

# NOR-CAL RUNNING REVIEW

JAN.-FEB. 1977 (No. 64)

ONE DOLLAR



**West Valley Marathon**

# ANNOUNCING: NIKE TRACK CLUB

The new A.A.U.-Sanctioned Nike Track Club is now open for membership. This club will be most unique in that a human resource file will be developed to encourage the co-operative exchange of services, special abilities, and skills that members can share and provide with/for each other. We believe that one of the most exciting aspects about the running sub-culture is that it attracts a diverse group of individuals representing many ethnic, social, and vocational backgrounds. Therefore, we hope to promote friendship and comraderie among all who share running as a common interest.

Some of the objectives of the Nike Track Club will be as follows: (1) To develop and promote age-group competition, fun-runs, and road races; (2) To provide coaching for those interested; (3) To offer numerous workshops, lectures, and seminars on the subject of running as presented by key resource people here in the Bay Area and from throughout the country; (4) To provide a clearing house for pamphlets and other materials; (5) To encourage executives of business, industry, and government to promote and support physical fitness/running programs.

So whether you're a sub-2:20 marathoner or a beginning runner, the Nike Track Club extends an open invitation to join them. For more information contact or write to: Ron Wayne, The Athletic Dept., 2114 Addison St., Berkeley, CA 94704.

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# Northern California Running Review

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JAN./FEB. 1977 (No. 64)

## UP FRONT

Seriousness sets in at the start of the 1977 West Valley Marathon as the starting gun is raised by Leland R. Smith, co-founder of the American Academy of Podiatric Sports Medicine. The foggy conditions (note tree in left background) prevailed throughout the early stages of the race, helping Ed Schelegle (2:18:44) and Judy Leydig (2:53:49) to fast wins. /Lani Bader/

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LDR POINT RATINGS: (NorCal) Art Dudley; (SoCal) Stan Rosenfield (Note: We need a new SoCal Editor right away!!)

REGULAR CORRESPONDANTS: (NorCal) Fred Baer, Dr. Harmon Brown, Marshall Clark, Harold & Penny DeMoss, Wayne Glusker, Bill Mensing, Dick Meyer, Phyllis Olrich, Walt Stack, Len Wallach, Keith Conning. (SoCal) John Brennand, Bill Cockerham, Shirley Davisson, David Pain, Stan Rosenfield, Al Sheahan, John Wenos. (Nat'l & Internat'l) Runner's World, Track & Field News, The Harrier.

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### Contributors

All news, articles, photos, etc., should be sent to the NCRR at the above address. Due to irregularity of mailing dates, all information should be mailed as soon as possible. Prospective photographers and volunteer correspondants should request details. Request permission for materials used from the NCRR other than scheduling & results (please give credits). We pay \$15.00 for cover photos (nothing for other photos used except credits). Readers are encouraged to submit results.

UNPAID STAFF: - All profits go to West Valley T.C. treasury.

MAILING DATES: - This issue should be mailed either March 22 or 29...the March/April issue will tentatively be mailed 5/17.

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### EDITOR'S MESSAGE

● **NEW FEATURE:** - You'll note in the table of contents above that we have a new item listed... "Guest Editorial". Len Wallach will be responsible for selecting certain individuals for this new feature each issue. The column will give prominent people in the running scene an opportunity to present a point of view perhaps different from our own. We will continue the contributions which come in as 'Letters to the Editor', but this new section will give key figures a special place which they deserve for their views. If any of our readers have an idea for a future 'Editorial', please contact Len at the above address. Our 'guest' this issue is *Runner's World* editor, Joe Henderson.

● **UP & COMING:** - We have several items we're considering for future issues, and we're always anxious to hear from our readers if you have suggestions for additions to the NCRR. In upcoming issues we are thinking about having "Photo Contests" concerning various aspects of running...e.g.-finishing shots, worst running form, etc. We're open to suggestions for topics. In addition, we're getting together some photos (subject matter not revealed yet) for a special "Photo Feature", which will most likely appear in our next issue.

● **ALL-COMERS SCHEDULES NEEDED:** - By the time next issue is out (mid-May), we'll be needing a listing of various all-comers track & field meets for the summer months...so if you know of any definite (or even tentative ones that we can check out) dates and locations, please get in touch by not later than May 5th, preferably sooner. Thanks for the help.

### THIS & THAT

● **PEOPLE NEWS:** - Jackie Hansen (world record holder in the marathon) and Tom Sturak (top masters runner) recently got married. --- Walt Stack, perpetual DSE 'dictator', has added yet another honor to his already endless list. *City Sports* named Walt as Northern California's "Sportsman of the Year". --- Steve Ward, a member of Fresno's up-and-coming Fresno Pacific Track Club, is running for State Center Community College Board of Trustees and part of his campaign promise is to get another all-weather track in Fresno. --- Former Cal-sprinter, Dave Masters, now with the Berkeley Police Dept., is taking some ribbing from fellow officers. He wound up in the hospital after his gun accidentally discharged in his holster and zapped him in the foot. --- Bruce Jenner, Montreal decathlon champ, added another honor to his list by winning the coveted James E. Sullivan Award for 1976; this award is presented each year to the outstanding amateur athlete in the U.S. Candidates are selected on the basis of athletic ability and character. Jenner was a landslide winner with a total of 4,017 points to runnerup John Naber's 2,314. Dorothy Hamill was third in the voting with 1,718. --- Five outstanding road runners have been named by the Road Runners Club of America as recipients of the



## PHOTO QUIZ

**RULES:** (1) Submit your guess and mail it to: PHOTO QUIZ, P.O. Box 1551, San Mateo, CA 94401 (one guess per person)...*all guesses must be postmarked by April 30th.* (2) All ties will be broken by a drawing. The prize is a one-year subscription or renewal to the NCRR (or \$6 off dues for WVTC members). All of our readers are encouraged to submit photos for consideration. We need one for next time!

**\*\*LAST MONTH\*\*** Sure fooled a lot of people on last issue's quiz. The correct answer (Don Chaffee) was guessed by only two people...the clue: '...a tough Dipsea racer in his mid-30's', was not looked at very closely by many people, as we got several Darryl Beardall's for an answer.

Who is this sub-2:30 marathoner? (Not a current photo.)

The picture may have looked like Darryl, but he's in his 40th year right now. Another person guessed Homer Latimer. The winner was Bob Darling of San Francisco by a toss of the coin. Bet there won't be too many correct answers for this month's quiz either. We've gotten some good ones lately!

national organization's annual awards. The award winners were officially honored at the RRCA National Convention in St. Louis on Feb. 26th. Don Kardong of Spokane (ex-Stanford & WVTC'er) was selected as the Male Road Racer of the Year. Don finished 4th in the Olympic Marathon at Montreal with a fine 2:11:15. Miki Gorman got the nod for Female Road Runner of the Year. She recorded a 2:39:11 (2nd fastest ever by a woman and a world record for masters) at the New York City Marathon. Dr. Joan Ulyot (WVTC) was the recipient of the Journalistic Excellence Award, while Fred Lebow (NYRR Pres.) was awarded the Scott Hamilton Award for outstanding leadership of a local RRCA affiliate. His greatest achievement has been as race director of the New York City Marathon. Doris Ferguson of the Mid-Pacific RRC in Honolulu is the recipient of the Rod Steele Memorial Award for Outstanding Local Chapter Worker.

• **NATL. AAU LDRS COMMITTEE:** - Members on the 1977 Long Distance Committee are as follows (All-American Selection Comm.): Joe Henderson, Browning Ross, Bob Campbell; (Selection Comm.): John Brennan, Ron Daws, Fred Best, Joe Henderson; (Athletes Representatives): Gordon Macdonald, Jon Anderson, Chuck Smead, Larry Aduddell, Steve Hoag, Don Reinke, Jim Lee, Amby Burfoot, Barry Brown, and Russ Pate.

• **MOVING WEST:** - "My wife and I can no longer tolerate the climate, and as I am becoming more serious in my training, I find a need to live in a more conducive environment." This plea comes from a teacher in the Buffalo (N.Y.) Public School System with 10 years experience, consisting of mostly instructing emotionally disturbed teenage boys. He has a B.S. and M.S. in Industrial Arts Ed., which carries with it a lifetime certification in N.Y., plus a Continuing Eligibility Certificate in his special education area. If anyone could help this fellow runner out (2:33 marathoner) by passing along names of anyone who knows the job availability in the education area, as well as addresses of several local school boards, it would be greatly appreciated. Please reply to: Roger Hauck, 183 Gypsy Ln., E. Aurora, N.Y. 14052.

• **RACE INFORMATION:** - Please note these changes and additions on your race schedules: The PA-AAU Hour Run, originally scheduled for May 29, has been changed to May 28 because of a conflict with the TRAC 10-Kilo...Avenue of the Giants Marathon phone contact is Richard Meyer, but his phone number is listed wrong in the PA-AAU Handbook. It should be 442-1093...The Watermelon Run should be Sat., July 30th, instead of the next day...Cancel the Corralitos 15-Kilo run on April 30th...The PA-AAU Marathon has been awarded to the Pamakids for July 10th in San Francisco over a new course that will probably start at McLaren Lodge (Golden Gate Park) and cover roads within the park, along the Great Hiway, and around Lake Merced. For further information concerning the San Francisco Marathon, contact either Sheldon Gersh (1616 Granada Dr., Burlingame 94010) or Pete Alexander (336 San Jose Ave., S.F. 94110). Also, see the minutes of the recent PA-AAU LDRS Meeting further on in this section. Inserts (entry blanks) for the race will be included in the next issue for subscribers...The Masters Western Regional Track & Field Champs will be held in L.A. this year according to reliable sources, probably a few weeks before the

Nationals in Chicago. Anyone know where exactly, or who to contact? We need to know for next issue...The Hawaii AAU LDRS is now planning on the National AAU 25-Kilo Champs to be Oct. 2, rather than the Sept. 4 date originally authorized...Just heard from the O'Neil's that the unofficial Father-Son Championship for LDR is at the 12-mile race in Chicago on July 3rd, which is being held in conjunction with the Natl. AAU Masters T&F Champs. The current world-record holders for the father-son marathon combination (Jim & Tom O'Neil) have indicated they were invited, along with Pat Davey (Univ. of Tennessee) and his dad, and Hal Higdon and his son. How about Gil & Boyd Tarin receiving an invitation?

• **PA-AAU LDRS SCHEDULING MEETING:** - Yup, it's that time of year again already...or almost anyway. Since the current LDR Handbook only goes thru July, all race directors should plan on trying to decide on fairly firm date(s) for their races from Aug. 1, 1977 to July 31, 1978, in the near future. There will be a scheduling meeting (the *only* one) after the TRAC 10-Kilo at Hellyer Park in San Jose, on May 29th. All race directors that sponsored a race listed on the LDR Schedule (current one) will receive the schedule information around mid-April. Any club or organization that desires to sponsor a race in the upcoming time-period and did not sponsor one this year should send a stamped self-addressed envelope to Harold DeMoss, 765 Campbell, Los Altos 94022. The LDR Committee is again soliciting advertisements for the LDR Handbook. Commercial ads must be received in camera-ready form by May 20th. Ads for races must be received by the 31st of May (2 days after the scheduling meeting). The ad rates are \$50/page; \$25/half-page; \$15/quarter-page. AGAIN, all ads must be camera-ready (in the final form you want them to appear in the handbook) and proportional to the handbook page (approx. 5 x 8). Any proportional size ad will do since they can be enlarged or reduced. Send all ad copies to the above address or direct any information requests by phone to: 415/941-8975.

• **NATL. AAU MASTERS T&F CHAMPIONSHIPS:** - Just got the word that this year's meet will be at North Central College in Naperville, Illinois, just 20 miles west of Chicago. There will

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also be limited sub-masters events (30-39) in the program. The track is a newly constructed Chevron 'metric' oval. The meet management (contact Wendell Miller, 180 N. LaSalle, Chicago, Ill. 60601...Ph. 312/236-1315) has also put together a super-reasonable lodging package for competitors and their families. On-campus rooms will be provided for only \$3.50/day...or \$5.50/day including meals!! The lodging is only 500 yards from the track and there are some rooms for married couples. In addition to the track meet, there will be a very large 20-Kilo road run on July 3rd in Chicago, and buses will be provided from Naperville to the start. Unfortunately, the road race does conflict with the 5,000m track race, but for those not wishing to compete in the 5K, the road run will be available.

● **BOSTON MARATHON PACKAGE:** - As of March 10, the NCCR Boston Group has a total of 41 committed (deposits paid). We had to reserve 5 more rooms and 10 more seats because of a last-minute influx of interested runners and their friends (you don't have to run the race to go!). There are still 9 guaranteed spaces (probably less by the time you receive this), so better act now if you're interested. The total package includes roundtrip airfare (S.F. to Boston) and 4 nites at the Colonade...the savings is about \$100 in airfare and 10% on the hotel, which is located only about 1/4-mile from the finishline. Package includes bus pickup to and from Boston airport and all baggage handling at the hotel (portage). The \$439 total is due immediately, but the entire amount is refundable should you not go...and you may defer payment by using your credit card (check for acceptable cards with our travel agent: George Cornelius, The Travel Consultants, 1150 Holly St., San Carlos, CA 94070--Ph. 415/591-7133, and do so today). Remember that entries close for Boston on the 1st of April! We've even blocked seats in the 'no smoking' section of the plane!! Further details may be obtained from the NCCR or George Cornelius at the above location. **IMPORTANT--**a number of people are going back via another method, only because they already have a place to stay for free in the Boston area. Others are leaving earlier, etc. If you are planning on going via some other way than with the NCCR tour and need to stay at a Boston area hotel anyway, we'd appreciate your contacting us right away, as we've got several people who want to go with our group but would need someone to take their hotel room, as they've made other lodging arrangements. Remember, we must all leave together on Friday as a group, but you may return anytime you wish, as long as you return via TWA...you may even come back via a slightly different routing at \$15/stop extra.



A team of women from the Eureka/Arcata (Humboldt St.) area set a new world record for the 100 x 1-mile relay, going the distance in 12:24:44.6. Some of the 100 female participants (and two men timers) are pictured above...details below.

● On Feb. 6, 1977, one-hundred women gathered at the Humboldt State Univ. Redwood Bowl track with an eye on the mark of 13:46:02 set last spring by New Jersey's Southern Regional High School. The attempt began at 6 am; each person running a mile, then passing the baton to the next. They averaged 7:27 per mile in clocking 12:24:44.6 for the total distance. The fastest mile went to Sue Grigsby, a member of HSU's Women's Track Team, with a 5:17.7...other milers under six-minutes were: Marilyn Taylor (5:26.4), Jackie Yapp (5:43.0), and Jane Wooten (5:52.0). Julie Mordaunt was first in the Prediction Division, running her mile 9/10ths of a second faster than projected. Runners ranged in age from 9 to 43. Joli Sandoz, Women's Track Coach at HSU, was the organizer of the event... the DSE women will attempt to break this mark at SFS April 3.

● **Speaking of relays,** the Mid-Pacific RRC had their annual 140-mile "Perimeter Relays" around the Island of Oahu. A total of 90 teams and 1,000 persons participated, with the last team coming in just under 21 hours.

● **LOST & FOUND:** - Nothing found, but we have a couple of items reportedly lost at various races. (1) A red & white vinyl athletic bag at the Paul Masson Champagne Marathon, which included a pair of gold sweats (Alameda H.S.), bottoms only (#19). If you picked these up by mistake, please contact Evan Tuttle, 916 Oak St., Alameda 94501 (Ph. 415/521-6624). (2) A man's watch was lost at the Zoo Run (same day as Champagne Marathon) in San Francisco...metal band and black face. Contact Kent Guthrie (682-4936) if found...REWARD!

● **SEMINARS:** - **Runner's Seminar--**taking place April 16 at Northeastern Univ. in Boston (weekend prior to Boston Marathon). Sponsored by NEU and the Sports Medicine Division of the Children's Hospital Medical Center. Contact: Mrs. Lesley Pouche', 300 Longwood Ave., Boston, MA 02115 (617/734-5556). --- **Sports Medicine Seminar--**taking place May 16 and entitled "The Psychology & Sociology of Sport: The Female Athlete"... at Jimmy Fund Auditorium in Boston and sponsored by the same people as listed above.

● **SUNRIVER JOGGING CLINIC:** - To be held June 5-11, 1977, at this secluded Oregon resort, known for its crystal clear air and superb weather...featuring Bill Bowerman (1972 Olympic Track & Field Coach), Dr. Stan James (orthopedic specialist), and Dr. Robert Cutter (allergist-rheumatologist and former team physician for the U.S. Ski Team). Also present will be Dennis Vixi, whose shoe designs are used by the major athletic shoe manufacturers. The package price is \$450, and this includes the Clinic lectures, training sessions, all lodging & meals. If you register by May 1 and are a member of an accredited track, medical, jogger's or school association, you may qualify for the reduced rate of \$375. For further information, contact: Jay Bowerman, Nature Center, Sunriver Properties, Inc., Sunriver, OR 97701.

● **NOR-CAL MEN'S TRACK & FIELD RECORDS:** - Recently listed in the San Francisco Examiner was the following--top all-time marks by men athletes from the North State...athletes attending college here are discounted, as are club athletes who settled here once out of college. The marks need not have been achieved here or even at a time when the athlete was living here. The only criteria is geographical (whether the athlete was raised in a California community no farther south than Fresno County and no farther north than the Oregon border.

EVENT	NAME	HOMETOWN	YEAR	MARK
100m	Jim Hines	Oakland	1968	9.95
200m	Tommie Smith	Lemoore	1968	19.83
400m	Lee Evans	San Jose	1968	43.86
800m	Rick Brown	Los Altos	1972	1:45.4
1,500m	Morgan Groth	Alhambra	1964	3:40.4
Steeple	Jeff Fishback	San Mateo	1964	8:40.4
5,000m	Ron Larrieu	Sunnyvale	1964	13:43.0
10,000m	Greg Brock/WVTC	Sacramento	1972	28:53.6
HJ	John Radetich	San Carlos	1976	7-6
PV	Roger Martin	San Jose	1976	17-2
LJ	Randy Williams	Fresno	1972	27-4 1/4
TJ	Anthony Terry/WVTC	Stockton	1975	54-9 3/4
SP	Dave Maggard	Turlock	1968	67-4 1/4
DT	John Powell	Sacramento	1975	226-8
HT	Ed Burke	San Jose	1975	235-11
JT	Rafer Johnson	Kingsburg	1960	251-9
Dec	Rafer Johnson	Kingsburg	1960	8,063
110mHH	James Owens	Sacramento	1976	13.56
400mIH	Ron Whitney	Modesto	1968	49.05

● **VOLUNTEERS NEEDED:** - The Long Distance Committee's "Travel Fund" constantly needs revitalization, especially the women's portion. Without volunteers to help out by selling T-shirts, etc., the fund will soon be dry. The LDRC needs ten to fifteen people (both sexes) to sell Bay-to-Breakers shirts at this year's race (May 15)...start and/or finish: Please contact Judy Leydig, Fund-Raising Chrmn., c/o NCCR...TODAY!!



Some of the Bay Area participants in the recent (Dec.) Hawaiian Marathon (left to right) - Ruth Anderson (1st woman over 40), Ron Wayne (2nd), and Barb Carlson (40+). /Barbara Wayne/

● **LDRC MEETING MINUTES:** - There was a meeting of the PA-AAU Joint Men's & Women's Long Distance Running Committee, consisting of anyone interested in helping to promote running, following the PA 20-Kilo Championships in Woodside. There was a good turnout of about 15-20 people. Some of the items discussed:

(1) **On voting at meetings:** - Since very few clubs currently attend LDRC meetings, it was felt that all those present (individuals) would have the right to a vote, instead of the previously 'assumed' one-vote-per-club policy. However only women would vote on women's funding, etc., and likewise for the men.

(2) **Retro-active Funding** was granted in the amount of \$51 to Irene Rudolf for travel to the Natl. AAU Women's Marathon in Culver City...she was next in line following Carolyn Tiernan (who was injured & couldn't go) and Gail Gustafson (who did not want to go because of short notice and the fact she had run a hard 20-miler the week before). All qualified for funding (in order of finish) at the Ocean-to-Bay Marathon in August.

(3) **Special Awards** were contributed to the NCRR, via the AAU Long Distance Running Committee, for permanent awards in the 'long distance running point race', by Phil & Fran Conley of Woodside. More on those awards on this page.

(4) **More Funding:** - The top five PA-AAU registered finishers in the Jr. PA-AAU X-C Championships (10-Kilo) who will not turn 20 this year, were granted full airfare to the Natl. Jr. 8-Kilo X-C Championships (& Jr. International X-C Trials) in San Diego... they were: Hal Schulz, Tim Holmes, Boyd Tarin, Mike Van Horn, and Greg Mandanis. Schulz finished third overall in the race and will go to the International Jr. X-C Championships in Germany (will have already competed by the time you get this).

(5) **Funding for 1977 Races:** - Everyone should make a mental or preferably written note of the following information. It could mean you might win a trip to a Natl. Championship... The LDRC singled out the following events for 1977 where full airfare would be granted the winner to attend the appropriate National Championship at the same distance. The winner (or person going) must be PA-AAU registered for 1977. **SR. MEN:** Marathon--winner of the PA-AAU Marathon (July 10, San Francisco) will go to New York City on Oct. 23 for the Nationals... Ave. of the Giants was named as alternate race if the S.F. Marathon did not take place. 15-Kilo--winner of the PA-AAU 15-Kilo (July 17, Los Altos Hills) will go to Gardner, Mass., on Oct. 16 for the Natl. 15-Kilo (note: the Marathon is the following weekend in NYC, so that person could stay over and run both if he had the time). 10-Kilo X-C--winner of the PA-AAU Sr. 10-Kilo X-C (site and date to be determined) will go to Houston on Nov. 26 for the Nationals. **SR. WOMEN:** Marathon --winner will also come from PA-AAU Marathon (see Sr. Men's qualifier, above) and go to the Women's Nat'l. Marathon in Minnesota on the same day as the Men's Nationals. Should the top finisher (eligible) not be able to go, then the next qualified finisher would get the trip. **REMEMBER:** Funding for these races does not grow on trees...help support your local athletes by purchasing (or volunteering to sell) various T-shirts thru the year (Bay-to-Breakers, Tahoe Relays, Dipsea). Also, the profits from the LDR Handbook goes to this fund! In the SPA-AAU, the LDRC has jurisdiction over most the races and few clubs get to take the profits (if any) from races. They send people to National Championships too, but the individual clubs may suffer a bit more. So, remember your voluntary support is needed to help worthy athletes and keep management of most of the local races in the hands of the individual clubs.

● **NATL. AAU OUTDOOR CHAMPIONSHIP STANDARDS:** - Both the men's and women's nationals will be held in Los Angeles this year (Senior), while the Jr. Men's meet will again be in Knoxville, Tenn. The Jr. Women's meet will also be in L.A. Men must have set their marks since Dec. 1, 1976, while women have been set in 1977; (2) Indoor marks can be submitted for entry into outdoor championships, but must be noted as such; (3) No intermediate times (splits) during a race will be accepted; (4) Marks must come in either AAU Sanctioned Meets, or high school & college meets other than duals or triangulars. The men's standards do not specify these restrictions, although they may be in force (anyone know?). **The Women's Standards---**

Event	Senior Mark(s)		Junior Mark(s)	
100-Yd	10.7	10.94e	10.9	11.14e
100-M	11.7	11.94e	11.9	12.14e
220-Yd	24.3	24.54e	24.8	25.04e
200-M	24.2	24.44e	24.7	24.94e
440-Yd	55.3	55.44e	56.3	56.44e
400-M	55.0	55.14e	56.0	56.14e
880-Yd	2:09.5		2:14.0	

Event	Senior Mark(s)		Junior Mark(s)	
800-M	2:08.5		2:13.0	
1500-M	4:25.0		4:38.5	
1 Mile	4:46.0		5:00.0	
3000-M	9:50.0		10:15.0	
2 Mile	10:35.0		11:00.0	
3000-M Walk			17:00.0	
5000-M Walk	28:45.0			
2 Mile Walk			18:00.0	
3 Mile Walk	27:45.0			
80-Yd H			10.6	10.84e
110-Yd H			14.6	14.84e
100-M H	14.2	14.44e	14.8	15.04e
400-M H	63.0	63.14e	65.5	65.64e
Long Jump	19'6"	5.94m	18'6"	5.64m
High Jump	5'9"	1.75m	5'7"	1.70m
4 Kg. Shot	44'6"	13.56m	40'0"	12.19m
8 Lb. Shot	46'6"	14.17m	42'0"	12.80m
Discus	145'0"	44.20m	130'0"	39.62m
Javelin	150'0"	45.72m	130'0"	39.62m
440-Yd Relay	47.0	47.14e	48.0	48.14e
880 Med. Relay	1:46.0		1:48.5	
1 Mile Relay	3:51.0		3:55.0	
2 Mile Relay	9:15.0		9:20.0	
10,000-M	38:00.0**			
Pentathlon	3400 Pts.		3200 Pts.	

**\*\*Note:** - Didn't know the 10,000 would be part of the track championships...can anyone verify this? Let us know please!

**Men's Standards--**Must have been set since Dec. 1, 1976.

Event	Senior Men's Standards		Junior Men's Standards	
	(Yards)	(Meters)	(Yards)	(Meters)
100	9.4/9.6e	10.4/10.6e	9.4	10.4
200/220	21.1/21.3e	21.1/21.3e	21.2	21.1
400/440	46.7/46.8e	46.4/46.5e	47.7	47.4
800/880	1:49.4	1:48.7	1:52.0	1:51.3
1500/Mile	4:01.0	3:43.0	4:09.7	3:50.8
2 Mile			9:03.0	
5000/3-Mile	13:25.6	13:54.6	13:57.2	14:18.6*
10000/6-Mi	28:17.6	29:17.6	29:42.2	30:42.8
42" Hurd.	13.9/14.1e	13.9/14.1e	14.8	14.8
39" Hurd.			13.8	13.8
400/440-IH	50.8/50.9e	50.5/50.6e	54.6	54.3
330-IH			38.0	
3000m-SC		8:49.6		9:25.8
2 & 3 Mile Walk			All Entries Accepted	
High Jump	7'1"		6'10"	
Long Jump	25'4 1/4"		23'7-3/4"	
Triple Jump	52'4 1/2"		48'8 1/4"	
Pole Vault	16'9 1/2"		15'4"	
Shot Put (16#)	62'2 1/2"		53'7"	
Shot Put (12#)			63'8-3/4"	
Discus (Coll)	191'10"		159'10"	
Discus (HS)			174'10"	
Javelin	243'6"		210' 0"	
Hammer (16#)	203'2"		All Entries Accepted	
Hammer (12#)			All Entries Accepted	
Decathlon	7300 Pts		All Entries Accepted	

**\*NOTE:** - The Men's Jr. 5,000m equivalent (to 3 miles) doesn't seem to jive with the Sr. Men's differential...we think it should be 14:28.6, but if anyone knows for sure, please let us know right away. The two standards don't make sense the way they're listed now.

### NCRR LONG DISTANCE POINT TOTALS

**SPA-AAU STANDINGS:** (Compiled by Stan Rosenfield) - Following are the Final 1976 Standings for the Southern Pacific AAU. Because of workload (with his own club, the San Luis Distance Club), Stan is having to bow out of his duties as SPA Point Total Editor, a position which he has managed diligently for several years now. Anyone who would like to take over Stan's job as 'editor' (he should preferably live in the SPA and be familiar with the runners there, both masters and seniors, and maybe women in the future), should contact the editor (me) as soon as possible. I'll refer you to Stan, who can fill you in on how he's done it in the past. But, if we are to continue the rankings of Southern California's top long distance runners in 1977, we must have a new editor. I have included Stan's letter 'of resignation' to me in the "Letters to the Editor" section of this issue. Final 1976 Standings on the next page!

Carl Swift, second last year, led from the beginning of 1976 to win this year's open division rankings. Carl led the SPA in victories with 6, and in the top 10 appearances with 23, which ties his mark from last year. Carl improved his rating from 0.149 last year by lowering his average placing from 3.43 to 2.91. The next two behind Carl were also the next in SPA victories with 4 each. Ron Kurrle, 1974 winner, now has two second place finishes as well, this year and 1973. Bill Scobey's record of 0.107 still stands, and Swift's winning mark is the second-best all-time....In the Masters Division, Bill Crum won a record 14 races to easily eclipse Sam Nicholson's old mark of 0.091, set in 1974. Jerry Smartt, second in the standings, was also second in victories with 10, which tied Nicholson's old mark. Races not included in the standings: Pico Rivera Anniv. 5-Mile, Mt. San Antonio & Los Alamitos Marathons, Mt. Wilson Trail Race, College of the Canyons 6-Mile, Orange County 15-Kilo, Walnut Sports Festival, Griffith Park X-C, & Belvedere Park 10-Kilo. All other races listed on the SPA LDR Schedule during 1976 were included (except relays). --- 1-Carl Swift/AIA (23 races, 2.91-Aver.Pl., 0.127 Rating); 2-Ron Kurrle/SFVTC (21, 4.43, 0.211), 3-Gary Tuttle/TS (4, 1.00, 0.250), 4-Bob Branch/CCAC (18, 5.61, 0.312), 5-Chuck Smead/AIA (7, 2.28, 0.327), 6-Reid Harter/SFVTC (6, 2.00, 0.333), 7-Paul Cook/AIA (8, 3.00, 0.375), 8-Tom Lee/CCAC (8, 3.25, 0.406), 9-Joe Carlson/AATC (8, 3.37, 0.422), 10-Jim Perez/AZTL (12, 5.08, 0.424), 11-Ken Moffitt/AZTL (8, 3.62, 0.453), 12-Phil Ryan/CCAC (7, 3.57, 0.510), 13-Dave White/AATC (8, 4.25, 0.531), 14-Duane Waltmire/AIA (6, 3.33, 0.556), 15-Ed Chaidez/CSN (3, 2.00, 0.667), 16-Howard Miller/ELATC, Ben Martinez/AIA & Bob Macias/ELATC (2, 1.50, 0.750), 19-Walt Waltmire/AIA (7, 5.86, 0.837), 20-Ray Hughes/SFVTC & Randy Kilpatrick/BB (4, 3.50, 0.875). --- MASTERS: 1-Bill Crum/STC (20, 1.45, 0.072), 2-Jerry Smartt/MS (14, 1.50, 0.107), 3-Dick Bartek/SBAA (7, 1.43, 0.204), 4-Sam Nicholson/STC (15, 3.47, 0.231), 5-John Brennand/SBAA (7, 1.71, 0.244), 6-John Starr/CCAC (14, 3.43, 0.245), 7-Truman Clark/MS (5, 1.40, 0.280), 8-Gil Perez/STC (11, 3.82, 0.347), 9-John Rudberg/STC (7, 2.57, 0.367), 10-Owen Gorman/Un (9, 3.89, 0.432), 11-Dave Waco/CCAC (4, 1.75, 0.437), 12-Wilbur Williams/STC (6, 2.67, 0.445), 13-Aurelio Camacho/STC (9, 4.22, 0.469), 14-Dick Durand/STC (7, 3.57, 0.510), 15-Hal Winton/STC (6, 3.17, 0.528), 16-Ray Gil/STC (50+) (7, 4.29, 0.612), 17-Mauro Hernandez/SMTc (3, 2.00, 0.667), 18-Darty Cronin/STC (4, 2.75, 0.687), 19-Jan Fekkes/STC (3, 2.33, 0.778), 20-Pete Dowrey/Un (4, 3.50, 0.875).

PA-AAU STANDINGS: (Compiled by Art Dudley) - Not really enough races have been run this year (with results received) to start a meaningful list, so we'll hold until next time for our first 1977 listing for Northern California. One thing all you masters runners can do for us...at least those that will be turning 40 (or have already done so) this year...send us your birthdate so we'll know when to start counting you for the point standings. If you've already turned 40 this year, then let us know when you did. --- SPECIAL NOTE: - Each year, the winner of the various divisions in our 'point race' (senior men, masters men, and senior women) get to have their names and ratings engraved on perpetual awards and then keep them for a year. Phil & Fran Conley thought that the winners should get something special to keep after the perpetual awards were returned...and so, they have graciously donated five years worth of permanent awards (3 for each year) in the form of solid brass "Number 1's". They are certainly very special and unique awards, and we'll put a photo of one in next issue so you can see what you'll be competing for!! Again, thanks to Phil & Fran for their very generous contribution. When the five years are up, we hope that someone else will step forth and make a similar donation for one or more years of permanent awards.

### CLUB NEWS

This section of the NCR is for various clubs in the area. If your club would like to put an announcement or other news in this section, please send it in. With a circulation of 1300+, the NCR will probably reach a good percentage of your members. 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 your club. 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 a service to all area clubs. --- IMPORTANT: If your club does put out a newsletter and the NCR is not on your mailing list currently, please write us, as we'd like to get on your mailing list so we can keep up with what your club is doing!

NEW CLUBS: - The Empire Runners are now an A.A.U. Club...if

you live in the Marin County (or Sonoma County) area and are interested in finding out more about them, contact Glenn McCarthy, 335 Algiers Ct., Santa Rosa 95405. --- Nike Track Club is also a new AAU Club, based in Berkeley...for further information, see the ad on the inside of the front cover. --- The Lake Merritt Joggers & Striders is a non-AAU Club that is presently holding "Fun Runs" in the Oakland area. Meeting sites are announced the week prior to the run. The runs begin at 10:00 am on the 4th Sunday of the month. For more information on this newly-formed club, contact John Notch, Ph. 415/444-2602, or 415/568-0784 (work).

## T-SHIRTS

\*\*\*MAIL TO WVTC, P.O. BOX 1551, SAN MATEO 94401\*\*\*  
We've a lot of T-Shirts in various assorted styles and sizes that we'd like to clear away to make room for new ones and also make more room to put my personal clothes and belongings. If you missed getting any of these popular T-shirts in the past, you can still get them if you act fast...but our supplies are severely limited in most styles and sizes, so it's first-come, first-served. Some of the shirts have been reduced in price for quick sale. Be sure to indicate the size(s) you want, and number of each, in the spaces below. Please add 50¢/shirt for shipping, to a maximum of \$1.50. Make checks payable to West Valley T.C.

\*\*SHIRTS BELOW ARE \$2.50\*\*

1975 PA-AAU Sr. X-C Championships	S	M	OUT	L	XL		
1975 PA-AAU Jr. X-C Championships	OUT	S	OUT	M	OUT	L	XL
1976 PA-AAU T&F Championships	OUT	S	M	L	OUT	XL	
1976 West Valley Marathon	S	OUT	M	OUT	L	XL	
1976 PA & Natl. Masters X-C Champs	S	M	L	XL			

\*\*SHIRTS BELOW ARE \$3.00\*\*

1976 Christmas Relays	S	M	L	XL
West Valley Track Club Shirts	S	M	L	XL
West Valley T.C. "Women's Div."	S	M	L	XL

\*\*SHIRTS BELOW ARE \$3.50\*\*

1977 West Valley Marathon	OUT	S	M	L	XL
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\*Note: - All above shirts are at least a two-color design (many are 3-color) and many have trim on neck & sleeves.

PLEASE SEND ME A TOTAL OF \_\_\_\_\_ T-SHIRTS AS CHECKED ABOVE.  
I HAVE ENCLOSED A TOTAL OF \$\_\_\_\_\_ IN PAYMENT, WHICH INCLUDES 50¢/SHIRT HANDLING (\$1.50 MAXIMUM POSTAGE).

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

WEST VALLEY T.C. - Last issue we listed our newly-elected "reps" for each segment of the club (women, masters, etc.)... you should contact your reps if you have specific questions on given programs in the club...please do not contact your President for everything, as we are trying to spread the work around a bit. If you need the address/phone of a specific rep and did not get a copy of last issue, please let me know and I'll send the complete list. Thanks for your help in easing my job and making our 'system' work a little better!

With track season here, we're picking up a lot of T&F athletes at this time...a grand total of 25 new members since the last issue. Those that have not paid dues for 1977 will not be getting this issue...perhaps a reminder notice, but that is all. --- Ed Baskauskas (26), 55 Chumasero Dr., Apt. 10-A, San Francisco 94132 (Ph. 334-2077); attorney; 120HH--15.3, HJ--6'8". John Bland (25), 222 Laurel St., #105, San Carlos 94070 (Ph. 591-2994); Urban Planner; LJ--20'5-3/4". Caroline Bowles (23), 1600 Heskett Way, #49, Sacramento 95825 (Ph. 916/929-2055); Bank Bookkeeper; "Fun-Runner", and wife of WVTC marathoner Jim Bowles. John Brown (20), 3431 - 16th Ave., Sacramento 95820 (Ph. 916/451-5263); student at Cosumnes River JC; 100--10.0, 220--22.0, 100m--11.1. Gary Chan (18), 4493 Hyacinth Ave., Oakland 94619 (Ph. 531-5985); Soph at Skyline H.S.; 440--57.9, 1320--3:35.1, Mile--4:54.0, 2 Mi--10:45.0. Jack Cover (45), 292 Devon Dr., San Rafael 94903 (Ph. 479-8961); Banker; Marathon--3:57:15. Charlie Dangel (14), 986 Regina Way, Pacifica 94044 (Ph. 355-4097); Frosh at Terra Nova H.S.; 880--2:21, Mile--4:59. Mark Doll (21), 1182 "E" St., Apt. 313, Hayward 94541 (Ph. ??); works part-time and is also a student at Cal-State Hayward; SP--55' (3rd ranking in nation in '75 for JC's). Van Fendyan (22), 1260 - 32nd Ave., San Francisco 94122 (Ph. 661-6394); Senior at San Francisco State; TJ--48'5-1/4"...MORE NEXT PAGE!

Charles Fox (& family) (38), 907 Anaconda Way, Sunnyvale 94087 (Ph. 408/732-1594); Photographer; 6 Mi--34:30, 10 Mi--59:00. Barton Gale (37), 6197 Ocean View Dr., Oakland 94618 (Ph. 652-2084); Attorney; 880--2:03, JT--190'9". Mark Greenough (22), 1045 Cadillac Way, #203, Burlingame 94010 (Ph. 347-0854); Accountant & MBA candidate; 440--52.2, 880--1:54.1, Mile--4:14.7. Bob Henderson (28), 20391 Stevens Crk. Blvd., Cupertino 95014 (Ph. 408/996-1272); employee of Riss Transportation in Milpitas; 20K Walk--1:33:58. Jeanie Hoover (??), PCS Box 763, Mather AFB 95655 (Ph. ??); Airman Basic in USAF, food services in Hospital Squadron; 880--2:19.0, Mile--5:15, 2 Mi--11:26, 3 Mi--18:36. Alvin James Kately (21), 983 Hollister St., San Francisco 94124 (Ph. 467-1993); Junior at S.F. State & part-time longshoreman; 100--9.6, 220--21.6; 440--48+, LJ--22'0", HJ--6'0". Thomas Lincoln (24), 828 N. El Camino, #17, San Mateo 94401 (Ph. 343-0992); Armed Services; "Fun-Runner". Thomas J. Malvino (22), 75 Yale Ave., Larkspur 94939 (Ph. 924-0917); clothing salesman; HJ--6'10". Michael Marlow (20), 8162 Center Pkwy., Sacramento 95823 (Ph. ??); Soph at Cosumnes River JC; 100--9.7, LJ--24'10", TJ--52'10" (JC Record-holder). Bruce McClure (22), P.O. Box 10748, Zephyr Cove, Nev. 89448 (Ph. 702/588-4618); "21" Dealer; 100--10.1, 220--22.6, 440--51.9. Neal Pyke (28), 55 Leese St., San Francisco 94110 (Ph. 648-6512); Industrial Engineer; Mi--4:19, 3 Mi--14:30, 6 Mi--29:53, Mile Walk--6:19.9i, 2-Mi Walk--13:09.4i, 3-Mi Walk--21:04.6i, 20-Km Walk--1:37:21. Frank Scruggs (21), 2801-E La Quinta Dr., Sacramento 95826 (Ph. 916/362-7462); Senior at Sacramento State Univ.; Mi--4:20, 3-Mi--14:32. Bill Smith (22), 2129 - 63rd Ave., Sacramento 95822 (Ph. 916/422-7116); Junior at Cosumnes River JC; 120HH--14.4, 100--10.2 (10.0w), 60--6.1. Roger Stewart (26), 428 S. 11th St., #11, San Jose 95112 (Ph. 408/293-7694); Teacher; 220--21.6, 440--47.8, 880--1:56.2. Curtis Taylor (18), 355 S. 10th St., Rm. 111 (Markham Hall), San Jose 95112 (Ph. 408/277-8745); Frosh at San Jose St.; 440--50.5, 880--1:59.9, LJ--21'7". Steven Wells (22), PCS Box 365, Mather AFB 95655 (Ph. 916/366-9889, duty phone 4252); USAF; 100--9.5, 60--6.1, 220--21.0, 440--45.8 (45.4R), LJ--23'4".



(Left) Ted Quintana at the finish of his quick 13:52.2 (PR) 3-mile at CSM All-Comers on Jan. 15. /Keith Conning/



(Right) An obviously-happy Len Wallach 'clicks his heels' at the finish of the Livermore Marathon. It was then he knew that he had the "DSE Point Trophy" locked up. /Livermore Valley R.C./

• **CLUB RECORDS:** - If January & February are any indication at all, WVTC's recordbook is due for some heavy changes this spring. Records were broken in all but the high school division in numerous events. Recently-acquired masters runner, Pete Richardson of Manteca, has been competing regularly with the 'open' men and has been getting super-quick early season marks because of the good competition. On Jan. 15 at CSM he lowered his 880 record to 2:00.8, and then lowered the standard in the metric equivalent to 1:59.2 and 1:59.0 in February. At the Examiner Indoor Games he took the mile record below 4:40 with a sparkling 4:37.7 to win quite handily in a good kick. He then took the 1500-meter record down to 4:17.2 and then 4:12.6 at successive CSM all-comers meets, the latter equivalent to a 4:31-32 mile! The women have also been reorganizing the track marks, with Phyllis Olrich taking the mile mark below five-minutes for the first time with a 4:59.0 at San Jose CC on Jan. 15. She lowered her club outdoor best to 4:56.5 at

another all-comers meet at CSM in Feb., but meanwhile, Judy Graham was really doing some flying, clocking a 4:41.4 at the Oregon Indoor in late January for a club indoor best (actually best indoors or out), only a few seconds behind Francie Larrieu-Lutz...this time is currently (as of March T&FN) the second-fastest indoor time in the country. The following weekend, Judy clipped of a super 9:31.0 for 3000-meters at the Women's Winter Games in San Jose, chopping a full 34 seconds from Phyllis Olrich's old mark. Her time is roughly equivalent to a 10:12 two-mile. Len Wallach ran 21:30:19 for 100-kilos in December (counting several hours break where he went home to shower and eat a bite or two!) to become the club record-holder at this distance...anyone else want to try? Neal Pyke has been revising all the walk records in grand fashion, first with a 6:19.9 at the Examiner Games for the mile, and then he sped to an American-Record 13:09.4 at the Natl. AAU Indoor Championships in New York City...BUT was beaten to it by Todd Scully, who did a 13:02.5 over two miles. Neal then went on to the US-USSR-Canada Indoor Meet and clocked a fine 21:04.6 for three miles, a full 40 seconds better than Esteban Valle's standard. He finished fourth behind two Soviet's and Scully, as the winner got a new world mark of 18:44.3!...that's 6:15 per mile my friends!! Rich Nichols did 600 meters in 1:21.2 (although the margin from the winner looked considerably closer than that) at the S.F. Indoor Games to establish a club mark at that distance (no other club members have ever run it). That placed him third in the race. Dedy Cooper, who hadn't yet paid his dues at this printing, will have club marks at the following distances if and when he does: 7.6 for 60-meter highs (initially recorded as a WR 7.54, but found to be manually timed)...this was set at the Oregon Indoor in late January. He then proceeded to tie George Carty's 7.0 standard for the 60-yard barriers at the LA Times Meet, again winning. He then raced to a 21.3m clocking for another standard against Cal in early March (we assume a non-windy mark?). This better Greg Marshall's 21.6 from last summer. Walter Walker is off to a good start with a 10.5 record-equalling (his own) over the metric century at a CSM all-comers in January. And Jerry Coleman tied Greg Kraft's 1975 high jump standard of 6'10" in February in another CSM all-comers meet. We suspect there will be a lot more action this spring, with marks likely to tumble in the sprints through the half-mile, the hurdles, the high jump, pole vault, hammer, decathlon and the walks. And of course the women and masters should set marks in most of the events they run, as we have very few records to speak of here. Be sure to keep Greg Marshall (& myself) posted on marks you set that may make our top-10 listing (all-time)...if you don't have a current list (last one was Oct. 1976), send a stamped envelope & I'll get one to you. We'll put together a new records list at the end of the summer.

• **OTHER TOP MARKS:** - I don't expect to list all the good marks here, because most of them are listed in the results section of this issue, but deserving special mention for their performances (I may have forgotten some) are Rod Berry for his 9:08.4 indoor victory at Sunkist (H.S. 2-Mile), and a reported 9:02+ time-trial with Hal Schulz during Christmas vacation. Hal qualified for the Jr. International X-C Championships in Germany by placing a strong third at the Trials in San Diego, leading WVTC to its second team championship in as many years at the concurrently run, Natl. Jr. 8-Kilo X-C. Other members on the team were: Tim Holmes (7th), Rod Berry (10th), Joe Green (27th), and Harry Youkers (30th). Non-scoring was Boyd Tarin (45th), who has been having troubles acclimatizing to Reno's high altitude...he's attending Univ. of Nevada this term. In the Sr. Trials in Alameda, Tony Sandoval grabbed fourth spot to nail down a trip to Germany for the International X-C Meet. Ted Quintana, now attending Cal-State Hayward, recorded a PR 13:52.2 for 3 miles at CSM in January, just missing the club's all-time top ten for that distance. Judy Graham ran a 2:12.0 for the metric half-mile to place third at the Examiner Games (this is also a club record I believe, and I forgot to mention this in the above paragraph). Tony Sandoval did an 8:17.8 for 3000 meters at the Examiner Games to slip into third on the all-time list. Phyllis Olrich did either a 10:00.4 or a 10:09.4 (can't read the results...please let us know) in the same race Judy set her 9:31.0 club mark for 3000 meters, and if it's the former time, she'll set a PR and lower her old club mark (although Judy is now ahead of her). Dennis Tracy ran his first equivalent sub-4:10 mile with a good 3:51.3 for 1500 meters in early February, slipping in for fifth all-time. Rich Nichols likewise is now 5th all-time for 800m with an easy 1:53.1, also in early February. Judy Gumbs-Leydig set a PR of 2:53:49 at the West Valley Marathon (2nd on all-time club list) and Kenny Kring totaled 6922 in the decathlon (also February).



● **CLUB WARMUPS:** - Just got in our latest bunch of special-order club warmups...you've probably noticed that they are a bit different in color...actually the only difference is that they're solid orange now (instead of the top half of the jacket being royal blue), still with royal stripes and royal lettering. The company doesn't make the old variety anymore, evidently because of lack of popularity. So, I'd suggest that if you are at all interested in getting a pair for yourself to send in your \$30 immediately...this is about half the regular cost! We are getting them wholesale. Send me your height and weight and probably armlength and inseam wouldn't hurt. I'll be ordering again in mid-April most likely, or whenever I get a few dozen interested parties...so don't wait and miss out because I probably won't order again after April until the fall. We definitely need the full \$30 since I have to pay cash on delivery. If you're not sure of your size, try on a teammate's or stop by my place and try on one of the club's warmups...generally, if you're over 6-feet, you'll probably take a large, with mediums falling into the 5-9 to 6-0 range, smalls are 5-6 to 5-9, etc. They were out of XS's last time we ordered, so don't know if these are available.

● **OTHER MARKS I MISSED:** - Dick Schupbach, who is approaching the ripe age of 40 (less than 4 years to go), recently did a 4:22 mile and 54:34 for ten-miles...lookout! Joan Ulliot, who has been doing a lot of clinic-hopping lately, competed in the Louisiana RRCA 25-Kilo and won the women's division quite handily with a 1:44:29 clocking.

● **CONSTITUTIONAL CHANGES:** - All items passed on the ballot that was inserted with the last NCRR...the voting (not everyone voted) was almost unanimous, with item "A" getting the most opposition, 43 yes votes to 5 no's. So the Exec Council's composition now stands 'legal', as listed in the last NCRR. In addition, future constitutional changes may now be made by a 2/3rd's vote of the Exec Council instead of a membership vote, although this does not mean the "Exec" will always exercise this liberty. The reasoning behind this was the fact that in the past we've had about a 5-10% voter 'turnout' (returned ballots in NCRR) for constitutional changes, and this hardly represents the total club anyway. We did have a fairly good response on this ballot, but I'm sure it was only because dues were due at the same time...still, many who sent in dues left the ballot blank, cut it off, or didn't even bother to send in the membership 'questionnaire'. Oh well! Welcome to the dictatorship!

● **THANKS!!!** - I didn't have the time to personally thank all of you who volunteered (or were badgered into helping) for the recent West Valley Marathon. I know that many of the 'jobs' I assigned were probably very insulting as to the degree of intelligence required, but SOMEONE HAS TO DO IT! I hope no one took offense at being assigned an undesirable job. I'll tell you...it's often not very desirable organizing these things either, but the major headache is usually just getting the volunteers! This time we only had to call about 20 people, as we had some 50 readily volunteer their services. I even got a chance to run (though not very speedily) for a change, knowing that able hands were taking care of every little detail. Judy and I set an unofficial "World Record" for a husband-wife combo in the marathon as a result, and she set a PR too. Surprisingly, we even had about a half-dozen or so non-club members offer to help. Ted Brock, who writes for CITY SPORTS, portrayed his job at "Course Guide Position #12, in the most recent issue... if you haven't read it, you should pick up a copy. I don't think we had one bad comment on the race, and this is attributable to the way in which you all handled your jobs...remembering that what the marathoner wants most is: accurate timing, good aid-stations, and assurance that he won't stray from the course. Please refer to the "Guest Editorial" on the following page for another person's view on the subject of helping out at a race. Again, thanks for your help...it was really appreciated. Without you, no amount of planning could stage a successful race.

● **ATTENTION MEN'S TRACK & FIELD TEAM:** - The following does not apply to most of our track team, nor should it apply to any of you...but I'm bringing this point up because it could apply to you and may apply to WVTC in the future if we don't stick by the rules! Over the past several years, we've worked hard with college coaches to establish a dual meet schedule so out-of-school athletes can compete regularly without having 'super-stud' pre-requisites. The colleges on our spring schedule have been very co-operative in seeing our point of view, and as a result, they have done much to improve track and field in Northern California...BUT, we have rules that are clearly stated on the schedule, and we expect everyone to follow them, because otherwise we are jeopardizing our relationships with

local colleges. In the March 9 edition of the S.F. Examiner, Jim Bainbridge wrote an interesting article in the sports section, entitled: "Confusion Rampant in College Track: Solution Need for Scramble Scenes". In essence, the point of the article was that several supposedly 'scheduled dual meets' between colleges, or colleges & clubs, were turning into 'scramble scenes'. We have 'deadlines' for contacting our meet co-ordinators to get into certain meets, and it is your responsibility to follow these rules. What has been happening to some extent is that we have people showing up at meets without contacting the co-ordinator first...thus, he is not on the entry list. So, what happens? He runs over to the Clerk of the Course and signs himself up! Quoting from the Examiner article..."It is sort of confusing down here," said starter Tom Moore, midway through the meet (referring to March 5 meet at Laney JC, which was not a scheduled WVTC meet). "Guys keep showing up at the starting line who are not on the entry list and we keep having to reorganize things." Bainbridge even noted that several WVTC athletes were involved, although mentioning no names. We had a scheduled dual with S.F. State on that same day, so WHY were any of our athletes competing at the Laney meet? They certainly were not authorized to do so. Maybe there were unattached athletes running around in WVTC uniforms, or saying they were "West Valley", but I certainly hope that none of our athletes do this sort of thing, now or in the future...at least not without personally contacting the coach involved (many days prior to the meet). I would appreciate the names of any individuals who have been involved in this sort of activity. We're not trying to prevent you from competing, we just want you to follow the rules we've carefully laid down. Otherwise, you may find that our schedule is lacking many college competitions in 1978!! I would also suggest that local college coaches not admit any late entries on the day of the meet without a damn good reason...because once you make one exception, there becomes little reason why more exceptions shouldn't be made. So guys, let's not ruin a good thing we've worked hard for. We've got a full schedule and there are plenty of meets. All you have to do is drop a postcard or make a quick phonecall to your appropriate co-ordinator for any given meet and let someone know if you have to scratch...now that isn't really so much to ask, is it? --- One other item...we'd like to have everyone wearing the WVTC jersey in our scheduled meets...at least our dual meets with other colleges. It not only helps your teammates identify you, but lets the spectators know who you're competing for. They only cost \$3.50, (+25¢ by mail), so I think everyone can afford one. Don't expect them to be given to you...they are only given with 'cash payments' except in rare cases. We still have a half-dozen unpaid-for jerseys from last track season! And this is despite many reminders to send payment! So, we have no choice. No money, no jersey! If possible, you should mail for them, as they may not always be at meets.

● **ROAD RACE RESULTS:** - Following are listed members who ran in local AAU road races and finished too far back to be listed in the regular race-results section of the NCRR. If you were missed, let us know (many results don't list affiliations and so I pull a lot of names from my fast-deteriorating memory). Don't be shy! We all like our names in print, right? ---- California "10": 154-Dan Hintz 63:26, 252-Joe Kennedy 74:37, 276-Jim Luke 81:27, 311-Carol Bowles 1:40:32. Daisy Hill 13.5-Miler: 93-Jim Luke 2:05:30. Champagne Marathon: 197-Jim Luke 3:38:40, 237-Joe Kennedy 3:51:06. PA-AAU 20-Kilo: 202-Phil Conley 1:34:29, 203-Ellen Clark 1:34:37, 259-Jim Luke 1:54:15, 261-Monte Dayton 1:54:43. Peach Bowl Pacers 10-Km: 228-Jim & Carol Bowles 68:04. Excelsior East End Run: 107-Don Lucero 50:57, 204-Gary Chan 56:30. Martinez to Port Costa Run: 145-Joe Shami 60:29, 174-Monte Dayton 64:13, 175-Jack Cover 64:15.

## CLASSIFIED ADS

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HIGHLIGHTS OF CALIF. STATE TRACK MEET (1915-1976): - Available for \$2.00 (+25¢ shipping) from NCRR, Box 1551, San Mateo, CA 94401. Compiled by Don Kirk, David Cooper & Keith Conning.

## GUEST EDITORIAL

Beginning with this issue, we will be featuring a "Guest Editorial" column. Invitations will be extended, inviting prominent people in running, especially those in the writing/publishing end of it. It is our hope that these folks will be expressing opinions that reflect rather unique views of running that need to be heard by the great running masses! ---- Our first guest editorial is by Joe Henderson, Editor of *Runner's World Magazine*, who has been described by Len Wallach in a previous issue as "the banner-bearer of the avant garde of those sensitive and tough individualists who seek inner peace through harmony of self-expression, physical awareness, and a respectful commune with nature."

**THOSE WHO STAND AND WAIT--**(by Joe Henderson): - During the first four weekends of 1977, I worked at what for me is a whole year's quote of races. Three! I was a course guide at the Midnight Run, a split-timer at the Paul Masson Champagne Marathon, and a place-recorder at the PA-AAU 20-Kilometer.

None of the jobs was particularly demanding, and the way I handled them was not especially praiseworthy. The only thing unusual was that I was an official so often in such a short period of time.

Few parts of the runner's world are less glamorous than holding a stopwatch or a clipboard, or standing at some remote intersection directing human and auto traffic. There are few volunteers for this kind of work, and one of the hardest jobs any race director has is finding this kind of help. He has to go begging for it.

I'll admit I don't volunteer myself as an official very often. I had to be asked to help with those three races in January. When I was asked, I tried (but failed) to find excuses not to be there.

In my head, I know how important the people who stand and wait are. They, not the runners, will determine how the sport continues to grow and mature. Right now, there are plenty of runners, but their numbers are growing faster than the organizational framework which puts on races for them.

This is most true in the Bay Area, which has the largest group of road runners and one of the smallest groups of officials anywhere in the country. Races here traditionally have been oversized and underofficialled. Yet, knowing this does not make me any quicker to volunteer. If I'm going to be at a race, I want to be running it, which is the way most runners feel and which is why race directors have a problem.

Phil Lenihan was one of the organizers of the Paul Masson Marathon in January. I was there to watch some friends run, and after the field got away I asked Phil how things were going. "The sign-up was chaos," he moaned. "It's the biggest race ever--450 registered. We ran out of numbers...Say, can you help time at the 20-mile point?"

Phil stuck an electronic clock into my hand before I could think of a reason why I shouldn't have it. He said, "A couple of high school boys will be down there to help you with the recording."

The boys never showed up. Someone delivered a clipboard but got away in a hurry, leaving me with work for three sets of hands and eyes. I, in turn, recruited two helpers on the spot. We stood and read and wrote as runners came by for an hour and a half. It gave us a view of the race which we don't often see, and one which some runners never see.

As runners in races, by this point we are inside ourselves and seeing little. But as officials we saw the varied reactions as runners began their real racing at 20 miles.

Some smiled to themselves and said a quiet 'alright!' as they heard their times. Others grimaced and groaned. Some picked up their pace. Others dropped out. Some snapped at us for not reading their times quickly and loudly enough. But many more said 'thanks'.

It was a small thing, reading 20-mile times. No thank-yous were expected when I took the job. It wasn't something I was eager to do, and I was relieved once the crowd had passed and I could go watch the finish. But when it was over, it was good to know I'd helped make someone's race a little better.

Phil Lenihan, who usually is running in marathons instead of helping to organize them, told me, "It should be a requirement of membership in the AAU that every runner serve as an official at least once a year. That way, the sport would run smoother, and runners would appreciate more what is done behind the scenes for them."

*Note:* - If you know of anyone with a 'different point of view' who might make a good "Guest Editorial", please contact us.

## Meet Directors!!!

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★NOR-CAL RUNNING REVIEW★

## LETTERS TO THE EDITOR

**PAUL REESE** (*Sacramento, CA*) - "Reading the recent NCRR (#63), I again find your usual flattering report of the Pepsi 20-Miler, for which many thanks. Considering all the time and work we put into the race, it's always reassuring to see our efforts are appreciated. That underscored we and our refers not only to our race helpers (to whom your article does give credit), but also to Elaine Hocking, who is every bit as much as I, if not more so, responsible for the success of the race. Ever since she has taken over all the paperwork and forbidden me to mess in that department, our efficiency has increased remarkably. Elaine is co-meet director and justly deserves as much credit as anyone." (Ed. - Thanks for making all of us aware of the facts...I'm sure that I was not the only one who was of the impression that you personally did most of the work. Again, thanks to all who helped...you can all read over the 'Guest Editorial' in the opposite column and feel justly smug! You've earned your keep!)

**STAN ROSENFELD** (*San Luis Obispo, CA*) - "Enclosed are the final SPA-AAU LDR point standings for 1976 (see page 7 of this issue). Hopefully they are also my final standings, as I would like to withdraw as SPA Point Ratings Editor (despite the impressive title and the glory of a by-line in your magazine). Our newsletter (San Luis Distance Club), which I do, is now monthly and our club has 110 members. When I started doing the rankings, the newsletter was quarterly and we had 17 members. This, combined with our expanded race schedule, takes up more time than it used to and although the rankings don't take too long, they seemed the most logical place to cut back, as it's always one more thing to be taken care of. In addition, it has become more difficult to obtain race results (for this, as well as for our newsletter). Many meet directors seem to feel that printed results aren't necessary, and I am having to use too many sources to be sure to get every race. Without Brennan, it would have been impossible long ago.

I have written a letter to the Seniors T.C., which has 400 members, to see if anyone is interested in taking on this 'once-in-a-lifetime' opportunity. They have a number of aerospace people and other professionals, some of whom could be interested in combining their statistical aptitude with their enthusiasm for distance running. They may also be more familiar with the SPA runners, when ages aren't included...this is when I have troubles locating the top masters finishers. I also tried to do ratings for women (runners that is), but I had 30 different names after the first ten races and had to give up (that's at only 4 per race). You can ask for volunteers in your magazine if you wish. I will send them my files and provide whatever assistance my addled brain is capable of (I just finished doing 6 months of results to complete the 1976 standings). This is a good time to change over, since no new ratings will be need for a few months.

Thanks for having given me the chance to do the ratings when I first wrote to you in 1973. I have enjoyed it (most of the time), and I've often seen the standings reproduced or referred to in various club newsletters (usually crediting the NCRR), so I know someone is looking at them, even though I've never received any mail on it. You can tell Art Dudley that I've looked at other methods of doing them to eliminate some of the statistical flukes (such as losing ground for finishing 10th but not 11th if you have a good rating), but that this is as good a method as any. I'll still be sending you our newsletters as well as the race results from the central coast, and I have enclosed a check for \$6.00 to extend my subscription to the NCRR for another year." (Ed. - Thanks again, Stan, for managing the SPA rankings for this many years. I certainly hope we get a replacement, because like you say, several club newsletters do reproduce it, so I know it's read and savored. Interest parties can either write me or Stan Rosenfeld at 1561 Hillcrest Pl., San Luis Obispo, CA 93401.)

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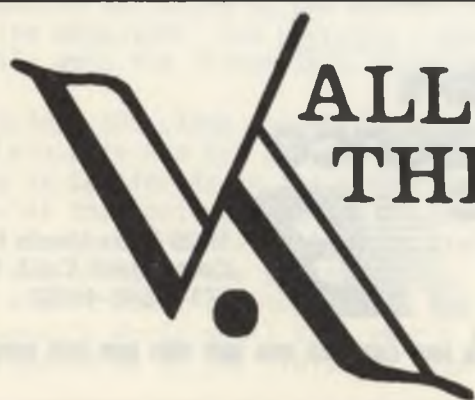
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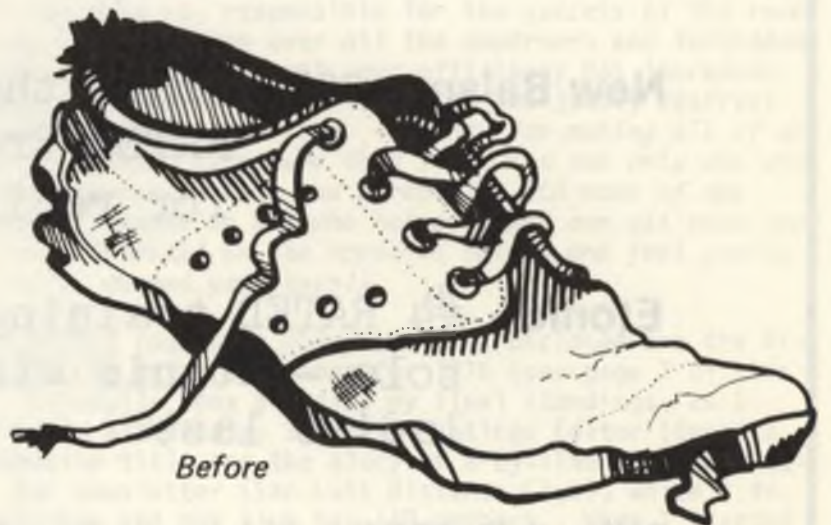
We repair just about all the major brands: Adidas, Puma, Tiger, Head, Tretorn, K-Swiss, Fred Perry, New Balance, Pony, Hyde, Nike. If the brand you own is not on the list, just write us and let us know the brand name and model and we will let you know if we can repair it.

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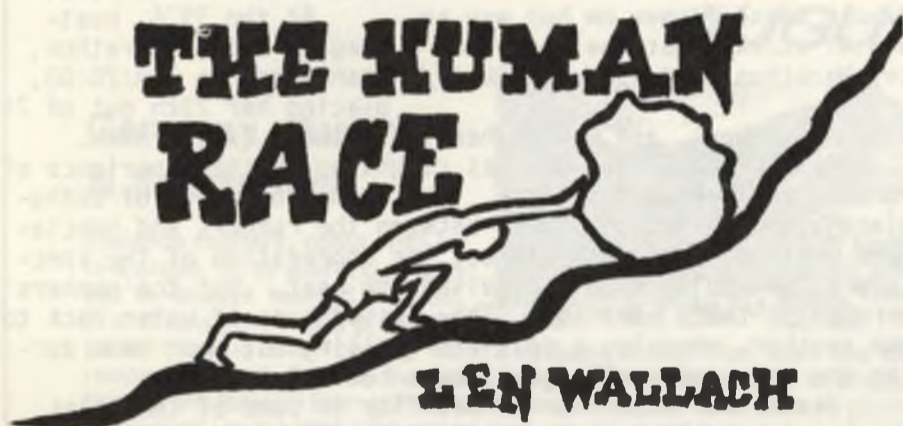
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DICK WALDO (Castro Valley, CA) - "NorCal Running Review is an excellent publication! I'm happy to renew! One thought, and I know you've wrestled with this one--the results you publish seldom speak to performances of the two-thirds of us who are the also-rans and who probably represent half or more of your subscribers. I know it costs. How about full detail on most of the big ones at least? Whatever--well done and keep publishing!" (Ed. - You bring up a tough one. How do you be all things to all people? It would be a simple matter to charge \$10/year and reduce the print another 20% or so and probably fit in most of the results of all the races...BUT, is that what most of our readers want? Race directors should print up complete results of their races and send them to entrants, so why should we duplicate all this? Granted, it's nice to see our names in print in a magazine...the old ego likes that sort of thing. But isn't trying to finish a little better in each race a goal in itself? There are some who will never get to the top third or so that gets published, but they can be recognized in other ways. You can always join a club and be recognized in the club's newsletter (DSE is a good one, although even WVTC prints club members' finishes in our 'club section' if they don't get listed in the regular results section). A few years back someone came up with the idea of having race directors let the NCRP print up all the results and thus 'force' everyone into subscribing! We met a lot of objection to that one. It was viewed as sort of a mandatory 'taxation' on top of the entry fee in order to get your results. Another item is that I barely have enough time to do the NCRP in its present form...why should I get a kick out of doubling my work when I don't even get paid? It's fun...but not that fun! So I'm afraid there are just too many reasons why I don't think the NCRP will ever print all the results (except for maybe a few races). The main one, from my standpoint, is that I don't care to spend another 50+ hours per issue typing!! Sorry!!)

PHILIP LENIHAN (San Jose, CA) - (Following letter was directed to Mr. Ollan Cassell, Executive Director of the National A.A.U., with a carbon to the NCRP...we welcome comments and would welcome a response from Mr. Cassell) - "I noticed, in the February 1977 issue of *Runner's World*, the attached advertisement for AAU shoes. The entry of the AAU into the shoe industry leaves me a little confused. How can the AAU become economically involved in an area where they are supposed to pass judgment on matters of professionalism vs. amateurism, many times involving shoe companies? I, as a member, am not even allowed to wear a T-shirt with a commercial message. If you have only endorsed the shoe, what was the criteria for endorsement? And, are they really the best on the market, or did you just sell the endorsement? I think the AAU owes the running athlete a few answers."



Room 170 of the Duffel Finance Center building in Lafayette is at the end of a long corridor, softly carpeted with thick, burnt-orange luxury. The neat and business-like directory told me that *Sportswoman* magazine was between Western Travelers Life Insurance Co. and Arden's Mortgage Service.

How could a nice Irish girl from New Jersey be in room 170 anywhere, let alone as the editor of Finefrock's Graphics first-line magazine? But Lorraine Rorke was there fielding phonecalls amid the litter that accompanies the publishing business.

Outside, the clear mid-morning sun and the monstrous hills of the Lafayette Rim Run awaited us...a cross between the joy of being in California in the winter and the uncertainty which accompanies the testing of oneself against rough terrain. It seemed like an appropriate place to finish the interview and perhaps one of us in the process.

It didn't start out that way. She was just a credit listed in *Runner's World* until this year's Christmas Relays, when she approached me at the finish to inquire about the Lake Merced



Lorraine Rorke /Lani Bader/

100-kilometer race. Having just completed one race, I thought she showed a certain amount of running class to be inquiring about the next. Her habit of looking at your Orphan Annie style with those whopping big eyes makes it hard to figure out how old she is. That wide-eyed little-girl look covers her 31 years and multifaceted background like camouflage hides a powerful force.

Lorraine and her law-professor husband, Lani Bader, live a quiet but rather sophisticated life, common to those who love San Francisco. She is a long way from Livingston, New Jersey, where she finished high school and went on for a bachelor's degree in art history at Skidmore College in 1967. From the beginning, her fundamental artistic expression has come from the world of lenses, light-sensitive paper, enlargers, and all the intricate paraphernalia of the magic of the camera.

As we started running at the entrance to Lafayette Reservoir, the dry leaves swirling among the bare Normandy poplar trees along the roadside, I glanced over to see her taking in the same beautiful view in kind of a photographic silence. It may have just been my imagination, but I distinctly sensed a metallic click of the shutter in her mind's eye. "If she thinks this is something, wait until she gets a gander of that hill we have to assault," I thought as we pressed on up the introductory milder ascents.

After her graduation, she eventually landed a photo research position with *Life* magazine, where she remained for four years. "It started to narrow down. The people on the magazine were leaving or retiring. The quality was not what it should have been, and besides, New York was kind of a tough place to live," she gestured off-handedly while sitting cross-legged, lotus style, when I first interviewed her at the Rorke-Bader or the Bader-Rorke home in San Francisco. Lani was brewing some tea in the kitchen among his hand-crafted furniture, shelves, and other bits of masterpieces of carpentry, and consequently wasn't able to comment on the name precedent.

"What made sense next seemed to be law school," she contemplated, and explained her trek to California, Golden Gate College, and eventually passing the bar examination in 1974. It seemed a bit incongruous to look at her ten-cent faience necklace, purchased when visiting the pyramids in Egypt, and then watch the gleam of her thin gold earrings hanging from pierced lobes. Somehow she didn't look like a lady lawyer should have looked, whatever they are supposed to look like.

Up, up, up the rim trail took us in a grind similar to her looking for a legal position following her success in the bar examination. "It was difficult both as a woman and as a lawyer. There just weren't any jobs. I finally got into an Oakland law office but quit in three months," she advised. Apparently this experience was one of those which not only she didn't want to reopen, but was also a signal to return to the camera. "I had free-lanced photos in college and had some success. I knew how to hustle in free-lance and eventually decided in 1976 to go full force at it," she advised. Having seen her photos make it into magazines, I know the value of both the hustle and the artistic talent.

There was the hill. It waited for us in the quiet like a resting giant. The mesquite, madrone, and dogwood somehow made the hill look soft and gentle. Tiny difficult steps took us the first third, with breath rasping deep in our lungs. A few more yards and the pace became troubled, but Lorraine just kept pummeling her fists against that gravity barrier. Almost to the top, we both took a few pitiful walking paces to relieve our tortured bodies, and then we went back to the battle like wounded soldiers returning to the fight.

Her bandana was getting wet with perspiration and hid her reddish, auburn hair. Without being aware of it, her hallmark has become the kerchief worn in most races and other occasions. I didn't even know she had red hair, or any for that matter, until the second interview.

The top at last! Legs quivered as we started the descent.

## NOR-CAL PORTRAIT

She had told me earlier that she started running on a trip to Hawaii when she was sensitized from all the people who were running and the local publicity and promotion of the Hawaiian Marathon. "There must have been more in it than what I thought my brother thought there was," Lorraine related in a bit of roundabout rhetoric that can be explained if one knows that her brother runs a sub-2:40 marathon.

Described by Joe Henderson, editor of *Runner's World*, as 'courteously aggressive and definitely not shy,' Lorraine took over the leadership of *Sportswoman* in December, following some arm-twisting from its Art Director, Annette Thompson, and the usual sensitive conversations one has with an employer. "We're offering coverage which no one else has," she elaborated on the content of the magazine. "We don't cover ski fashions or cute articles, nor do we do the *Ladies Home Journal* sporty thing," she added. "We are geared to getting things into the magazine that need attention, like women's collegiate sports and national women's field hockey. There's an awakening of interest in women's athletics at all levels...from housewife to champion. We are both event-oriented and aware of the importance of personality stories," Lorraine concluded.

As we continued down the dry trail through the oak trees, I thought about our conversation earlier in which she talked about her husband. "Lani had polio as a child but was strong on swimming, sailing and scindiving," she related, also explaining that his name is Jack Lani Bader, the Lani tacked on from his Hawaiian heritage. I've seen Lani at enough races so that his Yul Brenner head, Wyatt Earp moustache, and array of cameras make him as much an integral component of the atmosphere as the starting gun.

"He's not really that interested in photography," Lorraine said. "I guess it kind of developed as a supporting of my interest." He was Dean of the law school at Golden Gate College for five years, one year longer than the national average for deans. He did a lot for the school...upgraded the faculty, improved the law library, and sent the school on its way to top accreditation," she finished, with a sweep of the hand and an unmasked pride in his significant achievements.

There were two more difficult hills on the Rim Run to deal with. We forced our faltering flesh up the first and recovered with conversation about the panorama, which included a view of her office in the distance. While sitting between the administrative rubble of the postage meter and half-tone camera in that now far-away office, she responded to my question about being on the other side of the rejection-slip process by saying, "Look, when I sent in photographs to a publisher, I didn't send in any bad pictures! The same has to apply here. If it's a good story or picture and fits the magazine, then it makes it. If it's not, it doesn't. I have no emotion in my judgment. If the material is well-done but not suited to *Sportswoman*, I keep the door open with encouragement, but if it's not worthy, I just send the standard reprinted letter," she lectured in a fashion which told me that she is a take-charge-of-the-situation editor.

The final uphill stretch awaited us. As a runner, I've learned that the terrain makes a mockery of inadequate preparation as much as students see through the easily-stated platitudes of a second-rate teacher. These last few yards would make both of us a bit more convinced that we should increase our mileage each week. Listening to Lorraine's lungs sucking in the blessed air reminded me of a Volkswagen in low gear, but there was not a trace of surrender in her face. I knew that she was digging down for that last bit of resistance against the pain, and I had to dig for my own. We made the top, and the rest was kind of an awkward anticlimatic conversation, ending the run and the interview...both of us pressured to get back to the world of work.

Driving back through the Berkeley tunnel, San Francisco rose like a fairyland from the glass of the sea. I felt good about the interview. I felt good about her. I felt good about Lani. I looked forward to seeing her photographic show at the Secret City Gallery\*.

Lorraine, with all her New York polish, may resent this, but she represents and typifies the struggle which modern women have for identity. Like the slight faltering near the crest of the hill, women must come back to the struggle, prepared to overcome the obstacle.

I bet she went back to the hill the next day!

*\*(Editor's Note: Lorraine Rorke's photographic show is at the Secret City Gallery, 306 Fourth Avenue, San Francisco, from March 16 to April 9. The show, entitled "Fleeting Images", will be open from noon to 6 pm on those days. -- You'll note that both Lorraine & Lani are significant contributors to NCR.)*

**MEET JEANIE KAYSER-JONES:** (By Jack Wiley) - Jeanie Kayser-Jones is outstanding in all distance events, but it isn't until she is at the starting line of a marathon that she is prepared to show her real talents.

At the 1977 West Valley Marathon, Jeanie cruised to a 3:07:00, only a few weeks after a runaway win in the Examiner Games' women's masters mile where she sped to a 5:41. Few runners have been able to reach peak shape in both distances at one time.

But the five-foot two-inch, 102-pound blond sees more in running than the pursuit of fast times. The ever-smiling, soft-speaking Associate Professor in Nursing at USF finds that her weekly average of 50-60 miles adds variety and enjoyment to her teaching job and full-time Doctoral studies in Medical Anthropology at the University of California at Berkeley.

"Running helps to relieve some of the inevitable tensions that arise. I see running as a great way to meet people and make friends. Since the group of masters women is very small, we all know each other. There is more than competition among us. There are strong friendships too."



Jeanie Kayser-Jones on her way to a 3:07 clocking at the West Valley Marathon. /Lani Bader Photo/

Regarding the women's masters scene, Jeanie says, "There are so few of us. I hope it's just a matter of time before over-40 running reaches the popularity that it has for the men."

In her first year of running, the San Franciscan who runs for the Pamakids, showed her potential in the longer distances as she picked up the tenth-place women's medal in the 1973 Pepsi 20-Miler. Because of injuries, she had averaged only 16 miles a week prior to that race.

It wasn't until 1975 that those injuries, which are typical performance-spoilers of novice runners, began to fade. As a result of more consistent training, she felt confident enough to try her first marathon...the 1975 Sonoma State race. In hot conditions, she completed the race in a fine 3:27:42.

At the 1976, heat-plagued Boston Marathon, Jeanie ran to a 3:26:00, placing her 28th out of 78 women finishers, and making her the seventh Californian.

Jeanie found that she was caught up in the experience of running the Boston Marathon. "The tremendous bond of enthusiasm and cooperation shared between the runners and spectators was exhilarating. Without the cooperation of the spectators, we wouldn't have survived the heat. But the runners were doing their part too. They passed cups of water back to one another. Hearing a spectator calling out your name during the race can really give you a boost."

Jeanie has shown her versatility in some of the races she has done well in. In the National A.A.U. Women's 10-Kilo Championship, she sped to a 42:14 clocking, then continued on for another 15 kilometers to finish in the top masters position in the concurrently run PA-AAU 25-Kilo. Her 2:22:01 performance in the 1976 Pepsi 20-Miler was a 40-minute improvement over her 1973 performance in the same race. At the 1976 Sonoma State "Wrong Turn" Marathon, she ran 3:22:44. Two months later at Livermore she did a 3:12:12.

Jeanie's husband Theo, a sub-three hour marathon runner, may have given away one of her secrets when he said, "Did she tell you she eats Froot Loops?," to which she shyly and smilingly laughed, "Of course I don't eat them."

But she may have been trying to cover up a successful dietary habit that another famous Froot-Loop eater, Don Kardong, has been using, as evidenced by his fourth-place finish in the Montreal Olympic marathon.

After a fourth-place finish in the National Women's X-C Championships, Jeanie may have decided that Froot Loops were just the right thing to have for breakfast!

## WEST VALLEY PORTRAIT

**MEET GARY GOETTELMAUN:** (By Bill Clark) - Many members of the club have attempted a comeback at one time or another. Gary Goettelmann is in the midst of one which has to rank as one of the best in the history of the club. After a frustrating college career at USC and some sporadic club running, Gary dropped out of track for seven years. The reasons for his departure and the details of his return are best described in Gary's own words.

"I quit running totally in 1968 because I could not produce results in races that my training times indicated I was capable of. In short, due to adverse circumstances, the fun had gone out of running."

The 5-10, 138-lb. resident of the Carmel Valley continues his saga by recollecting, "In April of 1975, 7 years and 35 pounds heavier, I was on one of my very infrequent 'jogs' when I came upon two other runners. The first said I was fat, and the other said I should run more. I took the second runner's suggestion, and after several weeks of 20-30 minute runs, Skip Marquard talked me into going to my first road race. I was a disaster, but I got 'hooked' on running again at age 31."

Since those early road races, Gary's training and enjoyment of running has steadily increased to the point where he now runs twice daily, and his weekly mileage is consistently over 100. "I consider all my training as 'fun' runs. My runs vary in time from 30 minutes to as long as two hours. The short runs are usually in the hills and the long runs on one of the golf courses in the Carmel area or on dirt country roads. I do very little track interval training (none in the 8 weeks before the West Valley Marathon) because it is usually hard for me to get to a track. I spent the better part of four years at USC on the injured list, and I think a lot of it was a result of too many fast track interval workouts!"

Although Gary enjoys all types of road racing, he bluntly states, "My favorite event is the marathon...8 in the last 14 months!" Thus, he gears most of his training around the marathon distance. "I find road racing and marathoning personally very satisfying because this is one sport which gives men and women of all ages and abilities the opportunity to participate. I know in my own case that without the help of the road-racing community, I could not have resumed competitive running."

While running is certainly an intense personal activity for Gary, he notes with great assertiveness, "Running for me today is a family activity. My wife Gail and son Steven are

also long distance runners. I personally have no plans to ever stop running."

Philosophizing on the reasons for his remarkable improvement over the past two years, Gary matter-of-factly states, "The improvement I have made (2:45 in Dec. 1975 to 2:22 in Feb. 1977) I feel has been brought about by consistent daily running, with a gradual increase in mileage, no major injuries, and no doubt most important of all--a very supportive environment of family, friends, all the WVTC team members, and in particular, Dave Stern, Skip Marquard, and Ed Dally."

Looking into the future, 33-year-old Goettelmann sees his most immediate goal as breaking 2:20 in the marathon. "Beyond that, I'd like to run PR's at the shorter races, including the 10,000 (on the track)." Other than to keep running, Gary did not elaborate on any long-range plans or goals.

In mid-April, Gary will be joining the NCR's Boston Marathon 'tour group', taking another crack at his current goal, breaking 2:20 in the marathon. If conditions are right (the competition will be good!), Gary should easily reach that goal.



Gary Goettelmann at the finish of his 2:22:24 West Valley Marathon. /Marconi/

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## 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). Thanks for your support of this column!

ANNOUNCING--"SPORTS MEDICINE CLINIC"...mark May 14th on your calendars! That's the day before the Bay-to-Breakers. For only a \$15 fee, you will have the opportunity of attending a seminar on sports medicine and also a free foot and health check-up, with free lower-extremity screening for the first 250 applicants! This will all take place at the Podiatry College Sports Medicine Clinic in San Francisco and will feature such speakers as: Joe Henderson, Kees Tuinzing, Joan Ulyot, John Pagliano, Bob Fuller, Richard Bogdan, Harry Hlavac, Harry Cordellos, and Harold & Penny DeMoss. For further information, contact: Sports Medicine Clinic, California College of Podiatric Medicine, P.O. Box 7855, Rincon Annex, S.F., CA 94118. -- Registration starts at 8:30, with the seminar at 9 am...pre-registration is preferred!

NOTE:--We didn't receive an article in time from Dr. Hlavac for this issue, so we're inserting an article by another renowned foot doctor and WVTC member, Dr. Steven Subotnick. Incidentally, Steve's new book, entitled "The Running Foot Doctor", and printed by World Publications, is now available thru the NCCR for only \$3.95 (\$6.95 hardback), plus 6% tax (California residents) and 25¢ shipping & handling. Send for yours today!

### FUNCTIONAL BIOMECHANICS IN SPORTS MEDICINE

(By Steven I. Subotnick, DPM)

The aim of functional biomechanics in sports medicine is to provide some form of foot control, orthotics, which will afford the athlete protection from overuse injuries and make participation in his sport more comfortable. There are various types of orthotics available for the runner and various positions in which the foot can be held. These need some form of discussion and elaboration inasmuch as orthotics can be abused as well as used.

The goal of foot control and orthotics for each patient is dependent upon that patient's biomechanical findings. I have found, in my review of over one-thousand runners and participants in other sports, that the more rigid the foot, the higher the arch, and the narrower the subtalar joint range of motion, the greater the necessity for more finite biomechanical control and a more neutral orthotic by strict definition. In contradistinction, the more pronated and hypermobile the foot, the less anatomical neutral position required and a more functional form of orthotic with the heel being held around a perpendicular position is preferable. In those patients with strict biomechanical limitations, such as an equinus deformity which will not respond to stretching exercises, a pronated orthotic is necessary. In those patients following rearfoot trauma such as ankle fractures, that position in which they are most comfortable, which is often a semi-pronated position, must be obtained in the cast.

Likewise, various types of feet respond to various types of materials. We have found that those patients with a very tight plantar fascial band and a cavus type foot seem to do better in their running activities with a softer type orthotic, which may range anywhere from felt and surgical orthopedic splint to the sporthotic. They can still use a plastic form of orthotic without rearfoot posting and control for everyday use, but this orthotic often times aggravates the plantar fascia in running activities. You also find this true in those patients who are jumping, inasmuch as they appear to do better with a softer type of orthotic. The problem, however, is that those patients who have a rigid foot and also knee pain need some form of rearfoot control. Thus, we need to compromise and use a semi-rigid type orthotic...either leather, corex, sporthotic, or a very well made soft orthotic. If the plantar fascia does not appear to be extremely tight, they will also do well in a plastic orthotic.

It is also necessary to modify the orthotics for the sport. A biker needs support under the ball of the foot and under the toes, and a softer form of orthotic which fits for the total length of the shoe and has various modifications as necessary. It may also be necessary to gain the angle of application of the foot to the pedal by modifying the attachments of the cleats to special biking-racing shoes.

Sprinters, likewise, need support under the ball of their foot and under the toes, and it is necessary to use a softer flexible orthotic with posting within the forefoot to control their symptoms.



FIGURE 1  
NEUTRAL ORTHOTIC  
(Varus rearfoot post)

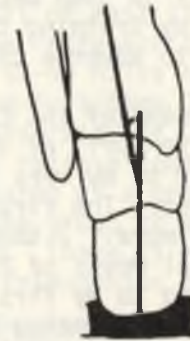


FIGURE 2  
PERPENDICULAR HEEL  
CONTROL  
"Functional"  
(Straight-Across  
Rearfoot Post)



FIGURE 3  
PRONATED CONTROL  
(Valgus Rearfoot  
Post)

Types of Control, therefore, are neutral, functional, or pronated. A neutral orthotic, strictly speaking, (Fig. 1) allows for the bisection of the posterior aspect of the heel to be in line with the posterior aspect of the lower one-third of the leg. From this position, the athlete must be allowed to pronate at least four to five degrees. In reality, this position is usually too severe for most sporting activities inasmuch as an inversion sprain may result from an over-tilt in the varus direction. By in large, the most we post a patient is three to four degrees. Most of our athletes function around a two-degree rearfoot varus position. This is a variation from neutral and we call this a functional form of orthotic.

Functional or perpendicular heel control allows for the heel to be perpendicular to the ground and for the midtarsal joint to be locked when the foot is in this position. Thus, the rearfoot post holds the heel perpendicular and this is not strictly neutral, because the heel is not parallel to the long axis of the leg. Most athletes function very well with this form of control, especially the older athletes who are used to having a pronated foot. This form of control is excellent for Rohadur, as is neutral control, if adequate range of motion is present in the subtalar joint. (Fig. 2)

Pronated control or semi-pronated control is very useful with the plastic orthotics and those patients who have hypermobility of the foot or appear to function better in a more pronated position due to tightness of posterior muscle groups or long-standing arthritic changes in the joints. This form of control helps prevent overuse syndromes and also reduces those changes secondary to subluxation. (Fig. 3)

In summary, I have tried to present my thoughts on various forms of orthotics and control which provide for functional biomechanics. It must be born in mind that the higher up the deformity in regards to hip, thigh and knee problems, the more exact biomechanical control necessary. The more mobility in the foot, the more symptoms in the foot and the less exact control required.

### SPECIAL ARTICLE

(Editor's Note: - Although the following article may seem a bit 'late', the actual content is still very pertinent...we failed to include it in earlier issues because of space limitations.)

"A SPECTATOR'S REFLECTIONS ON THE U.S. OLYMPIC TRACK & FIELD TRIALS" (By Herb Weiner) - The U.S. Olympic Track & Field Trials at Eugene, Oregon, were an exciting spectacle of sport. There was a world-record 18'8" pole vault, indicating that 19-feet is surely around the corner. The women's events, as typified by the American record-breaking 1500-meter run, carried the same excitement as the men's competition, lowering the sexism and raising the consciousness of us all. It was no small feat when 38-year-old discus thrower, Jay Silvester,



and 33-year-old hurdler, Willie Davenport, made the team for their fourth time. Gary Bjorklund completed the 10,000 meters on one shoe after the other had fallen off, yet still made the team. Bruce Jenner turned in a splendid decathlon performance with a tentative world record. What I have described is spectacular, heartening, and shows the potential in us all. These performances show that barriers can be shattered, and that we can conquer such obstacles as they have.

But what was spectacular is also somewhat of a 'spectacle', like the Presidential elections. Appropriately, the Olympic Games occur every four years, the same year of electioneering. The athletes compete for places on the team, and only three at most can represent the United States in a specific track and field event, just as only one man can be President. Presidential elections, while they purport to be a vital part of the political process, do not bring significant change. They merely represent a 'changing of the guard' that takes our minds off the real political issues of the day. Instead, they are a spectacle, much as the Olympic Trials are. The thrills and beauty of the events, like the elections, take us away from our oppressive existence. They are a momentary distraction from problems like sexism, racism, poverty, war, exploitation, and alienation. But the distraction, in large part, failed in Eugene. Even the Trials could not escape the problems of society, nor conceal them. This was shown by the alienation of people from each other. The spectator is separated from the participant, as he cannot partake in the same performance. Not being able to run, jump, or throw as the contestant does, he says, "It's great to watch Joe do it, ..in the same way that he expects politicians and union officials to perform what he cannot do. Or he will say of the athlete and his prowess, "What's in it for me?" He will not watch out of indifference and boycott the events in the same way that people refuse to vote out of a sense of futility and impotence. The athletes themselves do not have contact with the public, and are therefore estranged from them. Stereotypes are built up. Intellectuals accuse them of being brainless brawn out of envy and ignorance, not realizing that they have shown affection and tears. Many athletes, in turn, have a tendency of not being fully aware of the ideas of intellectuals, and the nightmare fruit has been borne by such ugly events as football players beating up campus activists. Neither side sees the other as human beings. This also occurred at the Trials. At the beginning of a conversation with an athlete, not aware that I was a spectator, he asked me if I were from the press.

My dialogue with the athletes in Eugene and with athletes on the whole has been pleasurable and helpful. They are as human with problems as anyone else. I've also gotten advice for my own training. By this exchange, I have more stake in what they do, and I am more involved and less alienated. It is not fair to fault the University of Oregon, the promoters of this meet, for this separation, as it is built into spectator sports such as track & field. But the meet brought out this problem in bold relief.

One result of this separation is the public's ignorance of the exploitation of athletes. The participants' room and board was paid one day before their event began and one day after it was over. (This, incidentally, is an improvement over four years ago when athletes had to pay for all their food, were reduced to eating hot dogs and sleeping on the floor in a buddy's room.) Throughout the season, athletes must pay their own travel expenses, buy their own equipment, and in order to train for their events, hold menial, part-time jobs that pay poorly in contrast to stable full-time ones. It is not unusual for athletes to be bouncers, bartenders, and silk-screener of T-shirts. Because of this situation, unscrupulous individuals take advantages of amateur sportspersons by offers 'under the table'.

While I saw some friendly interchange between coaches and athletes, they would avoid each other off the field as a rule. Some schools invest money in their athletes with the expectation of performance, and they make this known. The athletes sell their prowess and skills in exchange for obedience to athletic authority. First, it is the coach, and then the school athletic conference, NCAA, AAU, and perhaps the USOC. Then there is the US Olympic Track & Field Committee, which can control the lives and decisions of the athlete and coach alike. (The T&F Committee refused to allow the injured sprinter, Steve Williams, a place on the Montreal team as a relay man, even though he is our best in the dashes. Petitions on his behalf were ruled out of order, and the Committee, with its vague, flexible, and incomprehensible rules and promises, kept him off the team. Yet the USOC has replaced Olympic team members with other athletes after the Trials on their own initiative). I am criticizing institutions and not individuals.

The athlete is also subject to having statements and interviews distorted by the media. Although at the Track Writers' Luncheon in Eugene, the journalists seemed favorably disposed to and advocates of the participants.

While black and white athletes affectionally embraced each other on the field and had friendly interchange, they seemed to be separated from each other. In the 200 meter finals, the press surrounded Mark Lutz, the third placer, while avoiding the blacks who placed first and second. Again, the problem was not restricted to this meet, but permeates all athletes and society as well. A spectator, noting a predominantly black sprint field, commented, "They're all black!" Sexism was also expressed by this man. When Kathy Schmidt threw the javelin 204 feet, the spectator blurted, "Pretty good for a woman!" Now that women athletes are coming into prominence, they face the same problems as the men with the, but with the added yoke of sexist attitudes.

The separation of athlete, spectator, coach, and official from each other is also underpinned with racism, sexism, exploitation, and control. How does this affect us at the Olympics? How does this relate to the American public? Twenty years ago we could field an Olympic team every four years and be 'top dog'. Now, we are challenged by other nations that are smaller in population and not as wealthy as we. Before, we could skim the cream of the crop and take home the medals. Now, we are not so fortunate. Why?

We have, for one thing, not tried to develop the athletic potential of this country by encouraging the widest participation. Women's athletics is a sterling example. Since they were not encouraged to compete, many potential athletes have been lost. People, as myself, who are not natural athletes, have not been encouraged to participate. We were passed over. In other countries with a broad base of participation, the overall health and athletic potential of these nations is enhanced. They have a direct stake in sport. The spectators are also athletes themselves. Support for the Olympic effort is high in these countries.

How do we develop the athletic potential of our nation? We must bridge the gap between spectators and athletes and change the nature and essence of the sports establishment. To promote contact between athletes and the rest of the population, the following should be considered:

Athletes who meet the most recent qualifying Olympic standard in their event and/or have qualified for the most recent Olympic Trials should have a salaried position to teach everyone their particular skill. For example, a high-jumper would teach anyone who showed interest the skills and training of that event. Anyone who undertook to learn this event could benefit by attaining better coordination, leg strength and spring, and timing. It could be applied to football, basketball, soccer, and karate, even if high-jump performance is not spectacular. It also uncovers hidden talent in the country. The athlete would be responsible to a board, composed of AAU officials, coaches, and athletes. (In other amateur sports, athletes teach for pay and compete without danger of losing their AAU status. The proposed plan is not coaching in the traditional sense, but the provision of instruction to all interested citizens. Some flexibility on the part of national and international officials in this matter would seem to be in order).

The chosen athletes should be salaried adequately--hopefully at \$14,000 a year as a beginning wage. Sound expensive? Think of the money we wasted in Vietnam! This is not waste. Athletes should have a grievance procedure within their respective ruling bodies (AAU, NCAA, USOC, etc.), and also have the right to publicize these grievances through the news media. Contact between athletes and spectators should also be encouraged. By closing the gap between athletes and spectators, we will all become athletes, sharing in the endeavors of our best sportspersons. Their efforts will not be alien to our own. They will not be the spectacle, because we will all be athletes.

*NEXT TIME--Along the same lines as the above article, but handled in a bit different manner, Jeff Darman (current president of the American Road Runners Club) proposes an 'Athletic Service Corps' to spur physical fitness. Jeff was a former assistant to the director of VISTA and also executive assistant (public affairs) at the American Anthropological Ass'n. The article was featured in an October issue of the New York Times. The proposals offered above and next time are in effect, aimed at creating a 'community worker or resource person', rather than a subsidized athlete or coach. The working athlete would benefit, and so would the community. -- We welcome articles!!*

# Scheduling

## LONG DISTANCE (Also see "Late News")

**NOTE:** - ALWAYS check with the Meet Director to verify the date, time and location of races in the schedule...mistakes do occur, and races are sometimes (though rarely) cancelled. The AAU "District Contact" should be written in cases where no meet director is listed...this may or may not be the AAU LDR Chairman for that district. FUN RUNS are usually 'sign up on raceday' affairs and require no pre-entry...fees are usually minimal (if not free). These runs include DSE races listed below. **DISTRICT CONTACTS:** PACIFIC AAU: Harold & Penny DeMoss, 765 Campbell Ave., Los Altos, CA 94022 (Ph. 415/941-8975); SOUTHERN PACIFIC AAU: (SPA) John Duhig, 1642 Trafalgar Pl., Westlake Village, CA 91361 (Ph. 805/497-2011); PACIFIC SOUTHWEST AAU: (PSA) Will Rasmussen, 1542 Hillsmont Dr., El Cajon, CA 92020; CENTRAL CALIFORNIA AAU: (CCA) Dave Bronzan, P.O. Box 271, Fresno, CA 93708; SOUTHERN NEVADA AAU: (SNA) Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101; OREGON AAU: (OA) Steve Gould, 2139 S.W. Edgewood Rd., Portland, OR 97201; DSE FUN-RUNS: (DSE) Walt Stack, 321 Collingwood St., San Francisco, CA 94114 (Ph. 415/647-9459 before 8 pm). --- PA-AAU DISTRICT OFFICE: 942 Market St., #201, San Francisco, CA 94102 (Ph. 415/986-6725)...AAU Cards may be purchased here. \*\*\* WHEN REQUESTING INFORMATION on any of the races or from anyone listed above, be sure to enclose a self-addressed, stamped envelope---otherwise, you may find your correspondence unanswered! \*\*\* Please let us know about any meets in your area so we can list them on the schedule. **POLICY**--The NCCR reserves the right not to print a race in our schedule if we feel that it conflicts with 'AAU-Scheduled' events. Generally, we will list any true 'fun run', but races that try to bypass the Bay Area's scheduling procedures and openly conflict with a pre-scheduled run, will not be listed unless the parties involved do not object. We would like to keep some semblance of order and not have 'racing chaos'. Two races may appear on the same day and not conflict if they are greater than 75-100 miles apart, or if they are of sufficiently different distances (6-miler vs. marathon, etc.).

**FUN-RUN SCHEDULES:** (*Runner's World Format*) - These races usually have at least one short race (mile or less) and a longer run up to 6 miles. Contact meet directors for full information. Foothill College (lower parking lot), Los Altos Hills, every Sunday at 10:30 am, contact Bob Anderson, Box 366, Mtn. View 94040; Chico (Hooker Oak Recreation Area in Bidwell Pk.), every Saturday at 9 am, contact Jim Remillard, Box 1417, Chico 95927; Walnut Creek (Heather Farm Park), every Sunday at 10 am, contact Rich Vasquez, 3 Barcelona Way, Clayton 94517; Fresno (Fresno High School, Roeding Park), every other Saturday at 7 am, contact Sid Toabe, 4566 N. Del Mar, Fresno 93704; Stockton (Fritz-Grupe Park), every Saturday at 9 am, contact Frank Hagerty, 3525 Benjamin Holt, #314, Stockton 95209; Davis (Main Quad at U.C. Davis), every other Saturday at 10 am (maybe 9 am?), contact Rich Harley (Ph. 916/758-2687); Tracy (Dr. Powers Park), every Sunday at 11 am, contact Kurt Schroers (Ph. 209/835-8525); Bakersfield (West High School and Beach Park, alternately), every other Saturday at 8 am, contact Larry Arnt, 5000 Belle Terr., #72, Bakersfield, CA 93309; Incline Village, Nevada (Incline H.S., on Lake Tahoe), every Sunday at 10:30 am, contact Skip Youngdahl, Box 4745,

- Mar 26 - Morro Bay 5-Miler, Morro Bay State Park, 9 am. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406. (SPA)
- Mar 27 - Tucson Sun Run, 15 Km., Tucson, Ariz., 9 am. Kai Haber, 2520 Camino La Zorrela, Tucson, AZ 85718.
- Mar 27 - Lake Merced Masters Race, 4.95 Mi., San Francisco. (*Men & Women over 40 only*) (See PA-AAU LDR Handbook)
- Mar 27 - Lake El San Jo 10-Miler, Howarth Park, Santa Rosa. (See PA-AAU LDR Handbook)
- Apr 2 - Bodega Bay 3-Kilo Fun Run, time TBA. Valley of the Moon TC, 1609 Mariner Dr., Sebastopol 95472.
- Apr 2 - Inspiration Point Run, Tilden Pk., Berkeley, 10 am (8 Miles). "Fun Run"...register on raceday (no contact given).
- Apr 3 - DSE Legion of Honor 4.5 Miler, nr. 31st & Clement, S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114 (DSE)
- Apr 3 - Arrow TC 10-Kilo, Moffett Indus. Pk., Sunnyvale. (See PA-AAU LDR Handbook)
- Apr 3 - Escondido 10-Kilo (San Diego area), 9 am. Bob Daniel (Ph. 714/743-5410). (PSA)
- Apr 2 - Roeding Park 6-Miler, Fresno. Frank Delgado, 1560 N. Durant Way, Fresno, CA 93728. (CCA)
- Apr 2 - Seniors T.C. 2-Man 14-Mile Relay (La Mirada Pk.), 9 am. Joe Burgasser, 2721 - 168th St., Torrance, CA 90504. (SPA)
- Apr 3 - Natl. AAU 2-Hour Track Champs (Postal), Site TBA, 3 pm. Connie Rodewald, 852 Sharon Dr., Camarillo, CA 93010. (SPA)
- Apr 3 - Sacramento Marathon, Site and Time TBA. John McIntosh, 1232 - 47th St., Sacramento 95819.
- Apr 9 - 90 Mile Chico-to-Redding Relay (handicap), Bidwell Park, Chico. (See PA-AAU LDR Handbook)
- Apr 9 - Conejo 10-Kilo Handicap (Banyon Park), 10 am. Connie Rodewald, 852 Sharon Dr., Camarillo, CA 93010. (SPA)
- Apr 10 - 50-Kilo track run, Grossmont College, San Diego, 6:30 am. Bill Stock (Ph. 714/466-8700). (PSA)
- Apr 10 - Golden Gate Park 8-Miler, San Francisco. (See PA-AAU LDR Handbook) (*No Pre-Entries...sign-in on raceday only*)
- Apr 10 - Easter Celebration Jog, Reedley(?), site & time TBA. Harry Harder, 761 W. Palm, Reedley, CA 93654. (CCA)
- Apr 16 - Pear Blossom 13-Miler (Run w/Frank Shorter), Medford, Ore., 10:15 am. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535.
- Apr 16 - Occidental Road Runs (2 & 3 Mi. Fun Runs), site(?), 3 pm. V.M.T.C., 1609 Mariner Dr., Sebastopol 95472.
- Apr 16 - 5 Mile Road Run, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Apr 16 - Mission Bay 15-Kilo, San Diego, 8 am. Sue Krenn (Ph. 714/281-2300). (PSA)

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**PRICES:** - For a complete table of prices (listing shirt types, number of print colors, number of shirts ordered, etc.), write to us at the address below. Race directors can take advantage of our large discounts for orders...up to 25% SAVINGS. **FOR EXAMPLE:** - The cost of 24 dozen 3-color T-shirts would be as low as \$1.89 each (for white shirts), or \$2.15 for colored shirts! In addition, if you order from out-of-state, you save sales tax!

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Incline Village, Nev. 89450. Rancho Cordova (Cordova Park), every other Sat. at 9 am, contact Henry Rosendale, 2513 Augibi Wy, Rancho Cordova 95670. Aptos (Cabrillo College), near Santa Cruz, bi-monthly (Sun.) at 10 am, contact John Smead, Box 718, Soquel 95073. Santa Rosa (Spring Lake Pk.), every Sat. at 8 am, contact Bob Yee, 1200 Sonoma Av., Santa Rosa 95405. Huntington Beach (Marina HS), every Sun. at 10 am, contact Rick Russ, 5582 Mossuale, Huntington Beach 92649. Ventura (Arroyo Verde Park), monthly (Sat.) at 9 am, contact "Inside Track", 1451 E. Main, Ventura 93001; Pacifica (Terra Nova H.S.), bi-weekly (Sunday) at 10:30 am, contact David Barry III, 170 Santa Maria Ave., Pacifica 94044; Reno, Nev. (Reno YMCA), monthly (Saturday) at 8 am, contact Cal Pettengill, 1670 Thomas Jefferson, Reno, Nevada 89509. --- *If your group has a fun-run (50¢ fees or less; certificates & ribbons for awards), let us know!!*



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for

## Boys & Girls

Aug. 7-12, 1977



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- Apr 17 - 2nd Brown's Ride & Tie, 17-Mile Relay (2 men, 1 horse), Almaden Quicksilver Pk., San Jose, noon. Brown's Arabian Ranch, 20300 Almaden Rd., San Jose 95120.
- Apr 17 - DSE Nob Hill Run, 2.369 Mi., Meet at Dolphin Club, San Francisco, 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Apr 17 - Kaweah River Valley Run, 8 Miles, Time TBA (Fresno area). Dave Bronzan, 1173 W. Eymann, Reedley, CA 93654. (CCA)
- Apr 17 - Santa Clara Valley Spring Ridge Runs (6.2 & 11.0 Miles), Milpitas. (See PA-AAU LDR Handbook)
- Apr 18 - Boston Marathon, Hopkinton, Mass., noon. Will Cloney, BAA Marathon, Boston Garden, N. Station, Boston, MA 02114. (By 4/1)
- Apr 21 - Over-40 Health Fair Race, 5.7 Miles, Ingomar Club, Eureka, 6:30 pm (Men & Women over 40 only), Handicap Race.
- Apr 23 - Legg Lake 10-Kilo Road Run (Tentative), 8 am. Manny Guerro, 9242 Slauson Ave., Pico Rivera, CA 90660. (SPA)
- Apr 23 - SDTC Family Run, Lake Murray, San Diego area, 9 am. Kathy Sandal (Ph. 714/277-1654). (PSA)
- Apr 23 - Livermore Valley 8.56 Miler, Lawrence Livermore Labs. (See PA-AAU LDR Handbook)
- Apr 24 - Mt. Diablo Disturbance Handicap Race, 6.6 Miles (Men 21 & Over Only with 3 Dipsea finishes). (See PA-AAU LDR Handbook)
- Apr 24 - SPA 50-Kilo Championships, Camarillo, 7 am. Connie Rodewald, 852 Sharon Dr., Camarillo, CA 93010. (SPA)
- Apr 24 - DSE Ocean Beach Run, 6 Miles (Balboa & Great Hiway), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Apr 30 - ~~CANCELLED~~--Corralitos 15-Kilo Run, Bradley School (Watsonville). (See PA-AAU LDR Handbook)
- Apr 30 - 10-Kilo Track Run, Univ. of Nevada, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- May 1 - Avenue of the Giants Marathon, Upper Bull Creek Ranger Station, Humboldt Rwd. State Pk. (nr. Weott). (See LDR Handbook)
- May 1 - (TENTATIVE)--S.F. Heart Ass'n Runs, Golden Gate Pk. (Polo Fields), Time TBA. Contact San Francisco Heart Association.
- May 1 - Reedley 10 Mile Run, Reedley (CCA Championships). Dave Bronzan, 1173 W. Eymann, Reedley, CA 93654. (CCA)
- May 7 - Bakersfield 6 Mile Handicap, Time TBA. Larry Arnt, 5000 Belle Terr., No. 72, Bakersfield, CA 93309. (CCA)
- May 7 - Angel Island Run, 4.78 Miles, Angel Island (S.F. Bay). (See PA-AAU LDR Handbook)
- May 8 - DSE Practice Bay-to-Breakers, 7.628 Miles, Howard & Spear, S.F., 8 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- May 14 - SDTC Family Run, (28th & Beech, San Diego), 5 Kilos, 9 am. Hal Tyvoll (Ph. 714/234-3723). (PSA)
- May 14 - 5 Mile Handicap Race & Picnic, Sunset Park, Las Vegas, Nev., 9 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101.
- May 15 - Bay-to-Breakers Cross-City Run, 7.628 Mi., San Francisco. (ALL ENTRIES CLOSE APR. 28) (See PA-AAU LDR Handbook)
- May 15 - Senior Olympics Marathon, Irvine (Mason Pk.), 7 am. (Must be 25 & over) Sr. Olympics, 5225 Wilshire Blvd., #302, LA 90036.
- May 21 - Harbor Island 20-Kilo, San Diego, 8 am. Jim Waters, 4369 Hamilton, No. 7, San Diego, CA 92104. (PSA)
- May 21 - Two-Man Ten-Mile Relay (track), Fresno(?), Time TBA. Art Meyer, 3848 N. Thorne, Apt. E, Fresno, CA 93704. (CCA)
- May 21 - 5 Mile Fun Run (w/Armed Forces Day Celebrations), Lathrop, 11 am. Cmdr., Sharpe Army Depot, Cpt. Adams, Lathrop, CA 95331.
- May 22 - Golden Gate Charity Run, 6 Mi., Ft. Baker to S.F. Marina Green. (See PA-AAU LDR Handbook)
- May 22 - Guerneville 3 & 11.6 Kilo runs (Fun Runs), Armstrong Grove St. Pk., 10 am. Glenn McCarthy, 335 Algiers Ct., Santa Rosa.
- May 28 - Lake Redding Run, 7.62 Miles, Redding. (See PA-AAU LDR Handbook)
- May 28 - PA-AAU Hour Run (Changed from 5/29), & Natl. Postal, S.F. State (track). (See PA-AAU LDR Handbook)
- May 28 - 4 Mile X-Run, Sunset Park, Las Vegas, Nev., 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- May 29 - George Olson Memorial Mini-Marathon, Coalinga(?), Time TBA. Coalinga-Huron Rec. & Parks, P.O. Box 386, Coalinga 93210.
- May 29 - DSE Golden Gate Bridge Vista Run, 5.5 Miles, (Legion of Honor), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114.
- May 29 - TRAC 10-Kilo Run, Hellyer Park, San Jose. (1977-78 PA-AAU LDR SCHEDULING MEETING FOLLOWS RACE) (See PA LDR Handbook)
- May 30 - DSE Diamond Heights Run, 4 Miles (McAteer HS Track), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- May 30 - Memorial Day Fun Run, Fresno, distance & time TBA. Paul Buch, 1545 N. Arthur, Fresno, CA 93728. (CCA)
- Jun 4 - Bonne Bell Mini-Marathon (10-Kilos), New York City, noon (Women Only). NYRRC, P.O. Box 881, FDR Station, NY, NY 10022.
- Jun 11 - Palos Verdes Marathon, (Peninsula Center), 7:30 am. Les Woodson, 2209 Via Anocopa, Palos Verdes, CA 90274. (SPA)

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## TRACK & FIELD

**IMPORTANT:** - The NCRR 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 quite a few major meets on the schedule, but we only print what we receive...and that wasn't much (only about 20 people out of 1300 subscribers and a special mailing to 200+ additional coaches!).

**ALL-COMERS MEETS:** - Please send us information on any all-comers meets you might know about for the summer (even if it's only tentative, we can check them out)...we need this info by May 1.

**CODING:** - Rather than put a different section for high school, college, etc., we will print all the meets together, using 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) Jr. High School; (HS) High School; (JC) Junior College; (C) College/Univ.; (W) Women; (JR) Juniors (under 20); (SM) Sub-Masters (30-39); (M) Masters (40+); (LM) Limited Masters events; (O) Open; (12-13) Age designations where appropriate. /Schedule compiled by Dave Shrook, Fred Baer & Jack Leydig/

- Mar 26 - Willows Invit., Willows HS (HS); Pittsburg Relays, Pittsburg, 9 am (HS); Carlmont Relays, CSM, 8 am (HS); Wildcat Relays, Watsonville (HS); Santa Barbara Relays, UCSB, all day (HS,JC only); Oregon St., WVTC, BAS at Cal, Berkeley, 1:15 pm; Northridge @ SJS, 11 am; Sacramento & Stanislaus @ SF State, 11 am; Oregon & Hayward St. @ Chico St., 1:15 pm; Merced College Invit., 11 am (JC); USTFF Decathlon, UC Santa Barbara; Humboldt @ UC Davis.
- Apr 1 - Hancock Metric Invit., Santa Maria (JC).
- Apr 2 - Diablo Valley Relays, Pleasant Hill, 11 am (JC); Long Beach St. @ SJS, 11 am; Women's Round Robin Sectionals @ San Jose CC & Sierra College; Herbert Hoover Relays, Menlo-Atherton HS, all day (AG,O,SM,M,W); King City Invit., King City (HS); Andrew Hill Invit., Foothill JC, Los Altos Hills, 10 am (HS); Cordova Relays, Rancho Cordova, 10 am (HS); Sacramento Relays, Sac'to St., noon (C,O).
- Apr 4 - St. Mary's Invit., Berkeley (HS).
- Apr 5 - USTFF Fresno St. Decathlon (2 days).
- Apr 9 - San Diego Relays, Balboa Stadium(?), all day (C,O); Santa Barbara Invit., UCSB (C,O); San Jose Relays, SJCC, 10 am (HS,JC); Occidental @ Stanford, 1:15 pm; SF State @ Hayward St., 3 pm.
- Apr 15 - Amador Valley Relays, Pleasanton (HS).
- Apr 16 - Vanden Invit., Travis AFB (HS); Matador Relays, Mira Loma HS, Sac'to, 8:30 am (HS); Arcata Relays, Arcata HS, 4 pm (HS); Kennedy Relays, Richmond (HS); Corona del Mar Masters Meet (tentative), Cal-Poly, S.L.O.; PCC, WVTC & BAS @ SJS, 11 am; Stanford vs. USC & Cal vs UCLA @ Cal, 1:15 pm; Bakersfield Relays, Bakersfield JC, 10 am (JC) + Decathlon on 15-16th; Woody Wilson Relays, UC Davis, 9 am (JC,HS?); Ed Adams Invit., Hartnell JC, Salinas, 10:30 am (JC); Millbrae Lions Relays, San Mateo HS (W,GAG); Sonoma Valley TC Invit., Santa Rosa (BAG).
- Apr 19 - Lassen Invit., Susanville (HS).
- Apr 22 - Mt. SAC Relays, Walnut, all day (HS,JC,C,O,W,M) 3 days; DeKlotz Relays, Los Lomas HS, Walnut Crk. (HS); Breivick Relays, Mt. Diablo HS (HS); Gold Rush Days Decathlon, Sac'to St., (2 days) (C,O).
- Apr 23 - Gilroy Invit., Gavilan College (HS); L.P. Relays, Ukiah HS; West Valley Relays, WV College (HS); Benicia Relays, Benicia HS (HS); Brete Harte Invit., Brete Harte HS, 10 am (HS); San Leandro Relays, Pacific HS; Sacramento Invit., American River JC, 11 am (HS); Drake Invit. Relays, San Anselmo (Drake HS); Hayfork Invit., Hayfork (HS); Martinez Relays, Alhambra HS; Mills Jr. High Relays, Cordova HS, Rancho Cordova, 10 am (JHS); Kiwanis-Branham Invit., Branham HS, San Jose (G/HS); Oroville Invit., Oroville HS; NorCal Relays, Merced JC, 10 am (JC); Cal @ Fresno St., 6:30 pm; SF State & Stanislaus @ UC Davis, 1:15 pm; Hayward St. @ Sac. St., 11 am; Age-Group Invit., College of Alameda (2 days) (BAG,GAG).
- Apr 25 - Richard L. Davies Relays, Antioch J.H.S. (JHS?).
- Apr 26 - Girls Invit., El Cerrito HS (G/HS).
- Apr 27 - Camino Norte Conf. Trials, Santa Rosa JC, 4 pm (JC); Golden Gate Conf. Trials, San Jose CC, 2:30 pm (JC); Valley Conf. Trials, Modesto JC, 2:30 pm (JC).

Jeff Galloway  
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- Apr 29 - Golden Valley Conf. Champs, Shasta JC, Redding (2 days) (2:30 pm/noon) (JC); Golden Gate Conf. Champs, San Jose CC, 6 pm (JC); Charlie Eaton Relays, Miramonte HS, Orinda (HS).
- Apr 30 - Sparta TC Invit., San Jose (BAG); San Jose Natl. Invit., San Jose St., (C,O,W); Cal @ Stanford, 1:15 pm; Chico St. @ SF State, 11 am; Hayward St., Stanislaus @ Humboldt St., 1:15 pm; Vacaville Invit., Vacaville HS; Hale Roach Invit., El Cerrito HS, 11 am (HS); Corning Invit., Corning HS; Mitchell Invit., Cordova HS, Rancho Cordova, 9 am (HS); Clear Lake Relays, Lakeport (HS); Lion's Girls Relays, King City HS (G/HS); Rotary Invit., Pacific Grove HS; Delta-Rotary Invit., Delta HS, Clarksburg, 9:30 am (HS); Camino Norte Conf. Champs, Santa Rosa JC, 11 am (JC); Valley Conf. Champs, Modesto JC, noon (JC); Coast Conf. Champs, Skyline JC, San Bruno, 10:30 am (JC).
- May 1 - West Valley Masters Meet, WV College, Saratoga, 10 am (M,LSM,WM); 10-Kilo Track Run (in conjunction w/WV Masters Meet...Sr. women entries allowed?), 10 am; Chapman College Masters Meet, Orange, 10 am (M).
- May 4 - St. Marys' Octathon, (2 days), Berkeley (HS).
- May 5 - Halden Relays, Davis HS, 4:30 pm (HS).
- May 6 - Calif. Small JC Conf. Invit., Porterville, 5 pm (JC); West Coast Relays, Radcliff Stadium, Fresno, all day (HS,JC,C,O,LM,W?) (2 days).
- May 7 - Woodland Invit., Woodland HS; Student & Girls Invit., Ceres HS, 9 am (G/HS); Yreka Invit., Yreka HS; Meet of Champions, Bret Harte HS (Small HS); Santa Cruz Relays, Santa Cruz HS; Crestmoor Relays, CSM, 9 am (HS); Invit. Deaf Relays, Calif. School for Deaf (handicapped only); Willits Invit., Willits HS; Sacramento Invit., Sac'to St., 1 pm (O,C); Diablo Valley T&F Club Invit., Pleasant Hill? (BAG); Orinda Invit. & PA Sr. Women's Pentathlon, Acalanes HS, Lafayette (2 days) (GAG,W).
- May 13 - NorCal JC Trials, Delta JC, Stockton, noon; Pac-8 Champs, UCLA; PCAA Champs, UC Santa Barbara; Far West Conf. Champs, Chico St....NOTE: All meets on 5/13 except JC Trials are 2-day meets.
- May 14 - NorCal Women's JC Champs, Butte JC, Oroville, (JC); Grandperson Games, LA Valley College, Van Nuys (M); Arrow TC Relays & Field Meet, sites TBA (BAG,GAG,W).
- May 17 - Sac-Joaquin Sub-Section Meet, Downey HS, Modesto, 4 pm (HS).
- May 20 - NorCal JC Champs, Diablo Valley JC, Pleasant Hill, 4 pm; CCS Region I Meet, CSM, 2:30 pm (HS).
- May 21 - Summerville Invit., Tuolumne, 9 am (HS); CCS Region II Meet, CSM, 8 am (HS); Striders Relays, Cal-Poly Pomona, noon (M); California Relays, Modesto JC, 2 pm (O,C,W,LM); Eastside Youth AC Invit., San Jose? (BAG) (AAA Standard Meet).

---More Track & Field Scheduling on next page---

- May 22 - Eastside Youth AC Meet, San Jose? (BAG--AA Standard); PA-AAU Jr. Women's Champs, Pentathlon, Triathlon, Mills HS, Millbrae (GAG).
- May 26 - Northern Section Finals (Girls), Colfax or Wheatland, (G/HS).
- May 27 - Northern Section Finals (Boys), Yreka (HS); NCS Finals, Site TBA (2 days) (HS); Sac-Joaquin Section Finals, Woodland, 5 pm (HS); CCS Finals, San Jose CC, late pm (HS).
- May 28 - Don Palmer Memorial Track Meet, UC Irvine, 10 am (M); Calif. JC Champs, Bakersfield College, 5 pm.
- May 29 - PA-AAU Sr. Men's & Women's Champs, DVC, Pleasant Hill (all day), (O,W); PA-AAU Age-Group Champs, San Jose CC (2 days) (GAG,BAG).
- Jun 3 - State CIF Trials, UCLA, noon (HS); Calif. JC Decathlon Champs, Hancock JC, Santa Maria (2 days).
- Jun 4 - State CIF Finals, UCLA, 4 pm (HS); Age-Group Girls Meet, So. Tahoe JHS; Meet of Miles, (RRCA Mile Postal Meet), Britton JHS, Morgan Hill (all ages...contact: John Clary, 272 Sorrento Wy., San Jose 95119).

## RACE WALKING

**SCHEDULING:** - For all information on scheduling, please contact the following individuals--(NorCal) Wayne Glusker, 20391 Stevens Crk. Blvd., Cupertino 95014 (408/996-1272); (SoCal) Jim Bentley, P.O. Box 7767, Van Nuys 91409; (Pacific NW) Don Jacobs, Box 23146, Tigard, ORE 97223.

- Apr 3 - Natl. AAU Sr. 35-Km. Championships, Golden Gate Park, San Francisco, 9 am. (Also Natl. Masters Champs)
- Apr 23 - Mt. SAC Relays, 5-Kilo & 10-Kilo Road Walks (Men's & Women's), Walnut, CA (9 am/4 pm). Bob Bowman, 2190 Mountain Blvd., #1, Oakland 94611.
- May 1 - Natl. Jr. AAU 5-Km. (& Class B 10-Km.), Portland, OR (Possibly May 8).
- May 1 - San Jose Invit. 2-Mile Track Walk, San Jose State.
- May 7 - Natl. AAU Sr. 20-Kilo Championships, Green Lake, Seattle, Wash. Dr. Dean Ingram, 507 Cobb Bldg., Seattle, WA 98101.
- May ?? - Natl. AAU Sr. 15-Kilo Championships, Los Angeles, CA.
- May 28 - Natl. Jr. 15-Kilo Championships, Los Angeles, CA. (or possibly June 4).

**GOOD NEWS WEEK!** - At the I.A.A.F. council meeting last November, the I.O.C. Program Commission was asked to consider several points in support of the I.A.A.F.'s request to include the 50 Km. Walk in the 1980 Games. One of the most important leverage points was that the Moscow Organizing Committee is most anxious to stage this event, which is the least costly event in the program, involving to significant equipment. It is felt that the next I.O.C. meeting this spring will determine the fate of this traditional event in the 1980 Games...so, write letters to any representative you may know of who is connected with the I.O.C. on the International level, the U.S.O.C. on the National level (of which Mr. Phillip Krumm is Pres.), and the I.A.A.F. representatives of Ollan Cassell (Natl. AAU Office) & Mr. Amadeo Francis (Puerto Rico AAF, 1290 Ave. of the Americas, New York, N.Y. 10019. So do something for race walking now! Keep up the pressure and maybe something will happen.

**SJCC One-Mile** (Jan. 8, San Jose) 1. Neal Pyke/Un 6:35.8, 2. Rudy Pearson 7:30.8, 3. Sally McPherson/WVTC 7:46.2. /Glusker/

**Lake Merced 5 & 10-Mile** (Jan. 9, San Francisco) /Two different race times...both for 5 miles/ 1. Neal Pyke/Un 37:32.2, 2. Manny Adriano/WVTC 40:39, 3. Bob Henderson/Un 41:14, 4. Mark Price/WVTC 46:30, 5. Sandy Briscoe/Un 49:01, 6. Phil Mooers/WVTC 54:29, 7. Libby Bangert 59:33 (10 Yrs. Old). (10 Miles) 1. Dennis Reilly 83:19 (40:35 in route)...Dave Himmelberger/WVTC went off course while leading and didn't get a finish time because everyone went home! /Wayne Glusker/

**Stanford Univ. 5-Kilo** (Jan. 16, Stanford) 1. Manny Adriano/WVTC 23:48.2, 2. Sally McPherson/WVTC 26:04.2 (new PA road record for women!). /Wayne Glusker/

**Examiner Games** (Jan. 21, Daly City) /1 mile/ 1. Neal Pyke/WVTC 6:19.9, 2. Ed Bouldin/LA 6:50.7, 3. Steve DiBernardo 7:05.4, 4. Martin Rudow/Seattle 7:05.5, 5. Bob Henderson/WVTC 7:07, 6. Manny Adriano/WVTC 7:10, 7. Bill Ranney/GGTC 7:11, 8. Brian Snazelle 7:12, 9. Rudy Pearson 7:22...Notes: Neal Pyke cruised to an impressive victory here and was never really challenged during the race. /Wayne Glusker/

**Natl. AAU Indoor Championships** (Feb. 25, New York City) /2 Miles/ - Todd Scully led the top three finishers under the old U.S. record of 13:24.0 by Larry Walker (who finished third today), set in 1974, and WVTC'er Neal Pyke grabbed second in a great 13:09.4 to earn a spot on the US-Canada-USSR team in Toronto the following weekend. -- 1. Todd Scully/Shore AC 13:02.5, 2. Pyke/WVTC 13:09.4, 3. Walker/Tob 13:15.6, 4. O'Connor/NYAC 13:27.1, 5. Daniel/NYAC 13:59.2. /Pete Cava/

**US-USSR-Canada Indoor** (March 3, Toronto) - Two Soviet walkers sped to world-record clockings, with Anatoly Solomin coming up first in 18:44.3 (that's 6:15/mile!!) and teammate Peter Potchentchuk next at 18:48.4. Although not even in the same race, American Todd Scully eclipsed the American record by grabbing third in 19:40.0. Bay Area star, Neal Pyke of the West Valley TC, took fourth in a good 21:04.6 in his first international competition. By the way, the distance was three miles in case you didn't figure that out! /S.F. Examiner/

## Prep Ramblings

*Note: Nor-Cal All-Star Cross-Country Team (both boys & girls first teams) members which were listed in the last issue of the NCRS will receive a special certificate for their nomination to that team. The certificates were designed by Jim Ballard of San Lorenzo Valley High School in Felton (near Santa Cruz) and reworked by Penny DeMoss and are very nicely done in two colors with a 'phantom background' of runners, all printed on parchment paper. These will be mailed out shortly if you haven't yet received yours (many were sent in care of X-C Coach at the schools involved, so ask your coach if he's received yours yet!). The same certificate will be used to honor those rated in the top 7 places each year in the NCRS LDRC Point Total Competition (see page 6).*



Race Walker Neal Pyke /L. Rorke/

"PREP RAMBLINGS" will be the title of our column on high school athletics (track & cross-country). Our new editor is Keith Conning of Berkeley High School. Keith needs correspondants that can regularly send him results from various points in Fresno County and northward to the Oregon border. So if you live in an 'out of the way' area, drop him a line if you're interested in helping us compile an accurate list for all of Northern California. Keith would also like "human interest" stories and other tidbits of information on prep (and past preps) athletes for the column...interesting notes on performers & backgrounds, transfers to different schools, where top athletes are going to college, etc. Any & all information should be sent to: Keith Conning, 2235 Browning St., Berkeley, CA 94702 (Ph. 415/849-4406).

### \*\*NORTHERN CALIFORNIA HIGH SCHOOL ALL-TIME LIST\*\*

The first annual NorCal High School All-Time List includes athletes from 1948 to present. Ollie Matson (Washington, SF), the oldest athlete on the list, ran the 440 around one turn in 47.1 back in 1948. From 1954 we have Jimmy Jackson (Alameda) who ran 9.4 in the 100 and Monte Upshaw (Piedmont) who jumped 25'4-1/4". Monte's daughter is now competing in prep track. The only other competitor from the 1950's on the list is Henry Dorsey (Berkeley), whose 47.5 in 1956 placed him second in the State Meet. Henry is now the ombudsman for the Berkeley Unified School District. Several former Olympians are on the list: Jimmy Hines (McClymonds, Okld), Lee Evans (Overfelt, San Jose), Millard Hampton (Silver Creek, San Jose), Benny Brown (Sunnyvale), James Robinson (McClymonds, Okld), and James Owens (Norte Del Rio, Sac'to). Two outstanding recent pro football players made the list: Mel Gray (Montgomery, Santa Rosa) and Lynn Swann (Serra, San Mateo). --- Five athletes on the list are still competing for their schools: Tom O'Neil (Jesuit, Sac'to), David Cortez (St. Francis, Mtn. View), Andre Phillips (Silver Creek, San Jose), Tim Holmes (Downey, Modesto), and the only junior currently on the list is Rod Berry (Redwood, Larkspur). \*\*\* ABBREVIATIONS: \* = Jr., \*\* = Soph, \*\*\* = Frosh...spring grads remain eligible for list until Aug. 31 of their graduating year. Sources: "High School Track 1975, 1976, 1977"; "Calif. Track News"; San Jose Mercury/News.

#### 100 YARDS

9.4-Jimmy Jackson (Alameda) 54; Jimmy Hines (McClymonds, Okld) 64; Mel Gray (Montgomery, Santa Rosa) 67.  
9.5-Jerry Williams (Berkeley) 63; Jerry Bradley (Hogan, Vallejo) 63; Travis Williams (Ells) 63; J.D. Hill (Edison, Stktn) 66; Dave Masters (El Cerrito) 67; Warren Edmondson (Okld) 68; Seaborn Bowens (Kennedy, Sac'to) 69; \*Sammy Burns (El Cerrito) 70; Vince Brown (Pittsburg) 71; Mike Shavers (Albany) 72; Earl McCullough (Sac'to) 72; Dave Saylor (Wash., Frmt) 72; Tony Watkins (McClymonds, Okld) 72; Ron Whitaker (Wilson, SF) 73; Farmer (Wilson, SF) 74; Millard Hampton (Silver Crk, San Jose) 74; Glenn Cannon (Mt. Pleasant, San Jose) 76.

#### 220 YARDS

20.7-Mel Gray (Montgomery, Santa Rosa) 67.  
20.8-Carl McCullough (Sac'to) 72; Mike Farmer (Wilson, SF) 74.  
20.9-Jim Hines (McClymonds, Okld) 64; Dave Masters (El Cerrito) 67; Millard Hampton (Silver Crk, San Jose) 74.  
21.0-Mike Shavers (Albany) 72.  
21.1-Glenn Cannon (Mt. Pleasant, San Jose) 75.  
21.2-Chuck Bommarito (Crestmoor, San Bruno) 71; Johnny Ware (Sac'to) 75; Keith Taylor (Piedmont Hills, San Jose) 76.

#### 440 YARDS

46.9-Lee Evans (Overfelt, San Jose) 65; Derald Harris (Pittsburg) 76.  
47.0-Ron Whitaker (Wilson, SF) 73.  
47.1-Ollie Matson (Wash, SF) 48 (1 Turn); Rick Brown (Los Altos) 70.  
47.2-Benny Brown (Sunnyvale) 71; Johnny Ware (Sac'to) 75.  
47.3-Joe DeDora (Santa Rosa) 70.  
47.4-Tony Lawson (Pittsburg) 72.  
47.5-Henry Dorsey (Berkeley) 56.

#### 880 YARDS

1:48.5-Dale Scott (El Cerrito) 72.  
1:49.7-Dan Aldridge (Petaluma) 75.  
1:50.6-Rick Brown (Los Altos) 70.  
1:50.9-George Coon (Miramonte, Orinda) 65.  
1:51.0-Conrad Suhr (Leigh, San Jose) 75.  
1:51.5-James Robinson (McClymonds, Oakland) 72.  
1:51.9-Pete Fairchild (Encina, Sacramento) 67.  
1:52.1-Ralph Lee (San Mateo) 60; Ron Hyatt (Placer, Auburn) 72.  
1:52.2-Doug Parker (Chico) 62; George Alfaro (Pittsburg) 68; Nathan Burks (Castlemont, Okld) 70; Randy Carlson (Westmont, Campbell) 71; Bob See (Del Valle, Walnut Crk) 71; Mike Tyrrell (Saratoga) 71.

#### 1500 METERS

3:48.9-Richard Kimball (DeLaSalle, Concord) 74.

#### ONE MILE

4:02.4-Richard Kimball (DeLaSalle, Concord) 74.  
4:09.0-Clifton West (Kennedy, Sac'to) 68.  
4:09.5-Mike Ryan (Wilcox, Santa Clara) 65; Johnny Johnson (Skyline, Oakland) 75.  
4:09.6-Rusty Nahirny (Wash., Frmt) 74.  
4:10.0-Morgan Groth (Alhambra, Martinez) 61.  
4:10.7-Steve Miller (Carlmont, Belmont) 72.  
4:11.0-Duwayne Ray (Modesto) 65.  
4:11.1-Eugenio Amaya (Burlingame) 69; Klaus Hoffman (St. Ignatius, SF) 68.

#### STEEPLECHASE

9:33.6-Richard Kimball (DeLaSalle, Concord) 74.

#### TWO MILES

8:46.6-Richard Kimball (DeLaSalle, Concord) 74.  
8:53.6-Dave Taylor (Merced) 72.  
8:54.6-Bob Grubbs (Washington, Fremont) 72.  
8:56.2-Roy Kissin (San Ramon, Danville) 75.  
8:57.0-Ralph Gamez (Berkeley) 66.  
8:57.2-Tom Hale (Campolindo, Moraga) 71.  
8:57.4-Mitch Kingery (San Carlos) 75.  
8:57.8-Mike Ryan (Wilcox, Santa Clara) 64; Benton Hart (Modesto) 74.  
8:58.2-Steve Martin (Davis) 72.

#### THREE MILES

13:43.6-Richard Kimball (DeLaSalle, Concord) 73.  
13:54.0-Hal Schulz (Redwood, Larkspur) 76.  
13:56.4-\*Mitch Kingery (San Carlos) 73.  
14:00.0-Tim Holmes (Downey, Mod) 76; \*Rod Berry (Redwood) 76.

14:02.6-\*Dave Taylor (Merced) 72.  
14:06.2-Ron Fritzke (Leigh, San Jose) 75.  
14:10.2-Steve Brooks (Mt. Pleasant, San Jose) 71.  
14:11.6-Mike Ryan (Wilcox, Santa Clara) 65.  
14:14.0-Steve Crowley (Gunn, Palo Alto) 72.

#### 5000 METERS

14:22.0-Richard Kimball (DeLaSalle, Concord) 74.  
14:22.6-Hal Schulz (Redwood, Larkspur) 76.  
14:26.0-Roy Kissin (San Ramon, Danville) 75.  
14:29.2-\*Dave Taylor (Merced) 72.  
14:35.0-Benton Hart (Modesto) 74.  
14:38.8-Mike Ryan (Wilcox, Santa Clara) 65.

#### SIX MILES

29:21.2-Roy Kissin (San Ramon, Danville) 75.  
29:57.0-\*Richard Kimball (DeLaSalle, Concord) 73.  
30:07.2-Rich McCandless (Westmont, Campbell) 73.  
30:10.6-Mike Ruffatto (Washington, Fremont) 73.  
30:11.2-\*Tim Holmes (Downey, Modesto) 76.  
30:30.0-Jack Bellah (Leigh, San Jose) 72.  
30:31.0-Steve Brooks (Mt. Pleasant, San Jose) 72.  
31:02.6-\*Dirk Feenstra (Jesuit, Carmichael) 74.  
31:18.6-Rod Read (Jesuit, Carmichael) 76.  
31:27.0-Earl Lagomarsino (Jesuit, Carmichael) 76.

#### 10,000 METERS

31:33.6-Jack Bellah (Leigh, San Jose) 72.  
31:45.6-\*Roy Kissin (San Ramon, Danville) 74.  
32:02.0-\*Dirk Feenstra (Jesuit, Carmichael) 74.

#### MARATHON

2:23:47-\*\*\*Mitch Kingery (San Carlos) 73.  
2:24:32-Tom O'Neil (Jesuit, Carmichael) 77.  
2:30:39-Alex Aguilar (Silver Creek, San Jose) 74.  
2:31:25-\*\*\*David Cortez (St. Francis, Mtn. View) 74.  
2:31:50-Jim Sane (Cordova, Rancho Cordova) 76.  
2:32:29-Mike Tulley (Jesuit, Carmichael) 72.  
2:34:29-John Swift (Downey, Modesto) 76.  
2:35:54-\*Dirk Feenstra (Jesuit, Carmichael) 74.  
2:37:33-Bob Paulin (Camden, San Jose) 76.  
2:40:52-\*Jim Freeman (LaSierra, Carmichael) 74.

#### 120 YARD HURDLES (39")

13.2-Dedy Cooper (Harry Ells, Richmond) 75.  
13.3-Robert Gaines (Kennedy, Richmond) 75.  
13.6-Carl Florant (Palo Alto) 73.  
13.7-Milton Turner (Castlemont, Oakland) 70; Ron Kennedy (Serramonte, Daly City) 75.  
13.8-Dan Redfern (San Juan, Citrus Hgts) 69; Mike Nealy (Edison, Stockton) 72; James Owens (Norte Del Rio, Sac'to) 73; Rich Graybehl (Las Lomas, Walnut Crk) 74; Mike Kirtman (Wilson, SF) 74; Tom Bobertz (Serramonte, Daly City) 76.

#### 330 YARD LOW HURDLES

36.0-Dedy Cooper (Ells, Richmond) 75.  
36.4-\*Andre Phillips (Silver Creek, San Jose) 76.  
36.6-Andrew Fields (Grant, Sacramento) 76.  
37.0-Tony Hicks (Serramonte, Daly City) 75; Dave Jakle (Los Altos) 75.  
37.1-Bart Williams (Vallejo) 75.  
37.2-Rich Graybehl (Las Lomas, Walnut Crk) 74; Don Finley (Cupertino) 75; Chris Koko (Sunset, Hayward) 76; Rod Palon (San Juan, Citrus Hgts) 76.

#### HIGH JUMP

7-1 3/4-Mark Wilson (Monte Vista, Danville) 74.  
7-0 -Don Pierce (Pittsburg) 66; Mark Ridge (Merced) 74; Clark Beedle (LaSierra, Carmichael) 74; Charles Hatch (Wilson, SF) 74; John Lane (American, Fremont) 76.  
6-11 -Dave Bush (Campbell) 72.  
6-10 1/2 -Max Lowe (Awalt, Mtn. View) 64; Fred Jackson (Castlemont, Oakland) 66; Kevin Brownlee (Yreka) 76.

#### POLE VAULT

15-9 -Roger Martin (Camden, San Jose) 71.  
15-6 -Jim Lydon (San Mateo) 69; Larry Hintz (Buchser, Santa Clara) 73.  
15-1 -Tom Philbert (Acalanes, Lafayette) 76.  
15-3/4 -Wayne Myers (Foothill, Sacramento) 66.  
15-0 1/2 -Sam Albanese (King City) 69.  
15-0 1/4 -Doug Updike (Carmel) 69.  
15-0 -Russ Royal (Sunnyvale) 69; Scott Turner (Del Mar, San Jose) 73; Todd Lovejoy (Del Mar, San Jose) 76.

**LONG JUMP**

- 26-2 1/4 -Ken Duncan (McClatchy, Sacramento) 72.
- 25-10 3/4 -\*Heulon Hewitt (Merced) 68.
- 25-5 -Carl McCullough (Sacramento) 72.
- 25-4 3/4 -\*Johnny Johnson (Pacific Grove) 65.
- 25-4 1/4 -Monte Upshaw (Piedmont) 54.
- 25-2 -Phil Quinet (Homestead, Cupertino) 68.
- 24-11 -Mel Gray (Montgomery, Santa Rosa) 67.
- 24-10 1/2 -Mark Cleghorn (Berkeley) 73.
- 24-10 -Rick Ferguson (Merced) 68; Lynn Swann (Serra) 70.



Darryl Jones (Serramonte), left, wins Cow Palace HS 60. /Rorke/

**TRIPLE JUMP**

- 50-11 -Dan Jackson (Oakland) 75.
- 50-2 1/4 -Don Bryson (Oakland) 74.
- 50-1 1/4 -Tom Cochee (Tech, Oakland) 72.
- 50-0 3/4 -Mark Slayton (Merced) 76.
- 49-8 -Myrt Easley (Woodside) 75.
- 49-7 -Gerald Holcomb (Richmond) 75.
- 49-5 -Craig Conway (Cupertino) 70.
- 49-4 1/4 -Dale Krebs (Gunn, Palo Alto) 71.
- 49-4 -Kevin McCarthy (Cupertino) 73.
- 49-3 1/2 -Larry Freeman (Santa Clara) 69.



(Left) Judy Graham winning the Examiner Trials 800 at CSM. /Conning/ (Ctr) Henry Rono holds temporary lead over Wilson Waigwa with two laps to go in the Examiner Games two-mile. /Dave Stock/ (Right) Paul Richardson won the Masters Mile in 4:37.7 at the same meet. /Keith Conning/



**SHOT PUT (12-1b.)**

- 68-5 1/2 -Steve Montgomery (Lassen, Susanville) 76.
- 65-10 -Steve Wilhelm (Fremont, Sunnyvale) 67.
- 65-9 -Jeff Stover (Corning) 76.
- 65-7 3/4 -Don Castle (Cubberley, Palo Alto) 61.
- 65-6 -Bruce Wilhelm (Fremont, Sunnyvale) 63.
- 63-11 1/2 -Brett Mannon (Los Gatos) 72.
- 63-9 1/2 -Conrad Jepson (Washington, Fremont) 76.
- 63-9 -Bob Brannen (Los Gatos) 64.
- 63-0 1/2 -Rolin Luka (Ygnacio Valley, Concord) 68.
- 62-9 1/4 -Chris Adams (Los Altos) 70.

**DISCUS THROW (3-1b., 9-oz.)**

- 201-6 -Ray Burton (Vacaville) 74.
- 201-3 -Chris Adams (Los Altos) 70.
- 200-3 -Peter DeMartini (St. Ignatius, S.F.) 76.
- 200-1 -Scott Overton (Los Altos) 72.
- 198-6 -Dave Voorhees (Tule Lake) 73.
- 195-4 -Bob Stoecker (Los Altos) 62; Tom Birtwhistle (Gunn, Palo Alto) 69.
- 194-2 -Dave Hickson (Leland, San Jose) 73; Darrell Elder (Redwood, Larkspur) 74.
- 194-0 -Ralph Fruguglietti (Albany) 73.

**440 YARD RELAY**

- 41.0-Wilson (S.F.) (Farmer, Whitaker, Kirtman, Walker) 73.
- 41.1-El Cerrito (Gaines, Watson, Smith, Burns) 71; Ells (Richmond) (Gentry, Davis, Miller, Cooper) 75.
- 41.2-Castlemont (Oakland) (Pruitt, Turner, Irvin, Gibson) 70; El Cerrito (Smith, Battle, Lewis, Burns) 70; Wilson (S.F.) (Farmer, Kirtman, Ward, Lewis) 74.
- 41.3-Wilson (S.F.) (Farmer, Whitaker, Lewis, Walker) 72.
- 41.4-Edison (Stockton) (Montgomery, Nelson, Roe, Taylor) 69; Kennedy (Richmond) (Johnson, Gaines, Barnes, Jackson) 74.
- 41.5-Berkeley (Griffin, Arndt, Bennett, Odoms) 70; Pittsburg (Butler, Davis, Adams, Ligons) 70.

**MILE RELAY**

- 3:13.2-Castlemont (Oakland) (Roberts, Morgan, Curry, Rogers) 71.
- 3:15.6-Los Altos (Thompson, Davis, Andrew, Brown) 70.
- 3:15.7-Ells (Richmond) (Williams, Gentry, Davis, Cooper) 75.
- 3:16.0-McClymonds (Oakland) (Deckard, Watkins, Harris, Robinson) 71.
- 3:16.8-Tech (Oakland) (Team members unknown) 70.
- 3:17.2-Castlemont (Oakland) (Team members unknown) 70.
- 3:17.3-Las Lomas (Walnut Creek) (Team members unknown) 74.
- 3:17.5-Kennedy (Richmond) (Barnes, Gaines, Stephens, Brown) 75.
- 3:17.6-Santa Rosa 70; El Cerrito 72. (Team members unknown)

**TRACK & FIELD RESULTS**

ALL-COMERS MEET (Jan. 8, Sacramento): 3000mSC: Higley/WVTC 9:52.2; 100: McIntyre/FernStr 9.8; 60: McIntyre 6.1; 120HH: Ragster/Un 14.8; 880: Thompson/CRC 2:02.2; 3 Mi: Rinde/SacSt 15:28; (HIGH SCHOOL) 100: Johnson/Edison 10.3; 120HH: Butterworth/Lodi 14.9; 440LH: Butterworth 59.2; (WOMEN) 880: Adams/CN 2:30.0; 440: Baker/FernStr 65.6. /Joe Salvadori/

SAN FRANCISCO EXAMINER GAMES QUALIFYING (Jan. 8, San Mateo & San Jose): /San Mateo/ (WOMEN) LJ: Elmore/ML 18-3 3/4, Cornell/SVTC 18-0, Ng/Unat 17-9, Evans/Un 17-6 1/4, Hurley/ML 17-1 3/4;

60: Cobbs/BTC 6.9, Parker/ML 7.0, Ng/BTC 7.0, Bolton/ML 7.0, Franklin/ML 7.1; 800m: Graham/WVTC 2:11.1, Roemessor/FPTC 2:11.7, Regan/CY 2:12.6, Weatherspoon/SJC 2:14.7, Stohr/BEBTC 2:15.5, Shearer/SJC 2:15.5; A/G Relay: BA Steppers 2:55.3, Berk.-EB TC 3:03.2, Orinda TC 3:04.7, (Heat 2) Hilltop TC 2:55.2, 1980-TC 3:02.0, Cupertino 3:02.9; Sprt-Med Relay: MLTC 1:47.8, SJC 1:49.1, Berk-EB 1:49.1, Will's Spik. 1:52.8; (BOYS) A/G Relay: HHBC 2:52.6, DVTC 2:58.2, SVTC 3:00.1, EYAC 3:01.3; (HIGH SCHOOL) 2MR: Pinole Vly 8:14.2, Oakland 8:14.4, Westmoor 8:15.2, Gilroy 8:17.8, Elk Grove 8:18.6; HJ: Gelonek/Enterprise, Bjornsson/Encina, Kniffen/Serra, Perkins/Mt.Plnt (all 6-6), Sheltraw/MSJ, McLaughlin/Tam, Low/Tam, Link/Kenn-Sacto, Schubert/MontaVista (all 6-4); 2 Mi: Holmes/Downey-Mod 9:13.6, Greer/Paradise 9:17.0, Sup/Palma 9:18.4, Avrit/Chico 9:19.0, Borland/Dnt 9:20.0, Castro/Logan 9:20.4, Siquieros/Wat 9:21.8, Coleman/SRam 9:22.4, Lee/Napa 9:22.8, O'Neil/Jesuit 9:23.2, Raftery/Dixon 9:25.4, Valdez/Sky-Okld 9:26.2; 60: (1st 2 in each heat qualify) (I) Jones/Srmtc 6.5, Clark/Hglds 6.5; (II) Green/Ayer 6.3, Wallace/Gal 6.3; (III) Trapps/Pitt 6.3, Glover/DA 6.4; MileR: Highlands 3:24.8, Castlemont-Okld 3:25.8, Cabrillo 3:26.2, Kennedy-Richmd 3:26.5. /At San Jose/ Col-SpMd: CPSLO 3:35.4, CSH 3:36.7, SFS 3:40.3; Coll-PV: (all qualify at 14-0) Parr/SLO, Olson/CSH, Kruse/SLO, Iller/SLO, Nelson/CSH, Gallagher/SLO; Coll-60: Clark/CSH 6.2, Williams/SLO 6.2, Simmons/CSH 6.3, Mandolara/Menlo 6.3; Mile(Devil): Deis/FS 4:16.0, Barry/Cal 4:16.3, Phelps/WVTC 4:17.3, Quintana/WVTC 4:17.6, Tracy/WVTC 4:17.7, Robertson/WVTC 4:17.9, Seaver/WVTC 4:18.0, Cruz/CWTC & Bay/WVTC 4:19.2, Chain 4:19.3, Thomas/WVTC 4:20.0; Masters-60: Jordan/Stan 7.1, Satti/NCS 7.7, Thursby/NCS 7.8, Huseny/SFYMCA 7.8, Fairbank/Stan 7.9, Puglizovich/NCS 8.1; Masters-Mile: Richardson/WVTC 4:45.6, Guthrie/WVJS 4:45.6, Lewis/NCS 4:45.8, Bowles/WVJS 4:47.9, Napier/WVJS 4:48.7, Wood/NCS 4:50.8; (JR. COLLEGE) Sprt-Med: SJCC 3:29.2, Skyline 3:30.3, CSM 3:32.6, Santa Rosa 3:33.2; HJ: Maxham/Ala 6-8, Gibbs/SJCC 6-8, Williams/Ala 6-8, Dillard/CSM 6-6; SP: Laut/SJCC 53-5 1/2, Smith/CSM 51-7, Stuart/DA 49-3 1/2, Michelmore/ARJC 47-6; TJ: Jackson/Chab 50-0, Tate/Fr 49-2 1/2, Cook/AR 48-8 1/2, Moreno/SJCC 48-7 1/2, Daijogo/SJD 47-11, Scott/Fthl 47-9 1/2; 60: Berry/SJCC 6.1, Rachel/SJCC 6.2, Jackson/Ala 6.4; MileR: SJCC 3:18.7, Skyline 3:21.9, CSM 3:22.4, Delta 3:23.0; 60HH: Monroy/SJCC 7.3, Smith/Sky 7.6, Dixon/Delta, Harris/Merr & Bliss/CSM 7.7. /Keith Conning & SF Examiner/

ALL-COMERS MEET (Jan. 15, Sacramento): (OPEN) 10,000m: Flores/AGTC 30:17.0; Mile: Harms/AGTC 4:27.0; 440: McIntyre/FernStr 50.6; 880: Root/CRC 2:01.5; 3 Mi: Gaul/Jesuit HS 14:55.4;



(HIGH SCHOOL) 100: Washington/Brbnk 10.1; 220: Washington/Bbnk 22.0; Women's-880: Skaden/WS 2:28.4. /Joe Salvadori/

ALL-COMERS MEET (Jan. 15, San Mateo): (OPEN) 440R: Laney 43.1, Skyline 43.5; Mile: Schulz/Cal-WVTC 4:19.5, Wells/Stan 4:20.8, Hadley/Stan 4:22.3; SP: Smith/CSM 50-8 1/2; 60HH: Carty/Un 7.3; PV: Lizotte/SDS 14-6; LJ: Bule/Un 20-11 1/4; 440: Sheats/Stan 48.4, Diles/Sky 49.1, Kemple/Stansl 49.9, Hicks/Sky 50.0; 60: Walker/Laney 6.4, Phillips/Un 6.4; TJ: Toliver/WVTC 44-11 3/4; 3 Mi: Quintana/WVTC 13:52.2, Seaver/WVTC 14:05.4, Schulz/WVTC-Cal 14:12.6, Clark/WVTC 14:17.4; 880: Robertson/WVTC 1:55.7, Phelps/WVTC 1:56.2, Tracy/WVTC 1:56.5, Wyatt/WVTC 1:57.2...Richardson/WVTC(40+) 2:00.8; 220: Holmes/Stan 22.3; HJ: Coleman/WVTC 6-8; DT: John/Sky 153-10; (HIGH SCHOOL) DT: Hill/Berk 156-3, Ried/SL 150-9; Mile: Green/WVTC 4:35.4; 60HH: Dixon/Seq 7.7; LJ: Pates/M-A 22-0 1/2; SP: Balletto/Ana 52-1 1/2, Hill/Berk 51-5 1/4; 440: Foster/Sky 49.6; 2 Mi: Busby/Sky 9:52.4; 220: Foster 22.8; HJ: Lewis/Srmte 6-0; 880: Maxwell/Wstmr 1:59.8, Schneider/Sky 2:01.6. /Harry Young/

SUNKIST INVIT. (Jan. 15, L.A.): (HS-BOYS) 2 Mi: Berry/Rdwd 9:08.4, 4-Love/Crlmt 9:23.9; Mile: Cornell/SanPedro 4:16.1, 3-Sup/Palma 4:19.8; PV: Crook/Wooster-Reno 15-6, 5-Fernside/DM 13-6; (HS-GIRLS) Mile: Hulse/EdisonHB 5:00.5, 3-Bray/LosAltos 5:08.2; 500: Belk/SilverCrk 1:07.7. /Conning/

SAN FRANCISCO EXAMINER GAMES (Jan. 21, Daly City): Women's 40+ Mile: Kayser-Jones/PMK 5:41.0, Anderson/NCS 6:00.6, Eberly/WVJS 6:02.8, O'Conner/NCS 6:05.4, Carlson/NCS 6:06.9, Waters/NCS 6:10.4, Smith/NCS 6:20.2; JC Sprt-Med: Skyline 3:33.6, SRJC 3:38.2, CSM 3:38.5; Women's-Sprt Med: MLTC 2:20.6, BEBTC 2:28.3, WS 2:28.4; W-LJ: Commer/Macc 19-6 1/2, Elmore 18-11 1/4, Ng/Liv 18-1 1/4; Col-Sprt Med: CPSLO 3:38.7, SFS 3:40.4, CSH 3:40.4; Masters-Mile: Richardson/WVTC 4:37.7, Guthrie/WVJS 4:38.9, Bowles/WVJS 4:43.1, Lewis/NCS 4:44.5, Napier/WVJS 4:50.9, Means/Ariz 4:56.2, Wood/NCS 4:56.2; HS-HJ: Perkins/MPI 6-4, Kniffin/Serra 6-4, Bjornsson/Encina 6-4; Devil-Mile: Crowley/Stan 4:21.3, Quintana/WVTC 4:21.9, Tracy/WVTC 4:23.3, Cruz/CWST 4:26.4, Robertson/WVTC 4:30.5; Masters-Sprt Med: NCS 3:57.5, LGAA 3:58.2; Coll-PV: Olson/CSH 15-6, Gallagher/CPSLO 15-0; HS-2MR: Westmoor 8:19.4, Oakland 8:25.0, Pinole Vly 8:26.8; Coll-JC 60: Jackson/Ala 6.2, Berry/SJCC 6.3, Clark/CSH 6.3, Flenory/Seq 6.3, Rachel/SJCC 6.4; HS-60: Jones/Srmte 6.3, Trapps/Pitt 6.3, Green/Ayer 6.3, Benard/Gal 6.4, Glover/DA 6.5; W-60: Lynch/PCC-GB 6.8, Bryant/LAM 6.9, Parker/ML 7.0, Cobbs/BEBTC 7.0, Franklin/ML 7.0, Bolton/ML 7.1; Masters-60(55+): Jordan/Stan 7.1, Satti/NCS 7.8, Thursby/NCS 7.8, Fairbank/SRC 8.1; 60: Quarrie/TS-Jam 6.2, Kirtman/SJS 6.2, Gilkes/Macc-Guy 6.2, Triplett/SJS 6.3, Clark/CSH 6.3; JC-TJ: Tate/FCC 49-1 1/2, Jackson/Chab 48-8 3/4, Cook/AR 47-5; 60HH: Cooper/SJS 7.1, Whitfield/Macc 7.2, Florant/Cal 7.2, Monroy/SJCC 7.3, Gaines/Wash 7.3, Foster/Stan 7.4; SP: Feuerbach/PCC 66-11 3/4, Barishnikov/USSR 66-2 1/4, Wilkins/PCC 66-0 3/4, Albritton/PCC-Stan 64-9 3/4; Girls A/G Rly: 1980 TC 2:07.4, CY 2:08.7, BEBTC 2:12.2, Orinda TC 2:16.0; Boys A/G Rly: HHBC 2:05.8, DVTC 2:09.3, EYAC 2:09.7, SVTC 2:14.7; HS-MileR: Cabrillo 3:31.9, Highlands 3:32.8, Castlemont 3:33.5, JFK 3:38.9; TJ: Saneyev/USSR 54-5 1/2, Butts/Tob 53-6 1/4, Marlow/SJS 52-10, Tiff/Tob 52-5; W-800m: Poor/AIA 2:11.5, Brown/LATC 2:11.9, Graham/WVTC 2:12.0, Costello/LATC 2:13.1, Roemesser/FPTC 2:17.6, Regan/CY 2:19.5; JC-MileR: SJCC 3:27.5, Skyline 3:29.5, CSM 3:29.6, SJD 3:35.2; 600m: Robinson/ICAC 1:18.7, Enyeart/UtahSt 1:19.0, Nichols/WVTC 1:21.2, Whitney/Tob 1:22.0; W-300m: Bryant/LAM 38.6(AR), Cobbs/BEBTC 40.3, Rich/LAM 40.3; 660:(listed as 500 Yds, ran 1-lap too many) Brown/Un 1:21.9, Parks/Macc 1:22.9; 3000m: Waigwa/UTEP-Kenya 7:57.2, Rono/WSU-Kenya 7:58.4, Geis/Un 8:09.2, Tuttle/TS 8:10.4, Kardong/CNW 8:15.8, Sandoval/WVTC 8:17.8, Harms/AGRC 8:20.2, Blume/Cal 8:22.2; PV: Tully/UCLA 17-8; LJ: Lofton/Stan 25-7, Robinson/Macc 24-9 1/4, Williams/Tob 23-1 1/4; MileR: SJS 3:24.3, Stanford 3:24.6, Cal 3:28.6; Mile: Cummings/Tob 4:02.0, Boit/PCC 4:02.8, Scott/UCI 4:06.0; HJ: Haber/CSH 7-0; W-HJ: Huntley/PCC 5-10, Frederick 5-8; HS-2 Mi: Holmes/Down 9:21(?), Greer/Para 9:25.2, O'Neil/Jes 9:28.8.

OREGON INDOOR (Jan. 29, Portland): /Note: Newspapers had Dedy Cooper as setting a WR 7.54 in the 60mHH...this was in error because the timing was not fully-automatic; only hand-held electronic watches! Thus, mark was 7.6/ 60mHH: Cooper/SJS 7.6, Gaines/Wash 7.7; W-Mile: Larrieu-Lutz/PCC 4:39.8, Graham/WVTC 4:41.4, Poor/AIA 4:49.4, Wright/Can 4:51.3; 60m: Quarrie/Tob 6.6...3-Kirtman/SJS 6.8; SP: Albritton/Stan 68-2 1/2, Feuerbach/PCC 67-3, Wilkins/PCC 65-7 1/4; 1000m: Boit/PCC 2:23.8; 3000m: Rose/WK 7:53.7, Kimeto/WSU 7:58.2; PV: Kalliomaki/Fin 17-9, Tully/UCLA 17-6. /Judy Graham/



Skyline (left) went on to win the JC Sprint Medley at the Examiner Games, as SJCC missed the second exchange. /L. Rorke/ (Right) Tim Holmes gets ready to put in a final burst to win the HS two-mile at the same meet in 9:21+(?) /paper did not list winning time/. /Photo by Dave Stock/

ALL-COMERS MEET (Jan. 29, San Mateo): /OPEN/ 440R: Stanislaus 42.6, Skyline JC 42.6, CSH 43.2; 1500m: Wood/Cal 3:54.2, Tracy/WVTC 3:55.3, Hadley/Stan 3:57.3, Boyet/AGRC 3:59.0...Richardson/WVTC(40+) 4:17.2; PV: Cheu/Un 15-6, Patton/Cal 15-6, Stevenson/CSM 15-0; 110mHH: Hicks/Sky 14.5, Smith/Sky 14.6, Bliss/CSM 14.8; JT: Ellis/Stan 171-1; SP: Smith/CSM 51-3 3/4; 400m: Lofton/Stan 46.6, Sheats/Stan 47.1, Nichols/WVTC 49.5; W-400m: Miles/MorHS 60.1; LJ: Bule/Un 20-11 3/4; 100m: Walt Walker/WVTC 10.5, Corker/CSH 10.6, Greggans/CSM 10.6, Banks/Stan 10.6, Diles/Sky 10.6; 5000m: Parietti/Stan 14:32.2, Kingery/CSM 14:47.0, Zapata/WVTC 15:28.8; 200m: Rempel/Stansl 21.9, Hicks/Sky 21.9; (II) Lofton/Stan 20.7, Banks/Stan 21.4, Diles/Sky 21.6, Holmes/Stan 21.7, Greggans/CSM 21.9; DT: Overton/Cal 181-1, John/Sky 147-4; HJ: Coleman/WVTC 6-8 1/4, Dillard/CSM 6-8 1/4; 800m: Morgan/Un 1:52.0, LaForge/Sky 1:53.0, Rich Nichols/WVTC 1:54.1; /HIGH SCHOOL/ Mile: Ross/Serra 4:24.4, Green/WVTC 4:30.0, Thurston/M-A 4:32.7; 110mHH: Clark/M-A 14.6; SP: Balletto/Ana 51-6 3/4; 440: Campbell/Cst 50.0, Maxwell/Wstmr 50.3, Foster/Sky 50.3; LJ: Bates/M-A 22-1/2; 100: Chatnign/Miss 10.0, Jones/Srmte 10.1, Henderson/Cst 10.1; 2 Mi: Green/WVTC 9:49.0, Busby/Sky 9:56.2, Jurokovich/Aragon 9:58.4; PV: Crook/Wooster 15-0, Allen/Cst 13-6; 880: Ross/Serra 1:56.9, Schneider/Sky 1:57.8; HJ: Foster/HMB 6-0 1/4, Peterson/TN 6-0 1/4; 220: Jones/Srmte 22.4, Bull/Cst 22.7; MileR: Kennedy 3:30.7. /Harry Young/

LA TIMES INDOOR (Feb. 4, L.A.): /WOMEN/ 1000m: Larrieu-Lutz/PCC 2:46.3, Poor/AIA 2:47.1, Brown/LATC 2:47.5, Merrill/AGAA 2:49.5; MileWalk: Brodock/RRR 7:19.9, Trisco 7:45.0...6-McPherson/WVTC nt; /MEN/ 60HH: Cooper/SJS 7.0, Davenport 7.1, Florant/Cal 7.2; 500: Brown 57.8; 600: Robinson/ICAC 1:10.3; 1000: Boit/PCC 2:08.0; SP: Albritton/Stan 70-6 1/2, Wilkins/PCC 67-4 3/4, Feuerbach/PCC 66-11; PV: Tully/UCLA 17-6; TJ: Tiff 54-10 3/4, Butts/Tob 54-9, Banks 54-6 1/2, Livers/ex-SJS 53-3 1/4; HJ: Stones/LBS 7-5 3/4; LJ: Doubly 25-8 1/2; 2 Mi: Dixon/NZ 8:40.4, Rose/WK 8:40.4; Mile: Coghlan/Ireland 4:00.0, Walker 4:00.0, Scott/UCI 4:02.0; MileWalk: Walker 6:23.9. /Sally McPherson/



Stanford's Terry Albritton unleashed a 70-6 1/2 at the LA Times Meet. /Dave Stock/

CAL-DECATHLON (Feb. 5-6, Berkeley): Lewis/Cal 6941 (15-6 PV & 201-1 JT), Kring/WVTC 6922, Canfield/Cal 6817, Hibner/Cal 6404. /Kenny Kring/

ALL-COMERS MEET (Feb. 5, San Mateo): /OPEN/ 440R: Laney JC 43.3; 1500m: Clifford/Cal 3:48.6, Wells/Stan 3:51.7, Berry/Cal 3:53.5, Gail/Stan 3:56.9...Richardson(40+) 4:12.7;

SP: Weeks/Un 64-7 1/2, Semkiw/SJS 59-9, Laut/SJCC 54-0 1/2;  
 PV: Olson/CSH 15-6, Stevenson/CSM 15-0, Lewis/Un 14-6; 110mHH:  
 Foster/Un 14.1, Hicks/Sky 14.4, Crittenden/Cal 14.7, Bliss/CSM  
 14.8; HJ: Coleman/WVTC 6-10; JT: Ellis/Stan 181-3; LJ: An-  
 derson/WVTC 22-9 1/2, Bule/Un 21-1 1/4; 400m: Sheats/Stan 48.1,  
 Hickson/Sky 48.6, Smith/Sky 48.6, Morgan/Un 48.8; 100m: Rodgers/  
 Cal 10.7, Walker/Laney 10.7, Gregans/CSM 10.7, W.Walker/WVTC  
 10.7; 5000m: Maxwell/Un 14:37.8, Perietti/Stan 14:38.0, Emory/  
 Stan 14:39.2, Clark/WVTC 14:57.8; 200m: Banks/Stan 21.3, Pettus  
 /Un 21.6, Sheats/Stan 21.7, Randall/Un 21.9, W.Walker/WVTC 22.0;  
 DT: Weeks/Un 190-4; TJ: Peterson/WVTC 45-8; 800m: Nichols/WVTC  
 1:53.8, Robertson/WVTC 1:55.2, Hadley/Stan 1:55.7; MileR: Sky-  
 line 3:21.4, Cal 3:22.6; /HIGH SCHOOL/ Mile: Castro/Logan  
 4:22.0, Green/WVTC 4:24.6, Valdez/Sky 4:26.2, Busby/Sky 4:27.0;  
 110mHH: Lewis/Srmte 15.0; LJ: Pitcher/SL 20-3 1/2; 100: Jones  
 /Srmte 10.0; 440: Foster/Sky 49.9, Maiocco/Lib 50.0, McDaniel/  
 Okld 51.2; SP: Porker/SI 54-2 1/2, Suelflokn/Wdsde 53-0, Bal-  
 letto/Ana 52-4 1/2; PV: Allen/Carl 13-0; HJ: Hice/Okld 6-6,  
 Dillard/Mills 6-4, Tinsley/Srmte 6-4; 2 Mi: Green/WVTC 9:45.8,  
 Jurkovich/Ara 9:49.4; 220: Foster/Sky 22.4, Jones/Srmte 22.6;  
 DT: Balletto/Ana 146-11; 880: Schneider/Sky 1:57.7, Owyang/  
 Okld 1:57.7, Valdez/Sky 1:59.6. /Harry Young/

WOMEN'S WINTER GAMES (Feb. 6, San Jose): /WOMEN/ SP: Seidler/  
 MDYF 53-0 3/4; LJ: Elmore/ML 18-4 1/2; HJ: Ross/BETC 5-7;  
 DT: Langford/ML 161-7; Mile Walk: McPherson/WVTC 7:59.0, Sa-  
 kelarios/RCF 8:18.8; 3000m: Graham/WVTC 9:31.0, Wotherspoon/  
 SJC 9:50.0, Bier/SJC 9:50.4, Bray/SJC 9:50.8, Olrich/WVTC  
 10:09.4; 400mH: Souza/WS 1:04.5; 440R: MLTC 47.4, BETC 48.0;  
 1500m: Wotherspoon/SJC 4:35.0, Bray/SJC 4:40.9; 400m: Belk/SJC  
 55.5, Cobbs/BETC 57.2, Douglas/SJC 58.2; 60: Nickson/CSH 7.0,  
 Parker/ML 7.0, Balton/ML 7.0; 60HH: Costello/SJ 8.4; 800m:  
 Neufville/Un 2:10.0, Shearer/SJC 2:11.0, Regan/CY 2:12.0;  
 200m: Cobbs/BETC 24.0, Balton/ML 24.7; 880 MedR: MLTC 1:48.8;  
 MileR: BETC 4:00.?. /Augie Argabright/

ALL-COMERS MEET (Feb. 12, San Mateo): /OPEN/ 1500m: Richardson/  
 Stanislaus 3:48.8, Tracy/WVTC 3:51.3, Bay/Cal 3:57.8; SP: Weeks  
 /Un 64-8 1/2, Semkiw/SJS 63-7 3/4, B.Feyerbach/Un 58-6 1/2,  
 Laut/SJCC 55-1; LJ: Turner/Un 21-8 1/4, Fendyan/Un 21-7, Bule/  
 Un 21-6 1/2; 110mHH: Hicks/Sky 14.5, Smith/Sky 14.7; PV: Chew/  
 Un 16-1, Olsen/CSH 15-6, Dillard/CSM 14-7; 400m: Sheats/Stan  
 47.6, Harris/SJCC 48.6, Smith/Sky 48.7, Diles/Sky 48.8; JT:  
 Schwall/Un 205-7, Seals/WVTC 198-4; 400mIH: Hicks/Sky 53.4,  
 Wyatt/WVTC 54.5, Anderson/CSM 56.2; 100m: Harvey/SJCC 10.5,  
 Greggans/CSM 10.5; HJ: Jett/CSM 6-6, Gibbs/SJCC 6-4; 5000m:  
 Kingery/CSM 14:57.8, Jones/Cal 15:07.4; 200m: Pettus/Un 21.6,  
 Harvey/SJCC 21.7, Greggans/CSM 21.7, Culp/Chab 21.8; Women's  
 200m: Lee/Cal 27.6; 800m: Morgan/Un 1:53.0, Nichols/WVTC 1:53.1,  
 Robertson/WVTC 1:55.2, Smith/Chab 1:57.0...Richardson/WVTC(40+)  
 1:59.2; TJ: Fendyan/Un 42-4 1/4; DT: Weeks/Un 196-6; Women's  
 Mile: Olrich/WVTC 4:56.5; /HIGH SCHOOL/ Mile: Hale/Stagg 4:26.7,  
 Busby/Sky 4:27.5; 110mHH: Dixon/Seq 14.5, Clark/M-A 14.6, Lewis  
 /Srmte 14.8; HJ: Hice/Okld 6-8; SP: Balletto/Ana 52-10 1/2;  
 100: Jones/Srmte 9.8; LJ: Glover/DA 21-9, Bates/M-A 21-5 1/2;  
 440: Bates/M-A 50.9, Owyang/Sky 51.1; 2 Mi: Valdez/Un 9:26.5,  
 Vish/Ara 9:54.3, O'Connor/Crmt 9:54.7; 220: Lester/Okd 22.3;  
 Girl's 220: Kennedy/Srmte 26.8; TJ: Malcomb/Mission 42-8; DT:  
 Cutler/Reno 161-6; 880: White/Rchmd 1:58.4, Schneider/Sky  
 1:58.7, Gonzales/Okld 1:58.8; PV: Alexander/MV 14-0, Allen/Cr  
 13-0; MileR: Kennedy/Rich 3:27.5; 400mIH: Gettle/TN 59.2.

STANFORD 95, HAYWARD ST. 68 (Feb. 19, Stanford): 100m: Clark/H  
 10.6; 200m: Lofton/S 21.0, Banks/S 21.2, Clark/H 21.8; 400m:  
 Lofton 46.6, Sheats/S 46.8, Rempel/Stanislaus 47.1; 800m: Arn-  
 nerich/H 1:52.8, Hadley/S 1:53.3, McCarthy/S 1:53.9, Hickman/S  
 1:54.4; 1500m: Crowley/S 3:51.6, Wells/S 3:53.3, Gail/S 3:54.4;  
 400mR: CSH 41.5, Stanislaus 41.5; 3000mSC: Geiken/S 9:24.6,  
 Haldeman/S 9:29.8; 5000m: Perietti/S 14:31.4, Emory/S 14:33.6;  
 110mHH: Johnk/S 15.2; 400mIH: Shellworth/S 52.9; MileR: Stan-  
 ford 3:14.7, Stanislaus 3:15.2; HT: Sawyer/H 189-5; SP: Al-  
 britton/S 63-8; PV: Olsen/H 16-0, Robinson/H 16-0, Nelson/H  
 15-6; HJ: Wiley/H 6-8, Littleboy/S 6-6; DT: Albritton/S  
 162-10, Buss/S 160-6 1/2; LJ: Lofton/S 25-4 1/4, LeGrande/H  
 23-1; JT: Pryniak/H 198-5; TJ: LeGrande/H 49-6. /M. Clark/

NATL. AAU INDOOR CHAMPIONSHIPS (Feb. 25, New York City): /Only  
 NorCal athletes listed for most part/ - /MEN/ 1000: Boit/PCC-  
 Kenya 2:06.9; 2 Mile Walk: Scully/Shore AC 13:02.5(AR), Pyke/  
 WVTC 13:09.4, Walker/Tob 13:15.6; TJ: Haynes/NYPC 55-2 3/4,  
 4-Livers/PPC 53-1 3/4; SP: Wilkins/PCC 69-1 1/4, Albritton/  
 Stan 67-8 1/2, Feuerbach/PCC 65-11 1/2; /WOMEN/ 880: Poor/AIA  
 2:11.0; Mile: Larrieu-Lutz/PCC 4:43.1; 2 Mi: Lutz 9:58.2;  
 60HH: Frederick/LATC 7.3(AR); HJ: 6-Frederick 5-8; (more)...

SP: Seidler/MDYF 52-3 3/4, Frederick 49-9 1/2. /Pete Cava/

CAL-WVTC-FRESNO PACIFIC (Feb. 26, Oakland): TJ: Dobbins/Cal  
 49-6 3/4, Thorp/Cal 49-5 3/4; 440R: Cal 42.3; SP: Santiago/  
 Cal 55-1; 1500m: Blume/Cal 3:51.4, Wood/Cal 3:51.4, Bay/Cal  
 3:54.8, Barry/Cal 3:55.7, Nichols/WVTC 3:56.1; 110mHH: Carty  
 /Un 13.9, Florant/Cal 14.0, Crittenden/Cal 14.2; PV: Lewis/  
 Cal 15-0, Paton/Cal 15-0; 400m: Brown/Cal 48.7, Stein/Cal  
 49.2, Harris/WV 49.4, Wells/WV 49.6; JT: Hibner/Cal 210-5;  
 100m: W.Walker/WV 10.7, Smith/Cal 10.7, Burrell/Cal 10.9;  
 800m: Wheeler/Un 1:52.6, Marcheschi/Cal 1:53.2, Bishop/Cal  
 1:53.4, Romain/WV 1:54.8...Richardson/WV(40+) 1:59.0; LJ:  
 Anderson/WV 24-5, Dangerfield/Cal 24-3 1/2, Canfield/Cal 23-1/2;  
 400mIH: Wyatt/WV 53.3, Uribe/Cal 55.0; 200m: Smith/Cal 22.0,  
 Walker/WV 22.1, Pickard/FP 22.3; DT: Overton/Un 182-7, Santi-  
 ago/Cal 164-6; HJ: Gibbs/SJCC 6-10, Lane/Cal 6-8, Coleman/WV  
 6-6; 2 Mi: Duffey/Cal 8:52.6, Schulz/Cal-WV 8:58.2, Romesser  
 /FP 9:00.2, Prowell/FP 9:04.6, Wood/Cal 9:08.0, Tracy/WV  
 9:09.4; MileR: Cal 3:14.2, Cal"B" 3:14.4, Cal"C" 3:18.5,  
 WVTC 3:21.6 (First two Cal teams actually 'unat.') /Marshall/

US-USSR-CANADA (March 3, Toronto): 3 Mile Walk: (see race-  
 walking section for other results) 4-Pyke/WVTC 21:04.6; SP:  
 Albritton/Stan 67-6 1/4; Women's 880: 2-Poor/AIA 2:06.7;  
 Women's Triathlon: Frederick/LATC 2887; 50yH: Frederick 6.3;  
 Mile: Larrieu-Lutz/PCC 4:36.0.

CAL-SJS-OTHERS (March 5, Oakland): 3000mSC: Brooks/Un 9:14.2;  
 400mR: "Unat" 40.7, SJS 40.7, BAS 40.8, Cal 41.5; 1500m: Rob-  
 inson/ICAC 3:50.5, Nahirny/SJ 3:50.6, Wood/Cal 3:50.9, Bay/Cal  
 3:51.2; 110mHH: Cooper/SJ 13.7, Florant/Cal 13.9, Crittenden/  
 Cal 14.0; SP: Weeks/Un 62-8 3/4, Semkiw/SJS 61-5 3/4, Gummer-  
 son/SJ 57-3; 400m: Seale/Stanislaus 48.0, Desmet/SJ 48.0,  
 Brown/Cal 48.4; LJ: Dangerfield/Cal 24-4, Finley/SJ 23-8 1/4,  
 Canfield/Cal 23-6 1/2, Payton/BAS 23-5 3/4; 800m: Schilling/  
 SJ 1:49.9, Clifford/Cal 1:50.1, Carila/Stanis 1:50.8, Kasser/  
 SJ 1:53.8; JT: Walker/Un 222-10, Dejak/SJ 222-9; 100: Pet-  
 tus/BAS 10.5, Kirtman/SJ 10.5, Smith/C 10.6, Triplett/SJ 10.6;  
 400mIH: Finley/SJ 53.3, Roublick/SJ 53.6; HJ: Livers/SJ 6-10,  
 Nelson/SJ 6-8, Tevis/Sac 6-8; 200m: Cooper/SJ 21.3, Wallace/  
 Un 21.4, Rodgers/BAS 21.5, West/BAS 21.6; 5000m: Duffey/Cal  
 14:29.2, Blume/Cal 14:29.2, Schulz/Cal 14:29.2, Gruber/SJ  
 14:35.0; PV: Bockmiller/SJ 16-6, Lewis/Cal 15-0; DT: Weeks/  
 Un 213-4(?), Overton/Un 187-11, McCollum/BAS 176-5, Santiago/  
 Cal 173-7; TJ: Livers/SJ 54-0 1/2w, Dobbins/Cal 49-11 3/4,  
 Taylor/Sac 48-1 1/2; MileR: SJS 3:13.4, Cal 3:14.3 (Cooper  
 did a 46.8 anchor leg for SJS). Teams: SJS 92, Cal 53.



Payton Jordan is out to a quick start (lane 4) on his way to an easy victory in the Masters (55 & over) 60-yard dash at the Examiner Games. /Lorraine Rorke/

COAST CONFERENCE RELAYS (March 5, Salinas): Teams: Hartnell  
 125, Skyline 117, Cabrillo 81, MPC 80, Menlo 31. -- 480SLH:  
 Skyline 56.5; 440R: Hartnell 43.4; 2MR: Hartnell 7:50.6;  
 100m: Hicks/Sky 10.8; SptMed: Skyline 3:37.0; DMR: Skyline  
 10:30.0; 880R: Skyline 1:28.5; 110mHH: Smith/Sky 14.5;  
 5000m: Lange/Sky 15:44.4; MileR: Skyline 3:18.7; (Indivi-  
 dual Events listed only for field events...they were held in  
 relay fashion, with totals counted for 3 men) LJ: Johnson/MPC  
 22-7 1/4; DT: John/Sky 161-7; HJ: Collins/MPC 6-7. /Baer/

GOLDEN GATE CONF. RELAYS (March 5, Saratoga): 3000mSC: Hull/  
 CSM 9:34.3, Smith/Chab 9:35.6, Searls/DVC 9:40.4; 5000m: Mel-  
 lo/CSM 15:13.3, Kingery/CSM 15:14.1, Plummer/Chab 15:28.0;  
 DMR: CSM 10:17.7 (Benson 3:08.8, Dicus 4:21.5), DeAnza 10:19.8;  
 Chabot 10:28.4, SJCC 10:29.3; 440R: CCSF 41.6; SMR: CSM  
 3:31.1 (Foulkd 48.1), Foothill 3:32.4; 2MR: Chabot 7:51.8,  
 SJCC 7:57.1; 880R: SJCC 1:26.0, Laney 1:28.0, CCSF 1:29.9,  
 DVC 1:30.4; 480SHH: Chabot 60.5; 4MR: CSM 17:44.4 (Kingery  
 4:15.4), Chabot 18:02.1, SJCC 18:04.0, WVC 18:06.0; (more)...

110mHH: Monroy/SJCC 14.2; 100m: Lewis/DVC 10.6, Jones/SJCC 10.6, McRae/Chab 10.6; MileR: SJCC 3:15.3, Laney 3:16.3, CSM 3:18.2, CCSF 3:20.7; SP: Laut/SJCC 59-7, Smith/CSM 52-3 1/2; LJ: Jackson/Chab 23-9, Peterson/CSM 21-10 1/4; DT: Tafrales/CSM 155-0; TJ: McRae/Chab 50-11 1/2, Jackson/Chab 48-6; HJ: Turner/CCSF 7-0, Wilson/DVC 7-0, Dillard/CSM 6-8; PV: Oravitz/WV 16-7, Searle/WV 16-0, Mulligan/WV 14-6. /Fred Baer/

### LONG DISTANCE RESULTS

PICO RIVERA RUNS (Dec. 17, Pico Rivera): /10 Miles Open/ 1-R. Harter/SFV 51:48, 2-Covert 52:12, 3-Swift 52:16, 4-Hughes/SFV 52:27, 5-Kurrle/SFV 52:44, 6-Mueller 53:04, 7-W. Waltmire/AIA 53:17, 8-Cook/AIA 53:23, 9-White/AATC 53:48, 10-Goul 53:54, 11-McCalley 54:00. /John Brennand/

FIESTA BOWL MARATHON (Dec. 11, Scottsdale, Ariz.): 1-Mendoza/JT 2:18:58, 2-Casteneda/CTC 2:19:22, 3-Kurrle/SFV 2:19:57, 4-Johnson/Ariz 2:21:22, 5-Sudzina/Penna 2:21:47, 6-Flanagan/CTC 2:22:11, 7-Berka/Ariz 2:22:30, 8-Alvarez/Ariz 2:24:51, 9-Waugh/Ariz 2:26:00, 10-Young/Ariz 2:27:32, 11-Stanforth/Ariz 2:27:36, 12-Lopez/Ariz 2:28:11 (HS), 13-Oropeza/Ariz 2:28:50, 14-Rotkis/Ariz 2:29:26, 15-Williams/Ore 2:29:50...29-J. Delgado/CA 2:41:47, 44-Livesay(40+)/Ariz 2:46:13, 72-Holmes/BC 2:52:33, 82-Marjorie Kaput/Ariz 2:56:05, 105-B. Cushenbery/BC 2:59:54, 277-T. Fong/SUND 3:35:58.../537 finishers/.

SKUNK HOLLOW HANDICAP (Dec. 19, near L.A.): /9.30 Miles/ 1-P. Ryan/GWAA 50:06, 2-Swift/AIA 50:45, 3-Buckhout 51:11, 4-Cook/AIA 51:15, 5-Vermillion 51:20, 6-Chillingworth 51:25, 7-Smith/Oxy 51:30, 8-Baker 52:27, 9-Frank 52:45, 10-Pontinen/SBAA 53:02, 11-Fagnant 53:55, 12-Santistevan 54:15, 13-Miller/CCAC 55:01, 14-Drake/CCAC 55:07, 15-Durand/STC 55:17...26-Nicholson(40+)/STC 59:59, 51-Debbie Alto/SBAA 65:30.../118 finishers/. /Rodewald/

LAPURISIMA MISSION WINTER RUN (Jan. 8, Lompoc): /5.5 Miles Open/ 1-Doug Schmenk/LVDC 31:00, 2-Reynoso/CP 31:01, 3-Warrick/CP 31:12, 4-Rude/SLDC 31:44, 5-Arreola/SLDC 32:19, 6-Capriotti/CP 32:35, 7-Nunez/LV 32:45, 8-Lozano/CP 32:50, 9-Stock/WVTC 33:04, 10-Small/WPS 33:10, 11-Tracy/WPS 33:48...Coffey(40+)/SLDC 37:02. /3.0 Miles Women/ 1-Amber Pappé/CP 21:20, 2-Schultz/CP 22:20, 3-Spierling/SLDC 22:23. /Joe Sciane/

LONG BEACH OCEAN RUN (Jan. 16, Long Beach): /6.20 Miles/ 1-Mark Dulaney/AIA 33:10, 2-Arquilla/AIA 33:10, 3-Frickle 33:50, 4-Hughes/SFV 33:51, 5-Caldwell/AIA 34:14, 6-Odum 34:21, 7-Schultz 34:27, 8-Ridley/CCAC 34:49, 9-Strasman 35:04, 10-Mesa 35:08...16-Smartt/MS(40+) 36:13, 20-Crum/STC(40+) 36:31, 34-Ruth Caldwell 39:15.../130 finishers/. /John Brennand/

CASITAS DAM HANDICAP (Jan. 23, near L.A.): /6.20 Miles/ 1-Allen Rude/SLDC 33:34, 2-Arquilla/AIA 33:59, 3-Durand/STC 34:39, 4-Rios 35:00, 5-Burgasser/STC 35:40, 6-Benninghoff 36:29, 7-Aube 36:39, 8-Foose/SFV 36:40, 9-Flanigan/BHS 36:47, 10-Ridley/CCAC 36:50...24-Durand/STC(40+) 40:20, 27-Kalchschmio/SFV(40+) 40:39, 61-Patricia Garcia/AZTL 44:45.../123 finishers/. /Rodewald/

WORLD MASTERS MARATHON (Jan. 30, Orange): 1-Ron Kurrle/SFVTC 2:21:42, 2-Fricke/SFVTC 2:23:34, 3-Simonian/UCLA 2:27:34, 4-Hurley/SLDC 2:27:51, 5-White/Un 2:28:07, 6-Ziegler/Un 2:29:53, 7-Ferguson/AIA 2:30:02, 8-Arreola/SLDC 2:30:15, 9-Brizuela/AZTL 2:33:34, 10-Horbeck/Un 2:35:02, 11-Levinson/STC 2:36:17, 12-Pagliano/GWAA 2:36:43, 13-Rudberg/STC(40+) 2:37:24, 14-Askew/AZTL 2:37:31, 15-Hidalgo/Oxy 2:37:57...20-Yeta/N.Y.(40+) 2:41:17, 51-Ed Jerome/TRAC 2:50:30, 91-Judy Milkie/Un 2:58:28, 102-Susan Peterson/Un 2:59:43, 107-Marie Albert/RRR 3:00:01.../395 finishers/. /Bill Selvin, Dick Cort/

DSE PRESIDIO GATE RUN (Jan. 30, San Francisco): /appr. 3.5 Mi./ 1-Dave Robertson/WVTC 17:45, 2-Niemiec/WVTC 17:50, 3-Muela/ETC 18:10, 4-Gulli 18:23, 5-Swezey/PMK 18:41, 6-J. O'Neil/SFOC(50+) 18:45, 7-Cross/WVTC 18:45, 8-Smith 18:52, 9-Notch 18:58, 10-Martinez 19:03, 11-Spear 19:04, 12-Casey/ETC 19:05, 13-Scannell/PMK 19:06, 14-Pruitt 19:08, 15-Steer 19:12, 16-Lee 19:13, 17-Gerrans 19:15, 18-Jensen/PMK(40+) 19:18, 19-Deschler 19:26, 20-Nelson 19:28...81-Jeanie Kayser-Jones 22:07, 117-Pat Whitting-slow 22:57, 140-Foo Kennedy 23:35, 144-Julie Ortiz 23:41, 151-Ruth Anderson/NCS 23:56.../510 finishers/. /DSE News/

SONOMA VALLEY RUNS (Feb. 5, Sonoma Valley): /5.14 Mi./ 1-Fred Maier 27:14, 2-Sjostedt 27:54, 3-D'Acquisto 28:10, 4-Royal 28:16, 5-Balli 29:42.../2.25 Mi./ 1-Eric Peterson 12:03, 2-Drew 12:38, 3-Watson 12:46, 4-Fogg 12:52. /Glenn McCarthy/

BAKERSFIELD MARATHON (& OTHER RACES) (Feb. 5, Bakersfield): 1-Allen Rude/SLDC 2:32:58, 2-Rupp/STC 2:39:30, 3-Seeger/Unat 2:40:24, 4-J. Delgado 2:40:28, 5-Stephenson 2:44:27, 6-Rein-hart 2:45:06, 7-Woods/BTC 2:45:14, 8-F. Delgado (40+) 2:46:25, 9-Peck/BTC 2:48:37, 10-Lozano 2:49:11, 11-Lujan/BTC 2:49:52...40-P. Reese/BC 3:16:46 (50+).../80 finishers/. /Half-Marathon/ 1-Fred Carnahan/HSTC 67:29, 2-Jenkins 71:23, 3-Ellison 71:29, 4-Hopkins 71:53, 5-Lozano 71:58, 6-Laird 72:45, 7-Lennemann/FP 74:33...82-Wendy Walker 82:34.../81 finishers/. /10,000m/ 1-Richard Govi 34:01, 2-Juan Radarte 36:38, 3-Taylor 36:45...13-Valerie Shantelar 41:46, 14-Ann Maric 44:48.../42 finishers/. /Larry Arnt/

SANTA BARBARA WINTER ROAD RUN (Feb. 5, Santa Barbara): /8.50 Miles/ 1-Gary Tuttle/Tob 43:24, 2-Houseworth 43:59, 3-Edwards/Un 45:00, 4-Engel 46:03, 5-Brotten/Un 46:37, 6-Wojcik 46:48, 7-Brennan/SBAA(40+) 46:56, 8-Isaacson 47:20, 9-Pontinen/SBAA 47:24, 10-Razzeto/UCSB 47:53, 11-Donovan/SBAA 48:11, 12-Dave Haake 48:12, 13-Doug Haake/SBAA 48:13, 14-Burgasser/STC 48:47, 15-Bartek/SBAA(40+) 48:54...52-Melody Phillips/CTC 59:33.../95 finishers/. /6.31 Miles/ 1-Robert Hollister/SBAA 34:34, 2-Wood 35:17, 3-Andropoulos 35:49, 4-Bob Brennand/SBAA 36:11, 5-Wallace/LVDC 36:17...12-Debbie Altus/SBAA 42:13.../39 finish-ers/. /John Brennand/

DSE COIT TOWER RUN (Feb. 6, San Francisco): /2.483 Miles/ 1-Mike Niemiec/WVTC 13:15, 2-Watts 13:24, 3-Notch 13:34, 4-Steer 13:37, 5-Orwig/WVTC 13:38, 6-Gulli 13:41, 7-P. Scannell/PMK 13:46, 8-Martinez 13:50, 9-Dean 13:54, 10-Gerrans 13:59, 11-Brien 14:03, 12-Gruendel/WVTC 14:07, 13-Jensen/PMK(40+) 14:08, 14-Scott 14:13...110-Arlene Santos 16:38, 121-Peggy Lavelle/ML 16:53, 134-Gail Gustafson 17:06.../426 finishers/. /DSE News/

SAN BLAS HALF-MARATHON (Feb. 6, Coamo, P.R.): /21.695 Km./ 1-M. Yifter/Ethiopia 1:02:56.3 (Rcd.), 2-Kedir/Eth 1:04:05, 3-Foster/NZ(40+) 1:04:51, 4-Rono/WSU-Kenya 1:04:57, 5-Schoof/Belg 1:05:08, 6-De Jesus/PR 1:05:31, 7-Watson/GB 1:05:43, 8-Smead/AIA 1:05:46, 9-Barbosa/Col 1:06:04, 10-Manners/NZ 1:06:18, 11-Garrido/Ven 1:06:29, 12-Rodriguez/Col 1:06:44, 13-Medina/Ven 1:06:44, 14-Vera/PR nt, 15-Maldonado/Ven nt (Note: Jim Nuccio made the trip from NorCal but got a case of Montezuma's Revenge and had problems!!). /Jim Nuccio; San Juan Star/

LAS VEGAS MARATHON (Feb. 6, Las Vegas): 1-Dennis Fridly/LVTC 2:33:29, 2-Sahneyah/Ariz 2:42:58, 3-Fiore 2:44:29, 4-Gerardi 2:45:39, 5-Brian Moroney/ex-WVTC 2:46:20, 6-Crockett 2:48:00, 7-Mike Neal/LVTC(40+) 2:50:29, 8-Abe Underwood/BC 2:51:37, 9-Schoenbaechler 2:52:50, 10-Lobel 2:55:22...13-Mike O'Donnell/Oakland 2:55:48.../83 finishers/. /William Freedman/

RIO NIDO 10-KILO (Feb. 12, Guerneville): 1-John Lodin 31:23, 2-Scott/ER 32:45, 3-Sjostedt/VMTC 33:29, 4-Gulli 34:24, 5-Law-rence 34:29, 6-McCarthy/ER 35:15, 7-Skewis/Un 35:48, 8-Clancy 38:05.../20 finishers/. /Glenn McCarthy/

ARIZONA ADMISSION'S DAY MARATHON (Feb. 12, Tucson): 1-Blair Johnson/Tucson 2:20:03, 2-Heaberlin/Az 2:28:31, 3-T. Rotkis/Az 2:30:08, 4-W. Rotkis/Az 2:33:23, 5-Bob Cooper/WDS 2:35:15, 6-Young/Az 2:35:41, 7-Ruiz/Az 2:37:30, 8-David Cortez/WDS 2:43:10...14-Joe Cary/Az(40+) 2:46:32, 52-John Ellison/WDS 3:13:07, 61-Tom Bales/WDS 3:21:14, 77-Tom Owen/WDS 3:28:38, 91-Britt Hinshaw/Tiburón 3:36:56, 114-Jose Cortez/WDS 3:52:05, 128-Brad Jacobs/WDS 4:08:09, 144-Karen Himenes/WDS 4:41:05, 149-Buck Swannack 4:54:37.../157 finished;/ WDS 2nd Team. /McGee Evans/



Start of 2nd Annual Valentine's Day Runs at Lake Merritt, 2/13.

NATL. AAU JR. 8-KILO X-C (& INT'L TRIALS) (Feb. 12, San Diego): Hal Schulz of Greenbrae and competing for West Valley TC, led his teammates to their second consecutive Jr. National title and qualified himself for the International Meet in Germany in March by placing third overall. Tim Holmes, next WVTC finisher, missed a spot on the team by only one place and five seconds. Rod Berry also placed in the top ten (10th). The top six earned trips to Germany: 1-Mark Spilsbury/Col 23:04, 2-Hunt/JT 23:10, 3-Schulz/WVTC 23:14, 4-Froelick/Tex 23:15, 5-Greer/Utah 23:25, 6-Fox/WVa 23:56, 7-Holmes/WVTC 24:01, 8-Trujillo 24:03, 9-Cotton 24:18, 10-Berry/WVTC 24:20, 11-G.Aguirre 24:26, 12-C. Assumma/RRR 24:27, 13-Penrone/Az 24:34, 14-Bishop 24:39, 15-Young/GRR 24:40...19-Mike Van Horn/BC 24:51, 21-Greg Mandanis/WDS 24:55, 27-Joe Green/WVTC 25:12, 30-Harry Youkers/WVTC 25:19, 45-Boyd Tarin/WVTC 26:01, 49-Tom Schreck/WDS 26:11, 56-Danny Martinez/WDS 26:44, 75-Ray Wieand/WDS 29:02, 76-M. Jones/WDS 29:11...Teams: GVTC 2:02:06, Glendale Gauchos (Ariz.) 2:04:35, RRR 2:07:04, Goathill RR 2:07:05, Fullerton 2:08:21, SDTC 2:12:34, Woodside Str. 2:16:03. /Greg Mandanis & Ken Bernard/

IVANHOE 6-MILER (Feb. 12, Ivanhoe): 1-Gary Romesser/FPTC 28:53, 2-Carnahan/HSTC 29:12, 3-Higginbotham/HSTC 31:54, 4-Meyer/HSTC 32:23, 5-K. Hurst/WVTC 32:34, 6-Len Thornton/HSTC(40+) 32:54, 7-McPhail/Un 33:45, 8-Campbell/Un 33:46, 9-F. Delgado/Un(40+) 34:28. /3 Miles/ 1-Terry Taylor/HSTC 15:33, 2-R. Taylor/HSTC 15:48...Marcia Romesser/FPTC 19:19. /Dave Bronzan/

ALAMEDA COUNTY HEART ASS'N VALENTINE'S DAY RUNS (Feb. 13, Oakland): /5-Kilo/ (Open) 1-Paul Burke/DLSHS 15:31, 2-Fitzgerald/PMK 15:32, 3-Corona/Pinole 15:49, 4-Tucker/Okld 15:58, 5-Blasdel/Piedmont 16:02; (Masters) 1-Weggenmann/SF 17:12, 2-MacDonald/SF 17:14, 3-Austin/Berkeley 17:56; (Women) 1-Jenny Ray/Okld 19:42, 2-Salisbury/NGHS 19:48, 3-Bubanja/Piedmont 19:48; (Masters Women) 1-Jennifer Rogers/Berkeley 21:42, 2-E. Pedersen/SF 21:48, 3-Brieger/Berkeley 22:33. /10-Kilo/ (Open) 1-Brian Maxwell/Un 30:21, 2-Seaver/WVTC 30:41, 3-Wayne/NTC 30:47, 4-Thompson 31:13, 5-Howell/Un 31:46; (Masters) 1-Ralph Bowles/WVJS 31:38, 2-Jensen/PMK 34:04, 3-McAbee/SF 35:36; (Women) 1-Roxanne Bier/SJC 35:05, 2-Way/Alameda 41:17, 3-Blankenship/SF 42:06; (Masters Women) 1-Ruth Anderson/NCS 41:32, 2-Carroll O'Conner/NCS 47:12.../1,183 finishers, both races/



Mike Bordell leads Gary Tuttle on the way to a big win in the Sr. International X-C Trials in Alameda. /O'Rourke/

NATL. AAU SR. 14-KILO X-C (& INT'L TRIALS) (Feb. 19, Alameda): Teams: AIA 92, Aggie RC 104 (only complete teams)...1-Michael Bordell/USAF-Colo. 42:47.8, 2-Tuttle/Tob 42:48.8, 3-Flanagan/CTC 42:55, 4-Sandoval/WVTC 43:15, 5-Wells/Un 43:43, 6-Wysocki/UNR 43:59, 7-Smead/AIA 44:02, 8-Jon Anderson/OTC 44:05, 9-Pfeffer/Un 44:17, 10-D. Waltmire/AIA 44:20, 11-Barbiracki/SFV 44:26, 12-Carnahan/HSTC 44:36, 13-Elk/USMC 44:39, 14-Smith/AIA 44:40, 15-Sutherland/Un 44:46, 16-Harms/AGRC 44:54, 17-Engel/BB 44:57, 18-Sweeney/AGRC 45:09, 19-Martinez/AGRC 45:17, 20-Woodward/Ore 45:18, 21-Rincon/DelawareSC 45:31, 22-Frickel/SFV 45:52, 23-Segura/NMTC 45:55, 24-Flores/AGRC 46:01, 25-Wayne/NTC 46:20.../43 finishers/ /DeCelle/

WASHINGTON'S BIRTHDAY RUN (Feb. 19, Ridgecrest): /8.0 Miles/ -- Places listed by 'fast time', not handicap position: 1-Mike Harrie 43:19, 2-Stansauk 43:51, 3-Richardson/WVTC 44:54, 4-Contreras 45:07, 5-Foose



Start of the PA-AAU 50-Mile Championships in Pine Grove (near Sacramento)...winner was Darryl Beardall (in Marin jersey near left of group) in 5:55:48. /Sue K. Perry/

45:18, 6-Freyne 49:15, 7-Nieberlain 49:21, 8-G.Stansauk 49:36, 9-Smart 49:37.../46 finishers/. /Byron Richardson/

SEASIDE MARATHON (TRAIL'S END) (Feb. 26, Seaside, Ore.): 1-Brian Maxwell/Nike TC 2:14:43 (PR), 2-John Bramley/Col 2:14:46, 3-Ron Wayne/Nike TC 2:17:59, 4-Zerzan/Ore 2:22:23, 5-Williams/Wash 2:22:50, 6-Devery/Ore 2:23:05, 7-Currie/BC 2:23:08, 8-Schamberger/BC 2:23:34, 9-Shaw/BC 2:23:45, 10-Manclark/Wash 2:24:17, 11-McIntosh/BC 2:26:27, 12-Tyson/Wash 2:27:26, 13-Skar/Wash 2:28:26, 14-Carter/Ore 2:28:48, 15-Oja/Ore 2:28:51, ... (other Calif. finishers) 56-Ron Medel 2:38:59, 62-Howard Labrie/SRRC 2:40:52, 71-Norm Secord 2:42:58, 96-James Rocha 2:48:44, 109-Bill Daniel 2:50:27, 120-George Crandall/SRRC(40+) 2:52:27, 144-Harry Cummins 2:55:49, 167-Keith Weaver 2:58:51, 177-Greg Davy 3:00:16, 189-Penny DeMoss/WVTC 3:02:35, 198-Bill Bednar 3:03:57, 206-Harold DeMoss/WVTC 3:04:31 (won husband/wife trophy with Penny), 209-Dick Gilchrist/SRRC 3:04:41, 228-Harold Tyvoll 3:08:13, 259-Bob Dickerson/SRRC 3:12:36, 261-Gerald Durrett 3:12:51, 282-Tom Meehl 3:15:12, 321-Michael Williams 3:19:21, 393-Chuck Ehlers/SRRC 3:27:05, 453-Alan Feuerwerker 3:33:32, 470-Keith Weaver 3:36:34, 479-Kit Fagan 3:37:49, 582-Joe Mendelsen 3:51:51, 793-Allen Schaad 4:43:12, 800-Maurice Gunderson 4:44:37.../808 finishers at least, with 808th at 4:47:33/ /Harold & Penny DeMoss/

PA-AAU 50 MILE (Feb. 27, Pine Grove to Sacramento): - Veteran ultra-marathoner Darryl Beardall, 40, of Santa Rosa, held off a series of challenges by Don Choi, 28, of San Francisco, to win the PA-AAU 50-Mile Championship in 5:55:48, with second-place Choi at 5:59:59. Other finishers under seven hours were Bob Cooper (22) 6:04:19, Dave Cortez (19) 6:34:19, Ed Jerome (31) 6:35:48, Mike Souza (27) 6:45:23, Dean Metcalf (34) 6:56:57. Ruth Anderson (47), of Oakland, timed in 7:35:40, was the first woman finisher, taking 11th overall. Art Wagoner, 51, of Sacramento, won the men's masters division in 7:25:58. Top three teams were Woodside Striders "A", Buffalo Chips, and Woodside Striders "C". The Striders also collected the women's team trophy. The course was point-to-point over hilly terrain... (other finishers) 8-Mark Hoschler 7:10:10, 9-Dennis Letl/BC 7:24:13, ...12-Ralph Paffenbarger/NCS(40+) 7:39:42, 13-Jon Brown 8:22:09, 14-Phil Schaffner 9:30:49, 15-John Ellison 9:50:50, 16-Tommy Owen 9:50:53, 17-Karin Stok/WDS 10:00:20, 18-Peggy Stok/WDS 10:00:20, 19-Dave Ellison 10:00:30, 20-Brad Jacobs 10:00:30, 21-Skip Swannack/WDS 10:06:55, 22-Mike Ipsen/WDS 11:27:43, 23-Tony Stratohs 11:56+. /Paul Reese/

PISMO CLAM FESTIVAL 5-MILER (Mar. 5, Pismo Beach): 1-Bob Nanninga/WVTC 26:13, 2-Beaton/SLDC 26:27, 3-Dabill/SCH 26:31, 4-Hansen/CP 27:04, 5-S.Dabill/SCH 27:36, 6-Lohse 27:40, 7-Hutchinson/CP 27:44...10-Gourley/CWTC 28:10, 13-John Perkins/LVDC (40+) 28:38, 63-Liz Bradley/CP 33:51.../131 finish-/ /Rosenfield

RECORD 192 TEAMS FINISH CHRISTMAS RELAYS (Dec. 19, Santa Cruz to Half Moon Bay): - The scene at the University of Santa Cruz resembled a miniature Bay-to-Breakers with the number of people running around. Entries of nearly 200 teams (7 persons each) made for a nearly fifth-percent increase over the previous year! Finally everything got started about ten minutes behind schedule, and the parade up the Coast Hiway began. Although records were not as abundant as in 1975 (when there was a tailwind), a total of six fell by the wayside (three legs and three divisional records). Benton Hart (Devlin's Falcons) of BYU completely annihilated Rich Kimball's year-old standard as he led off with a super-quick 48:15 over 10.052 miles (much of the first three miles is downhill, but still...). That chopped nearly a minute off the 1975 record, and dragged Emil Magallanes (48:45) and Eddie Cadena (49:01) under the old 49:09 clocking. Damon Wood managed the top time (23:34) on the 4.826-mile second carry, but fell way short of Fred Emerling's 1974 time of 22:50, the oldest mark of the relays. Huge chunks were taken from the old marks on the third and fourth legs by Pete Sweeney (26:39 for 5.477 miles) and Jim Nuccio (46:36 for 9.531 miles) respectively. The old records were 27:33 and 47:52 by Bob Bailey and Ron Wayne last year. Boyd Tarin (25:42 for 5.100 miles), Matt Yeo (23:35 for 4.507 miles) and Brian Maxwell (53:34 for 10.507 miles) had the fastest carries on the final three legs, all missing the 1975 records, held respectively by

George Stewart (24:15), Jim Warrick (22:31), and Terry Williams (50:24). The West Valley Joggers took apart the club record for masters as they clocked a strong 4:45:22, good enough for 29th place overall. The time was about two minutes below their 1975 time. A masters pickup team, composed mostly of WVTC'ers and calling themselves the Master-baters, clipped over ten minutes from the old divisional record with a quick 5:14:30. Only other standard that fell was the women's 'pickup' time, where Ophir Prison took off about 8 minutes with their 5:32:31. Members of the women's fastest team were: Pam Bast, Sally Edwards, Julie Mastain, Eileen Burger, Louise Adamson, Patty Kuphaldt, and Tina Anex. The men's team winner (overall) had Jack Bellah, Bill Seaver, Bill Spence, Jim Nuccio, Boyd Tarin, Doug Butt and Gerry Garcia. They were pressed most of the way by both the Aggie RC Pickups (4:15:43) and the Weedpatch Sniffers (4:16:24), managing to hold off repeated challenges with a final 4:13:52, well off their 1975 low of 4:07:45. Camino West (4:19:02), and a surprising WVTC Sub-Masters squad (4:20:27) took the next two spots, the latter team being composed of runners between 30 and 36. Things went smoothly during most of the race except for a few critical



(Left) An Ophir Prison 'pickup' team were the "Fastest Foxes" at the Xmas Relays, upsetting a WVTC team, but missing the course record set in 1975. /Sue Perry Photo/ Gerry 'Geronimo' Garcia anchored the WVTC "A" Team in defending their title, although also shy of the 1975 standard. /L. Rorke/

handoff points in Santa Cruz County when the CHP threatened to cancel the race if people didn't keep off the roadway (beyond the white bikelane-line. For those of you who thought the threat was amusing, you might think better of pressing your luck next year, as the PA-AAU 30 Kilo was cancelled by the CHP midway through the race at Watsonville!! If everyone would use a little common courtesy and stay off the roadway unless actually running or accepting a handoff, we'd be a lot better off. We had to DQ a few teams for repeated violation of this rule. We'd welcome suggestions on how to alleviate the traffic...how about a staggered start next year (handicaps for various divisions?). If teams would try to bring a maximum of two cars to the start, that would also help, along with leaving the checkpoint area as soon as you drop your runner(s) off. But something has to be done (I doubt if we can ever impress the seriousness of the situation on the runners until it is actually cancelled some year). Let us hear from you now, while we have time to do a little planning...in five years we could have 400 teams if it keeps growing! We'd like to keep the same course if possible. \*\*\* Other Divisional Winners: Div. C (High School)--Carlmont H.S. 4:40:19; Div. G (Women's Club Team)--West Valley TC 5:33:45 (listed as 2nd in the results, before we found out the Ophir Prison team was actually 'pickup'; Div. D (Boy's Age-Group)--Arrow TC 6:10:09; Div. I (Masters Women)--NCSTC 6:19:26. --- Several other teams ran out of their division and screwed up the awards after they were handed out (we didn't discover this on raceday)...I think the rules are simple enough so that everyone should be able to figure out what division they are in. It doesn't matter whether it's plain cheating or just stupidity, but it makes things rough and unfair for everyone involved. Next year we may DQ teams that enter in the wrong division!!

\*\*\* Results: If you have not yet received a set of results from your 'team captain', get in touch...if you were on a pickup team and don't know your captain, send a stamped, self-addressed envelop for full results (no extra ribbons..they were mailed to captains with 7 sets of results). Sorry they took so long. It's been a busy few months with the Relays, the WV Marathon, and two NCRR's, etc. Thanks for your patience. No splits are listed below since they are on the results sheet and take up an awful lot of extra space (I hope 36 pages is our limit!). Only the top 30 teams are listed: (Division letter follows team name). 1-WVTC/A 4:13:52, 2-AGRC 1st Graders/B 4:15:43, 3-Weedpatch Sniffers/B 4:16:24, 4-Camino West/A 4:19:02, 5-WVTC Sub-Masters/A 4:20:27, 6-Solano-Napa '7'/B 4:29:06, 7-AGRC Kindergarteners/B 4:28:28, 8-Weedpatch Sniffers"B"/B 4:29:57, 9-Excelsior TC/A 4:31:13, 10-No Team Name/B 4:34:54, 11-SWEAT/A 4:35:04, 12-Chico RC/A 4:35:47, 13-Tamalpa/A 4:36:04, 14-'7 Times As Bad'/B 4:36:07, 15-Trojans+2/B 4:36:53, 16-Pamakids/A (DQ'd) 4:38:03, 17-Buffalo Chips/A 4:38:20, 18-Carlmont H.S./C 4:40:19, 19-Bonanno's Bunch/B 4:40:29, 20-Los Gatos Pacers/B 4:40:38, 21-Camino West "B"/A 4:40:39, 22-Sundance TC/A 4:41:20, 23-Desperados/B 4:42:19, 24-WVTC "B"/A 4:43:17, 25-Woodside Str./A 4:43:34, 26-Cruzers/B 4:43:45, 27-Ophir Prison Inmates "A-1"/A 4:44:43, 28-Mission San Jose HS/C 4:45:09, 29-West Valley J&S/E 4:45:22, 30-Pama Pickups #1/B 4:48:17.../192 teams finished/. \*\*\* T-SHIRTS: We had a lot of requests for T-shirts after we ran out and so we went and ordered 12 dozen more, but we still have 10 dozen!! How come nobody wants them? Next year we will not re-order after the race if we run out, as we get stuck with them. If you would like a shirt, please send \$3.50 (includes postage) to the NCRR & specify your size(s). Thanks for helping us unload our stock. /Jack Leydig, Bill Benz/

TARIN UPSETS SWIFT FIELD AT CALIFORNIA '10' (Jan. 8, Stockton): - Running perhaps the best competitive race of his life, WVTC's Boyd Tarin, only 18 years of age, stormed to a very fast 50:21 clocking over the certified 10-mile Stockton road circuit. Not only was his time impressive, but his method of winning (strong last few miles) over favored competition was outstanding. In his wake he left Pepsi 20-Mile champ Pete Flores (50:28), Canadian Marathon champ Brian Maxwell (2:14 at Seaside) (50:41), and sub-2:20 marathoner Carl Swift (51:09). Roland Watson (51:58) was top sub-master in fifth place. Tarin led his teammates to an easy victory, as all scoring members (5) finished in the top 13 slots. Ross Smith set a new masters mark (54:58) in having a spirited battle with 50-plus Jim O'Neil (51:11). Another record was broken in the 13-15 age-group by John Marden, who went the distance in a quick 55:39. The women were led by Ophir's Sally Edwards, whose 64:28 was also a new course standard. Teri Hagerty of the sponsoring Sundance TC was next at 65:56, with teammate Karey Robinson following (66:33). Of a total of 314 finishers, over one-third of that group clocked under 60 minutes (108 of 'em!!). Temperatures were around 40 with no wind. /Frank Hagerty/

1-Boyd Tarin/WVTC	50:21	18-Gonzalo Aguilar/BC	53:39	35-Harry Youkers/WVTC	55:10	52-Jim Bowles/WVTC	56:41
2-Pete Flores/AGRC	50:28	19-John Swift/Downey HS	53:45	36-Richard Stiller/TRAC	55:11	53-Armando Zuniga/PBP	56:43
3-Brian Maxwell/Unat	50:41	20-Doug Butt/WVTC	53:48	37-Jim O'Neil/SFOC	55:12*	54-Roger Bryan/TRAC	56:46*
4-Carl Swift/AIA	51:09	21-Ron Newstadt/SHAPE	53:51	38-David Muela/ETC	55:13	55-Bob Myers/PMK	56:47
5-Roland Watson/WVTC	51:58	22-David Parish/WVTC	53:53	39-Chuck McMillian/Un	55:27	56-Ray Menzie/WVTC	56:52*
6-Fred Emerling/Un	52:14	23-Bob Miller/CWTC	53:54	40-Jake White/TRAC	55:31	57-Mike Souza/BC	57:16
7-Jim Sane/BC	52:21	24-Dave Vellequett/Un	53:57	41-John Marden/Un	55:39	58-Michael Healy/MH	57:19*
8-Al Hernandez/WVTC	52:25	25-Greg Mandanis/WDS	54:08	42-Kevin Hanson/Un	55:50	59-Jeffrey Wall/Un	57:23
9-Randy Sturgeon/WVTC	53:09	26-Bob Coulson/ARJC	54:19	43-Michael Gulli/Un	55:51	60-Gary Alderman/PMK	57:26
10-Steve Brooks/SHAPE	53:11	27-Frank Krebs/BC	54:26	44-Jan Makowski/SUND	55:55	61-Steve Thompson/BC	57:28
11-John Clary/TRAC	53:19	28-Frank Lemus/Un	54:30	45-Doug Rennie/BC	55:56	62-Jim Holben/WVTC	57:30
12-Pat Buzbee/SHAPE	53:22	29-Michael Conroy/ETC	54:33	46-Brian Bonner/LVRC	55:57	63-Frank Turner/Un	57:31
13-Jack Bellah/WVTC	53:23	30-Martin Qualle/Un	54:34	47-Robert Ogg/BC	55:58	64-Jim Cook/Un	57:31
14-Ron Hogland/CWTC	53:24	31-Kurt Vineyard/Un	54:35	48-Terry Hughes/Un	55:59	65-Joe Davis/DelCampoHS	57:32
15-Tom Burns/Un	53:26	32-Stan Winkley/Un	54:39	49-Chris Martin/BC	56:15	66-Howard Iseri/Un	57:33
16-Bruce McInturf/Un	53:28	33-Ross Smith/WVJS	54:58*	50-Jeffrey Romiquiere/Un	56:19	67-Brian Mumera/SacTC	57:37
17-John Weidinger/ETC	53:35	34-Chris Munoz/SUND	55:00	51-Rich Matthews/Tamalpa	56:25	68-Mike Rowerdink/SUND	57:39

69-Keith Crowder/SUND	57:42	80-Ricky Buck/SUND	58:18	91-Mark Gallo/BC	59:00	***WOMEN***	
70-Edwin Jerome/TRAC	57:45	81-Rodger Stordahl/Un	58:19	92-Will Lovelace/PMK	59:05	171-Sally Edwards/Ophir	64:28
71-Kevin O'Connor/Un	57:53	82-Rick Browning/PBP	58:20	93-Mike Boitano/Un	59:06	190-Teri Hagerty/SUND	65:56
72-Brent Cushenbery/BC	57:54	83-Frank Custino/SUND	58:31	94-Eric Munoz/PBP	59:12	195-Karey Robinson/SUND	66:33
73-Joe Delgado/Un	57:55	84-Hoyt Walker/LVRC	58:36	95-Bruce Rider/WVJS	59:15	203-Kathy Way/Un	67:21
74-Chris Hamer/WVTC	57:56	85-Ed Peterson/Un	58:38*	96-Bryan March/Un	59:16	212-Debbie Hickman/SUND	68:16
75-Jack Betschart/BC	57:59	86-Steve Simpson/WVTC	58:40	97-Michael Loeffler/SHAPE	59:17	215-Ruth Anderson/NCS	68:55*
76-William Peck/Bakfld	57:59	87-Aaron Goldman/AGRC	58:44*	98-Roy Scellato/TRAC	59:18	222-Karen Pascoe/SUND	70:10
77-Terry Muller/TRAC	58:00	88-Larry Pugh/Un	58:45	99-Todd Bird/Un	59:18	229-Karen Diekmeyer/SUND	71:12
78-Ken Harrey/Un	58:05	89-Mike Raffanti/SUND	58:55	100-Tim Rostege/WVTC	59:19	234-Holi Himenes/WDS	71:35
79-Bill Catanese/Un	58:10	90-Frank Delgado/Un	58:56*	101-Ed Stromberg/BC	59:22	236-Peggy Stok/WDS	71:39

**SERSHEN AND GUTHRIE TAKE DAISY HILL VICTORIES** (Jan. 9, Rohnert Park): - Jan Sershen and Kent Guthrie blazed to pretty much solo victories in the 13.5 and 6.75-mile Daisy Hill runs. The Pacifica photographer who runs for Excelsior TC missed Ron Wayne's 1976 course best of 1:12:14 but still sped to a 1:13:16 with his nearest competition over a half-mile back at the tape (Pat Miller was runnerup in 1:16:51, edging out Ron Kunst's 1:16:59). Meanwhile, in the shorter low-key race, Kent Guthrie made a shambles of Bill Jensen's forty-plus record of 37:20, set in last year's race. His 34:58 was also good enough to win the race by almost a minute from Armand Moreno (35:49), who set a high school record while taking second. Judy Gumbs-Leydig clipped just over a half-minute from Caron Schaumberg's 1:31:49 time of two years ago with her 1:31:14. Today Caron finished as second woman, but some eight minutes slower than her old mark. In a tight masters race, Bob Malain (1:25:59) was a fairly comfortable winner over newcomer Colin Hermans (1:26:51) and James Jacobs (1:26:57). A total of 151 finished the twin races through hilly terrain near Sonoma State University under the able direction of Bob Lynde. Top finishers in both races follow. /Bob Lynde/

1-Jan Sershen/ETC	1:13:16	11-Leo D'Acquisto	1:21:13	21-Larry Pugh	1:25:48	31-Dan Goodwin	1:29:32
2-Pat Miller/Un	1:16:51	12-Mike Cole	1:22:35	22-Robert Malain/NCS	1:25:59*	32-Dennis Doris	1:29:32
3-Ron Kunst	1:16:59	13-Gene Schaumberg/ER	1:23:10	23-Colin Hermans	1:26:51*	33-Gough Reinhardt/LVRC	1:29:49*
4-Hersh Jenkins/ER	1:17:41	14-Edward Lee	1:23:34	24-James Jacobs/NCS	1:26:57*	34-Craig Roland	1:30:35*
5-Danny Martinez	1:19:18	15-Jim Engle	1:24:10	25-Lee Damron	1:27:19	35-Tom Clancy	1:30:35
6-Danyal Kasapligil	1:19:39	16-Bill Posedel	1:24:20	26-Jack Hermann	1:28:06	***WOMEN***	
7-Roger Scott	1:20:00	17-Jim Howard	1:24:28	27-Dave Royal	1:28:11	36-Judy Gumbs-Leydig/WV	1:31:14
8-Ken Scalmanini/PMK	1:20:41	18-Eric Peterson	1:24:45	28-Agostino Tarantino	1:28:42	56-Caron Schaumberg/ER	1:39:45
9-Mike Plummer/Chabot	1:20:51	19-Tim Chavez	1:24:51	29-Jack Ball	1:28:58	64-Irene Rudolf/WVTC	1:43:50
10-Glenn McCarthy/ER	1:21:12	20-Jesus Garcia	1:25:06	30-James DeLaughter	1:29:10	67-Kim Daniels	1:44:06

1-Kent Guthrie/WVJS	34:58*	6-Jeff Smith	37:18	11-Frank Paula	38:36	16-Earl Norgard	41:37*
2-Armand Moreno	35:49	7-Rudy Balli	37:33	12-Ron Kesecker	39:18	17-Bill Flodberg/WVJS	43:01*
3-Mike Smith/PMK	36:37	8-David Sjostedt/VMTC	37:44	13-Tom Robinson	40:17	***WOMEN***	
4-Joseph Mouille	36:42	9-David Black	38:05	14-Colin Templeman/NCS	41:31*	35-Recesca Simmie	50:12
5-David Kruger	37:02	10-Fred Kenyon/VMTC	38:31	15-Jeff Jahn/VMTC	41:37	39-Donna Crowley	52:54



Bill Seaver, happy winner of first annual S.F. Zoo Run in 19:38. /Zoo News/

**HUGE FIELD SHOWS FOR ZOO RUN** (Jan. 16, San Francisco): - Although it wasn't on the LDR Schedule and had only a short two-month notice to our subscribers, the word must have gotten out sufficiently, as nearly 600 started the newly-organized 4-mile road run. The fact that the Champagne Marathon drew nearly 400 didn't seem to make much difference...the DSE Double Muni Pier Race didn't have a lack of participants either (probably 300+). Bill Seaver cruised to an easy 16-second victory over Jan Sershen, as the WVTC'er averaged just under 4:55 per mile for the distance. Kent Guthrie repeated his victory of the previous week with a super-quick 20:41 to take his division by a full two minutes. Anne Hamilton of the Millbrae Lions was first woman across in 25:44, disposing of ultra-marathoner Skip Swannack, who clocked 26:21. No other divisions or award categories were on the results sheet. Following is a goodly number of the finishers. /Norm Gershenz/

13-Frank Goss/Fairfield	21:20	38-Ted Fehlhaber/BHS	23:21	63-Peter Nowick/CCSF	24:25
14-Michael Conroy/ETC	21:28	39-Ralph Gowen/WVTC	23:21	64-Tom Martz, Jr./DSE	24:26*
15-Terry Casey/ETC	21:40	40-Jeff Houston/Cal Ski	23:23	65-Raoul Kennedy/Un	24:32
16-Edward Lee/LVRC	22:01	41-Evan MacBride/BC	23:25	66-George Wortham/Un	24:33
17-Steven O'Brien/PMK	22:05	42-Keith Hastings/Un	23:29	67-Leeland Chu/Un	24:33
18-Bill Sevald/Un	22:19	43-Tom Masterson/DSE	23:32	68-Robert McCarty/Un	24:33
19-Hashim Bashiruddin/Un	22:20	44-Roy Scellato/TRAC	23:33	69-Thomas Tuite/Un	24:34
20-Mike Coke/GPPMB	22:22	45-Harvey Ferrill/Un	23:39	70-David Innes/Un	24:34
21-Erik Sausjord/Westmr	22:32	46-Chris Schenone/Un	23:40	71-Richard Clymer/Un	24:41
22-Neil Berg/Un	22:33	47-Russell Cotten/DSE	23:41	72-Mark Zembsch/Un	24:45
23-Ralph Worthington/Un	22:35	48-Allen Stanbridge/Un	23:42	73-Allan Berrin/Un	24:53
24-Paul Rice/MarinCath	22:40	49-John Foley/Orinda RR	23:43	74-Joseph Schieffer/Un	24:54
25-Robert Cushen/NCS	22:41*	50-Lee Schear/Un	23:47	75-Tim Crowley/Un	24:54
26-Michael Heim/DSE	22:43	51-Norman Boyd/JTC	23:51	76-Raymond Watts/SFS	24:56
27-Paul Horsfield/Un	22:46	52-Grady Wright/Un	23:53	77-Charles Conradi/Un	24:56
28-Dan Capron/Tamalpa	22:49	53-Gerald Flynn/DSE	23:53	***WOMEN***	
29-Paul Weggenmann/Un	22:51*	54-James Jacobs/NCS	23:57*	100-Anne Hamilton/MLTC	25:44
30-Karl Machscheffes/Un	22:51	55-David Kornek/Un	24:03	115-Skip Swannack/WDS	26:21
31-Imre Hamer/SFS	22:53	56-Doug Yost/Un	24:06	131-Teresa Gilbreath/MLTC	26:56
32-Tom Hanner/ETC	22:59	57-Stephen Baker/DSE	24:07	132-Liz Brown/MLTC	26:56
33-Philip McCarty/Un	23:07	58-Darrell Jeong/ETC	24:08	137-Patricia Brown/MLTC	26:59
34-Karal Berd/Un	23:13	59-Michael Eshia/CCSF	24:14	144-Susan Bugler/MLTC	27:19
35-Marco Martin/PMK	23:18	60-David Wong/ShamrockTC	24:21	151-Nancy Panneil/PHHS	27:28
36-John Spriggs/Un	23:19	61-Allan Wells/Un	24:21	154-Colleen Fox/PMK	27:30
37-Leo Ruiz/Un	23:20	62-Thomas Aldana/Un	24:22	157-Eva Leong-Casey/ETC	27:34

**STANFORD CARDIOLOGIST IN EASY "PAUL MASSON" VICTORY** (Jan. 16, Cupertino): - Dr. Paul Thompson, a 29-year-old cardiologist at the Stanford Hospital, took it easy for the first five miles, then stepped up the pace dramatically by some 30-40 seconds per mile and was never headed as he maintained a one-mile gap he had established at about 15 miles. His 2:29:13 will be an automatic course record, as this is another new course with most of the hills removed. Joe McDevitt overtook teammate Jack Leydig in the last half mile after having to stop several times for the 'call of nature' in route, finishing strongly for a 2:35:32, 20 seconds to the good on third place. Mike Healy set a PR in running up an easy victory in the over-40 division, besting Tom Pierce, 2:47:55 to 2:56:18. Penny DeMoss dipped under three hours to an unchallenged victory over Arleen Mears (2:59:14 to 3:19:52). A good turnout



(Left) Start of the Paul Masson Champagne Marathon was cool and overcast, making for some quick starts just to keep warm. (Right) Stanley Forster of the Paul Masson Wine Cellars offers a drink of champagne to reluctant winner, Dr. Paul Thompson. /Photos by Sue K. Perry/



caused this to be the most successful Champagne Marathon to date, with a record (we think) 331 finishers. For comments on an official's fun-filled day working the course, see this issue's "Guest Editorial" by Joe Henderson. Below are listed all finishers below 3:10, as well as the top six women. /Dan O'Keefe/

1-Paul Thompson/Unat	2:29:13	25-Keith Mastin/Un	2:52:27	49-Don Dugdale/Un	2:58:16	73-Scott Allen/Un	3:06:11
2-Joe McDevitt/WVTC	2:35:32	26-David Bartholomen/Un	2:54:42	50-Jim Yaniglos/Un	2:58:51	74-Richard Mueller/Un	3:06:28*
3-Jack Leydig/WVTC	2:35:52	27-Joe Maher/Tamalpa	2:54:45	51-David Grennier/MerTC	2:58:52	75-Thomas Freeman/Un	3:06:29
4-Ted Quintana/WVTC	2:41:04	28-John Dressler/Un	2:54:58	52-Ed Price/SoqTC	2:58:55	76-Danny Moon/CY	3:06:57
5-Jim Bowles/WVTC	2:41:43	29-Douglas Rodamer/Un	2:55:35	53-Penny DeMoss/WVTC	2:59:14	77-Timothy Treacy/SFOC	3:07:03*
6-Michael Gulli/Un	2:42:06	30-Bruce Campbell/NPGS	2:55:50	54-Gil Hernandez/Un	2:59:20	78-John Sullivan/Un	3:07:09
7-Robert Myers/PMK	2:42:08	31-Harold Crangle/Un	2:55:53	55-Dana Burali/WVTC	2:59:20	79-William Lovelace/PMK	3:07:20
8-Burt Davis/SBAA	2:43:44	32-Lloyd Sampson/Un	2:55:55	56-Rudy Palli/LHS	2:59:32	80-James Rader/CLXRC	3:07:26
9-Richard Herzog/Un	2:44:49	33-Ken Takao/SUND	2:55:56	57-John Clary/Un	2:59:43	81-John Ulate/TRAC	3:07:26
10-Jeffrey Wall/Un	2:45:05	34-Ronald Sova/Un	2:56:02	58-Jake White/TRAC	2:59:44	82-Tom Marqua/Un	3:07:44
11-Dennis Anderson/Un	2:45:31	35-Jim Myers/Un	2:56:10	59-Alan Chesterman/Un	2:59:58	83-John Flather/TRAC	3:08:22*
12-Chris Hamer/WVTC	2:45:35	36-Tom Pierce/PMK	2:56:18*	60-David Paiva/Un	3:00:20	84-Nick Granados/Un	3:09:04
13-Santos Reynaga/WVTC	2:46:15	37-Herbert Butler/Un	2:56:21	61-Jeff Porto/MoreauHS	3:00:46	85-David Collins/Un	3:09:20
14-Glenn Pruitt/PMK	2:46:44	38-Robert Breeding/Un	2:56:24	62-Roger Bryan/TRAC	3:01:05*	86-Harry Blank/Un	3:09:27*
15-Mike Chastaine/WVTC	2:47:44	39-Dennis Kroll/Un	2:56:33	63-Malcolm Singer/Un	3:01:26	87-Mike Snedden/Un	3:09:37
16-Unknown Runner	2:47:44	40-Dwight Hendrix/Un	2:56:37	64-Jay Cook/Un	3:02:32	88-Ronald Kovacs/TRAC	3:09:40
17-David Fuller/HR	2:47:51	41-Brian Waterbury/SLDC	2:56:48	65-Bob Jeffery/Un	3:02:49	89-Tom Bales/WDS	3:09:53
18-Michael Healy/MH	2:47:55*	42-Richard Szekeresh/BC	2:57:00	66-Jim Holben/WVTC	3:02:56	***WOMEN***	
19-Larry Sellers/Un	2:49:19	43-Allen Flemming/Un	2:57:14	67-Dan Hintz/WVTC	3:02:58	53-Penny DeMoss/WVTC	2:59:14
20-Michael Souza/BC	2:50:02	44-Mike Rowerdink/SUND	2:57:19	68-Rich Castro/ColTC	3:03:21	136-Arleen Mears/Un	3:19:52
21-Bob Paredes/CAMWST	2:50:13	45-Craig Harms/BGSU	2:57:20	69-Don MacIntosh/Un	3:03:26*	193-Virginia Collins/SLD	3:35:53*
22-John Armstrong/Un	2:51:06	46-Bob Alexander/IHS	2:57:36	70-Ed Dally/WVTC	3:04:18*	228-Valerie Reneau/Un	3:46:50
23-Gordon Stewart/Tam	2:51:48	47-Jim Blank/Un	2:57:40	71-Michael Fenner/Un	3:05:29	229-Cynthia Olavarri/Un	3:46:52
24-Ted Wilson/KJ	2:52:22	48-Andrew Lewis/Un	2:57:48	72-Phil Sanfilippo/WVJ	3:05:29	236-Priscilla Myers/PMK	3:50:40

**MAXWELL WINS 20-KILO; GUMBS-LEYDIG & BOWLES SET NEW DIVISION RECORDS** (Jan. 23, Portola Valley/Woodside): - Canadian Brian Maxwell showed good form in taking this year's version of the PA-AAU's 20-Kilo Championships in 63:01, but Jon Anderson's record of 61:34 (set in 1972 on a somewhat longer course) remained untouchable. Jim Nuccio ran with Maxwell up to the chute, but then failed to cross the finishline because he was not officially entered (we think?). Tony Sandoval also ran somewhere in the top five or so places, but unofficially. Bill Seaver had to kick hard to hold off teammate Bill Clark for second place in a fast 63:59, only three seconds in front. Times were generally fast with 16 under 68 minutes and 31 under 70 minutes! Ralph Bowles just edged ahead of Jim Shettler's 1976 course record of 69:12 by four seconds. Peggy Lyman's 79:57 time from 1974 also tumbled, when Judy Gumbs-Leydig sped to a 78:16, an average of 6:18 per mile. Peggy, second today, has returned to good form as she was also under her old mark with a 79:27. The runnerup in the masters men's division was ageless Ross Smith, only 18 seconds behind Bowles. Ruth Anderson was easily the masters women's winner at 1:28:35, ahead of Barbara Carlson's 1:35:49. West Valley TC defended its titles in both Sr. Men's & Women's team races, while the Pamakids and NorCal Seniors won the masters' equivalents. A good turnout of 267 (finishers) completed the 12.4 miler in warmish sunny weather. /Harold DeMoss/

1-Brian Maxwell/Un	1:03:01	18-Bob Darling/ETC	1:08:18	35-Richard Lenon/Un	1:10:59	52-Edward Lee/LVRC	1:14:12
2-Bill Seaver/WVTC	1:03:59	19-Daryl Zapata/WVTC	1:08:22	36-Tim Swezey/PMK	1:11:09	53-Peter Wood/NCS	1:14:15*
3-Bill Clark/WVTC	1:04:02	20-Doug Butt/WVTC	1:08:26	37-Wayne Glusker/WVTC	1:11:12	54-Bert Johnson/LVRC	1:14:40
4-Jan Sershen/ETC	1:04:16	21-John Sheehan/WVTC	1:08:31	38-Fred Frauens/Tamalpa	1:11:27	55-Richard Ratliff/Un	1:14:43
5-Matt Yeo/WDS	1:05:19	22-Greg Mandanis/WDS	1:08:43	39-Donald Day/Un	1:11:32	56-Ted Wilson/KJ	1:14:48
6-Al Hernandez/WVTC	1:06:01	23-Jake White/TRAC	1:08:51	40-Greg Jewett/PMK	1:11:40	57-Brent Cushenbery/BC	1:14:52
7-Mike Niemiec/WVTC	1:06:16	24-John Weidinger/ETC	1:09:03	41-Marc Lund/WVTC	1:12:01	58-Robert Wellek/Mont.	1:15:01
8-Roland Watson/WVTC	1:06:31	25-Francis Mason/Un	1:09:05	42-Danny Martinez/WDS	1:12:12	59-Mike Wheeler/Un	1:15:19
9-Denis O'Halloran/Un	1:06:38	26-Jim Howell/Un	1:09:06	43-David Cortez/WDS	1:12:12	60-Ed Jerome/TRAC	1:15:47
10-Bob Cooper/WDS	1:07:06	27-Ralph Bowles/WVJS	1:09:08*	44-Jesus Garcia/Un	1:12:27	61-Steve Deschler/PMK	1:15:51
11-Stacy Geiken/WDS	1:07:06	28-Bruce Wolfe/WVTC	1:09:12	45-Roger Bryan/TRAC	1:12:34*	62-Don MacDonald/PMK	1:15:54*
12-Paul Thompson/Un	1:07:18	29-Bruce Degen/Tamalpa	1:09:25	46-Don Flaten/Un	1:12:39	63-Tim Rostege/WVTC	1:16:00
13-David Elcer/Un	1:07:27	30-Ross Smith/WVJS	1:09:26*	47-Ray Menzie/WVTC	1:12:46*	64-Tom Mann/ETC	1:16:08
14-Clark Rosen/PMK	1:07:38	31-Mike Conroy/ETC	1:09:51	48-Michael Coke/GPPMB	1:13:17	65-Bob Malain/NCS	1:16:10*
15-John Routh/WDS	1:07:46	32-Kim Schaurer/Tamalpa	1:10:35	49-Clifford Stewart/PMK	1:13:21	66-Walt Basinger/PMK	1:16:12
16-Jack Leydig/WVTC	1:07:55	33-Mike Eash/ETC	1:10:39	50-Michael Duncan/WVTC	1:13:51	67-Steve Robinson/LVRC	1:16:26
17-David Muela/ETC	1:08:10	34-Ron Kunst/Tamalpa	1:10:51	51-Bob Myers/PMK	1:13:58	68-Mark Merry/WDS	1:16:38

69-Phil Sanfilippo/WVJS 1:16:39	79-Mike Brown/Un 1:18:04	89-Don Capron/Tamalpa 1:19:23	92-Peggy Lyman/WVTC 1:19:27
70-Don Dugdale/Un 1:16:40	80-Eric Munoz/Un 1:18:13	90-James Jacobs/Un 1:19:25*	108-Joan Ulyot/WVTC 1:21:24
71-Joel Caldwell/Un 1:16:44	81-Judy Gumbs-Leydig/WV 1:18:16	91-Bill Lovelace/PMK 1:19:26	110-Kathy Himmelberger/WV 1:21:40
72-Marcus Jones/WDS 1:16:51	82-Ed Dally/WVTC 1:18:23*	92-Peggy Lyman/WVTC 1:19:27	113-Louise Adamson/Un 1:21:53
73-John Flather/TRAC 1:16:58*	83-Evan MacBride/BC 1:18:50	93-Jack Wiley/PMK 1:19:29	138-Skip Swannack/WDS 1:25:50
74-Mike Fenner/Un 1:17:19	84-Tom Robinson/DSE 1:18:55	94-Lenny Stein/Un 1:19:35	142-Kathy Way/Un 1:26:16
75-Ray Wieand/WDS 1:17:35	85-Marco Martin/PMK 1:18:56	95-John Ulate/TRAC 1:19:45	143-Pam Bast/Un 1:26:17
76-Harry Nothacker/Un 1:17:52	86-Leo Ruiz/Un 1:19:01	96-Allan Stanbridge/Un 1:20:00	160-Ruth Anderson/NCS 1:28:35*
77-Bill Catanese/Un 1:17:58	87-Gary Nielsen/Un 1:19:10	***WOMEN***	171-Irene Rudolf/WVTC 1:29:56
78-Don Roth/WVTC 1:17:58	88-Orval Osborne/WVJS 1:19:21	81-Judy Leydig/WVTC 1:18:16	182-Barbara Bike/Un 1:31:14

INNES IN TRINIDAD BEACH WIN (Jan. 29, Trinidad): - Humboldt State's Gordon Innes took this very popular Humboldt-area race (364 finishers this year!) in a fine 41:47...I'm not sure what the record is, but this was a couple of minutes better than Ron Elijah's winning time of last year. Ken Hammer was runnerup in 42:10, with Scott Peters a short distance back at 42:14 before a quarter-mile gap to the next place. Three top area high school runners had a super battle for that spot, as all came across within five seconds of each other...Dan Smith outleaned Carl Maxon by a second (45:23), with Glen Borland at 45:28...Jerry Wise also got into the prep act with an in-contention 46:36. Dick Gilchrist, back from his sabbatical, easily whipped Lenny Escarda for the masters honors, 49:51 to 51:22. Sue Grigsby shows she's improving at the longer distances as well as on the track with her big win over Marilyn Taylor, 52:51 to 54:42. Both were under the old record for women. /Dick Meyer/

1-Gordon Innes/HSU 41:47	19-Greg Davy 46:44	37-Phil Martien 49:11	55-Dave Swezey 50:58
2-Ken Hammer 42:10	20-James Harper 46:51	38-Joe Wesp 49:14	56-Don Ross 51:03
3-Scott Peters 42:14	21-Rick Smith 46:55	39-John Lilygren 49:19	57-Jerry Swartsley/SOS 51:08
4-Chris Speere 43:28	22-Bundy Phillips 47:12	40-Tom Hayes 49:29	58-Russ Knudsen 51:09
5-Chris Cole/HSU 43:34	23-Mark Elias 47:27	41-Russ Trytek 49:32	59-Jeff Hughart 51:12
6-Hersh Jenkins/ER 43:54	24-Jim Mansoor 47:37	42-Bob Bunnell 49:46	60-Paul Studer 51:13
7-Jerry Tucker/HSU 44:20	25-Bill Estes 47:45	43-Steve Romero 49:49	61-Tony Bettencourt 51:17
8-Dewayne Little 44:22	26-Stuart Scholl 47:53	44-Greg Johnson 49:51	62-Lenny Escarda 51:22*
9-Paul Heidi 44:38	27-Rich Brown 48:00	45-Rich Gilchrist/SRRC 49:51*	63-Craig Rose 51:22
10-Harry Cottrell 45:01	28-Gerry Van Duzer 48:05	46-Lyn Aase 50:10	***WOMEN***
11-Scott Claypoole 45:08	29-Bert Sean Dyer 48:09	47-Paul Peterson 50:18	88-Sue Grigsby/HSU 52:51
12-Mike Smith 45:11	30-Richard Welch 48:13	48-Mark Jennings 50:21	110-Marilyn Taylor/HSU 54:42
13-Ron Elijah 45:16	31-Dick Look 48:38	49-Craig Muir 50:23	131-Jane Wooten 57:20
14-Dan Smith 45:23	32-Wayne Arrison 48:48	50-Dick Meyer/SRRC 50:27	154-Marcy Dennison 59:03
15-Karl Maxon 45:24	33-Wayne Moss 48:56	51-Dave Thompson 50:32	173-Muneca Alcorn 60:39
16-Glen Borland 45:28	34-Rick Dewey 49:00	52-Bill Daniel 50:35	179-Jane McGrath 60:58
17-Matt Church 46:06	35-James Rocha 49:06	53-Mike Phillips 50:44	189-Jacquelyn Yapp 61:34
18-Jerry Wise 46:36	36-Mike Williams 49:10	54-Bill McCarthy 50:56	201-Derry Elijah 62:37

ENGLISHMAN WINS PEACH BOWL PACERS 10-KILO (Jan. 30, near Marysville): - Dave Murphy, an English freshman at the University of Nevada at Reno, took the rolling hills and loose footing to his liking and came away with a solid victory over the likes of Pete Flores, among others. His 32:20 was just 20 seconds off the one-year-old mark set by San Joaquin Delta JC's Henry Perez. Had he more competition, the record might have gone, as Flores was some 49 seconds arrears. Roy Hogleund was another 7 seconds back, with high-schooler Tom O'Neil another 10 seconds behind. Kent Guthrie is making no bones about going after the NCCR LDR Masters Point Trophy for 1977, as he added another victory, crushing teammate Ross Smith's challenge by nearly two full minutes, 34:42 to 36:35. Smith's 36:19 record fell in the process. Sally Edwards' 41:26 was a mere two seconds under Diane Williams' record from last year, and she had good competition from Stacey Kearns, who did a fine 41:46. A whopping record 230 finished. /Ed Williams/



Mob scene at the start of the Peach Bowl Pacers 10K. /Bob Magnetti/

1-Dave Murphy/Nev-Reno 32:20	20-Stan Suderow/SolanoJC 35:19	39-Jack Betschart/BC 36:25	58-Peter Hanson/Ophir 38:03
2-Pete Flores/AGRC 33:09	21-Mike Smith/PMK 35:20	40-Rich Matthews/Tamalpa 36:29	59-Ken Takao/SUND 38:04
3-Roy Hogleund/CAMWST 33:16	22-Joe Domek/Un 35:21	41-Ross Smith/WVJS 36:35*	60-Eric Munoz/Un 38:08
4-Tom O'Neil/BC 33:26	23-Dan Martinez/WDS 35:23	42-Walt Schafer/ChicoRC 36:54	61-John Riddle/BC 38:15
5-Robert Cooper/WDS 33:50	24-Dave Cortez/WDS 35:24	43-Mickey Brodie/GDI 36:57	62-Larry Pugh/Un 38:21
6-Mike Emry/Un 34:09	25-Chris Hamer/WVTC 35:27	44-Berry Rounds/PBP 36:59	63-Robert Malain/NCS 38:23*
7-Bradley Brown/SUND 34:10	26-Richard Stiller/TRAC 35:30	45-Fred Arndt/St.Mary's 37:06	64-Joe Davis/Un 38:26
8-Rich Vasquez/DVTC 34:13	27-Frank Krebs/BC 35:36	46-Mark Seaman/Un 37:14	65-Chuck Schwartz/Un 38:28
9-Jon Higley/WVTC 34:23	28-Jeff Cowling/Un 35:39	47-Bob Woodliff/WVJS 37:15	66-Guy Ealey/AGRC 38:29
10-Robert Kuhn/Nev-Reno 34:39	29-Ray Castro/WDS 35:46	48-Walt Lange/BC 37:25	67-Larry Summer/BC 38:30
11-Pete Gaul/BC 34:40	30-Mark Magee/Un 35:48	49-John Mullin/DVTC 37:29	***WOMEN***
12-Mike Bregante/SUND 34:41	31-Ave Underwood/BC 35:50	50-Chris Karis/SUND 37:38	108-Sally Edwards/Ophir 41:26
13-Kent Guthrie/WVJS 34:42*	32-Armando Zuniga/PBP 35:56	51-Paul Holmes/BC 37:39*	111-Stacey Kearns/PBP 41:46
14-Malcolm Maxwell/BC 34:44	33-James Logan/SUND 35:57	52-Robert Felsch/Un 37:40	125-Merrill Cray/ChicoRC 43:12
15-Mike Sophie/Solano JC 34:45	34-Tim Jordan/BC 35:59	53-Rich Antal/Un 37:41	133-Eileen Burger/AGRC 43:42
16-Mike Plummer/Chabot JC 34:50	35-Chuck McMillian/COM 36:03	54-Michael Coke/GPPMB 47:44	153-Peggy Stok/WDS 45:54
17-Mike Wright/Solano JC 34:59	36-Frank Goss/Un 36:06	55-Joe Ogden/DVTC 37:47	161-Karen Pascoe/SUND 46:44
18-Garry Green/BC 35:04	37-David Mineau/ChicoRC 36:15	56-Rick Browning/PBP 37:48	173-Maria Gutierrez/WDS 48:14
19-Bob Miller/CAMWST 35:08	38-Doug Rennie/BC 36:22	57-Dana Burall/WVTC 37:55	177-Regina Silva/SWEAT 48:30

FURTADO DEFENDS WOODSIDE 5-MILER TITLE--SETS RECORD (Feb. 6, Woodside): - WVTC's Sharon Furtado, winner of the 1976 NCCR Women's Point Trophy, took off quickly (5:20 first mile or thereabouts) and was never headed in cruising to a 29:07, taking 31 seconds off her 1976 record. Judy Leydig was some quarter-mile behind, but still ran a very commendable 30:17 ahead of teammate Peggy Lyman's 30:27. Ruth Anderson led the masters competitors in this 'women only' race with a fine 33:18, with Ruth Waters next at 36:04...Jeanie Kayser-Jones' presence was missed. A total of 142 finishers was a bit more than Penny DeMoss, the meet director, had bargained for and more awards had to be made, as all finishers got equal home-made 'DeMoss Designs' awards...next page. /P. DeMoss/



1-Sharon Furtado/WVTC	29:07	14-Terry Schneider	34:38	27-Teresa Vandiver	36:00	40-Celeste Scanlon	37:37
2-Judy Gumbs-Leydig/WVTC	30:17	15-Elizabeth Brown	34:38	28-Christiane Jackson	36:01	41-Judith Seiders	37:40
3-Peggy Lyman/WVTC	30:27	16-Patricia Brown	34:42	29-Ruth Waters/NCS	36:04*	42-Sandra Vaurs	37:40
4-Penny DeMoss/WVTC	30:55	17-Susan Bugler	34:43	30-Carroll O'Conner/NCS	36:09*	43-Lorraine Jacobs	37:49
5-Joan Ulliyot/WVTC	31:02	18-Louise Burns	34:44	31-Margaret Audley	36:12	44-Susan Laird	37:58
6-Kathy Himmelberger/WV	31:28	19-Annette Mungai	34:53	32-Devera Mason	36:13	45-Daphne Dunn	38:06
7-Skip Swannack/WDS	32:39	20-Peggy Stok/WDS	35:00	33-Pauline Vasquez	36:52	46-Sharon Fitzpatrick	38:14
8-Kathy Way	33:01	21-Barbara Pike	35:00	34-Leigh Gracey	37:08	47-Ann Cunnington	38:18
9-Ruth Anderson/NCS	33:18*	22-Robbe Tognotti	35:05	35-Martha Markle	37:10	48-Lydia Zele	38:19
10-Janet Calmels	33:48	23-Ellen Clark/WVTC	35:19	36-Jenny Platt	37:10	49-Hilary Bray	38:20
11-Victoria Blankenship	33:57	24-Helen Baushey	35:40	37-Miriam Gerard	37:19	50-Laurie Bangert	38:21
12-Jenny Ray	34:35	25-Camille Lee	35:44	38-Jamie Lynch	37:22	51-Cecelia Smith	38:23
13-Theresa Gilbreath	34:37	26-Mary Gaffield	35:47	39-Karen Himenes	37:36	52-Beth Ramos	38:25



(From Left) Ed Schelegle now has third-fastest winning time on West Valley Marathon course behind Mejia and Kardong with his fine 2:18:44. Tom O'Neil just missed Mitch Kingery's prep best with a 2:24:32. His father, Jim, raced to an age-51 best and together they teamed up to smash their father-son record by over 16 minutes. Judy Gumbs-Leydig set a big PR with her 2:53:49. Louise Adamson moved into second on the all-time Canadian list (only a minute off the record) with her 2:58:50. /All photos by Marconi except far right by Lani Bader/

**SCHEGLE GETS QUICK PR AT WEST VALLEY MARATHON; RECORDS FALL** (Feb. 13, San Mateo): - Perfect conditions prevailed for the first 15 or so miles of the 7th Annual West Valley Marathon with super-thick, cooling fog keeping temperatures in the low-50's. But the sun finally burned away the protective layer, however, not before many PR's were set on this typically fast course. Ed Schelegle of UC Davis was an easy winner by over three minutes as he recorded the fastest winning effort since Don Kardong clocked a 2:18:05 back in 1972 (discounting Doug Schmenk's 2:15:48 during the Nationals in 1973 on this same course). Eddie Cadena was next in 2:21:54, and come-backing 33-year-old Gary Goettelmann grabbed third with a fine 2:22:24. The top seven runners ran to their best times ever, and it was like that all the way down the line. Tom O'Neil's 2:24:32 narrowly missed Mitch Kingery's prep record (set on this same course in 1973). He teamed up with his father, Jim, who set an age-51 best (2:35:48), to lower their own father-son best to an amazing 5:00:20. Jim was also the first master across the line, with Roger Bryan chopping quite a few minutes from his best-ever to come in second at 2:38:50. Judy Gumbs-Leydig took about 3-1/2 minutes from her previous best with a 2:53:49 and setting a course record in the process (old mark was 2:55:17 by Judy Ikenberry in the 1974 Women's Nationals). She and her husband Jack teamed up (with his 2:35:38) for another record, lowering the husband-wife combination to 5:29:27 from the previous best of 5:38:56 (by Dave & Kathy Himmelberger here last year)...if anyone knows of a better mark, please let us know. West Valley TC defended their team title by clocking 7:10:03 between Goettelmann, Fritz Watson, and Mike Niemiec...just a few minutes off the course record for teams. Excelsior TC & the Buffalo Chips grabbed the next two team spots. Just about everything went well, especially people's times...nearly 30% of all those who finished were under 3 hours! Full splits, certificates, and photos are currently being worked on and will be mailed out shortly (preliminary results without splits may be had by sending a stamped, self-addressed envelope to the NCCR). Thanks to all the 60-70 selfless people who helped to make this race the success that it was. Without your help, there would have been a lot fewer PR's...288 finishers (some unofficial). /Jack Leydig/

1-Ed Schelegle/AGRC	2:18:44	21-Ragnar Thaning/WVTC	2:40:47	41-Phil Sanfilippo/WVJ	2:50:29	61-Jim Yaniglos/BC	2:55:06
2-Eddy Cadena/SLDC	2:21:54	22-Darryl Downey/SMTC	2:43:24	42-Tom Robinson/Un	2:50:33	62-Frank Lee/Un	2:55:29
3-Gary Goettelmann/WV	2:22:24	23-Jesus Garza/Un	2:43:59	43-Ed Stromberg/BC	2:51:04	63-Michael Fenner/WVJS	2:55:33
4-Mike Niemiec/WVTC	2:22:54	24-John Armstrong/Un	2:44:00*	44-Dick Croteau/WVJS	2:51:47	64-Dwight Hendrix/Un	2:55:37
5-Tom O'Neil/BC	2:24:32	25-Mark Driscoll/Un	2:44:17	45-Ted Wilson/KJ	2:52:06	65-David Talmanson/NMC	2:55:44
6-Fritz Watson/WVTC	2:24:45	26-Peter Stein/TRAC	2:44:49	46-Steve Deschler/PMK	2:52:15	66-Jay Cook/Army	2:55:51
7-Matt Yeo/WDS	2:26:16	27-Gene Schaumberg/ER	2:44:55	47-Ray Batz/PMK	2:52:23	67-Ray Smith/TRAC	2:56:14
8-Jan Sershen/ETC	2:28:35	28-Ray Menzie/WVTC	2:45:35*	48-Roy Scellato/TRAC	2:52:29	68-Thomas Kaufman/VRC	2:56:36
9-Jim Bowles/WVTC	2:29:16	29-Darryl Hamerton/Un	2:45:52	49-Jesse Adams/Un	2:52:31	69-Lorenzo Chambliss/Un	2:56:38
10-Lynn Mentzer/WVTC	2:33:00	30-Rich Stiller/TRAC	2:46:17	50-Tom Pierce/PMK	2:52:45*	70-Warren Moorman/PMK	2:56:44*
11-Bob Darling/ETC	2:33:35	31-Frank Nolan/Un	2:46:33	51-Ron Orsua/Un	2:52:53	71-Philip Lenihan/Un	2:57:04*
12-Mike Conroy/ETC	2:34:25	32-Larry Sellers/Un	2:46:35	52-Gary Alderman/PMK	2:53:24	72-Dennis Coulter/Un	2:57:13
13-Jack Leydig/WVTC	2:35:38	33-Kees Tuinzing/Tam	2:46:51	53-Mason Jones/SMTC	2:53:28	73-Dean Metcalf/Un	2:57:21
14-Jim O'Neil/SFOC	2:35:48*	34-Tom Castro/Un	2:47:33	54-Mike Hollis/Un	2:53:35	74-Craig Harms/BGSU	2:57:36
15-Steve Palladino/Un	2:36:01	35-Kim Schaurer/Tam	2:47:49	55-John Ulate/TRAC	2:53:42	75-Leo Ruiz/Un	2:57:54
16-Dennis Dillie/WVTC	2:37:22	36-Terry Mullen/TRAC	2:48:43	56-Judy Gumbs-Leydig/WV	2:53:49	76-Don Lucero/WVTC	2:58:23*
17-Pete Gaul/BC	2:38:18	37-Mike Healy/MH	2:48:54*	57-Lloyd Sampson/Un	2:54:21	77-Joe Sloan/Ophir	2:58:24*
18-Roger Bryan/TRAC	2:38:50*	38-Allen Sandretti/Un	2:49:00	58-Mike Rowerdink/SUND	2:54:29	78-Harry Nothacker/Un	2:58:27
19-Doug Butt/WVTC	2:39:11	39-Ken Ganezer/STC	2:49:12	59-Leland Leonard/Un	2:54:44	79-Tom Mann/ETC	2:58:36
20-Michael Duncan/WVTC	2:39:41	40-Kevin Coulter/Un	2:49:44	60-Clyde Helms/Un	2:54:52	80-Robert Jeffery/Un	2:58:44

81-Louise Adamson/Un	2:58:50	88-Edwin Jerome/TRAC	3:02:21	95-Peter Demarais/Un	3:05:54	117-Pam Bast/Ophir	3:11:07
82-Steven Robinson/LVRC	3:00:17	89-Michael Loeffler	3:03:10	96-Carl Martin/WVJS	3:06:14*	161-Susan Craig/Un	3:24:16
83-Timothy Treacy/SFOC	3:00:42*	90-Dick Mayers/Un	3:03:29	97-Harry Cordellos/PMK	3:06:16	170-Caron Schaumberg/ER	3:25:37
84-Don Capron/Tamalpa	3:00:54	91-Dennis Letl/BC	3:03:34	***WOMEN***		176-Ellen Clark/WVTC	3:27:23
85-Dale Nelson/Un	3:01:02	92-Art Waggoner/BC	3:03:34*	56-Judy Leydig/WVTC	2:53:49	183-Pat Whittingslow/PMK	3:28:09
86-Nicholas Winter/LVRC	3:01:22	93-John Dunlavey/PMK	3:03:54	81-Louise Adamson/Un	2:58:50	192-Barbara Pike/Un	3:29:33
87-Noel Linicome/Un	3:02:14	94-Mark Morris/ESL	3:05:27	106-Jeanie Kayser-Jones	3:07:00*	204-Barbara Carlson/NCS	3:32:18*



(Left to Right) Excelsior East End winners...Brian Maxwell (overall), Kent Guthrie (40+) & Roxanne Bier. /D. O'Rourke/

**MAXWELL OUTKICKS KINGERY AT EXCELSIOR EAST END RUN** (Feb. 20, San Francisco): - This race soon developed into a two-man contest for the top slot between Brian Maxwell (soon-to-be-victor of the Trails End Marathon) and Mitch Kingery (prep marathon record-holder). Over the final quarter-mile, it was Maxwell who dug deeper to open up a 5-second margin of victory. The exact distance is not known because of an error committed by one of the course guides, but his 39:30 for the approximate 7.6 miles is still awfully quick. The third place spot was equally close, and Roland Watson and Mark Proteau decided to tie it up, although looking at them sprint, you'd have thought they were doing battle. Kent Guthrie added yet another win to his 1977 string of masters victories with a 42:27, good enough for 8th place overall. He soundly defeated teammate Ralph Bowles (43:25) in the process. Roxanne Bier proved to be the class of the women's field, although she was challenged by Stanford's Ann Thrupp at several points. Her winning margin at the tape was 47:50 to 48:15... Vicky Bray was a distant third at 50:15. The Pamakids showed the only real interest in the team battle, grouping all their five scorers into the top 30 places. WVTC and the Woodside Striders grabbed the next two team slots. Rain started falling just as the last of huge field came in (377 of them). /Paul Koski, Tom Mann/

1-Brian Maxwell/Nike TC	39:30	26-Cliff Stewart/PMK	45:28	51-Ralph Worthington/Un	46:56	76-Mark Scheuer/PMK	48:50
2-Mitch Kingery/CAMWST	39:35	27-Jeff Smith/Un	45:34	52-George Ridout/Un	47:03	77-Leo Ruiz/Un	48:51
3-Roland Watson/WVTC	41:09	28-Tim Swezey/PMK	45:37	53-Bill Catanese/Un	47:04	78-Edward Lee/LVRC	48:55
4-Mark Proteau/Un	41:09	29-Raynold Wieand/WDS	45:39	54-Dan Hintz/WVTC	47:06	79-Steven O'Brien/PMK	48:56
5-Fred Maier/VMTC	42:05	30-Neil Berg/Un	45:41	55-Ed Jerome/TRAC	47:20	80-Kurt Mayne/Un	48:57
6-David Fuller/Hastings	42:15	31-Ray Menzie/WVTC	45:50*	56-Robert Coulson/Un	47:21	81-Grady Wright/Un	48:58
7-Mike Plummer/Chabot	42:24	32-Mike Davis/VSS	45:56	57-Alan Fioretti/Un	47:26	82-Scott Boes/Un	49:14
8-Kent Guthrie/WVJS	42:27*	33-Brian Miller/McAteer	45:59	58-William Jenney/DSE	47:28	83-Andy Coblentz/CalSki	49:19
9-Mike Smith/PMK	42:40	34-Mark Ford/Un	46:00	59-John Jamieson/Un	47:30*	84-Gough Reinhardt/LVRC	49:29*
10-Richard Guilfooy/Un	42:42	35-Pat Scannell/Un	46:04	60-Paul Holmes/BC	47:35*	85-Ralph Gowen/WVTC	49:39
11-Paul Thompson/Un	42:46	36-Dan Martinez/WDS	46:07	61-Bill Lovelace/PMK	47:36	86-Theo Jones/PMK	49:47
12-John Clary/Un	42:52	37-R. Randolph/DSE	46:12	62-Michael Helm	47:45	87-Tom Aldana/Un	49:53
13-Mike Conroy/ETC	43:24	38-Marco Martin/PMK	46:13	63-James Jacobs/NCS	47:46*	***WOMEN***	
14-Ralph Bowles/WVJS	43:25*	39-Fred Arndt/Un	46:21	64-Richard Lyman/Un	47:49	66-Roxanne Bier/SJC	47:53
15-Greg Jewett/PMK	44:23	40-Michael Coke/GPPMB	46:23	65-Harry Cross/WVTC	47:50	70-Ann Thrupp/Stanford	48:15
16-Jake White/TRAC	44:42	41-Ted Wilson/KJ	46:25	66-Roxanne Bier/SJC	47:53	93-Vicky Bray/SJC	50:15
17-William Smith/Un	44:51	42-Jon Gerrans/DSE	46:34	67-Tony Bettencourt/Un	47:55	101-Peggy Lyman/WVTC	50:35
18-Joseph Domek/Un	45:00	43-Larry Czelusto/DSE	46:36	68-Tom Bennett/DSE	48:05	148-Skip Swannack/WDS	53:06
19-Brent Cushenbery/BC	45:06	44-Adrian Wong/Un	46:40	69-W.D. Frank/Un	48:09	162-Ruth Anderson/NCS	53:39*
20-Rick Rockwell/ETC	45:10	45-Tom Romeyer/SyrChg	46:40	70-Ann Thrupp/Stanford	48:15	167-Irene Rudolf/WVTC	53:55
21-Dick Ratliff/Hastings	45:13	46-Jeff Garrison/Un	46:41	71-Myron Neuramont/Un	48:40*	174-Gail Gustafson/Un	54:33
22-Dean McComb/Un	45:17	47-Lloyd Sampson/Un	46:46	72-Gary Crangle/Un	48:44	184-Julie Ortiz/Un	55:07
23-Jeff Wells/Un	45:24	48-Kent Heeringa/SDTC	46:51	73-Jeff Houston/CalSki	48:45	207-Cheri Williams/SJC	56:36
24-Pat Miller/Un	45:25	49-Keith Whittingslow/OC	46:54	74-Michael O'Donnell/Un	48:46	212-Pat Whittingslow/PMK	56:42
25-Bill Jensen/PMK	45:27*	50-Stan Anderson/DSE	46:55	75-Jim Saveliff/SanRafHS	48:47	213-Maya Spielman/Tamalpa	56:45

**FLORES OUTLASTS PROTEAU AT MARTINEZ** (Feb. 26, Martinez): Aggie ace Pete Flores had a bit of a scare thrown into him here, but managed to pull away from stubborn Mark Proteau over the last few miles in this popular 8.4(?) mile roller-coaster run. No room for wordiness: Guthrie won the over-40 race again, breaking Jim Shettler's 44:27 mark with a super-fast 43:32, good for fifth place. Francie Negri was top woman...no other records. Total of 220 finishers. /Luka Sekulich/



Pete Flores /Paul Allen Photo/

20-Bob Myers/PMK	46:18	48-Marvin Winer/WVTC	49:14
21-William Smith	46:22	49-Edward Stabler	49:15*
22-Bob Woodliff/WVJS	47:03	50-Mike Rowerdink	49:24
23-Bill Spence/WVTC	47:03	51-Ken Takao	49:24
24-Kevin Reynolds	47:08	52-Danyal Kasapligil	49:43
25-Ross Rowley	47:10	53-Don Huff	49:47*
26-Gerald Werner	47:12	54-Bill Lovelace/PMK	49:54
27-Lloyd Sampson	47:14	55-Charles Askin	50:01
28-Ted Wilson/KJ	47:14	56-Allen Mahaney	50:02
29-Mark Gallo	47:18	57-Bryan Holmes	50:05*
30-Donald MacDonald/PMK	47:22*	58-Charles Erikson	50:07
31-Tim Rostege	47:25	59-John Jamieson	50:07*
32-Paul Holmes/BC	47:35*	60-Mike Ard	50:17
33-Stephen Puryear	47:42	61-William Jenney	50:21
34-Dan Davidson	47:56	62-Scott Boes	50:30
35-Tim Chavez	48:00	63-Wesley Hurlburt	50:33
36-Stan Anderson	48:13	64-Dan Rubio	50:56
37-Mike Ercolini	48:14	***WOMEN***	
38-Jesus A. Garza	48:15	115-Francie Negri	56:41
39-Don Mason	48:25	124-Nina Beatie	58:13
40-Jeff Smith	48:26	141-Carroll O'Conner/NCS	60:04*
41-Jim Holdsen	48:37	147-Kathy Maloney	60:38
42-Martin Wright	48:53	153-Kattrarini Brieger	61:24*
43-David Rodrigues	48:56	178-Priscilla Myers/PMK	64:37
44-Dennis Teegarden/NCS	48:57*	180-Marj Heinlein/NCS	64:56*
45-Jeff Houston	49:03	198-Jan Aycin	69:27
46-Gough Reinhardt/LVRC	49:07*	203-Thea Myers	72:37
47-Jim Myers	49:13	204-Anne Skielbred	72:50

# BODY AMMO™

## Protein Research Laboratories

In the interest of all serious runners, Protein Research Laboratories has developed Body Ammo – a unique system of two products designed to help athletes increase their stamina, train harder, recover faster, and in general enjoy running more.

Body Ammo 1 and 2 are non-drug, non-toxic natural products that have been specially prepared to help maximize athletic performance under strenuous physical conditions. Both are recommended for use in the carbohydrate-loading diet.

### Body Ammo 1

Body Ammo 1 is a complete amino acid supplement made from milk protein. By replenishing amino acids, the "building blocks" of the body (which are normally depleted during strenuous exercise), Body Ammo 1 helps to promote stamina and speed recovery time.

### Body Ammo 2

Body Ammo 2, a combination of the sugars glucose and fructose, offers readily available energy in concentrated form. By keeping blood sugar high, it also helps minimize fatigue.



#### BODY AMMO PRODUCTS AND THE CARBOHYDRATE-LOADING DIET

**BODY AMMO 1** is beneficial during each stage of the carbohydrate-loading diet (CLD).

George Sheehan in his article in the August issue of *Runner's World*, reported that training during the protein and fat phase of the CLD resulted in harmful muscle breakdown in some runners. This occurs as the body, after it has reduced the blood sugar concentration, and if does not have time to utilize fats will breakdown and convert proteins into energy. Hemoglobin (a protein) which plays the key role in the transportation of oxygen in the red blood cells is an early casualty to the body's conversion of proteins to energies. During the CLD, the breaking down of proteins while attempting to deplete glycogen stores is a dysfunctional aspect of the diet. The results could be muscle breakdown, unpleasant feelings or a lack of sharpness that could hamper and reduce the effectiveness of important training time.

BODY AMMO 1 tablets are concentrated amino acids (explained in the enclosed letter) with the very nutritive amino acid profile of milk. They enter the bloodstream quickly and raise the amino acid level. When the body runs low on blood sugar, amino acids in the bloodstream will be used first before hemoglobin, muscle or other body proteins. BODY AMMO 1 is ideal for easily maintaining a high amino acid level in the bloodstream during strenuous physical exertion and thus avoiding protein breakdown. This is referred to as "protein-sparing".

During the days when you are eating large quantities of carbohydrates, you should not reduce protein (i.e., amino acid) intake. Joe Henderson (Editor, *Runner's World*) in the *Runner's Diet* (1972) said in presenting the carbohydrate-loading diet, "the athlete should add large quantities of carbohydrates." Add is the key word, because the intake of proteins and fats should continue. BODY AMMO 1 is a practical way to provide the necessary amino acids which may tend to be excluded from the diet as large quantities of carbohydrate-rich foods are eaten.

**BODY AMMO 2** is helpful during the carbohydrate-loading stage of the diet. It is a convenient way to eat glucose and fructose. As fructose is converted into glycogen very quickly, BODY AMMO 2 is useful for "topping out" glycogen stocks. Fructose also increases the speed at which glucose is converted into glycogen.

**JACK LEYDIG**  
**PO BOX 1551**  
**SAN MATEO, CA**

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\*Shipping: 50¢/bottle; \$1.00 per case (\$2.00 maximum).

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