:08.6, Johnson/CNW 4:09.3, Hilton/PCC 4:11.8, Phelps/Un 4:13.8, Mason/Haw 4:15.3; Women's SMR: BETC 2:23.4, WS 2:24.7, MLTC 2:29.6, SJC 2:42.2; HJ: Stones/PCC 7-2, Grigoriev/SU 7-0, Woods/PCC 7-0, Nelson/SJS 6-10, Murphy/Cal 6-8, Friday/CSH 6-8; PV: Prokhoryenko/SU 17-4 1/2, Isakov/SU 17-0, Baird/LBS, Ripley/PCC, Roberts/FTC (all 16-6), Tully/UCLA 16-6, Martin/SJS 16-0; Men's Triathlon: Samara 2540, Jenner 2436; Women's Triathlon: King/MLTC 2565, Kinimaka/SJC 2151.

ALL-COMERS MEET: (Jan. 24, Santa Maria) - (OPEN) 1500m: Genschmer/WVTC-VAFB 4:03.5; LJ: McClellon/WVTC-VAFB 22-8; TJ: McClellon/WVTC-VAFB 50-3 1/2. /Ray Kring/

ALL-COMERS MEET: (Jan. 31, San Mateo) - (OPEN) LJ: Lofton/Stan 23-9, Silva/WVTC 23-2 3/4, Butler/SFS 21-3 3/4; TJ: Tolliver/Stan 44-6 1/2; JT: Johnson/Un 228-9, Marorie/Stan 204-2; HJ: Coleman/Un 6-8, McGinnity/WVTC 6-6, Lundberg/HATC 6-6; SP: Weeks/Un 56-4 1/2, Olenchalk/Stan 50-2 1/2; DT: Weeks/Un 169-6, Hill/Stan 159-1, Jenner/SJStars 148-2; PV: Chew/Un 15-6, Cappell/Linden 15-0, Dillard/CSM 14-0; 880: Hadley/Stan 1:54.1, Tracy/WVTC 1:54.4, Ryan/LRTC 1:55.8; 440R: WVTC 42.7, SJS 43.2, HATC 44.8; Mile: Clifford/Cal 4:16.2, Celms/Stan

4:18.4, Harris/ATC 4:21.7; 60yHH: Cooper/WVTC 7.1, Carty/WVTC 7.2, Kirtman/WVTC 7.4; 3 Mi: Parietti/Stan 13:53.2, Jones/Cal 15:39.6; 220: Triplett/SJS 21.2, Cooper/WVTC 21.5, Rochee/WVTC 21.6; 440: Rodgers/BAS 48.7, Wallace/Cal 48.8, Darden/SJS 48.9; 60: Triplett/SJS 6.0, Kirtman/WVTC 6.1, Rochee/WVTC 6.1, McCollum/Un 6.1; (GIRLS) 220: Edwinson/MLTC 26.9, Franklin/MLTC 27.9, Hamilton/MLTC 28.2; 60: Edwinson/MLTC 7.4, Franklin/MLTC 7.4, Meehan/MLTC 7.8; Mile: Sweeny 5:16.0, Buechy 5:33.8, Cunneen 5:54.8; 440: Brennan 61.9, Kenny 62.1. (HIGH SCHOOL) Mile: Baker/Sund 4:33.8, Capurro/Moreau 4:34.5, Searcy/Logan 4:35.5, Loyd/Liv 4:37.2; 440R: Terra Nova 45.8; 60: Hill/Sund 6.3, Foster/Skyl 6.4, Ferguson/McAteer 6.5, Cotty/Balb 6.5; 440: Sudek/Serra 51.2, Gary/McAteer 51.6, Judy/HATC 51.7; 60HH: Clark/M-A 7.7, Mondragon/Sund 7.8; 2 Mi: Smith/Nwk 9:39, Bregante/Stagg 9:42.0, Lee/Napa 9:49.8, Sanchez/Kennedy 9:52.8; 220: Foster/Skyl 23.0, Cotty/Balb 23.0, Frost/Skyl 23.4; 880: Schneider/Skyl 2:01.1, Staples/LRTC 2:02.1, Hawkey/Vint 2:02.8, Nagel/Liv 2:03.0; MileR: Serra 3:35.8; LJ: Bates/M-A 21-10, Ferguson/McAteer 20-5 1/4; DT: Grandon/Serra 135-1; PV: Fernside/DelMar 13-0, Lovejoy/DelMar 13-0; TJ: Martinez/Moreau 44-3 1/2; HJ: Havens/Napa 6-2, Witte/Mills 6-2; SP: Flores/Vint 51-6 1/2. /Harry Young/

ALBUQUERQUE JAYCEE INVIT.: (Jan. 31, Albuquerque, N.M.) - TJ: Grimes/UTEP 54-3 1/2, (4) Steffes/WVTC 51-7 1/4; Women's 800m: Knudson/CSU 2:08.0, Costello/LATC 2:11.8; Women's 1500m: K. Keyes/LATC 4:37.0. /Larry Chavez/

LOS ANGELES TIMES INDOOR: (Feb. 6, Los Angeles) - 60HH: (II) Johnson/USC 7.2, 3-Cooper/SJS 7.3; TJ: 3-Cochee/USC 50-4 1/4; SP: Wilkins/PCC 68-4 1/2, Feuerbach/PCC 67-11 1/4; Devil Mile: Perez/Delta 4:11.9, 4-Jameson/Oxy 4:22.7; Women's 1000y: Poor/SJC 2:30.3, 3-Costello/LATC 2:33.1; Women's 1500m: Larrieu/PCC 4:16.5; PV: Ripley/PCC 18-2 1/2 (World Record).

MASON-DIXON GAMES: (Feb. 7, Louisville, Ky) - TJ: Haynes/Army 54-4, 4-Terry/WVTC 52-10, 5-Livers/PPC-SJS 52-7 1/2, 7-Dupree/Army 51-5, 9-Cochee/USC 50-1 1/2. /Track & Field News/



(Left) Kate Keyes (ex-Tamalpais High, now at UCLA) won the Albuquerque 1500m, finished fifth in the AAU Championships, and then grabbed third (4:24) vs. the Soviet Union. /Jim Hume/ Dan Ripley going over the bar at 18-2 1/2 at the LA Times Indoor Meet for a new world record. /Dave Stock/

ALL-COMERS MEET: (Feb. 7, San Mateo) - (OPEN) 100m: Triplett/SJS 10.5, Kirtman/WVTC 10.7, Rochee/WVTC nt, Watson/SJS 10.8; 220: Rochee/WVTC 21.6, W. Walker/WVTC 21.7, Triplett/SJS 21.7, Lofton/Stan 21.8, Rodgers/BAS 21.9, Holmes/Stan 21.9, Harris/WVTC 22.0, Rachal/YBHS 22.3; 440: Rodgers/BAS 48.5, Samara/NYAC 49.5, McCarthy/Stan 49.7, W. Walker/WVTC 49.8; 880: Hadley/Stan 1:54.7, Cox/FPC 1:57.4, Marcheschi/Chab 1:57.8, Fotinos/SC1 1:58.0, Ryan/SJCC 1:58.1; Mile: Deis/HH 4:13.0, Kissin/Stan-WVTC 4:13.0, Tracy/WVTC 4:15.4, Bailey/WVTC 4:17.2; 3 Mi: Innes/Un 13:46.2, Elijah/HSU 13:47.6, Parietti/Stan 13:50.8, Bailey/WVTC 14:27.2, Hayes/HSU 14:28.2; 120HH: Carty/WVTC 14.0, Foster/Stan 14.4, Kirtman/WVTC 14.4, Austin/SJS 14.5; JT: Seals/WVTC 203-1, Macorie/Stan 201-9, Walker/Chabot 200-7; LJ: Lofton/Stan 24-0, Davis/Un 23-5 3/4, Randall/SLTC 22-9 3/4, Pulliam/Ala 21-11; HJ: Coleman/Un 6-8, Littleboy/Fthl 6-4, McGinnity/WVTC 6-4; SP: Marks/Un 64-3, (Cont'd)---

LONG DISTANCE RESULTS

Weeks/SJS 61-3 3/4, Semkiw/SJS 60-9, Slinkard/Stan 52-2; DT: Weeks/SJS 175-3, McCollum/Un 171-1, Nave/WVTC 167-9, Ritzman/Fthl 149-10; PV: Chappell/England 15-7 1/4, Miguel/Un 15-7 1/4, Flint/Stan 15-7 1/4, Dixon/Fthl 14-6, Dillard/CSM 14-6; TJ: Jackson/Chab 46-7, Carter/SJS 45-4; Masters-880: Richardson/Sund 2:00.6; (HIGH SCHOOL) 100m: Johnson/Skyl 11.0, Hill/Sund 11.0; 120HH: Clark/M-A 14.6; 220: Foster/Skyl 23.1; 440: Arnerich/AIA 51.1, Walker/Cstlmt 51.2; 880: Schneider/Skyl 2:01.3; Mile: Wright/Van 4:24.9, McMeans/DeAnza-WVTC 4:26.7, Baker/Sund 4:29.4, Nelson/Ara-WVTC 4:29.9, Green/Ara 4:31.1, Hawkley/Vint 4:31.7; 2 Mi: Breganti/Stagg 9:44.0, Valdez/Skyl, 9:44.6, Lee/Vint 9:45.2; LJ: Kelly/Skyl 21-7 1/2, Bates/M-A 21-0 1/2; SP: Lucas/SFr 50-7 1/2; DT: Lucas/SFr 137-8; TJ: Kelly/Skyl 44-1, Bates/M-A 43-4 1/4; HJ: Kniffin/Serra 6-4, Keller/Skyl 6-2, Havens 6-2, Robinson/Skyl 6-2; PV: Schindler/Moreau 11-0 1/2. /Harry Young/

STANFORD 116, HAYWARD 76: (Feb. 28, Hayward) - 400mR: Stanford 41.7; HT: Dyer/H 174-11, Sawyer/H 167-11; 1500m: Parietti/S 3:54.8, Celms/S 4:00.3; 3000mSC: Bellah/S 9:26.8; JT: Macrorie/S 207-7; 110mHH: Densmore/S 15.1; 400m: Hogsett/S 48.4, Wingo/S 49.4, Washington/SC 49.5; LJ: Lofton/S 23-7 1/2, LeGrande/H 23-2 1/4, Wamble/H 23-1 1/4; 100m: Clark/H 10.7, Holmes/S 10.7, Smith/H 10.8; SP: Slinkard/S 53-2 1/4; HJ: Haber/H 7-0, Friday/H 6-10; 800m: Nolte/H 1:53.7, Hadley/S 1:54.5, McCarthy/S 1:56.0; 400mIH: Densmore/S 56.7; PV: Flint/S 16-0; 200m: Sheats/S 21.4, Holmes/S 21.4, Clark/H 21.6; TJ: LeGrande/H 48-3 1/4, Murphy/H 46-0; DT: Dyer/H 154-0; 2 Mi: Parietti/S 9:06.8, Tracy/WVTC 9:06.8, Bellah/S 9:13.6; 1600mR: Stanford 3:16.3, Hayward 3:20.8. /S.F. Examiner/

NATL. AAU INDOOR CHAMPIONSHIPS: (Feb. 27, New York City) - (MEN) -60HH: (II) Hill/Army 7.1, 4-Carty/WVTC 7.1; TJ: Haynes/Army 55-5 1/2 (American Rcd.), Livers/SJS-PPC 54-8, 6-Dupree/Army 52-10 1/4; (WOMEN) 880: Forman/Falmouth 2:07.9, Weston/WS 2:08.7, 6-Costello/LATC 2:14.8; Mile: Merrill/AGAA 4:38.5, 5-Keyes/LATC nt. --- Add: Men's HJ: 4-Livers/SJS 7-2. /Saplin/

US-USSR INDOOR: (March 6, Leningrad) - Men's HJ: 4-Livers/SJS 6-10 3/4; TJ: 3-Livers/SJS 51-9 1/4; Women's 800m: 2-Weston/WS 2:10.2; Women's 1500m: 3-Keyes/LATC 4:24.0. /S.F. Examiner/

CAL 109, SAC'TO ST. 37: (March 6, Berkeley) - DT: Overton/Un 179-3, Nave/WVTC 172-1, Woody/S 153-5; TJ: Dobbins/C 48-1 1/2, Thorp/C 48-1 1/4; 400mIH: Butler/BAS 52.6, Roesky/C 53.2, Rapides/BAS 55.7; 2 Mi: Duffey/C 8:58.0, Blume/C 9:11.6, Clifford/C 9:12.2; SP: Marks/WV 63-1 1/4, Davis/WV 55-8 1/2, Mannon/C 54-6 3/4; LJ: Silva/WV 23-2, Thorp/C 22-8 3/4; 1500m: Robinson/C 3:54.2, Nicholson/WV 3:55.2, Harris/C 3:58.5, Bailey/WV 3:59.1; 400mR: Cal 40.9, BAS 41.0, WVTC 41.6; 110mHH: Carty/WV 14.0, Mostley/C 14.0, Florant/C 14.2; JT: Seals/WV 220-2, Moshos/WV 214-8, Ryan/Un 207-5; 100m: (I) Wallace/C 10.8, Kirtman/WV 10.8, Williams/BAS 10.8; (II) Walker/C 10.5, R. Walker/WV 10.9, Ligons/Un 11.1; 400m: Rodgers/BAS 47.5, Rochee/WV 47.9, Grasha/C 48.8, Bolton/S 49.1, Harris/WV 49.2, Woodard/WV 49.4; PV: Hintz/C 16-6 1/2, Paton/C 15-6, Weidig/BAS 15-6; 800m: Mijares/S 1:54.0, Robertson/WV 1:54.9, Barry/C 1:55.6, Ennis/C 1:56.0; 200m: Ligons/BAS 22.4, Payton/BAS 22.6, Fullerton/C 22.7; HJ: Murphy/C 6-10, Coleman/WV 6-8; MileR: WVTC 3:17.3. /Erv Hunt/

SMALL COLLEGE MEET: (March 6, San Jose) - HT: Congi/SJ 182-1, Dyer/H 179-11 1/4, Sawyer/H 166-10; SP: Weeks/SJ 61-8; Mile: Gruber/SJ 4:06.3; 120HH: Austin/SJ 14.5; 440: Whitaker/SJ 47.8; JT: Krogh/SF 218-5, Staengel/SJ 214-11 1/2; 440R: SJS 41.9, CSH 42.4; LJ: LeGrande/H 24-11, Huey/SJ 24-10, Carter/SJ 24-4 1/4; 100: Clark/H 9.8, Brown/W 9.8, Smith/H 9.8; 880: Kasser/SJ 1:54.3, 3-Cagle/SFS 1:55.9; 440IH: Wyatt/SJ 53.6, Fitzhenry/SJ 54.2, Austin/SJ 54.9; HJ: Friday/H 6-10, Nelson/SJ 6-8 1/2; 220: Farmer/SJ 21.2w, Ettis/SJ 21.3, Clark/H 21.4; 2 Mi: Prowell/SJ 9:16.6; MileR: SJS 3:19.7; DT: Howard/W 181-11, Weeks/SJ 174-4; PV: Martin/SJ 16-1 1/4; TJ: Johnson/SJ 51-2 3/4w, LeGrande/H 50-4 1/2, Carter/SJ 49-8 1/2.

STANFORD 95, FRESNO ST. 68: (March 6, Stanford) - 3 Mi: Kissin/S 13:56.6, Bellah/S 13:59.1; 440R: Stanford 41.6; Mile: Sandoval 4:07.3, Parietti/S 4:10.3; LJ: Lofton/S 24-6; 440: Wingo/S 49.3; 100: Holmes/S 9.9, Sheats/S 9.9; SP: Slinkard/S 54-9; 880: McManus/F 1:53.9, Foley/F 1:55.3, Hadley/S 1:55.9; JT: Macrorie/S 210-5; 330IH: Hogsett/S 38.6; 220: Sheats/S 21.8, Holmes/S 22.9; 2 Mi: Parietti/S 9:01.0, Bellah/S 9:08.9; MileR: Stanford 3:15.5; DT: Hill/S 166-1; PV: Lewis/F 15-6, Flint/S 15-0; HT: Sorenson/F 170-10; 120HH: Gaeta/F 14.7; HJ: Leach/F 6-2, Hammock/F 6-2, Byron/F 6-2; TJ: Zizzo/F 47-0, Taplac/F 46-11 3/4, Johnson/F 46-8 1/2. /S.F. Examiner/

PHELAN BLIND HANDICAP: (Nov. 22, Phelan) - 15.0 Miles: 1-Covert 1:21:06, 2-Swift/AATC 1:21:17, 3-Caldwell/AIA 1:23:24, 4-Branch/CCAC 1:24:12, 5-Waco/Un 1:26:56 (40+). /J. Brennand/

APPLE VALLEY HANDICAP: (Dec. 14, Apple Valley) - 6.3 Miles: 1-Dave White/AATC 33:19, 2-Colley/SURR 33:39, 3-Swift/AATC 33:58, 4-Berthiaume/Un 34:09, 5-P.Ryan/GWAA 34:47, 6-Cavanaugh 34:53...12-Crum/STC 36:28 (40+). /John Brennand/

MT. TOM HILL CLIMB: (Dec. 20, Glendale) - 4.0 Miles: 1-Ken Moffitt/ELATC 26:44, 2-Harrie/RRR 27:17, 3-Adams/Un 27:47, 4-Fisanotti 28:38, 5-Durand/Un 28:46...10-Waco/Un 30:28 (40+). /John Brennand/

SKUNK HOLLOW HANDICAP: (Dec. 21, L.A. Area) - 9.3 Miles: 1-Phil Ryan/GWAA 49:59, 2-Alexander/Un 50:46, 3-Shaffer/CCAC 51:38, 4-Durand/Un 52:32, 5-Vermillion/WPM 52:52, 6-Jones/STC 52:57, 7-Brotten/STC 53:02...21-Lumian/STC 60:06 (40+)...29-Vallalvazo/RRR 61:59 (1st Girl). /John Brennand/

ELYSIAN PARK 5-KILO X-C: (Dec. 27, Los Angeles) - 1-Gary Nit-ti/UCLA 15:18, 2-Colley/SURR 15:19, 3-Lough/AZTL 15:20, 4-Smead 15:29, 5-Amaya/AZTL 15:31, 6-Walthiese/AIA 15:34, 7-P. Ryan/GWAA 15:35, 8-Simmons/AZTL 15:36, 9-Hayes/SBAA 15:38, 10-Simonian 15:43, 11-Odom/AIA 15:47, 12-Silva/GPAC 15:54, 13-Caldwell/AIA 15:58...66-W. Williams 17:35 (40+). /S. Brotten/

LOMPOC WINTER RUN: (Jan. 3, Lompoc) - 5.5 Miles: 1-George Aguirre/SBAA 29:44, 2-J. Jones/SCH 29:55, 3-R. Aguirre/SBAA 30:55, 4-Fabing/LVDC 31:40, 5-Genschmer/WVTC-VAFB 33:59.... (40+) Lynch/HSTC 36:12. /Joe Sciane/

STC AGE-GROUP RACES: (Jan. 4, L.A. Area) - 3.9 Miles: 1-Paul Cook/AIA 18:41, 2-Simonian 18:46, 3-Waltmier 18:53, 4-Colley/SURR 19:07, 5-P. Ryan/GWAA 19:10, 6-Gerace 19:24, 7-Odom/AIA 19:30, 8-Frickel 19:32, 9-Edwards/Un 19:35, 10-Branch/CCAC 19:37, 11-Swift/AZP 19:38, 12-Waltmier 19:43, 13-Mueller 19:45, 14-Haller 19:46, 15-Hitt 19:57...27-Crum/STC 20:49... 59-Ballalvazo 23:05 (1st Girl). /John Brennand/

SIGNAL HILL RUN: (Jan. 4, L.A. Area) - 6.0 Miles: 1-Carl Swift /AZP 30:40, 2-Reynoso 31:12, 3-Cavanaugh 31:22, 4-Brotten/STC 31:29, 5-Arce 32:21...8-Crum/STC 33:46 (40+). /J. Brennand/

MISSION BAY MARATHON: (Jan. 10, San Diego) - A record 609 finished the full marathon distance, and 286 completed half the distance. --- 1-Mario Cuevas/Mexico 2:18:05, 2-Phil Camp/SDTC-Navy 2:18:07, 3-Fitts/SLTC 2:20:46, 4-Bryant/SMTC 2:21:20, 5-Jones/SCH 2:21:39, 6-Forrester/SMTC 2:22:47, 7-Nabers/FTC 2:23:16, 8-White/AATC 2:23:31, 9-Reyes/SCH 2:23:54, 10-Alexander/WTC 2:24:24, 11-McInnes/NSW 2:25:42, 12-Barker/WVTC 2:26:28, 13-Hulst/Un 2:27:25, 14-Hattersley/JT 2:28:02, 15-Close/JT 2:28:03, 16-Oropeza/Phoenix 2:28:13, 17-Steingraber/CSFr 2:28:47, 18-C. Hughes/LaMesa 2:29:31, 19-Johnson/SDTC 2:29:55, 20-Freemuth/Clairemont 2:30:37...25-T. Clark/BHS 2:32:32 (40+), 33-Goettelmann/WVTC 2:34:45, 38-Brian Moroney/Clairemont Coll. 2:38:33, 54-Dillie/WVTC 2:44:06, 58-Almeida/SDTC 2:44:54 (50+), 82-Sawyer/SoqRC 2:50:31, 87-Dally/WVTC 2:51:12 (40+), 96-Trachok/USMC 2:54:45, 97-Catanese/Unat 2:54:53, 111-Williams/SoqRC 2:56:00, 132-Mezzapelle 2:58:32, 153-Andes/LVRC 3:00:44, 180-Nicki Hobson/SDTC 3:05:18 (1st woman, 40+), 203-Fridshal/ChicoRC 3:08:34, 215-Dingwall/PAMA 3:10:17, 275-Dito/S.F. 3:17:59, 277-R. Webb/Un 3:18:13, 286-Caldwell/Un 3:19:27, 334-Betty Best/ChicoRC 3:25:40, 367-Wolinski/S.F. 3:29:32, 405-Vitti/Alameda 3:35:06, 432-Pat Whittingslow/DSE 3:39:36, 454-Chamberlain/DSE 3:44:24, 589-Myers/Un 4:39:20...TEAMS: 1-SMTC 17, 2-SDTC 19, 3-Phoenix College 23, 4-WVTC 29. *** HALF-MARATHON: 1-Suggs/JT 71:24, 2-Rouillard/LaMesa 73:09...41-Remillard/ChicoRC 87:26, 67-Freer/WVTC 1:31:15, 120-Swift/Un 1:36:48, 203-Kearns/Jgnts 1:53:44, 250-Rosalie Webb/DSE 2:14:18, 267-Alice Dingwall/PAMA 2:19:46, 274-Cammie Dingwall/PAMA 2:28:25, 284-Sylvia Dingwall/PAMA 3:00:31. /Bill Gookin/

CRYSTAL SPRINGS 12-KILO X-COUNTRY RUN: (Jan. 17, Belmont) - 1-Joe Henderson & Mike Coke 49:57.1, 3-Dayton/WVTC 59:47, 4-Flodberg/WVJS 63:30 (1.2 extra miles), 5-Wallach/WVTC 64:57. (This was a trial run on the course for the US Sr. International X-C Trials...see Jan. 31). /Bill Flodberg, Len Wallach/

DSE PRESIDIO GATE RUN: (Jan. 18, S.F.) - 3.74 Miles: 1-Mike Smith/PAMA 19:08, 2-Scalmanini 19:13, 3-Weidinger/ETC 19:19, 4-Martinez 19:38, 5-Plymale/PAMA 20:08...65-Diane Major 24:32.



(LEFT) West Valley T.C. won the team title in the Jr. Natl. 8-Kilo X-Country at Irvine (also the U.S. International Trials meet) with a team of (left to right): Dave Stock, Tim Holmes, Rod Berry, Craig Corey, Roy Kissin and Hal Schulz. /Dave Stock/ (CENTER) Top five finishers in the Sr. International Trials at Belmont, displaying their hardware, donated by Krefeld's Trophy Center in Redwood City: (left to right) Tony Sandoval (5th), Glenn Herold (4th), Don Kardong (3rd), Dave Babiracki (2nd) and Gary Tuttle, the winner. /Dennis O'Rorke/ (RIGHT) Chuck Smead (left) and Rich Kimball at the International Trials. /Jeff Zimmerman/

NATL. AAU JR. 8-KILO X-C: (Jan. 24, Irvine) - This meet served as both the National Championships and the selection meet for the Jr. International X-C (top 6 went to Wales). Eric Hulst won easily, but then there was a scramble for the next eight spots (13 seconds spread). WVTC picked up the team title with a 24:20 average per man to best runnerup SBAA's 24:27 average. 1-Hulst/Un 22:48, 2-Hunt/SDTC 23:08, 3-Salazar/MASS 23:09, 4-Serna/UCI 23:13, 5-Froelick/SHS 23:18, 6-Moses/CVHS 23:19, 7-Kissin/WVTC 23:20, 8-Hunsaker/UCI 23:21, 9-Holmes/WVTC 23:44, 10-G. Aguirre/SBAA 23:54, 11-Earle/SBAA 24:01, 12-Bordell/PPTC 24:03, 13-Scharsu/ATC 24:05, 14-Spilsberry/Fthl 24:06, 15-Bundy/CSU 24:12, 16-Nance/SVTC 24:19, 17-Kindle/ATC 24:24, 18-Hallinan/Un 24:31, 19-Haake/SBAA 24:34, 20-Daly/Un 24:35...23-Emory/CW 24:38, 26-Corey/WVTC 24:52, 27-Schulz/WVTC 24:52, 30-Berry/WVTC 24:55, 42-Smith/PAMA 25:30, 43-Stock/WVTC 25:37.

/John Brennan/

DSE COIT TOWER RUN: (Jan. 25, S.F.) - 2.483 Miles: 1-John Weidinger/ETC 13:23, 2-Steer 13:37, 3-Garcia 13:48, 4-Orwig/WVTC 13:49, 5-Lee 13:51, 6-Pat Scannell 13:55...77-Diane Major 16:50, 83-Peggy Lavelle 17:01. /DSE Newsletter/

WORLD MASTERS MARATHON: (Jan. 25, Orange) 1-Carl Swift/AIA 2:19:39, 2-Ron Kurrle/SFVTC 2:22:44, 3-Lee/Un 2:23:50, 4-Moffitt/Aztl 2:26:15, 5-P. Ryan/GWAA 2:26:47, 6-Bozanic/UCMC 2:26:54, 7-Johansen/SDTC 2:28:44, 8-White/AATC 2:29:33, 9-Carlson/AATC 2:29:33, 10-Covert/Un 2:29:44, 11-Shaffer/CCAC 2:30:47, 12-Truman Clark/BHS 2:31:48 (40+)...15-Bartek/SBAA 2:34:36 (40+), 18-Rudberg/STC 2:36:39 (40+), 23-Lopez/Monterey 2:40:10, 63-Bowles/WVTC 2:52:03. /Bill Selvin/

CASITAS 10-KILO HANDICAP: (Jan. 25, L.A. Area) 1-Kilpatrick 34:25, 2-Adams/Un 35:09, 3-S. Adams 35:41, 4-Wise/SBAA 36:02, 5-Rowley/CCAC 36:15, 6-Avol 36:22, 7-Pontinen/SBAA 36:33...17-Starr/CCAC 39:23 (40+). /John Brennan/

U.S. SR. INTERNATIONAL X-C TRIALS: (Jan. 31, Belmont) - 12 Km: Held at Crystal Springs Course, College of San Mateo hosting. Top 8 qualify; first 6 expenses paid. --- A small field (45 finishers) of quality runners took off over the newly prepared 12-kilo course, with Gary Tuttle proving the class of the bunch with a 6-second victory over fellow Southern Californian, Dave Babiracki. The top placers: 1-Tuttle/BHS 37:23.4, 2-Babiracki/SFVTC 37:29.2, 3-Kardong/CNW 37:34.2, 4-Herold/WiscTC 37:41, 5-Sandoval/Stanford 37:46, 6-Flanagan/ColoTC 37:57, 7-Hulst/Unat 38:15, 8-Smead/ColoTC 38:20, 9-Perez/Sund 38:21, 10-Bryant/SMTTC 38:28, 11-Kimball/Un 38:51, 12-Nuccio/WVTC 38:54, 13-Pfeffer/Gr 39:00, 14-Steele/ShoreAC 39:07, 15-Hatfield/WVaTC 39:15, 16-Wysocki/Nev 39:28, 17-Cook/AIA 39:34, 18-Jones/Un 39:37, 19-Sutherland/Un 39:55, 20-Pullen/JT 40:07, 21-Ruffatto/ColoTC 40:09.

/Bob Rush, Len Wallace/

DSE FERRY BUILDING RUN: (Feb. 1, S.F.) - 3.851 Miles: 1-Dennis Tracy/WVTC 19:00, 2-Rivas/PAMA 19:03, 3-Smith/PAMA 19:43, 4-Weidinger/ETC 19:45, 5-Muela/ETC 20:07...34-Dominique Carron/MLTC 23:42, 43-Judy Gumbs/WVTC 24:38. /DSE Newsletter/

SAN MARTIN RRC RUN: (Feb. 7, San Martin) - 6.28 Miles Open: 1-Holiday 34:53, 2-Lanker 34:55. /Bill Flodberg/

BAKERSFIELD MARATHON & MINI-MARATHON: (Feb. 7, Bakersfield) 1-Paul Cook/AIA 2:24:13, 2-Ankeny/AIA 2:39:00, 3-Harrie/RRR 2:39:46...5-Waco/CCAC 2:42:37 (40+). --- (13.1 Miler) 1-Swift/AIA 1:10:10, 2-Thompson/Un 1:13:28, 3-Hiserman/Un 1:13:30, 4-Ellison/Un 1:13:45...12-Nanninga/WVTC 1:17:44. /Bob Nestor/

HERMOSA BEACH RUN: (Feb. 8, Hermosa Beach) - 5.0 Miles: 1-Bruce Johnson 26:40, 2-Edwards 26:44, 3-Kilpatrick 26:56, 4-Swift/AIA 27:20, 5-Waltmire/AIA 27:35, 6-Hitt 27:43, 7-Day 28:17, 8-W. Waltmire/AIA 28:22...14-Smartt/BHS 29:38 (40+)...19-Gil/STC 30:00 (50+). /John Brennan/

LAS VEGAS MARATHON: (Feb. 8, Las Vegas) 1-Tom Wysocki/Nev-Reno 2:26:18, 2-Berger/Un 2:34:39, 3-Fridly/LVTC 2:43:27, 4-Caputo/LassenTC 2:46:16...10-Neal/LVTC 2:54:19 (40+), 22-Hernandez/MaderaHS 3:07:25, 30-Rubio/MaderaHS 3:14:34. /Las Vegas T.C./

TRINIDAD BEACH RUN: (Feb. 14, Trinidad) - 8.5 Miles: 1-Ron Elijah 43:15, 2-Hammer 43:24, 3-Cole 43:27, 4-Dulaney 43:37, 5-Innes 43:53, 6-Elias 44:10, 7-Anderson 44:12, 8-Hayes 44:30, 9-Smead 45:03, 10-O'Halloran 45:04, 11-Labrie 45:18, 12-Jenkins 45:29, 13-Borland 45:35 (high school), 14-Smith 46:00 (HS), 15-Lowry 46:07, 16-Bunnell 46:38, 17-Medel 46:49, 18-K. Malain 46:52, 19-Church 47:00, 20-Cottrell 47:04, 21-Wells 47:05, 22-Blackburn 47:23, 23-Hulbert 47:33, 24-Frauens 47:55, 25-Byers 48:23, 26-Johnson 48:25, 27-Hensen 48:31, 28-Dawson 48:36, 29-Davy 48:48, 30-Meyer 48:57...38-B. Malain/NCSTC (40+) 50:34. /Dick Gilchrist/

SUNRISE TRAIL RUN: (Feb. 14, Fair Oaks) - 7.6 Miles: 1-Langford 38:01 (Course Rcd), 2-Deis 38:48, 3-Sturgeon/GWTC 39:01, 4-O'Neil/Jesuit HS 39:56 (HS Rcd), 5-Weed 40:12, 6-Duff/Unat 40:22, 7-Lagomarsino 40:34, 8-Wolfe 40:49, 9-Farrell 40:55, 10-Jordan/GWTC 41:00, 11-Adams 41:17, 12-Krebs/GWTC 41:41, 13-Baudendistel/GWTC 41:46, 14-Makowski 42:00, 15-Ferreira 42:12, 16-Jim O'Neil/SFOC 42:31 (50+), 17-Coronado/WVTC 42:39, 18-Rennie/BCTC 42:43, 19-Masteo 42:59, 20-Anex 43:00, 22-Payne/HHTC 43:30, 23-Ellis/WVTC 43:38, 24-Kipp 43:42, 25-Faggella 43:45...36-Tina Anex 44:45 (Rcd). /Dan Davidson/

ARIZONA ADMISSIONS DAY MARATHON: (Feb. 14, Tucson, Arizona) - 1-Robert Duncan/Mass. 2:24:19 (Rcd), 2-Heaberlin/Tucson 2:25:49...12-Mandanis/WDS 2:41:05, 26-Boulanger/CCAC 3:01:32, 46-J. Ellison/WDS 3:20:09, 47-D. Ellison/WDS 3:20:26, 57-McFadden/WDS 3:25:12, 65-Vogelgesang/LaCrescenta 3:30:05, 76-Davidson/San Diego 3:39:33, 96-Holli Himenes/WDS 3:56:10, 102-Gina Mandy/WDS 4:16:37. /McGee Evans/

SPA-AAU 30-KILO CHAMPIONSHIPS: (Feb. 15, Culver City) 1-Mark Kushner/CCAC 1:39:11, 2-Simons/Atzl 1:40:05, 3-Lee 1:40:45, 4-Swift/AIA 1:41:10, 5-Ferguson/AIA 1:42:19, 6-W. Waltmire/AIA 1:43:47, 7-Branch/CCAC 1:44:33, 8-Moffitt/ELATC 1:44:39, 9-Waco/Un 1:45:36 (40+), 10-Burgasser/STC 1:46:10, 11-Clark/BHS 1:46:34 (40+), 12-Levinson/STC 1:47:26, 13-Brennan/SBAA (40+) 1:47:38, 14-Smartt/BHS 1:47:56 (40+), 15-Rudberg/STC 1:48:04 (40+)...29-Jackie Hansen/SFVTC 1:54:47. /John Brennan/

WASHINGTON'S BIRTHDAY 8-MILE HANDICAP: (Feb. 21, Ridgecrest) 1-Marrie/RRR 41:30, 2-Rowley/CCAC 43:17, 3-Hammerstein 43:52,

4-Richardson/WVTC 45:09, 5-Hughes/OTHTC 45:17...8-Starr/CCAC 48:07 (40+). /Byron Richardson/

PISMO CLAM FESTIVAL BEACH RUN: (Feb. 21, Pismo Beach) - 5 Mi. - 1-John Jones/SCH 24:34, 2-Reyes/SCH 25:21, 3-Schmenk/SCH 25:59, 4-Arreola/SLDC 26:16, 5-Thoma/SLDC 26:21, 6-Schofield/SBAA 26:26, 7-Nanninga/WVTC 27:05, 8-Beaton/SLDC 27:05, 9-Deines/Un 27:12, 10-Sanchez/AGHS 27:26, 11-Jesse Mitchell/AGHS 27:33, 12-Flanigan/Un 27:34, 13-Hutchings/HSTC 27:37, 14-Hurley/SLDC 27:38, 15-Waterbury/SLDC 27:39...19-Conway/CPSLO-WVTC 27:53... 26-Sandy Dorbin/Un 29:09 (40+)...72-Barbara Arreola/SLDC 32:38. --168 finishers. /Stan Rosenfield/

PA-AAU 50 MILE CHAMPIONSHIP: (Feb. 22, Marysville to Sacramento) Despite taking a wrong turn early in the race and over-running the course by about three miles, Darryl Beardall, 38, of Santa Rosa and the Marin Harriers, won the Pacific AAU 50-Miler with a good 6:21:59.8. Bob Cooper, 21, of Sacramento, and Abe Underwood, 38, of Sacramento, finished in the next two spots with clockings of 6:30:43 and 6:48:12. The masters division was won by Vic Crosetti of Sunnyvale in 7:33:15, while Paul Reese, 58, placed second at 8:03:40. The lone woman entry, Penny DeMoss, trying for a national women's record, had to drop out at 33 miles with leg cramps. Weather was 55 degrees, clear and sunny. 1-Darryl Beardall/MH 6:21:59, 2-Robert Cooper/WDS 6:30:43, 3-Underwood/BCTC 6:48:12, 4-Choi/ETC 6:58:45, 5-Citarella/Un 7:03:36, 6-Crosetti/TRAC 7:33:15, 7-Jose Cortez/WDS 8:02:16, 8-Reese/NCSTC 8:03:40, 9-Wiley/PAMA 8:08:05, 10-Schaffner/WDS 8:17:33, 11-Lem/PAMA 8:17:52, 12-Lynn/WDS 9:42:55, 13-Smith/WVTC 10:02:40, 14-Jarvis/Un 10:11:59, 15-Sawyer, Shafer, Winingham (all Marines) 10:29:10. Team: Woodside Striders. /Paul Reese/

SEASIDE (TRAIL'S END) MARATHON: (Feb. 28, Seaside, ORE) Canadian Brian Maxwell, Cal-Berkeley's assistant track coach, ran off with a one-minute plus victory at the popular Seaside Marathon. A total of 576 finishers had to battle cold rain in route, but the cold must have kept everyone going as 21 dipped under 2:30. 1-Brian Maxwell/Cal-Canada 2:17:13, 2-Hensley/UO 2:18:27, 3-Bramley/Colo 2:19:40, 4-Armstrong/Canada 2:21:49, 5-New/Canada 2:23:36, 6-Barren/Canada 2:23:43, 7-Moore/Canada 2:23:53...22-Labrie/SRRC 2:30:16, 49-Medel/SRRC 2:37:19, 51-Nettles/SRRC 2:37:21, 53-Garrison/SRRC 2:37:25, 57-Schafer/ChicoRC 2:37:45, 73-Myers/PAMA 2:41:40, 74-Kirby/SRRC 2:41:40, 81-Rocha/SRRC 2:44:41, 98-Bunnell/SRRC 2:49:28, 114-Pezzi/SRRC 2:52:35, 159-Tyvall/SanDiego 3:00:55, 224-Wiles/SRRC 3:15:48, 233-Cummins/SanDiego 3:17:50, 242-J. Myers/PAMA 3:19:05, 272-Ruth Anderson/NCSTC 3:22:57, 293-Ehlers/SRRC 3:27:22, 310-Elster/L.A. 3:30:44, 330-Sharkey/LaJolla 3:34:35, 357-Scannell/SF 3:39:47, 392-Norris/SRRC 3:46:19, 395-Barb Carlson/NCSTC 3:46:52, 425-Karen Scannell/SF 3:55:16, 426-Pris Myers/PAMA 3:55:21, 462-John 4:04:10, 484-Wiley 4:08:34, 524-Fagan/Torrance 4:20:51, 530-Nemith/S.F. 4:23:08, 548-Jan Kirby/SRRC 4:30:11. /Ralph Davis/

IAAF WORLD X-COUNTRY CHAMPIONSHIPS: (Feb. 28, Wales) - Only the U.S. finishers are known at present, but the U.S. Junior team scored a near sweep in scoring 16 points (4 men), while the US women finished a respectable third. No word on how the Senior team did, except for individuals...all US finishers listed below: (Juniors) 1-Eric Hulst 23:53.8, 2-Thom Hunt 24:06.8, 5-Salazar 24:36, 8-Moses 24:43, 11-Froelick 24:47, 19-Serna 25:02.



(LEFT) Cal's Assistant Track Coach, Brian Maxwell, won the Seaside Marathon in a PR 2:17:13. (RIGHT) Darryl Beardall ran three miles off course but still captured the PA-AAU 50-Miler by almost nine minutes. /Photos by Jim Engle/

(Seniors) 7-Gary Tuttle 35:19, 20-Tony Sandoval 35:44, 37-Don Kardong 36:07, 39-Babiracki 36:08, 58-Herold 36:31, 82-Perez 37:00, 92-Flanagan 37:08, 139-Kissin/WVTC 38:36, DNF-Kimball (injured). (Women) 7-Lynn Bjorkland 17:02, 17-Doris Brown 17:19, 19-Quatier 17:21, 21-Judy Graham/SJC 17:24, 23-Neppel 17:27, 38-Bridges 17:42. /Robert DeCelle/

DSE LAKE MERCED RUN: (Feb. 29, S.F.) - 5 Miles: --Weather cold with wind and rain. -- 1-Bob Darling/ETC 25:24, 2-Weidinger/ETC 25:45, 3-Martinez 26:26, 4-O'Brien 26:30, 5-Watson/WVTC 26:31...37-Judy Gumbs/WVTC 30:20, 78-Mary Etta Boitano/RGaz 33:16. /DSE Newsletter/

MALIBU CANYON/TAPIA PARK 10-KILO: (Feb. 29, L.A. Area) - Phil Ryan knocked 1-second off his course record and ran his string of victories on this course to four. A strong contingent from Toyo University in Japan made the race an interesting one... they are temporarily training in the United States. 1-Ryan/GWAA 33:07, 2-Carlson/AATC 33:15, 3-Kazuhisa-Takeba/Japan 33:21, 4-Tsutsumi/Japan 33:28, 5-Swift/AIA 33:31, 6-Kazuhiko-Sagara/Japan 33:47, 7-Kilpatrick 33:53, 8-W. Waltmire/AIA 33:54, 9-Rude 34:11, 10-Sasaki/Japan 34:13, 11-Miller/CCAC 34:16, 12-Kurrie/SFVTC 34:22, 13-Branch/CCAC 34:26, 14-Kawada/Japan 34:34, 15-Ocana 34:50, 16-Lee 35:05, 17-Wise/SBAA 35:11, 18-Ridley/CCAC 35:32, 19-Osamu-Fujita/Japan 35:37, 20-S. Adams /35:42, 21-Streichman 35:44, 22-Rowley/CCAC 35:45, 23-Misao-Sekiguchi/Japan 35:47, 24-Shaffer/CCAC 35:50, 25-Rustad/STC 35:55, 26-Baxter/RRR 35:56, 27-Brennand/SBAA 36:06 (40+), 28-Young 36:09, 29-Gomez 36:20, 30-Pontinen/SBAA 36:24...40-Williams/STC 38:02 (40+), 52-Micki Gorman/SFV 39:09. /Brennand/



WVTC's record-setting women's team at Xmas Relays: (1-r, top to bottom) Sue Neary, Joan Ulliot, Betsy White, Judy Gumbs, Johnny Ulliot (for Ellen Clark), Fran Conley, and Kathy Himmelberger. /Gene White/

T-SHIRTS ... UP TO 1/3 OFF! COLLECT THE SET

LOOKING FOR A WAY TO SAVE MONEY? - Everyone needs to run in a shirt of some kind when they train...so why not take advantage of our CLEARANCE SALE on NorCal Road Race T-Shirts? Normally these shirts run \$3.00 each (plus postage), but for a limited time only (until gone), we are selling these popular shirts at up to \$1.00 off in quantity. Buy them for yourself as collectors items, or purchase them as gifts for your running friends. Shirts are medium-weight cotton (most with trim) & mostly 3-colored! All shirts shown below except for the 1974 Bay-to-Breakers model. Order yours today!



We have very limited quantities of some of these shirts, so don't wait or they'll all be gone.

Please indicate below how many of each size you wish to purchase and enclose a check, payable to West Valley T.C., for the proper amount. PRICES: Send \$2.50 per shirt, OR only \$2.00 per shirt for 5 or more (may be mixed). Send to: WVTC, P.O. Box 1551, San Mateo, CA 94401.

1974 Bay-to-Breakers: S M L XL

1974 Natl. AAU X-Country: M L XL

1975 PA-AAU Sr. X-C: S M L XL

1975 PA-AAU Jr. X-C: S M L XL

1975 Christmas Relays: S M L XL

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The record-setters in the Christmas Relays were (except Ron Wayne, who set a record for the 4th leg and is shown on the cover), from left to right: Rich Kimball (Leg #1) /Jeff Zimmerman photo/; Bob Bailey (Leg #3); George Stewart (Leg #5); Jim Warrick (Leg #6); and Terry Williams (Leg #7). /Dave Stock photos/

AT LAST--CHRISTMAS RELAY RESULTS! (Dec. 21, Santa Cruz to Half Moon Bay) - By the time you get this issue you should be getting close to getting the results too (at least the team captains should)...we apologize for the long wait, but on the early legs we had big problems with splits because there were several instances where we either had not enough or too many times recorded and not enough cross-checks. So we did a lot of calling, writing, figuring, and crying...it's still not completely correct, but we are pretty sure those with splits written down for a particular leg are correct. We simply left the ones that we weren't sure of with a blank. My thanks to Judy Gumbs who spent many, many hours trying to straighten out this mess and found out why it takes a heck of a long time to get results right in a relay of this magnitude. We felt we would rather take some extra time and do a fairly good job then to put out something that was near meaningless. We hope you feel the same way. --- Anyhow, below are listed the top 50 teams, with splits for the top 10 teams (cumulative times)...refer to the Nov/Dec issue for a brief writeup: (Letters in parentheses following each team name refer to the Division that team was entered in)---(1) West Valley TC "A" (A) (50:23, 1:13:30, 1:41:03, 2:28:55, 2:53:10, 3:16:14, 4:07:45), (2) Weed Patch Sniffers Road Runners (B) (50:38, 1:15:06, 1:43:10, 2:32:55, 2:58:32, 3:21:03, 4:11:27), (3) Camino West TC "A" (A) (49:15, 1:14:09, 1:41:50, 2:31:25, 2:56:22, 3:19:20, 4:13:41), (4) The Disciples (B) (52:12, 1:16:10, 1:44:25, 2:33:30, 2:58:36, 3:22:19, 4:18:33), (5) Pamakid "A" (B) (50:00, 1:15:09, 1:44:21, 2:33:46, 2:59:31, 3:23:38, 4:19:05), (6) West Valley TC "B" (A) (53:32, 1:17:56, 1:46:10, 2:36:26, 3:02:45, 3:26:41, 4:22:16), (7) Excelsior TC (A) (51:28, 1:16:24, 1:45:05, 2:37:14, 3:04:22, 3:28:49, 4:24:49), (8) Camino West TC "B" (A) (51:51, 1:16:21, 1:44:05, 2:36:07, 3:02:28, 3:27:50, 4:26:03), (9) Redwood High School (C) (52:18, 1:17:11, 1:46:55, 2:38:58, 3:07:26, 3:30:01, 4:27:33), (10) Carmichael Kids (B) (56:05, 1:22:50, 1:54:00, 2:49:05, 3:14:41, 3:40:11, 4:36:20), (11) Hogwash (B) 4:38:21, (12) Buffs (B) 4:38:39, (13) Ophir Prison "A" (B) 4:40:12, (14) Morgan Hill (B) 4:41:23, (15) Go Dogs Go (B) 4:41:37, (16) Armijo High School (C) 4:42:57, (17) Buffalo Chips "A" (A) 4:43:32, (18) Boners Babies (B) 4:44:07, (19) Stag High School (C) 4:44:35, (20) Dry Heaves Again (B) 4:45:58, (21) Dasko Dons (Aragon HS) (C) 4:46:11, (22) Tax Reducers AC (A) 4:46:27, (23) West Valley Joggers "A" (E) and West Valley Joggers "B" (A) 4:47:27 (tie), (24) Camino West TC "C" (A) 4:48:21, (25) Six Studs & One Tie Tack "B" (B) 4:49:20, (26) Seagram "7" Vintage H.S. 4:50:08, (27) Tennyson H.S. (C) 4:50:08, (28) Cupertino H.S. (C) 4:50:54, (29) Mission Valley Striders (B) 4:51:46, (30) Good Earth Runners (B) 4:53:36, (31) East Bay Runners (B) 4:56:25, (32) Saratoga H.S. (C) 4:57:30, (33) Ophir Prison TC (Del Oro H.S.) (C) 4:59:10, (34) Rocklin Tech (B) 5:00:11, (35) Pama Pickups (B) 5:00:45, (36) Burlingame H.S. (C) 5:00:45, (37) Los Gatos H.S. (C) 5:01:30, (38) Pleasant Hill (B) 5:02:15, (39) NCSTC "A" (E) 5:02:25, (40) B-Sharks (B) 5:02:50, (41) TRAC-40 (E) 5:03:25, (42) Pamakid Masters "A" (E) 5:03:55, (43) Orinda Road Runners (B) 5:04:21, (44) The Mighty Moles (B) 5:04:25, (45) San Luis Distance Club (A) 5:04:35, (46) St. Ignatius H.S. (C) 5:05:03, (47) Menlo T.C. (A) 5:05:34, (48) Mission Harriers (C) 5:06:05, (49) Sequoia Road Runners (B) 5:06:26. --- Individual Leg Winners: #1--10.052 Miles: Rich Kimball 49:30; #2--4.826 Miles: Mike Pinocci 23:07; #3--5.477 Miles: Bob Bailey 27:33; #4--9.531 Miles: Ron Wayne 47:52; #5--5.100 Miles: George Stewart 24:15; #6--4.507 Miles: Jim Warrick 22:31; #7--10.507 Miles: Terry Williams 50:24. Only leg record that wasn't broken was Fred Emerling's 1974 mark of 22:50 on the second leg. Divisional Winners: "A"--West Valley TC 4:07:45; "B"--Weed Patch Sniffers Road Runners 4:11:27; "C"--Redwood High School 4:27:33; "D"--Ralston Junior High 5:22:22; "E"--West Valley Joggers & Striders 4:47:27; "F"--Magnificent "7" 5:25:26; "G"--West Valley Women 5:22:34; "H"--Marin Missiletotes 5:40:18; "I"--Fleet of Foot 6:11:50. All records fell in the divisional standards. If you'd like a copy of the results (ribbons were sent to team captains), please send a self-addressed, stamped envelope to: WVTC, P.O. Box 1551, San Mateo, CA 94401. /Leydig, Judy Gumbs/

RON WAYNE LEADS TOP FIVE UNDER COURSE MARK AT DAISY HILL RUN: (Jan. 11, Rohnert Park) - Darryl Beardall again lowered his course mark at the 13.5 mile Daisy Hill Run, this time to 1:14:59...one second faster than in 1975! However, five others managed to get in ahead of him this time around (he had won the race four consecutive years, each time with a new mark). Ron Wayne led the parade with a superlative 1:12:14 over the hilly terrain, followed by teammate Humberto Hernandez (1:13:04), who seems to be improving all the time. Jan Sershen and Ernie Rivas had a fairly close battle (1:13:42 to 1:13:52), and then came Gene Fitzgerald by himself at 1:14:35. Jim Shettler's 1:22:13 snapped Bob Malain's year-old mark by over two minutes in the master's division with a fine 1:22:13. Other records were set by Karen Scannell in the 35-39 Women's Division (1:53:59), and by Paul Reese (1:34:09) in the 50-59 Division. Susan Anthony turned up the top woman at 1:32:00, a long ways ahead of just-turned-40, Jeanne Kayser (1:43:42), and ailing (flu-bug) Joan Ulyot's 1:46:19. There was a 6.75 mile informal run in conjunction with the longer race, and Armand Moreno took top honors here with a 36:53, ten seconds in front of Richard Carlson. Tops over-40 in this race was Richard Austin's 42:29 (10th), while the fair sex was led by 14-year-old Jeanette Allred (14th, 44:57). The race was the most successful to date, in terms of both numbers (97 and 42 finished the longer and shorter races, respectively) and talent (overall depth). Results on the next page. /Bob Lynde/



Start of the 1976 Daisy Hill Run...second-placer, Humberto Hernandez is at center of photo. /Jim Engle/

1 - Ron Wayne/WVTC	1:12:14	12 - Michael Larsen	1:19:27	23 - Sal Citarella	1:23:15	34 - Robin Clark	1:28:29
2 - Humberto Hernandez	1:13:04	13 - Bruce Degan	1:19:46	24 - Fred Kenyon/VMTC	1:23:51	35 - James Jacobs/NCS	1:29:11
3 - Jan Sershen/ETC	1:13:42	14 - Mike Smith/PAMA	1:20:00	25 - Kurt Schroers	1:24:18	36 - Bruce Jones	1:29:27
4 - Ernie Rivas/PAMA	1:13:52	15 - Ralph Bowles/WVJS	1:20:03	26 - Don Chaffee/ETC	1:24:29	37 - Chris Steer	1:29:34
5 - Gene Fitzgerald/PK	1:14:35	16 - John Kleinback/ETC	1:20:15	27 - Edward Lee	1:24:52	38 - Cliff Wolery	1:30:05
6 - Darryl Beardall/MH	1:14:59	17 - David Zumwalt	1:20:57	28 - Rodney Mowbray	1:25:51	39 - Don Lucero/WVTC	1:31:20
7 - John Mollring/Son	1:16:31	18 - Glen McCarthy	1:21:40	29 - Pat O'Connor	1:25:55	***WOMEN***	
8 - Kent Guthrie/WVJS	1:16:36	19 - Mike Plummer	1:21:52	30 - Bill Johnson	1:26:48	41 - Susan Anthony	1:32:00
9 - Clark Rosen/PAMA	1:16:45	20 - Jim Shettler/WVJS	1:22:13	31 - Stephen Swesey	1:26:51	65 - Jeanne Kayser	1:43:42
10 - Tad Woliczko	1:18:28	21 - Bob Myers/PAMA	1:22:27	32 - Scott Molina	1:27:27	71 - Joan Ulliyot/WVTC	1:46:19
11 - Paul Burke	1:18:54	22 - Barry Starkey	1:23:09	33 - Jim Blank	1:27:59	82 - Gail Gustafson/Un	1:51:22

PA-AAU 20-KILO: WAYNE, SMITH & HIMMELBERGER TAKE TITLES: (Jan. 18, Woodside) - Ron Wayne picked up his second victory in a row over a classy field in the District 20-Kilo Championships but failed to come close to Jon Anderson's stellar 61:34 record with his 63:25. Canadian marathon champ, Brian Maxwell, pushed him a bit (see cover photo), but then there was a big gap until Bill Clark came across in third. Ross Smith captured the Masters title in 1:10:08, somewhat off his 69:19 course standard. However, Jim Shettler actually broke the over-40 record with a 69:12, but elected to compete for the WVJS "Senior" team instead of the "Masters" team, thus making him ineligible for awards. His time will still go down in the recordbooks as an over-40 record. The women had a real battle as Sue Neary held the lead until 4 miles, then Penny DeMoss grabbed it. They were back together again from 7 to 9 miles before Penny opened it up a bit. Then Kathy Himmelberger, biding her time, made a strong move and passed both to finish some 40 seconds in front at the tape. She missed Peggy Lyman's course standard by about 30 seconds. Depth was the order of the day as 21 dipped below 70 minutes (12% of the finishing field)...and the fifth-place woman was under 84 minutes. WVTC captured both the Senior and Women's titles (team), while the NorCal Seniors grabbed the Masters crown. Starting in 1976 all PA-AAU team championships will be determined by cumulative times, not points. The course was measured and certified and discovered 217.8 yards shorter than the old, supposedly certified course. /Harold DeMoss/

1 - Ron Wayne/WVTC	1:03:25	22 - Ross Smith/Un	1:10:08	43 - Mike Huwaldt/Un	1:15:06	64 - Jeff Richman/Un	1:20:05
2 - Brian Maxwell/Un	1:03:34	23 - Greg Mandanis/WDS	1:10:19	44 - Ross Rowley/Un	1:15:27	65 - Don Lucero/WVTC	1:20:21
3 - Bill Clark/WVTC	1:04:47	24 - Bruce Rider/WVJS	1:10:31	45 - Joel Caldwell/Un	1:15:38	66 - Ray Smith/TRAC	1:20:23
4 - Al Hernandez/WVTC	1:04:54	25 - Jake White/TRAC	1:10:33	46 - Keith White/Un	1:15:41	67 - Kathy Himmelberger	1:20:26
5 - Jan Sershen/ETC	1:04:58	26 - Dave Himmelberger	1:10:46	47 - Jim Reinertsen/Un	1:16:07	68 - Bert Johnson/LVRC	1:20:37
6 - Chris Berka/WVTC	1:05:22	27 - Ralph Bowles/WVJS	1:11:00	48 - Glenn Pruitt/PAMA	1:16:11	69 - Tom Fodor/Un	1:20:40
7 - Mike Emry/PAMA	1:05:24	28 - Jack Kleinbach/ETC	1:11:01	49 - Joe Salazar/WTC	1:16:47	70 - Cliff Stewart/PAMA	1:20:51
8 - Gene Fitzgerald/PK	1:06:25	29 - Bruce Wolfe/WVTC	1:11:05	50 - Bob Powell/CW	1:16:48	71 - Ray Woodruff/LVRC	1:20:52
9 - Doug McLean/WVTC	1:07:02	30 - Bill Seaver/WVTC	1:11:28	51 - R. Montenegro/WTC	1:16:49	***WOMEN***	
10 - Tad Waliczko/SoqRC	1:07:12	31 - Mike Conroy/ETC	1:11:29	52 - Joe Fields/Un	1:16:50	67 - K.Himmelberger/WV	1:20:26
11 - Roland Watson/WVTC	1:07:17	32 - John Sheehan/WVTC	1:11:30	53 - Jim Nicholson/NCS	1:17:20	75 - Penny DeMoss/WVTC	1:21:06
12 - Ernie Rivas/PAMA	1:07:32	33 - Dan Moore/LVRC	1:12:27	54 - Walt Betschart/BC	1:18:04	80 - Sue Neary/WVTC	1:22:16
13 - Damon Wood/CW	1:07:44	34 - Ben Sawyer/SoqRC	1:12:59	55 - Wayne Hooper/TRAC	1:18:17	82 - Judy Gumbs/WVTC	1:22:29
14 - Daryl Zapata/WVTC	1:07:59	35 - Bill Spence/WVTC	1:13:13	56 - Hoyt Walker/LVRC	1:18:18	85 - Vicky Bray/Arrow	1:23:24
15 - Kent Guthrie/WVJS	1:08:09	36 - Bill Yaley/TRAC	1:13:20	57 - Robin Clark/Un	1:18:26	97 - Joan Ulliyot/WVTC	1:25:31
16 - Doug Butt/WVTC	1:08:20	37 - Brian Bonner/LVRC	1:13:32	58 - Bill Catanese/Un	1:18:50	99 - Ruth Anderson/NCS	1:25:49
17 - Clark Rosen/PAMA	1:08:28	38 - Bob Myers/PAMA	1:14:10	59 - Phil Sanfilippo	1:19:06	104 - Betsy White/WVTC	1:27:00
18 - Glen Berwick/Un	1:08:43	39 - Edward Lee/LVRC	1:14:13	60 - Mike Fenner/Un	1:19:13	106 - Peggy Lyman/WVTC	1:27:40
19 - Joe Becerra/ETC	1:08:48	40 - Bob Miller/CW	1:14:29	61 - Dennis Smith/Stan	1:19:28	111 - Yvette Cotte/WVTC	1:29:06
20 - Jim Shettler/WVJS	1:09:12	41 - Robert Cooper/WDS	1:14:33	62 - James Rader/Un	1:19:33	113 - Peggy Lavelle/ML	1:29:10
21 - Denis O'Halloran	1:09:44	42 - Walt Van Zant/WVJS	1:14:55	63 - Tate Miller/SoqRC	1:19:56	120 - Julie Ortiz/WVTC	1:30:21

SHARON FURTADO DESTROYS FIELD AT FIRST ANNUAL WOODSIDE WOMEN'S 5-MILER: (Jan. 24, Woodside) - Petite Sharon Furtado of Buchser High in Santa Clara (see NorCal Portrait for this issue) started out fast as usual, except this time there were no men to try to catch. It didn't seem to make much difference, however, as she lengthened her lead over the distance, finally recording a superlative 29:38...even more amazing when you realize the course has at least one good uphill stretch of some 600 yards. Vicky Bray ran a super race and upset a strong contingent of WVTC'ers for second place. Comebacking Peggy Lyman slipped into third, about 20 seconds back of Vicky, 30:37 to 30:59. There were no divisions, as such, since 'participation' was the theme of the run... everyone who finished got an award, and all 67 starters finished! Ruth Anderson was the first over-40 runner to finish, however, placing a very strong eighth. The top 32 finishers are listed below with their times. /Penny & Harold DeMoss/

1 - Sharon Furtado/Un	29:38	9 - Peggy Lavelle/MLTC	33:21	17 - Connie Cunneen/MLTC	34:47	25 - Patricia Brown/ML	36:06
2 - Vicky Bray/Arrow TC	30:37	10 - Jamie Lynch/Un	33:35	18 - Mary Mapelli/Un	35:07	26 - Janice Bridgman/Cabr	36:19
3 - Peggy Lyman/WVTC	30:59	11 - Teresa Gilbreath/ML	33:36	19 - Carol O'Conner/NCS	35:19	27 - Camille Lee/Un	36:28
4 - Kathy Himmelberger/WV	31:28	12 - Ketha Maloney/PAMA	33:39	20 - Pat Whittingslow/Un	35:21	28 - Barbara Carlson/NCS	36:55
5 - Penny DeMoss/WVTC	32:07	13 - Jeannette Cotte/WV	33:49	21 - Ellen Clark/WVTC	35:31	29 - Sandra Vours/TRAC	37:08
6 - Joan Ulliyot/WVTC	32:34	14 - Yvette Cotte/WVTC	33:55	22 - Sue Grigsby/Fthl	35:46	30 - Rachel Bray/Arrow	37:35
7 - Dominique Carron/ML	32:47	15 - Skip Swannack/WDS	34:01	23 - Irene Rudolf/WVTC	35:52	31 - Karen Scannell/PAMA	37:45
8 - Ruth Anderson/NCSTC	33:08	16 - Kathy O'Conner/CW	34:09	24 - Elizabeth Brown/ML	36:05	32 - Lauren Roth/MLTC	37:57

NUCCIO DUMPS CALIFORNIA-10 FIELD IN 48:37: (Jan. 24, Stockton) - Jim Nuccio continued his winning ways of 1975 by obliterating a bewildered Henry Perez and Ron Wayne over the flat and fast new 10-mile circuit in Stockton. Jim's 48:37 was so quick that it left JC steeplechase record-holder, Henry Perez, a full quarter-mile arrears...and Henry is no slouch at the longer distances either (he notched an impressive victory over Roy Kissin and Tim Holmes at the PA-AAU Jr. X-C recently)! Ron Wayne was over a half-mile behind, but still notched a good 51:38. Jim Nicholson travelled all the way from San Francisco and came home a winner in the Masters division, easily defeating Walt Betschart by over a half-minute, 60:03 to 60:35. Debbie Hickman (69:14) outclassed Kerry Brogan (71:05) for top honors in the female class. Top finishers are below and on following page. /Frank Hagerty/

1 - Jim Nuccio/WVTC	48:37	11 - Paul Burke/Un	54:34	21 - Robert Ogg/BCTC	59:10	31 - Ross Rowley/Un	60:14
2 - Henry Perez/Sundance	49:58	12 - Jake White/TRAC	54:56	22 - Chris Shultz/CB	59:15	32 - Fraser Rasmussen/BC	60:17
3 - Ron Wayne/WVTC	51:38	13 - Steve Bird/Un	55:19	23 - Craig Wells/Un	59:27	33 - Mike Souza/Un	60:30
4 - Gary Singer/Sundance	52:20	14 - Frank Krebs/GWTC	55:32	24 - David Lopez/Un	59:32	34 - Jim Logan/Un	60:33
5 - Roland Watson/WVTC	52:37	15 - John Clary/TRAC	56:00	25 - Rich Blake/Un	59:33	35 - Walt Betschart/BCTC	60:35
6 - Joe Cordova/Sundance	52:44	16 - Bradley Brown/Sund	56:30	26 - Rich Stiller/TRAC	59:34	36 - Lloyd Sampson/Un	60:36
7 - Keith Jacobson/Sund	53:20	17 - Jim Cook/Un	56:53	27 - Harry Yonkers/Un	59:36	37 - Floyd Swendenen/Un	60:40
8 - David Wood/Un	53:40	18 - Martinez/Un	57:25	28 - Mike Raffante/Sund	59:59	38 - Steve Swesey/Un	60:50
9 - Dale Fuller/GWTC	53:48	19 - Paul Keller/HH	58:09	29 - Jim Nicholson/NCSTC	60:03	39 - Jack Dixon/Un	61:03
10 - Doug Butt/WVTC	53:49	20 - Ted Wilson/Un	58:46	30 - Beauchamp/Un	60:03	40 - Dieter Diekmeyer/Sn	61:26

41 - Bill Snavely/Sund	61:26	45 - James Jacobs/NCSTC	62:24	49 - Dennis Egley/Un	62:43	90 - Kerry Brogan/Un	71:05
42 - Patrick Scannell	61:46	46 - Doug Bennett/Un	62:36	50 - Bill Lovelace/Un	62:55	92 - Karen Bessey/Sund	71:39
43 - Ken Harvey/Un	61:53	47 - Jose Torrez/Un	62:39	***WOMEN***		103 - Karen Pascoe/Un	77:16
44 - Mike Rower/Un	62:05	48 - David Smith/Drivers	62:42	84 - Debbie Hickman/Un	69:14	105 - Ann Anderson/Un	77:44

PEREZ BLITZES MISNER AT PEACH BOWL 10-KILO: (Jan. 25, Marysville) - Doubling back after a taxing 10-miler the day before (49:58) proved no problem for the tough Henry Perez. Running the race as if he were alone (he was), the Delta College soph chopped 30 seconds from Jim Birnbaum's 32:30 standard and left his nearest challenger, Ken Misner, a full minute arrears. Jim O'Neil pressed Ross Smith a bit for the masters division title (36:19 to 36:55), as both took care of Bob Malain (37:25). Diane Williams' 41:28 was good enough to grab the women's race by almost a quarter-mile. The sponsoring Peach Bowl Pacers TC had a good turnout with 148 runners finishing. /Ed Williams/

1 - Henry Perez/SUND	32:00	15 - Walt Schafer/Chico	35:17	29 - Keir Furey	36:47	43 - Jamie Leon	38:28
2 - Ken Misner/USAF	32:59	16 - Harry Ellis/WVTC	35:19	30 - Jan Makowski	36:52	44 - Frank Burk	38:32
3 - Robert Deis	33:26	17 - Adam Ferreira	35:20	31 - Doug Rennie	36:53	45 - Steve Coronado/WVTC	38:33
tie Steve Dean/GWTC	33:26	18 - Rich Vasquez	35:27	32 - Jim O'Neil/SFOC	36:55	46 - Craig Wells	38:35
5 - Jon Higley/WVTC	33:44	19 - Jim Sane	35:35	33 - David Mineau	37:07	47 - Stephen Swesey	38:37
6 - Al Hernandez/WVTC	33:57	20 - Paul Keller/HH	35:50	34 - Martin Szekires	37:12	48 - Dan Celemens	38:39
7 - Tom Castro/Un	34:02	21 - Matt Dowling	35:55	35 - Nick Vogt/GSTC	37:15	49 - Dennis Kilian	38:51
8 - Pete Flores/AGTC	34:04	22 - Mike Plummer	36:00	36 - Genaro Venegas	37:18	50 - Jim Harris	39:06
9 - Keith Malain	34:12	23 - Mike Larsen	36:06	37 - Bob Malain/NCSTC	37:25	***WOMEN***	
10 - David Bruhn	34:32	24 - Barry Starkey	36:07	38 - Clifford Clarke	37:38	81 - Diane Williams/PBP	41:28
11 - Bruce Caputo/Lassen	34:36	25 - Greg Gagen	36:17	39 - Mark Hurlburt	37:48	97 - Jennifer Daniell	42:57
12 - Tom O'Neil/Jesuit	34:49	26 - Ross Smith	36:19	40 - Jack Betschart	37:49	108 - Jeanette Allred/NCTC	44:25
13 - Richard Flores	34:50	27 - Mickey McAviney	36:26	41 - Abe Underwood/BCTC	37:51	116 - Jeani Fuller/NCTC	45:49
14 - George Lynch	35:11	tie Tom Olson	36:26	42 - Jim Middleton	38:02	122 - Ellen Daly	46:31

BRIAN MAXWELL MAKES SHORT WORK OF 10-MILE FIELD: (Feb. 1, Vallejo) - Under warm conditions, Cal's Assistant Track Coach, Brian Maxwell, stretched out his lead and easily took victory from Sacramento's Richard Langford, 52:02 to 52:57. Jon Anderson's 47:45 record (1972) looks just about untouchable, figuring that Maxwell is himself a sub-2:20 marathoner. Jim Shettler was more than two minutes off his masters course standard but still won easily over Bill Jensen, 56:47 to 57:24. Penny DeMoss eclipsed Ruth Anderson's mark for women (67:27) with her 66:24, while Ruth was down a bit (68:10) from last year, but the time was still good enough to take second by a minute margin over Jeanette Cotte. Ten-year-old Jim Myers had little trouble in winning the 13-and-under title over Dan Gomalem (67:08 to 68:13). Participation was again good (244 finishers) in this popular point-to-point run. Top finishers below: /Solano T.C./

1 - Brian Maxwell/Canada	52:02	23 - Leon Tony/Un	57:23	45 - Gary Alderman/Un	60:47	62 - Stephen Swesey/MVTC	63:28
2 - Rich Langford/HH	52:57	24 - Bill Jensen/PAMA	57:24	46 - Lloyd Sampson/Un	60:53	63 - Jeff Igelman/Un	63:34
3 - Gene Fitzgerald/PAMA	53:24	25 - Doug Rennie/GCTC	57:40	47 - Harold DeMoss/WVTC	61:01	64 - James Jacobs/NCSTC	63:38
4 - Pete Flores/AGTC	53:45	26 - Paul Keller/HHar	57:45	48 - Philip Holder/MI	61:10	65 - Bill Catanese/Un	63:43
5 - Tad Woliczko/SoqRC	53:46	27 - Brian Benner/LVRC	57:47	49 - Art Beauchamp/Un	61:16	66 - Patrick Clark/MVTC	64:08
6 - Jim Sane/BCTC	54:07	28 - Ron Newstat/SHAPE	57:48	50 - Hoyt Walker/LVRC	61:30	67 - Mike Souza/BCTC	64:12
7 - Doug Butt/WVTC	54:24	29 - Bill Carson/SHAPE	57:59	51 - Armand Moreno/VMTC	61:33	***WOMEN***	
8 - Randy Sturgeon/GWTC	54:38	30 - Edward Lopez/USAF	58:11	52 - Paul Holms/BCTC	61:39	90 - Penny DeMoss/WVTC	66:12
9 - Kent Guthrie/WVJS	54:41	31 - Kevin Kirby/AGTC	58:21	53 - Jim Moore/Un	61:53	102 - Ruth Anderson/NCSTC	68:10
10 - Mark Proteau/Un	54:48	32 - Greg Chapman/SolTC	58:43	54 - Fred Kenyon/VMTC	61:55	107 - Jeannette Cotte/WV	69:06
11 - Clark Rosen/PAMA	55:17	33 - Tim Swezey/PAMA	58:52	55 - Larry Pugh/Un	62:02	117 - Yvette Cotte/WVTC	71:13
12 - Dale Fuller/GWTC	55:27	34 - Bob Myers/PAMA	58:59	56 - Bob Barber/Un	62:12	127 - Jeannette Allred/NC	73:15
13 - Angelo Martinez/AGTC	55:28	35 - Michael Lamb/WVTC	59:27	57 - Joe Maher/Un	62:20	129 - Katherin O'Conner/CW73	73:45
14 - Bruce Wolfe/WVTC	55:42	36 - Jeff Nixon/Un	59:28	58 - Walt Betschart/BCTC	62:36	135 - Carroll O'Conner/NCS74	74:20
15 - Pat Buzbee/SHAPE	55:58	37 - Steve Sinclair/Un	59:29	59 - Marvin Winer/WVTC	63:06	151 - Nancy Edelson/PAMA	77:49
16 - Adam Ferreira/HH	56:38	38 - Robert Ogg/BCTC	59:42	60 - Michael Gulli/DVTC	63:20	161 - Barbara Carlson/NCS	80:22
17 - Jim Shettler/WVJS	56:47	39 - Ross Rowley/Un	59:46	61 - Michael Coke/GPPMB	63:24	168 - Marje Heinlein/NCS	82:56
18 - Joe Taxiera/AGTC	56:48	40 - Floyd Clendenew/Un	60:13				
19 - Mike Larsen/MVTC	56:51	41 - Harry Yonkers/Armijo	60:18				
20 - Kurt Vineyard/Armijo	56:53	42 - Abe Underwood/BCTC	60:36				
21 - Fred Aragon/MVTC	57:21	43 - Ray Sibley/SolTC	60:43				
22 - Ralph Bowles/WVJS	57:22	44 - Chris Shultz/CB	60:44				



Start of Vallejo's Channel-to-Lake 10-Miler. /Jim Engle Photo/

STEVE DEAN LEADS THREE OTHERS TO OLYMPIC QUALIFYING STANDARD AT WEST VALLEY MARATHON: (Feb. 8, San Mateo) - On an overcast and drizzly (at least at the start) day, Golden West TC's Steve Dean changed his usual 'stay behind and go later' tactics by hanging with the leaders from the start. The result was a PR of 2:19:13 which would have been in the 2:18's had it not been for a missing patrolman at a stoplight within a mile of the finish...the situation was quickly remedied, but not before Dean almost panicked. Fast-closing Ron Zarate also grabbed an expense-paid trip to the Olympic Trials with his best time by nearly four minutes (2:19:38). Joe Carlson and Chris Berka made it under the 2:23 qualifying standard and get room & board at the Trials. Several runners just missed the standard, and a total of thirteen cracked 2:30, amounting to six-percent of the finishers. In all, a third of the runners broke the three-hour barrier. Berka led WVTC to it's umpteenth team title, as he, Bill Clark, and Doug McLean averaged 2:23:14 to chalk up the second-best team time ever for the course. The Beverly Hills Striders have a 7:08:18 (in the AAU Nationals in 1973), compared to WVTC's 7:09:42. Truman Clark ran his third or fourth marathon within the past month and copped the masters division (40-49) with a good 2:34:55 for 17th place. Kathy Himmelberger, running in her first-ever marathon, came within 36-seconds of the magic three hour barrier to lead the women. Injury-free Judy Gumbs was running for a workout for 10 miles at 7:30's, then decided to go for a good time and cruised to a 3:07:04, just 4 minutes off her best. Ed Almeida blitzed to a 2:41:09 to grab 50-59 honors and set an age-53 record in the process.



Steve Dean /Marconi Photo/

Mitch Kingery ran his first marathon in quite some time and hung up his second-best time of 2:26:56 to capture Junior honors. Tom O'Neil, only 16 years old and a junior at Jesuit High in Sacramento, did 2:29:01 in his first attempt to take second in the Junior division. He and father Jim (2:47:52) combined to set a new 'world record' for a father-son team in the same marathon with a 5:16:53 cumulative time...the old mark was 5:21:21. Dave & Kathy Himmelberger were both running their first marathons and to our knowledge no other husband-wife team has ever done better in the same race (5:38:56 total time). If anyone knows of a quicker clocking we'd appreciate your telling us. Jeanie Kayser, just recently turned 40, had little trouble capturing her division in 3:16:32...watch out Ruth! By the time the last runner had crossed the finishline, the rain finally stopped and dried out a cold and tired pit crew who hung around until the last runner came in sometime after 5 hours. The wet weather kept down the size of the field (200 finishers), but very few complained (lots of PR's today). *** T-SHIRTS: The weather put a bit of a crimp in our shirt-selling business, but if you missed one, please send us \$3.00/shirt and let us know your size (P.O. Box 1551, San Mateo 94401). We have about half of them left and need to move them or we stand to take a loss on the race...your buying T-shirts is the only way we can keep the entry fee at \$1.50, so please help us out! RESULTS should be out shortly...we still haven't gotten the 5-mile splits back from our man in Fresno who's doing it (you'll get a certificate and finish photo with them). Photos (film) ran out at just under 4 hours. Below are some of the finish times. /Jack Leydig/

1 - Steve Dean/GWTC	2:19:13	34 - Walt Van Zant/WVJ	2:46:49	67 - Bob Porter/NCSTC	2:59:41
2 - Ron Zarate/Un	2:19:38	35 - Ed Dally/WVTC	2:47:26	68 - Lloyd Sampson/Un	2:59:50
3 - Joe Carlson/AATC	2:22:02	36 - Ben Sawyer/SoqRC	2:47:31	69 - Don Lucero/WVTC	3:00:08
4 - Chris Berka/WVTC	2:22:09	37 - Ted Wilson/Un	2:47:42	70 - James Rader/Un	3:00:18
5 - Bill Clark/WVTC	2:23:34	38 - Jim O'Neil/SFOC	2:47:52	71 - K.Himmelberger/WV	3:00:36
6 - Doug McLean/WVTC	2:23:59	39 - Harry Ellis/WVTC	2:49:23	72 - John Finch/NCSTC	3:01:06
7 - Jan Sershen/ETC	2:24:10	40 - Tom Mann/ETC	2:49:42	73 - Jay Marlowe/CW	3:01:10
8 - Dave White/AATC	2:24:59	41 - Tom Fodor/Un	2:50:49	74 - Kenneth Paul/WVTC	3:01:28
9 - Gene Fitzgerald/PK	2:25:06	42 - Ross Rowley/Un	2:51:37	75 - Richard Houston	3:01:59
10 - Mitch Kingery/CW	2:26:56	43 - Joe Becerra/ETC	2:52:53	76 - Steven Deschler/Un	3:02:07
11 - Ernie Rivas/PAMA	2:27:50	44 - Douglas Young/Un	2:53:02	77 - Pat Shaughnessy/WV	3:02:09
12 - Doug Schmenk/SCH	2:28:35	45 - Frank Nolan/Un	2:53:31	78 - Robert Hopper/Navy	3:02:53
13 - Tom O'Neil/Jesuit	2:29:01	46 - Darrell Jeong/ETC	2:53:46	79 - Dennis Anderson/Un	3:03:52
14 - Dennis Dillie/WVTC	2:30:22	47 - Robin Clark/Un	2:53:53	80 - Lee Holley/Un	3:04:17
15 - John Weidinger/ETC	2:33:39	48 - William Mitchell	2:53:56	81 - Don MacIntosh/NCS	3:07:03
16 - Tom Castro/Un	2:34:10	49 - John Flather/Un	2:54:25	82 - Judy Gumbs/WVTC	3:07:04
17 - Truman Clark/BHS	2:34:55	50 - Bob Nelson/WVTC	2:55:08	83 - Richard Willets/Un	3:07:10
18 - Dave Hull/CW	2:35:24	51 - Ignatius DeV'liers	2:55:14	84 - Bob Paredes/CW	3:08:21
19 - Doug Essary/Army	2:35:46	52 - Brian Mason/Un	2:55:28	85 - Jim Moore/Un	3:08:58
20 - Jon Higley/WVTC	2:35:57	53 - Dave Smith/Un	2:55:31	86 - Matt Gray/MVS	3:09:00
21 - Ragnar Thaning/MH	2:36:17	54 - Jim Nicholson/NCS	2:56:25	87 - Harry Cordellos/PK	3:09:15
22 - Gary Goettelmann/WV	2:36:19	55 - Javier Barragan/Un	2:57:09	***WOMEN***	
23 - Ross Smith/Un	2:37:08	56 - David Fuller/Un	2:57:48	71 - Kathy Himmelberger	3:00:36
24 - Bob Paulin/Camden	2:37:33	57 - Bill Snavely/Sund	2:58:02	82 - Judy Gumbs/WVTC	3:07:04
25 - Dan Moore/LVRC	2:37:37	58 - Donal Coghlan/Un	2:58:11	91 - Carolyn Tiernan/WV	3:11:46
26 - D. Himmelberger/WV	2:38:20	59 - Joe Green/Aragon	2:58:16	102 - Jeanie Kayser/PK	3:16:32
27 - David Warren/ETC	2:39:50	60 - Tom Cooper/CRR	2:58:19	109 - Sharon Furtado/Un	3:18:55
28 - Ed Almeida/SDTC	2:41:09	61 - P.Sanfilippo/WVJS	2:58:50	127 - Julie Ortiz/WVTC	3:23:49
29 - Allen Sandretti/Un	2:43:33	62 - Richard Buxton/Un	2:59:04	128 - Yvette Cotte/WVTC	3:24:07
30 - Brion Allen/Un	2:45:00	63 - Joe Maher/Un	2:59:04	131 - Lolitia Bache/SDTC	3:25:19
31 - Mike Paredes/Un	2:46:17	64 - Stuart Ruth/PAMA	2:59:09	135 - Karen Bessey/Sund	3:26:07
32 - Glenn Pruitt/PAMA	2:46:23	65 - Richard Fenner/Un	2:59:10	142 - Ellen Clark/WVTC	3:28:20
33 - Doug Butt/WVTC	2:46:41	66 - John Clary/Un	2:59:28	151 - Barb Carlson/NCS	3:32:18



Kathy Himmelberger, first woman at WV Marathon. /Marconi/



(LEFT) Truman Clark captured the Masters Division of the West Valley Marathon. (CENTER) Ron Zarate dipped under 2:20 for second place in the same race. /John Marconi Photos/ (RIGHT) Jan Sershen won the Excelsior East End Run by 30 seconds. /Jim Engle/



(ABOVE) Start of Excelsior East End Run. /Jim Engle/ (RIGHT) Mary Mapelli was first woman at the same run in 55:23. /Dave Warren/



SERSHEN WINS EAST END RUN: (Feb. 22, S.F.) - Jan Sershen of the host Excelsior T.C. finally evened things up a bit with Humberto Hernandez. Hernandez had beaten him at both the Daisy Hill and 20-Kilo affairs in January, but it was no contest today as the smooth-striding distance ace pulled away fairly early in the run and coasted home a 30-second victor. His 41:45 will be a course record (new race) for this 8-mile double-loop circuit. The host club also won the team title with 43 points to the Pamakids' 61 and WVTC's 89. Mary Mapelli, a recent East Coast transfer, grabbed her first AAU race in this area with a 55:23 clocking, two minutes ahead of Colleen Scannell. Bill Jensen clipped Jim Nicholson by three minutes to dominate the over-40 category and place sixteenth overall. A total of 216 finished this initial running of the event. /Donahue/

1 - Jan Sershen/ETC	41:45	20 - Dave Lopez/SUND	47:53	39 - Thomas Martin/Un	50:44	58 - Alan Swartz/Un	52:46
2 - Al Hernandez/WVTC	42:15	21 - Mike Plummer/MVS	48:06	40 - Evan MacBride/Un	50:45	59 - Richard Siciliano	53:05
3 - Ernie Rivas/PAMA	42:58	22 - Jim Logan/SUND	48:11	41 - Chuck Stagliano/DSE	50:47	60 - John Hutchinson/NCS	53:20
4 - Bruce Degen/MH	43:09	23 - Bob Woodliff/WVJS	48:14	42 - Richard Cooper/MI	50:55	61 - Herb Blanchard/Un	53:27
5 - Dan Anderson/WVTC	43:24	24 - Clifford Stewart/PK	48:15	43 - Wm. Lovelace/Un	51:03	62 - Leroy Hursh/DSE	53:33
6 - Bob Darling/ETC	43:39	25 - Lloyd Sampson/Un	48:19	44 - John Ryan/Un	51:12	63 - Tom Holliday/MercTC	53:35
7 - Mike Smith/PAMA	44:08	26 - Michael Coke/GPPMB	48:25	45 - Don Lucero/WVTC	51:19	64 - Frank Harrison/DSE	53:42
8 - Daryl Zapata/WVTC	44:15	27 - Pat Scannell/Un	48:36	46 - Jamie Waste/Un	51:32	65 - Roland Delatorre/Un	53:46
9 - John Weidinger/ETC	44:45	28 - Marco Martin/Un	48:46	47 - Alex Bangert/Serra	51:42	***WOMEN***	
10 - Mike Conroy/ETC	45:11	29 - Tony Balsamo/WVTC	48:57	48 - Richard Mayers/Un	52:08	85 - Mary Mapelli/Un	55:23
11 - Tim Swezey/PAMA	45:30	30 - Jim Nicholson/NCS	49:04	49 - Ed Preston/SFPAC	52:11	103 - Colleen Scannell/Un	57:23
12 - Ralph Bowles/WVJS	45:35	31 - Steve Bailey/Un	49:37	50 - Arlon Jahnke/MVS	52:13	108 - Gail Gustafson/Un	57:49
13 - Barry Starkey/MVS	45:52	32 - George Ridout/Un	49:52	51 - Jeff Smith/MVS	52:14	116 - Carroll O'Conner/NCS	58:19
14 - Mike Bregante/SUND	45:53	33 - Bill Catanese/Un	50:07	52 - Barry Haines/Un	52:15	120 - Pat Whittingslow/Un	58:27
15 - Jeff Baker/SUND	45:56	34 - Danyal Kasaplial	50:13	53 - Edward Lee/LVRC	52:20	127 - Peggy Lavelle/MLTC	58:59
16 - Bill Jensen/PAMA	46:01	35 - Mike Heim/Un	50:20	54 - Mark Scheuer/DSE	52:21	132 - Kathy Maloney/PAMA	59:28
17 - Jack Kleinbach/ETC	46:49	36 - Jon Gerrans/Un	50:23	55 - Mark Ashizawa/Un	52:39	133 - Laurie Bangert/MLTC	59:29
18 - Steve O'Brien/Un	47:35	37 - George Roach/Un	50:24	56 - Peter Alexander/Un	52:42	145 - Connie Cunneen/MLTC	61:07
19 - Richard Blake/Un	47:38	38 - Mike Vernalli/MLTC	50:42	57 - Allen Stanbridge/Un	52:45	146 - K. Balamuth/Un	61:21

FLORES SHOWS STRONG FINISH AT MARTINEZ TO PORT COSTA RUN: (Feb. 28, Martinez) - Pete Flores of the Aggie Track Club (Davis) withstood a brief challenge by Bill Seaver halfway through the 8.4-Miler, but he proved too strong over the last few hills and went on to score an easy win, 42:08 to 42:36. Gene Fitzgerald was a close third at 42:41. Dennis Teeguarden held off a surprising Craig Roland to garner masters laurels, 48:15 to 48:19, with Bob Malain another 10 seconds back. Sharon Furtado went out super-fast as usual but held on well to destroy her female competition, 52:19 to 55:14 for surprising runnerup Betsy White. Sue Munday grabbed third in 55:27. A total of 168 came across the finishline on an overcast but muggy day. /Luka Sekulich/

1 - Pete Flores/AGTC	42:08	24 - Bill Spence/WVTC	47:55	47 - Karl Cottrell	51:24	70 - David Walters	53:39
2 - Bill Seaver/WVTC	42:36	25 - Lloyd Sampson	47:58	48 - Stan Vukalovich	51:26	***WOMEN***	
3 - Gene Fitzgerald	42:41	26 - Dennis Teeguarden	48:15	49 - Steve Lanker	51:52	58 - Sharon Furtado/Un	52:19
4 - Darryl Beardall/MH	43:25	27 - Craig Roland	48:19	50 - Ken Israel/WVJS	51:54	87 - Betsy White/WVTC	55:14
5 - Doug Butt/WVTC	43:49	28 - Paul Holmes	48:27	51 - Don Lucero/WVTC	51:55	89 - Sue Munday/SJC	55:27
6 - Clark Rosen/PAMA	44:02	29 - Sal Citarella	48:29	52 - William Lovelace	51:56	92 - Yvette Cotte/WVTC	55:53
7 - Tim Jordan/GWTC	44:11	30 - Bob Malain/NCSTC	48:29	53 - James Hamiter	51:58	112 - Jeannette Cotte/WVTC	58:54
8 - John Weidinger/ETC	44:28	31 - Robert Ernst	48:41	54 - Ted Fuller	52:03	115 - Carroll O'Conner/NCS	59:11
9 - David Fuller	44:35	32 - Lance Renshaw	48:51	55 - Gene F. White	52:10	120 - Kathleen O'Conner/CW60	60:53
10 - Michael Larsen/MVTC	44:41	33 - Clifford Stewart	48:59	56 - James E. Carr	52:13		
11 - Ralph Bowles/WVJS	45:14	34 - V.M. La Pierre	49:11	57 - Lee Fox	52:14		
12 - Ken Holladay	45:25	35 - Gary Whittemore	49:16	58 - Sharon Furtado/Un	52:19		
13 - Rich Vasquez	45:30	36 - Noel Vigil	49:23	59 - Bill Tillson	52:20		
14 - Warren Herman	45:45	37 - Bill Zachary	49:38	60 - John Dressler	52:26		
15 - Mark Proteau	45:53	38 - Marvin Winer/WVTC	49:42	61 - Miles Pepper	52:32		
16 - Paul Keller/HH	46:16	39 - Dennis Egly	50:05	62 - Philip Little	52:37		
17 - Gerald Werner	46:24	40 - Michael Gulli	50:16	63 - Thomas J. Moungey	52:40		
18 - Doug Rennie	46:49	41 - Hoyt Walker/LVRC	50:23	64 - Larry Guinee	52:48		
19 - Ross Rowley	46:54	42 - Mark Gallo	50:30	65 - Paul Kellman	52:52		
20 - Bob Gormley	47:04	43 - Art Beauchamp	50:35	66 - Jack Garnett	53:03		
21 - Ignatius de Villiers	47:09	44 - Walt Betschart	50:48	67 - Jim McKinnon	53:10		
22 - Rick Rockwell/WVTC	47:17	45 - Richard Cooper	51:02	68 - Robert L. Felsch	53:15		
23 - Gary Alderson	47:54	46 - Steve Bailey	51:05	69 - Ralph T. Waller	53:21		



Pete Flores (winner) leads Gene Fitzgerald (3rd) early in the Martinez Run. /Engle/

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