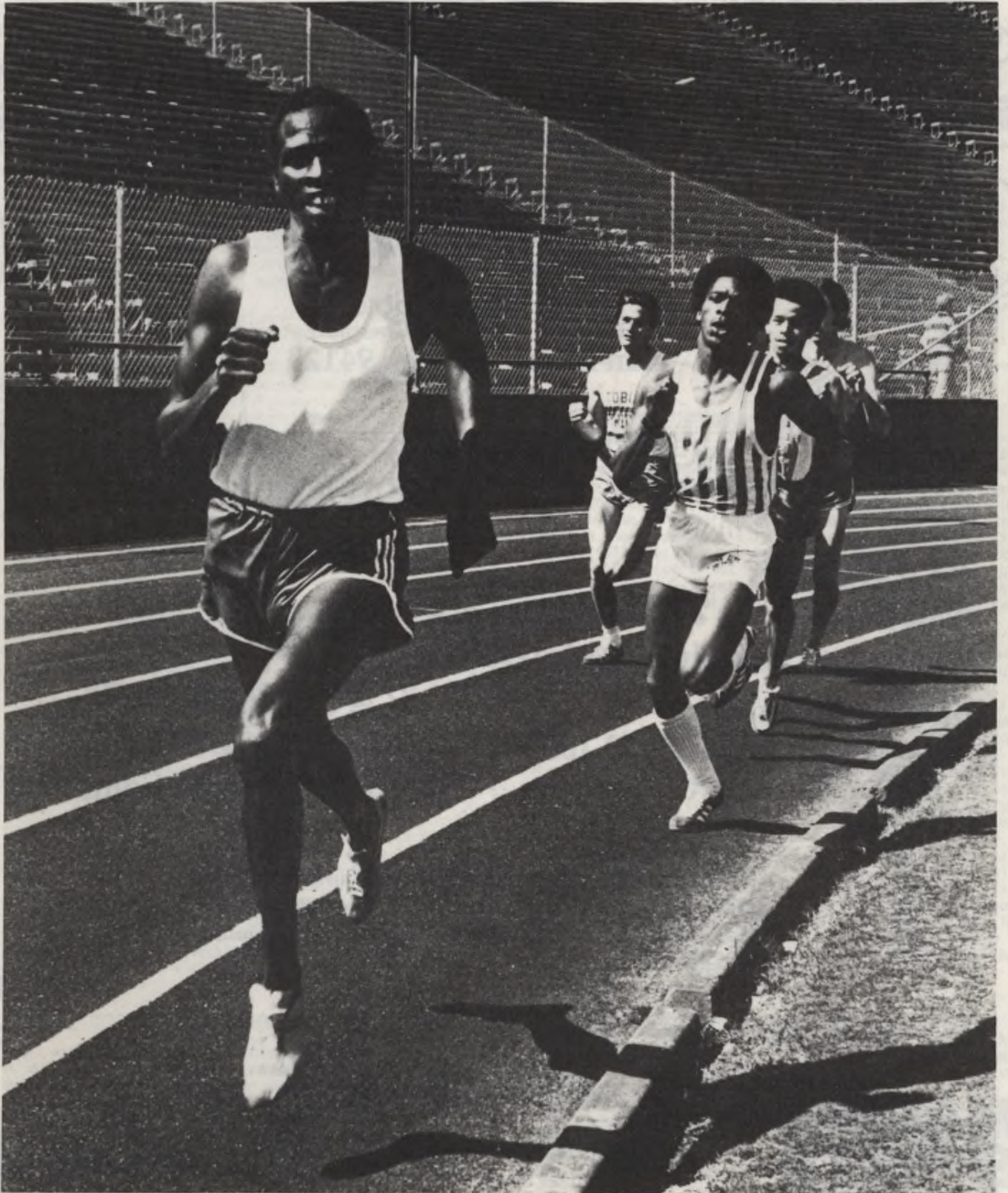


# NOR-CAL RUNNING REVIEW

MAR.-APR. 1977 (No. 65)

ONE DOLLAR

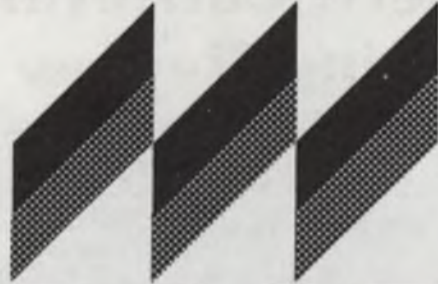


**MIKE BOIT - 1:46.1m**



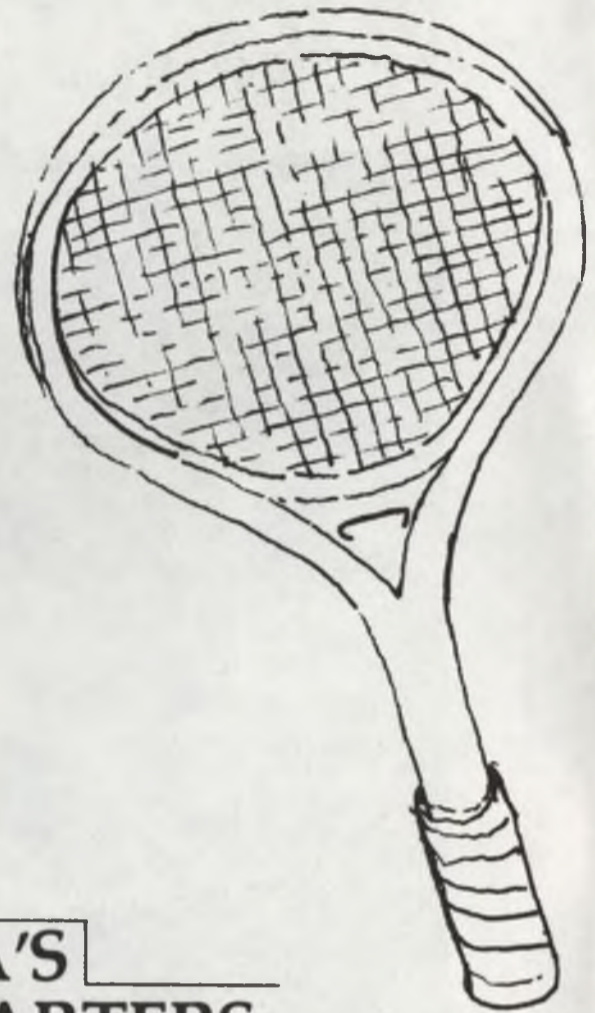


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# Northern California Running Review

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MAR.-APR. 1977 (No. 65)

## UP FRONT

Kenya's Mike Boit leads the 800 meter field here at the Stanford Invitational (March 19) on his way to a world-leading 1:46.1. Following in his wake are (left to right): Rick Brown (3rd in 1:49.3), James Robinson (2nd in 1:47.5, & Rich Nichols (5th in 1:50.9). In 1976 Boit recorded a 1:43.6m, second best ever), but missed Montreal because of the boycott. /Stacy Geiken/

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LDR POINT RATINGS: (NorCal) Art Dudley; (SoCal) - HELP!! We are in need of a new SoCal Point Editor right away! Nobody has responded as of May 1...anyone in L.A. area interested?

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, Tom & Louise Burns. (SoCal) John Brennan, Bill Cockerham, Shirley Davisson, David Pain, Stan Rosenfield, Al Sheahan. (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 NCCR 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 NCCR 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 will hopefully be mailed on May 17...the May/June issue will be mailed by July 12 (we hope)!

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## EDITOR'S MESSAGE

● CONTRIBUTING PHOTOGRAPHERS: - Many of our freelance types are slipping up a bit. Several haven't sent any pictures to us in quite a long time...it's not that you should feel obligated to send material, but if you don't then we will be forced to take some of you off the "Comp" status for your NCCR subscription. If you'd like a guideline sheet and might want to become a regular photo contributor to the NCCR, please drop us a note. We especially need good pics of track & field athletes (all ages) for our next issue. This issue is hurting a bit in that respect, but we can't print things we don't get. Please help out! We're starting a new photo contest with some rather nice (\$\$\$) awards. This ought to get some of you sending in something. See the next page for details.

● NEW TOY FOR THE EDITOR: - In the past month, yours truly has purchased a telephone answering device that will take up to a minute's worth of message per call. So while I'm out I can still take phonecalls indirectly and return them when I get the chance. Unfortunately, the tape can only hold 60 messages per side, and both sides ran out while I was in Boston for 4 days in April...I may have missed some messages (the recording still works, but the message-recording tape is full after 60 messages...it may be turned over for 60 more messages if someone's around to do it). I get about 75% of my callers to hang up without leaving a message (they must be shy), thus leaving nearly a minute of dial-tone on the recording tape. Note: Just because the recording is on, it doesn't mean that I'm not at home...often times I'm too busy (like right now) to answer all the calls that come in, so I can selectively listen to incoming calls and intercept if I think it's really important. Sometimes this is the only way I can find the time to finish an issue of the NCCR on time. So when you call and start talking, don't be surprised if I decide to cut off the recording and talk to you...it probably means that I think you're pretty important!!

● CONCERNING UNOFFICIAL RUNNERS: - I would normally not bring up this subject as an 'editor's message', but after having to spend about 8 hours (so far) of what I think is unnecessary phonecalls and pondering in trying to unscramble the results (times) from the Golden Gate Park 8-Miler, I want to bring the problem 'up front'. This message is aimed at only a few percent of the active running population, but the problem affects (or can affect) all of us. If the 99% of us that follow the rules can get the message across to those ignorant or selfish few who screw things up (for the meet director and the other runners), we just might be able to alleviate the problem. THE PROBLEM occurs when unregistered runners decide it's ok to cross the finishline in a race, and especially when they decide it's a neat idea to then slip out of the chute before getting a stick. Times and places then become misplaced and it's usually difficult (& many times impossible) to correct



the problem. Thus, those runners that have entered officially can often be penalized in the process, never knowing their actual time because of an unknowing or inconsiderate unofficial runner. If every runner had the opportunity to help out at a race just once a year (or just once at any time), they would soon realize the problems. If everyone would follow the simple rules listed below, things would be much more pleasant for all of us...PLEASE READ THEM NOW!

(1) If you decide to enter a race unofficially, that's your business. It's a free country...you may not want to pay the entry fee, or perhaps you just want to 'workout'. Fine! If this is your choice, then start at the back of the pack... not in front of official runners who've paid. During the race, do not interfere with official runners and avoid taking drinks from aid-stations provided by meet management (an official runner may miss out on a drink in the process & aid-station materials and drinks cost money which you chose not to pay).

(2) At the finish, do not cross the line if you are not registered, as it will usually tend to foul up results for everyone else. Have a friend time you and finish off to the side...or carry your own watch! If you are official, be sure to know what you are supposed to do at the finish-line...normally you will be timed and then receive a finish-stick. Do not wander out of the finish-chute before you are accounted for in one way or another. In tight finishes, be sure to keep moving so as to avoid a backup in the chute...stay in order.

(3) Results will usually be processed much more rapidly if you avoid pestering the officials and timers. Usually the finish-place and times are taken down by two different individuals, so they can't help you anyway. By interfering and asking questions, you may cause a timer to miss a runner, make an error...and this ultimately leads to 'strained relations' between the two of you. So the best policy is to stay away from the officials, or expect the consequences (choice words, disqualification, and maybe even a nice punch in the mouth!). Seriously, the best way to look at it is to put yourself in the place of the official. What if everyone decided to ask questions like you?

In conclusion, the best policy is common sense. Just put yourself in an official's position for a change. Or picture yourself grabbing for that last cup of water at 20 miles in a marathon, only to be out-grabbed by 'Mr. Unofficial', who decides he's thirsty too! Hope all of you out there can see the obvious point of the above comments...hopefully, with the help of us all, we can eliminate the problems by educating those runners that choose to make things unpleasant for the rest of us. We welcome any comments and/or suggestions from our readers on this subject.

23:35 recorded by Matt Yeo. Thus, Art will get to keep the perpetual trophy until next December...sorry for the mistake! Incidentally, Art ran for the 'Desperados', a "B" division team that placed 23rd overall. --- Ben Hirsch, who had just celebrated his 75th birthday a week before, passed away in his sleep in mid-April. We shall all miss Ben's happy face at local races, where he regularly competed at distances up to and including the marathon. He served as living proof that age need not be a barrier to athletic achievement. Ben is featured in this issue's 'Human Race' column, by Len Wallach. --- Phil Conley dropped us a note to correct the facts on the "All-Time NorCal Men's Track & Field Records", as listed on page 5 of the last issue. It appears that Rafer Johnson never did hold the javelin record. It was held by Cy Young from 1955 until 1964 when Phil set the record of 260-2½ at the West Coast Relays. Phil was a 1952 graduate of Fresno high school. --- Ex-San Jose Cindergal, Terry Anderson, now running for Athletes in Action, set a new American record for the women's 5000 meters at 16:06.8 in the Kansas Relays (old mark was 16:28.5 by Peg Neppel), only to have her mark broken a few weeks later at the Drake Relays while running 15:57.0 herself. Peg Neppel took back her record with a 15:52.27 winning effort at that meet. --- John Brennand, winner of the Masters 10-Km. X-Country Championships in Belmont last fall, and workhorse for the Santa Barbara AA and the SPA-AAU LDR Committee (as well as being very active at the national level in the AAU), served as manager-coach of the American team that competed in the Germany in March at the International X-C Championships. While in Italy following the meet, John was just finishing a 20-mile run when a Fiat crashed into him and sent him flying. He sustained an almost completely severed patellar tendon below his knee and is now in a cast, reportedly enjoying the rest. It will be about three months before he can run again. Best wishes for a speedy recovery, John! --- Kenyan Olympian, Stephen Chepkwony, is eligible for competition at Foothill JC in Los Altos this spring, where he is picking up units in anticipation of transferring to USC. His 45.2m PR ranked him fifth fastest in the world in 1975. --- Max & Jenifer White of Virginia set a new husband-wife record for the marathon (run in the same race) with respective times of 2:23:56 and 3:04:10 at this year's Boston Marathon, breaking Jack & Judy Leydig's total by 1:21, which they set in this year's West Valley Marathon. --- Many NorCal people were appointed to coach/manager positions for several important upcoming International competitions: Jim Santos of Hayward State is an assistant coach for the U.S. Senior European Tour early this summer, and Hank Patton will serve as an assistant manager on the same tour. Augie Arqabright will be the assistant coach for the US/USSR Junior dual team, while Effie Burgess has the same position at the Pacific Conference Games (correction--she will be assistant manager).

## PHOTO QUIZ



**RULES:** (1) Submit your guess to: PHOTO QUIZ, P.O. Box 1551, San Mateo, CA 94401 (one guess per person)...*all guesses must be postmarked by June 20th.* (2) All ties will be broken by a drawing. The prize is a one-year subscription (or renewal) to the NCRS (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\*\*** The correct answer for last issue's quiz was Ernie Rivas, a 2:23 marathoner who competes for the Pamakids. Only 7 people guessed correctly, and the winner was Karen Scannell of San Francisco by a drawing. Other incorrect answers we got were: Ed Jerome (3), and Tony Sandoval (1)...I didn't know that Ed had broken 2:30?!

Who is this 1972 Olympic sprinter. (An easy one!!)

## THIS & THAT

• **PEOPLE NEWS:** - Wayne Badgley, well-known 2:20-marathoner from Stockton (and New Zealand), has returned from his native country and is reportedly back in training, according to Sundance TC's Frank Hagerty. Wayne will certainly make it a lot harder for many of the NorCal sub-masters to win races this year if he returns to his normal running form. --- Art Baudendistel turned out to be the fastest runner on the sixth leg of the 1976 Christmas Relays, as we completely overlooked his quick split of 23:32, which was three seconds better than the

## ANNOUNCING: Contest!

As part of the promised innovations, NCRS will host its first photo contest from May 15 thru July 15, 1977. The purpose of the contest is to encourage the development of the art and science of running photography. -- We have gathered a distinguished panel of judges who each has succeeded as a professional photographer. They are:

Linda Boyd--Associate Professor at College of Notre Dame & College of San Mateo, where she teaches photography. She has had shows of her work at Focus Gallery in San Francisco, the Oakland Museum, and the Palo Alto Cultural Center. She was published in 1975 in the anthology, "Women See Women".

Lorraine Rorke--Featured in *The Human Race* in our last issue, she is former editor of *Sports Woman* magazine, and is a working photo-journalist. Lorraine's pictures have appeared in *City Sports*, *Runner's World*, *Women's Sports*, and numerous other national publications.

John Marconi--John has been the NCRS's photo-editor from its primitive beginnings and is regarded as one of the Bay Area's better photographers of sporting events. His photos have appeared in many national publications.

**RULES:** - Limited to black & white prints only...photos are to be related to running or its affiliated activities...subject matter may be of a race, training, crowds, or any activity directly connected with running. Photos judged on composition, subject matter, print quality, and use of light & dark. Each photo should be 8x10, glossy, and accompanied by name, address & phone of entrant...more----



**PHOTO CONTEST (Continued)** - Entry Fee for each photo is \$2.00. All entries and fees should be sent to: Photo Contest, NCRR, P.O. Box 1551, San Mateo, CA 94401...checks payable to WVTC. If you send your photos along with other non-contest material, be sure to identify your 'contest photos'.

**PRIZES:** - A total of \$100 in prizes will be given to the top five entries, as judged by our panel...results will be published (along with photos) in issue #67 (July/August). The prize money will be distributed as follows: 1st (\$50); 2nd (\$25); 3rd (\$15); 4th & 5th (\$5 each).

● **RACE INFORMATION:** - Residents of Stinson Beach have threatened to seek cancellation of this year's Dipsea Race if steps aren't taken to control traffic and protect private property. The Stinson Beach Village Ass'n voted in early April to have the Mill Valley Jaycees (race sponsors) come up with a solution by early May or they would ask the county to ban the race. A final vote will be taken on May 7, after this issue goes to the printers. --- The 100 x 1-mile relay idea is catching on after the DSE Women set a new world record (for women) in April...see elsewhere in this issue for that story. Mike Healy of the newly-formed Dipsea Indian Racing Team (DIRT) is trying to get 100 Marin County residents together in a challenge to other NorCal counties (no restrictions on team composition other than residency in the county...going to college ok, etc.). If you live in Marin County and are interested in this effort, contact Mike at 17 Elm St., Kentfield, CA 94904 (Ph. 415/457-0529). The attempt will be made sometime in late June most likely. Any other 'leaders' out there for other county efforts of this sort? If so, let us know and we'll help to publicize your efforts in the NCRR. --- In conjunction with the PA-AAU One-Hour Run on May 28, there will be a Women's 10-Km. track race for the purpose of national qualifying. --- **Masters 2-Hour PA-AAU Championships:** this race will take place on June 18th at the College of San Mateo's tartan track and will be limited to men and women 40-and-over. The meet will serve as the PA-AAU title race and also a National Postal Meet. Each runner must bring his/her own lap recorder. See scheduling section for contacts.

● **WOMEN'S 100 x 1-MILE RELAY WORLD RECORD:** - On April 3, the DSE women made a dream come true by smashing the newly established world mark of 12:24:44.6, set by a team of women from the Eureka/Arcata area. Their superb time of 10:47:09.3 averages out to a great 6:28 per runner. The age range of the participants ranged from 10 to 51. A 5:30.6 by Judy Leydig was the quickest of the day, while 10-year-old Patricia Brown did a super 5:48.6. Equally impressive was the 5:51.8 turned in by 51-year-old Margaret Miller. A total of 14 runners dipped under 6 minutes and only 12 were slower than 7 minutes. We simply don't have space to print the entire 100 women who took part, but if you'd like a complete listing, send a self-addressed stamped envelope to Pris Myers, Route 2, Box 353-B, Oakley, CA 94561. Also enclose a dime for the cost of reproduction. Incidentally, Pris, pictured at the start of the anchor lap (at right), did a superb job of organizing the entire effort...great!! Only she knows the amount of work that went into putting the whole thing together (and probably her husband Bob has a pretty good idea too!!).



Pris Myers begins the final lap of her mile (and the Relay). /Lani Bader Photo/

● **Cal's new track** is finally finished. A renovated Edwards Stadium, with a brand new \$250,000 all-weather track, was unveiled for the first time at the Double-Dual on April 16. Cal was the last remaining Pac-8 school to have a dirt track.

● **NEW IDEA FOR PA-AAU LDR AWARDS:** - The LDR Committee has decided that starting with the 15-Kilo Championships in July, the award winners in each division (individual and team) will be able to choose between the standard PA medals and a T-shirt with a medal design silk-screened on the front. The shirts will be screened gold, silver, and bronze for placings. As in the past, each race director will be responsible for obtaining the awards from the LDR Chairman, with payments coming from race entry fees. It is anticipated that in volume, the shirts will cost slightly less than the medals on a one-to-one basis.

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● **STRESS ADAPTATION SYNDROME IN RACE DIRECTORS:** - (Submitted by Wes Alderson): "On the historic day of March 27, 1977, Dr. James Pongeny, MD, discovered that the rules governing the Stress Adaptation Syndrome (SAS) apply to race directors rather than only to runners. More important...the Doctor has set down the Universal Law governing director's SAS:  $F = KTC^2/E$ ; where...F is the severity of mental disturbance of the race director; C is the complaint rate of runners in comments per minute; T is the number of divisions in the race; E is the number of runners eliminated; K is the height of the ionosphere in megometers, 3.1416, a constant added by Dr. Pongeny to force the facts to conform to his theory. This constant is also referred to by statisticians as Pi in the sky. It thus becomes apparent that severity of the race director's mental disturbance increases as a direct result of factors such as complaints, and the complexity of his race. Dr. Pongeny is alarmed to note that after a certain critical number of races, the stress to which the director is subjected becomes so overwhelming that it forces the director into a state of violent psychosis which is frequently homicidal in nature. This problem is self-solving, however, since once the homicidal state is attained, the race director tends to eliminate an increasing number of the runners. The resulting negative feedback loop reduces the source of the stress, thus enabling the director to descend to a functional level in which he can plan the next race. It is this point in Dr. Pongeny's work which also explains the total number of runners in the SPA-AAU decreasing by nearly 1,000 during the past 14 months."

● **IMPORTANT:** - Men & women remember that the entry deadline for the PA-AAU Track & Field Championships (in Concord) is May 23rd, so be sure to get your entries in by that date.

● **PA-AAU SCHEDULING MEETING (LONG DISTANCE):** - Any and all persons that plan on sponsoring a race for the period from Aug. 1, 1977 thru July 31, 1978, should plan on attending the LDR Scheduling Meeting following the TRAC 10-Kilo on May 29th at Hellyer Park in San Jose...or at the very least you should contact Harold DeMoss for a 'Scheduling Form' and return it to him before that date...or bring it to the meeting. At the end of the meeting, the 1977-78 LDR Schedule will be considered FINAL...and will be sent to the printer within 3 days. Two races that need sponsors for the coming period are the 1977 Tahoe Relays and the 1978 20-Kilo Championships (the LDR Committee will not be sponsoring them this year). If you or your club are interested, please contact Harold (see scheduling section for address/phone) immediately...proceeds from either race will hopefully revert to the LDR Travel Fund.



● **ADVERTISING IN LDR HANDBOOK:** - All proceeds from advertising in the new PA Long Distance Handbook will go into the travel fund, so it's money well-spent and is tax-deductable, either as a contribution or a business expense. All ad copies must be received by May 25 (earlier if not camera-ready, and an additional \$10 fee will be charged in these cases). Rates: \$50 for full-page; \$25 for half-page; \$15 for fourth-page... page size is 5x8, or proportional to that size. All materials should be sent directly to the LDR Chairpersons, Harold and Penny DeMoss. Time is short, so send in your ad TODAY!

● **ADVANCED TRACK & FIELD CLASS:** - College of San Mateo--June 28 thru Aug. 4, Tues. & Thurs., 3-6 pm. Open to all students in San Mateo County who have completed their junior year in high school (special forms available from your high school counselor) --basic instruction in all track & field events; weight-training program included; video-tape and analysis by qualified track coaching staff; one unit college credit. Sign up at regular CSM summer school registration - June 28th. For further information contact: Bob Rush, Track Coach, College of San Mateo (574-6257); Don Dooley, Track Coach, San Mateo High School (344-2561). Competition can be arranged if desired.

● **U.S.O.C. JOB OPPORTUNITIES PROGRAM:** - The U.S. Olympic Committee, in collaboration with Howard Miller, President of the Canteen Corp., Chicago, is implementing a nationwide "Job Opportunities Program" for U.S. athletes. This program will seek to find permanent employment opportunities in industry for athletes with the potential ability to participate in international competitions, including the 1979 Pan-Am Games and the 1980 Summer and Winter Olympics. The Job Opportunities Program is designed to allow the athletes to continue their training and competition while pursuing their vocational endeavors. Schedules for training and work will be determined by the employer and the athlete. To implement this program, those athletes that indicate an interest must complete an application and submit it to the USOC, Olympic House, 57 Park Ave., New York, N.Y. 10016 (you may obtain an application from this address). After receiving the application from the athlete, the USOC will review it and ask for a recommendation from the National Governing Body in regards to the athletes' potential to participate in international sports competition. Upon a positive response from the Body, the USOC will attempt to secure a position for the athlete in his or her desired location.

● **WOMEN'S LDR BREAKTHROUGH:** - This year, for the first time, the AAU Track & Field Championships for women will include a 10,000 meter run. Qualifying time is a relatively slow 38:00, thus giving ample opportunity for participation...6:07 per mile.

### NCRR LONG DISTANCE POINT TOTALS

**SPA-AAU STANDINGS:** - Well, if someone doesn't come forth and offer their services as new SPA "Point Editor", it looks as if we may see an end to them. We have a goodly number of subscribers in Southern California, so it seems that there should be someone willing to take over where Wes Alderson left off. But if we don't hear from anyone by next issue, we'll probably just have to drop the SoCal standings.

**PA-AAU STANDINGS:** (Compiled by Art Dudley) - Following is the first listing for 1977, meager as it may be. We've listed only those runners who have a cumulative score of less than 1.000. In case you're not familiar with our rating system, here is how it works: We count only top placings for a person's rating (top 10 for 'open', top 6 for masters, and top 4 for women), thus, a woman who places 5th in a race is not counted for our rating purposes, etc. We generally count all PA-AAU sanctioned races and some others if participation is high. Some races that have very poor attendance (in a particular division) we may choose to omit, but we generally count any race that is of marathon distance or longer on 'principle'. Only 'area' athletes count in the scoring...thus, if a non-resident wins a race, the first resident finisher will count for 'first' in the ratings. Our system is a blend of quality and quantity. To determine a person's rating, we take the average place (using only finishes in a 'countable' position) and divide that by the number of races. For example: a runner finishes 1st, 2nd, and 4th in three races and has a computed 'rating' of (1+2+4)/3/3...average place divided by number of races run...or 7/9 = 0.778. Simple, huh? This issues standings run thru the weekend of April 10th, with the exception of the Inspiration Point Run, since we didn't get results in time for computation. *Races not counted because of small or non-competitive fields: Bidwell Classic 3-Miler (masters); Bidwell Classic Half-Marathon (Women); & that's all!! We didn't count the Los Altos Midnight Run because of incomplete results and confusion on which runners were 'locals'.*

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The early leaders in the 1977 'Point Race' are different in all respects from 1976 winners. Judy Leydig has established a good lead over the women with a 0.306, but both Merrill Cray and Penny DeMoss have an equal number of wins (3 each). Brian Maxwell is off to a good start and is relatively alone, well in front of Bill Clark and Pete Flores, who are tied for second place. Most surprising, perhaps, is the huge lead that Kent Guthrie has over the rest of the masters field. There is little doubt that Kent is going to set a new record in this division, probably before mid-year at this rate. His 0.111 rating is way ahead of Jim O'Neil's 0.389 in second. Last year's winner, Ralph Bowles, is back in fifth.



Above is one of the 1976 individual "Point Awards" donated by Phil Conley.

Runner/Club (Races Run)	1st	2nd	3rd	4th	Aver.	Rating
1. Judy Gumbs-Leydig/WVTC (6)	3	2	0	1	1.833	0.306
2. Merrill Cray/CRC (4)	3	0	1	0	1.500	0.375
3. Penny DeMoss/WVTC (4)	3	0	0	1	1.750	0.438
4. Sally Edwards/OPHIR (3)	2	1	0	0	1.333	0.444
5. Ruth Anderson/NCS (2) <sup>40+</sup>	1	1	0	0	1.500	0.750
Sharon Furtado/WVTC (2)	1	1	0	0	1.500	0.750
Ann Thrupp/Stanford (2)	1	1	0	0	1.500	0.750
Peggy Lyman/WVTC (4)	0	1	2	1	3.000	0.750



OPEN (\* = Tie)

Runner/Club (# of Races Run)	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Aver. Pl.	Rating
1. Brian Maxwell/Nike TC (4)	3*	0	1	0	0	0	0	0	0	0	1.625	0.406
2. Bill Clark/WVTC (3)	2	0	1	0	0	0	0	0	0	0	1.667	0.556
Pete Flores/Aggie RC (3)	2	0	1	0	0	0	0	0	0	0	1.667	0.556
4. Bill Seaver/WVTC (4)	1	2	0	1	0	0	0	0	0	0	2.250	0.563
5. Jan Sershen/ETC (5)	1	1	0	1	1	0	1	0	0	0	3.800	0.760
6. Jim Nuccio/WVTC (2)	1*	1	0	0	0	0	0	0	0	0	1.750	0.875

MASTERS

	1st	2nd	3rd	4th	5th	6th	Aver. Pl.	Rating
1. Kent Guthrie/WVJS (9)	9	0	0	0	0	0	1.000	0.111
2. Jim O'Neil/SFOC (6) 50+	1	3	1	1	0	0	2.333	0.389
3. Darryl Beardall/MH (3)	2	1	0	0	0	0	1.333	0.444
4. Roger Bryan/TRAC (5)	1	1	3	0	0	0	2.400	0.480
5. Ralph Bowles/WVJS (4)	1	2	1	0	0	0	2.000	0.500
6. Ross Smith/WVJS (3)	1	2	0	0	0	0	1.667	0.556
7. Ray Menzie/WVTC (6)	0	0	0	6	0	0	4.000	0.667
8. Mike Healy/DIRT (5)	1	0	1	0	3	0	3.800	0.760
Paul Holmes/BC (5)	1	0	1	1	1	1	3.800	0.760
10. Bob Malain/NCS (3)	1	0	1	1	0	0	2.667	0.889



(Left) Undisputed 'point leader' for 1977 among masters is Kent Guthrie, with 9 wins and no losses. /Sue Perry/ Judy Leydig, shown here in the 1977 Boston Marathon, is leading all NorCal women in the standings. /Jeff Johnson/

CLUB NEWS

This section of the NCCR is for various clubs in the area. If your club would like to put in a short announcement or other news, please let us know. As long as the news is pertinent and kept to a reasonable length, we will print it...possibly in edited form. 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 NCCR is not on the mailing list, please write us, as we'd like to get on your subscription list so we can keep up with your club's activities.

**NEW CLUBS:** - The Dipsea Indian Racing Team is a newly formed club from Marin County, headed by Mike Healy. For further information on this primarily distance-oriented club, contact Mike at 17 Elm St., Kentfield, CA 94904. The club's codename is DIRT, which is just the abbreviated form of the full name.

**WEST VALLEY T.C.** - In issue #63, we listed the 1977 WVTC "Exec Council", which consists of club officers and 'reps' for each segment of our club (women, masters, high school, etc.). If you have specific questions on given programs for the club, you should contact the appropriate 'rep'...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 issue #63, please let me know and I'll send you the complete listing. Thanks for making my job a bit easier and for making our 'system' work a little better.

PLEASE COME TO MY ART SHOW AT THE

RECEPTION 1-4 PM MAY 22



Sharon Wallach

COLLEGE OF NOTRE DAME

IN BELMONT ON MAY 22-27, 1 TO 4 PM

• A total of 19 new members since last issue. Quite a few members did not renew their membership for 1977 and are thus not receiving the NCCR or other club benefits. If you have just forgotten, you still can rejoin and get full benefits, plus any back-issues you may have missed. Please send your check for the appropriate amount to us today. Thanks! The new members are: --- Larry Conaway (25), 807 Washington, Santa Clara 95050 (Ph. 408/733-3553); student at Univ. of Santa Clara; sprinter - no marks listed. Jay Cook (37), 106 Spray, Monterey 93940 (Ph. 408/375-5889); Prof. Army Officer; mile--4:48, marathon--2:55:51. Dave Friday (23), 24650 Amador St., #39, Hayward 94544 (Ph. 782-8121); HJ--7'0½". Martin Growdon (30), Drawer Q, Westwood 96137 (Ph. 916/256-3918); teacher; (1968 marks) 440--47.8, 46.5r; 220--21.9; 880--1:52.0r. Keith Johnson (23), 29085 Ruus Rd., Hayward 94544 (Ph. 782-6798); HJ--6'10", TJ--49'4". Jim Kallett (21), 2506 Fair Oaks Blvd., #97, Sacramento 95825 (Ph. 916/489-7913); student at Sac'to St.; 220--22.9, 440--50.1, 880--1:59.5, 2 Mi--10:01, 20 Mi--2:12:15. Rich Keith (30), P.O. Box 601, Chester 96020 (Ph. 916/258-3593); teacher; 440--57.8. Joel Koch (23), 1335 Grant Rd., Los Altos 94022 (Ph. 964-6878); sleep technician & art therapist; 100m--10.9, 220--22.2, 440--49.5, LJ--23'0", TJ--46'0", 5 Mi--32:00. John Martin (28), 2012 Stuart St., Apt. A, Berkeley 94703 (Ph. 849-0365); cannery worker; 100--9.7, 220--21.9, 440--49.1. Amon Memphis (27), 2483 26th Ave., Oakland 95601 (Ph. ??); chemist; 100--9.3, 220--21.1, 440--47.0, LJ--22'0". Mohammed Shuaib Musvee (24), 1180 Lochinvar Ave., #128, Sunnyvale 94087 (Ph. 408/244-1852); marathon--2:38. Mike Plummer (18), 5573 Fernwood Dr., Newark 94560 (Ph. 797-0242); frosh at Chabot JC; 1500m--4:12, 2 Mi--9:46, 5,000m--15:28, marathon--2:51:23. Michael Roberts (24), 555 S. 10th St., #26, San Jose 95112 (Ph. 408/295-2380); grad student; 100--9.7, 220--22.3, 440-49.7.



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**New Balance 320** - Widths A,B,C,D,E,EE,EEE - One of the largest inventories in California  
RATED #1 - It's easy to see why

**Brooks Villanova** - RATED # 2 - Narrow, medium & wide from 8-11 - Regular widths from 4-7 1/2 & 11 1/2 - 13. A great value at \$19.95

**New Balance 305** - While they last we are selling the #3 RATED training shoe (also light enough for racing) for \$22.50, Widths B,C,D,EE

**Etonic** - #4 RATED training shoe - Contoured insole - Etonic also makes a shoe on a ladies last

**Nike LD 1000** - Widest heel on market - Also most cushioning - Waffle bottom

**Nike Waffle Trainer** - Excellent training shoe for dirt, grass or road - RATED #6

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## Others

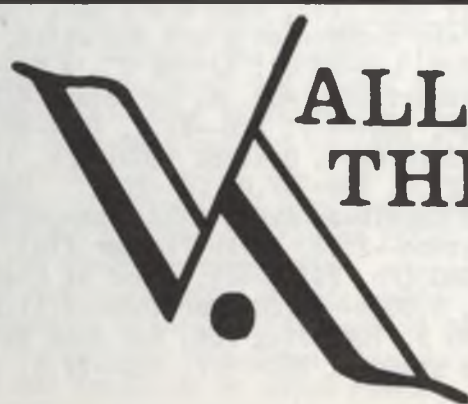
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Monty Schafer (22), PSC Box 994, Mather AFB 95655 (Ph. 916/364-2633); Air Force; 880--2:03.2, marathon--2:58+. Bryan Snazelle (21), 21 Curtis Ave., #1, San Rafael 94901 (Ph. 457-2950); student; (Walks) 2 Mile--14:58, 3 Mi--22:38, 10 Km--48:06, 50 Km--4:40:12. Sam Thornton (44), 810 Cambridge Ave., Menlo Park 94025 (Ph. ??); Investor; Mile--5:39.5, 3 Mi--20:17. Melvin Watson (age?), 5208½ Van Fleet, Richmond 94804 (Ph. 525-8101); 100--9.5, 100m--10.3, 200m--21.2, 220--21.3. Anita Winegarner (36), 221 Parrott Dr., San Mateo 94402 (Ph. 342-9533); housewife & fun-runner. William Zigmant (40), 1160 Flying Fish St., Foster City 94404 (Ph. 345-4832); Date Processing Manager; marathon--3:23+.

● **CLUB RECORDS:** - It's been slim pickings this season in the way of club standards. Guess the marks are getting so good that it takes one hell of an effort to break most of the current records. The women have been doing most of the record-breaking. Judy Graham improved on both her own marks in the 1500m and 3000m in early-season meets. She sped to a winning 9:27.4 clocking at a meet in Oakland (Laney College) on March 27, and then clipped 2.4 seconds from her own PR in the 1500 by doing a great nation-leading 4:12.7 at "The Track Meet" in Santa Barbara on April 9. She had made the trip, thinking there was a woman's race, but found out that there wasn't and so was allowed to compete in the slow heat of the men's 1500m, where she had three official watches catch her quick time. Then on April 30th at the San Jose Invit., she lowered her 800m record to a quick 2:08.3, thus qualifying for the Nationals in all three events. Sally McPherson set a club mark in the 5000m walk in the March 27 meet at Laney with a second-place (by one second) time of 27:00, enough to qualify for the Nationals. The only men's record that we know of is the 7-0½ high jump by Dave Friday, upping the club standard from 6-10, which was held by Greg Kraft and Jerry Coleman. Perhaps there have been some other marks set that I don't know about...if so, let me know. Anyone not having a "Club Records List" from last October, please drop me a note and self-addressed envelope and I'll send you one. Remember, the lists go 10-deep in all events and in many events (especially women and masters) we don't even have ten marks to list! So don't be bashful...send in your marks, if you think they might qualify, to: Greg Marshall, 1144 Fulton St., Palo Alto, CA 94301 (Ph. 415/328-1775). He'll be updating the records list this summer and a new copy will be mailed early fall.

● **OTHER GOOD MARKS:** - While not a whole lot of records were set, there were plenty of good marks set by club members during the past few months. I won't list them all because most of them are from memory...check the 'results section' of this issue for more complete listings. Several more members qualified for the National T&F Championships in June (Los Angeles) during March & April. Phyllis Olrich set a PR in the 3000m with a fine 9:42.3 at the San Jose Invitational, well under the 9:50 qualifying standard. Her PR 4:34.7 for 1500m came earlier in April, but is still off the 4:25.0 needed. She also lowered her mile best to 4:56.7 in the same month, as Judy Graham did a 4:42.0 in the same race. Richard Marks, starting late this season, got off a 62-7 fourth-place effort at the S.J. Invitational to gain the shot put standard by 4½-inches. Dave McKenzie's 204'4" effort in the hammer at the Mt. SAC Relays was also good enough (by just over a foot) to get into the L.A. meet. Dick Shelton upped his PR in the hammer to 181-9 for second at the S.J. Invitational, despite having back problems this spring. Mike Marlow has been consistent in the 51's and 52's in the triple jump, but most efforts have been wind-aided. His 52-10 from indoors is still his best jump of the season and qualifies him for L.A. Kenny Kring came within 169 points of qualifying in the decathlon with a fine 7131 effort at the Stanford Decathlon on April 19-20, good enough for second spot. Joe Silva and Marion Anderson have both been placing well in the long jump all season long with leaps in the 24's for the most part. Rich Nichols lowered his PR to 1:50.9m in the Stanford Relays behind Mike Boit's world-leading 1:46.1, and then took a close third behind James Robinson at the Mt. SAC Relays in 1:51.6, with Boit winning again. Nichols moves into second spot on the club's all-time metric list behind Duncan Macdonald's mark of 1:49.7, and having the same time as John Bay. The mile relay has been running fairly well this season, with the best time of 3:16.6 coming behind San Jose State's 3:15.9 at the "All Clubs Meet" in April. Chris Berka pulled an upset of sorts in placing 8th at the Boston Marathon in a PR 2:19:48, despite close to 80° temperatures in route. His time moves him into sixth on the all-time list and into the exclusive sub-2:20



(Left) Dave Friday pushed the club high jump standard over 7-feet for the first time with a 7'0½" effort at the Brotherhood Games in March, and he has been over 7-feet on several other occasions this season. /Jim Engle Photo/ (Right) Judy Graham led the nation in the 1500 (4:12.7) and 3000 (9:27.4) as of mid-April (we think). /Abe Underwood/



club. Hal Schulz, competing for Cal, tried out the steeplechase early in the season and did 9:04+ in his first race. He has also run 8:58.6 (two-miles) and 14:29+m so far this year. Phil Conley journeyed to Raleigh, N.C., and won the Natl. AAU Masters Pentathlon Championships on April 2 with a 2514 score. He placed first in all events except the discus, which was won by come-backing Al Oerter (now 40!) in a fantastic 196-11, after warming up at 202! Whoa! I take that back...he took a third in the HJ (lost on misses) with 5'3¼". On May 1 at the West Valley Masters Meet, Phil tied his club mark in that event with a 5'6" effort. Jim Barker, who has moved and didn't put a return-address on his postcard, informs me that he won the Hawaiian 50-Mile Championship on April 17 in 5:35:41, which would easily break Jim Bowles' 5:59 club standard...but he has not yet paid his membership dues and thus is not eligible... anyone know his whereabouts? Let me know if so. A month earlier he got second behind Duncan Macdonald's 2:24:31 at the Hawaiian Marathon Championships, clocking a good 2:29+ on a hot, hilly, gale-blown course...AAU title went to Jim since Dunc didn't bother to register! Rod Berry set a PR mile of 4:12.19 at the San Jose Relays on April 9, then also managed to run (not sure which was first) a 9:12.54 for double that distance in the same meet...both were non-winning efforts however!! Rod currently (as of May 1) ranks third in the mile and fourth in the 2-mile (see Prep Rankings), yet is only a junior. Tim Holmes has gotten off to a slow start after a series of injuries and illnesses, but still has the third-best 2-mile in NorCal with his 9:11.3. Joe Green of Aragon in San Mateo is also doing well with seasonal bests of 4:26 and 9:36 (or thereabouts). Gerry Garcia is making a good comeback with a 30:23.7 for third in the 10K at the San Jose Invit., despite very windy conditions. Dave Romain (1:53.6) and Ramsay Thomas (1:54.7) grabbed third and fourth at the same meet over the two-lap metric distance. Ramsay is now 33! Know lots of other people I must have missed, but that's all the room for now. Oh...one biggie--the club, led by Wayne Glusker & Dave Himmelberger (tie for first), won the Natl. AAU 35K Walk Championships at Palo Alto in early April (details in race-walking section). Bryan Snazelle, a new member, finished in third to complete a clean sweep for WVTC.

● **NEWS FROM MEMBERS:** - Rick Tipton informs me that Duncan Macdonald is planning on moving back to the Bay Area soon for several years, as his wife is doing her internship here. Soon as anyone knows his whereabouts, please let me know. --- Steve Subotnick is author of a new Runner's World publication entitled, "The Running Foot Doctor"...available for a mere \$3.95 from your local dealer (me!). Harry Hlavac is also coming out with a new book, to be available thru me and World Publications in May, entitled "The Foot Book: Advice for Athletes". Don't have a price on this one yet. Subotnick was also selected by the USOC to serve as one of the team doctors for the U.S. Olympic squad in Moscow (1980). Super!! --- Charlie Harris, long-time distance-running member, has just undergone successful surgery for removal of a troublesome disc from his back that had curtailed his running, walking, standing, etc., to a near standstill. Best of luck for a quick recovery. MORE----



Jost Schmitt, our West German member who seems to always take an annual trip to the States, is planning on bringing his wife and young daughter this time. They will be in the U.S. from mid-August thru mid-September, visiting friends in Colorado Springs most of the time. He would like to come to the Bay Area for a week or so, but this depends on where and whom they can stay with. So if any of our members (or anyone else for that matter) has some extra room and would like to have Jost and his family as company, please contact Jost directly at: Kunstmannstrasse 23, 8000 Munich 50, West Germany. No need to worry about learning German, as Jost studied for many years in the Bay Area and speaks very fluent English! --- After the Boston Marathon, Harold & Penny DeMoss took a vacation in London and took part in a local race, the Herne Hill Harriers 10-Mile Club Championships. There were 131 starters on a 2.5-mile loop in a park. Harold placed 83rd (64:16), and Penny was 93rd (65:42). Since women are not allowed to run officially in men's races in England, Penny ran unofficially and created quite a stir by finishing ahead of several 'good club runners'. --- Larry Main, who at 34 has spent more than half his life running, has finally had to give up his positive addiction due to a persistent foot injury/problem that has not responded to various treatments, including orthotics, etc. In parting, Larry says, "I miss running. I will always love it, but your body has to be able to do the work!" Larry ran at Hillsdale High School, your editor's alma mater, graduating in 1960, two years before me, and has been running mostly ever since! If anyone thinks they might be able to help Larry with his problem, please give him a call (415/673-2670). He is in the process of selling some of his running stuff...any possible buyers should see the "Classifieds" on this same page.

● **CLUB WARMUPS:** - Not too many responses from last issue's plea for orders by mid-April. I've got only 6 orders and would like to have at least a dozen before I send in for them. So this is your last chance until fall. If you are interested in picking up a pair of the classy orange club warmups for yourself, please get in touch with me concerning sizing and send \$30. I will order at the end of May, regardless of how many I have paid for at that time. Those who haven't yet paid but have ordered, should make out your check and mail it to me upon reading this notice. Remember, this is wholesale price. The warmups run close to \$60 normally!!

● **RACE DIRECTORS NEEDED:** - It seems that I'm always getting further and further behind in my running, club duties, etc., and even though I get lots of help at most of the races (although I usually have to make many phonecalls), the major part of the job is organizing the race in the first place. It's not that the job is difficult...it's just time-consuming. I am willing to put on about 3 races a year (West Valley Marathon, Xmas Relays, and one other), but I need some volunteers who would be willing to help with the organizational problems on other races our club sponsors in 1977-78. Bill Clark and Gary Goettelmann (and crew) have done their part in sponsoring 3 races in 1977, but there are about 3-4 others that need someone besides me doing most of the work. So, I need to have some response right away as to possible interest, or the club may not even sponsor some of these races anymore. The LDR Scheduling Meeting is May 29, so I need to know by then if some of our membership is going to take a more active role in supporting our money-making ventures. Most of the races are not that difficult to put on...I have files and can advise our volunteers, but I am really getting tired of always putting these races on. Specifically, I'd like to see some people step forward and volunteer their services as meet director (yes you can learn) for: PA-AAU Sr. & Jr. X-C Championships, PA-AAU 25-Kilo, possibly the Golden Gate Park 8-Miler. One person doesn't have to do all the work...committees should be formed. But I am reaching a point where I won't be doing these meets any longer. Let me hear from someone soon if you really care!

● **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 NCCR. If you were missed, let us know (many results don't list club affiliations and I can't always pick them out from memory). Don't be shy! --- Bidwell Classic Marathon: 74-Jim Bowles 3:39:36. Garland Ranch Run: 50-Eryn Quinn 44:43, 88-Steven Goettelmann 50:23, 103-Gail Dowling-Goettelmann 53:08. PA-AAU 50-Kilo: 25-Paul Adorno 4:24:05, 29-Tim Smith 4:56:08. Buffalo Stampede: 281-Carol Bowles 1:42:36. Lake Merced Masters Run: 85-Phil Conley 35:11, 90-Len Wallach 35:26, 92-Monte Dayton 35:37, 112-Jack Cover 37:42...also, 63-Bill Zigmant 33:43. Inspiration Point: 81-Ken McRae 51:39. Arrow 10-Km: 76-Don Lucero 39:59, 119-Ken McRae 43:21, 179-Steve Goettelmann 51:06. -- Still working on Golden Gate Park 8-Miler at this time (see next issue)!

## CLASSIFIED ADS

*Interested in selling your body or promoting your race? The NCCR can probably help you, and at the most reasonable prices you've ever seen for a specialized regional publication. Currently, a full-page ad (one-time) is only \$40, but you can save up to 40% by taking out a multiple-issue contract. Less than full pages are more reasonable (\$15 for 1/4-page, etc.). For full info and a rate-sheet, write to the NCCR or: Ron Alvarado, Advertising Mgr., 2140 Lyons Ave., Belmont, CA 94002 (Ph. 415/591-7768). All copies & race inserts should be sent directly to the NCCR, P.O. Box 1551, San Mateo, CA 94401.*

**RETIRING:** - Due to persistent leg problems, I am having to give up running permanently. I have some running items that will no longer be useful to me and so am selling them at a large discount---they include: adidas Comet track spikes (size 12), worn only 3 times (\$12...1/2 price!); warmup top with WVC on back (navy) (\$3.00) and mesh singlet (blue trim with club emblem) (\$2.00)...both in clean condition. Anyone interested should call Larry Main (415/673-2670), or write to him at 711 Post St., #116, San Francisco, CA 94109.

**HIGHLIGHTS OF CALIF. STATE TRACK MEET (1915-1976):** - Available for \$2.00 (+25¢ shipping) from NCCR, Box 1551, San Mateo, CA 94401. Compiled by Don Kirk, David Cooper & Keith Conning, the NCCR's 'Prep Editor'. A great history of the country's most competitive prep track (state) championship, involving a hell of a lot of research. Get yours today while they last.

**THE MAGIC BUS:** - Your editor will be hitting the races a bit more frequently in the months of June, July & August...if you want a specific pair of shoes and would like to pick them up at the next race, give me a call so I can be sure to pick them up for you in time...it's best to call me about a week before. I plan on being at the Golden Gate Charity Race, the Hour Run, TRAC 10-Kilo, Statuto, Woodminster, Holy City, Excelsior Beach Run, and the S.F. Marathon, to name a few...also selected DSE Runs...the Lake Merced Run for sure. See you there!

## GUEST EDITORIAL

*The purpose of this column is to invite prominent people in running, especially those in the writing/publishing end of it, to express their opinions on various topics. It is hoped that these folks will share with us some unique views of running that need to be heard by the great running masses! If you have any suggestions for possible 'guest editors', please let us know by writing: "Guest Editorial", c/o NCCR, Box 1551, San Mateo, CA 94401 (Attn: Len Wallach). Thank you.*

*Editor's Note: - Lee J. Amate is the editor of Corporate Fitness News, whose soon-to-be-published first edition is the spokesman for the newly founded group, Corporate Fitness. This organization is part of Forest Hospital & Foundation Company, which is an advocate of optimum health programs. Corporate fitness will be the subject of an indepth article by Len Wallach in a future issue.*

"I got started in running because I was vain. The more successful I became in the business world, the more decadent I became in enjoying alcohol and rich foods, with the resulting expansion of my waistline and bloating of my face.

Naturally my vanity and ego got involved, as I was concerned about my appearance, both from a personal point of view as well as the effect it might have on client response to me.

As I remained in running I began to resent the portrayal of runners as loners with passive introspective personalities, as I certainly didn't fit that prototype. Although I was somewhat personally centered, I was extremely gregarious, and running was not at all lonely and stoic for me. It was just the opposite.

The person who puts their ego on the line can use long distance running for its restorative effect. There's room for those who don't fit the image of a solo lonely runner on isolated back roads, seeking solace and quiet. If a runner is placed in this category, someone's missed a lot of people who are socially gregarious and assertive in personality. Running gives them healthy and successful outlets for those characteristics while providing an opportunity for ego satisfaction.

There's room in running for all types, including those who don't fit any trend or pattern set by journalists and social scientists, whose own subjective vantage point may have prevented a more expansive view of the running community.

Somehow, aggressive executives and high-powered salesmen



# 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.

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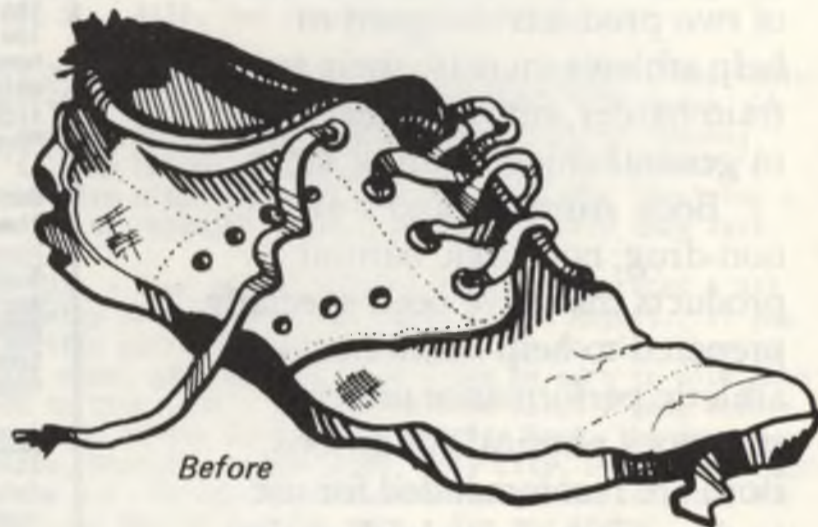
We repair just about all the major brands: Adidas, Puma, Tiger, Head, Tretorn, K-Swiss, Fred Perry, New Balance, Pony, Hyde, Nike. If the brand you own is not on the list, just write us and let us know the brand name and model and we will let you know if we can repair it.

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are supposed to play squash, tennis, and racquetball, as these sports illustrate the pressured, accelerated, explosive characteristics attributed to the modern marketplace. Runners on the otherhand are portrayed to be scholars, contemporary Thoreaus, substituting long lonely workouts for the pipe-smoking of the philosopher. I guess we runners are destined to carry the image as chess-playing, book-worming dreamers. But that's not for me, and perhaps others out there on the road.

The bottom line of business, as it is in life, is truth. Did you make a profit, and did you enjoy it? Shakespeare's line seems to fit: 'This above all, to your ownself be true.'

### LETTERS TO THE EDITOR

STAN ROSENFELD (San Luis Obispo, CA) - "Since you asked for suggestions on the Christmas Relays, here is mine. Combine legs #2 & #3 and legs #5 & #6 and have 5-man teams of about 10 miles each man. This would reduce the number of bottlenecks from 6 to 4 and perhaps enable more teams to attend with only one car. I don't know if you would get enough more teams to offset the drop from 7 men to 5--even 250 teams would mean fewer people overall. Also, as you might have already been told, it appears from the results and splits that the fastest time for leg #5 was Jim Warrick (Weedpatch Sniffers "A") in 25:12, not Boyd Tarin's 25:42. We enjoyed the race and will have a 1/2-page writeup on it in our next newsletter (San Luis Distance Club). No offers yet on the SPA Point Standings job." (Ed. - First, while the reduction to 5-man teams may cause a reduction in 'bottlenecks', there would probably still be no reduction in numbers of bodies out there, except that the longer legs might tend to discourage many beginner types who can hack 5 miles, but would not attempt double that. The idea of the Relays is to encourage participation (although I might be buried because of that philosophy and its resultant organizational problems), and I think knocking out the 5-mile legs would tend to hurt that ideal. I think that perhaps staggered starts (based on divisions) might be the only solution to reduce numbers and still keep the participation level high. I may be wrong...I welcome any other suggestions. -- The split for Jim Warrick was in error on the results sheet...actually our watch stopped just before he came through and we didn't get an accurate split, so he may have had a faster time but we can't say for sure...therefore we gave it to Boyd. We did have a backup watch, but it came too late for Jim. Sorry about that.)

OLLAN CASSELL (Indianapolis, Indiana) - (This letter is in response to Phil Lenihan's letter in issue #64): "This will acknowledge your letter of March 3 and provide some information as to why the AAU has endorsed a shoe. You must be aware that national governing bodies have the authority to go into certain marketing areas and put their names on certain items as the organization. The same rules that apply to the amateur athletes do not necessarily apply to the organization that is the governing body for the sport. This is true also of organizations like the CYO, YMCA, and NCAA.

The AAU looked at a number of shoes before selecting this one to place our logo on, and the program has been discussed and approved by our Marketing Committee, by our Executive Committee, and cleared by the Federal Trade Commission. With these steps being taken, we feel the AAU has done the right thing by endorsing this shoe, especially since it means additional funds that will be coming to the national organization for the development of amateur sports.

Whether this is the best shoe is really not the question in this instance, since the AAU is not in the business of making a determination as to which shoe is the best shoe. There are many good shoes and the AAU has the flexibility of endorsing many shoes, provided they meet the same specifications that have been adopted for this AAU Shoe.

In my opinion, the amateur groups in this country must do everything possible within the structure of the rules and in good taste to get more money into amateur sports. In effect, we must be effective with our marketing and advertising if we are to compete for the sports dollar along with the other organizations and colleges in the country."

FRED KENYON (Sebastopol, CA) - (The following letter is in response to a letter from Bob DeCelle, printed in issue #61 (July/August 1976)...DeCelle's letter was in response to an initial correspondence from Mr. Kenyon that was printed in the same issue.): "You were welcomed for my letter of protest last summer. Thank you for sending a copy of the results. I am glad you took the trouble to read my last letter. This

writing, like the last one, is coming a bit late; because I have other things to do with my time, and I get around to things like this little mess when the mood hits me to get moving.

Upon receiving the race flyer for the 1975 Alameda X-Country Carnival (& Robert Crown Memorial Jr. Race), Chuck and I noticed that the print read like this: "First finisher for each age (boys & girls) in the Crown Memorial Junior Race will receive a medal." The Junior Race was for those 14 and under. At the time of the event, Chuck Haggard was nine years old. The flyer led us to believe that if Chuck was the first boy 9 years of age to finish, then he would be awarded a medal. You noted yourself that the lad was the first nine year old to finish. There was no mention of Age Division on the race information flyer. Therefore, we all assumed that the winner among all the nine year old boys would receive a medal. There was no wording to let us know that Chuck, or any other 14/under runner, would be running in two-year age groupings.

I think it is clear that you folks were not leveling with the participants entering the Junior Race that they would be running in age-groupings, and that the wording on the flyer was not going to be held to by the race director. Indeed, you and your organization did commit a nearly unforgiveable sin by not telling the truth in the information sheet. We still feel that you were extremely unjust, not only to Chuck, but to all the other 14/under athletes you have mislead over the past few years...by printing one set of guidelines for awards, and then switching to another set of guidelines after the race is over.

There is one thing I would like to ask you. Do you know how it feels to be a distance runner?"

MARTY MARICLE (San Francisco, CA) - "Enclosed is a copy of the results for the women of the Natl. Masters 15K race in L.A. Frank Freyne asked me to make a copy and send it to you, after I pestered him enough about how disappointing it was to wait nearly 3-1/2 hours after completing the race and still not be able to find out how I did. The winners were announced, of course, but there were no envelopes to have results mailed, there were no ribbons, no T-shirts for sale, and worst of all, no opportunity for us who flew down to buy beer (at any price) during that long wait. I might as well finish my remarks, in case you have an opportunity to discourage anyone from here from wasting \$\$\$ on a plane ticket to LA. A few hundred feet from the finishline, when I was sprinting towards it, they started another race down the same narrow road, and another runner and I had to wait between parked cars for them to pass before we could finish!!!! Can you beat that? And this was supposed to be a National Championship?"

MIKE JONES (Aptos, CA) - "Dear Runner: This is an attempt to clarify what happened at the PA 30-Km. Championships on March 6, 1977, and to report what steps have been taken so far to correct the situation and to enable us to hold the race again next time. We have taken time to address envelopes for each of you (some of you missed the envelope table) so that everyone would get this report. We hope that if we are able to hold the race again, you will participate, and that the race turnout doesn't drop.

The CHP says that we failed to get the proper permit for the race. This and the report by a CHP officer that runners created some traffic problems (causing cars to swerve out of their lane), were the main reasons for stopping the race.

I would like to say here that I tried to get a permit for the race when it was originally held here in 1975. The CHP office at that time said this was not under their jurisdiction--call the Sheriff. The same answer came from the Sheriff--call the CHP. However, I was told that runners were considered pedestrians, and if they abided by pedestrian regulations (i.e. - run facing traffic), there would be no problems. We have held four races on this course with no problems, and with Sheriff or CHP officers cruising by or checking with runners at the start, telling them to have a nice run.

Last Tuesday, I and three other runners met with Capt. Anderson, District Commander of the CHP, to discuss procedures and insure the future of our race, and to discuss the conduct of his officers in stopping the race. We were given a list of guidelines to follow, and we found out that the race needs to be approved by the Dept. of Public Works, which will issue us a parade permit, if approved by the Santa Cruz County Board of Supervisors. We must agree, also, to a list of conditions which will be issued through the board. It appears that one thing on this list will be liability insurance, in case anyone is injured and wants to sue the County. This seems to make putting on our race a very complicated and expensive matter.



Hopefully, we can get through all this red tape and hold the race again.

We are (did) cancelling the 15-Kilo race scheduled for April 30, because we haven't heard from the Dept. of Public Works yet, and aren't sure if we can meet the requirements in time to hold the event. We hope that the CHP action at our race did not set a precedent for future races in this county. Thank you for your participation in our race."

(Ed. - Please see the "Special Articles" section of this issue for further comments, observations, etc., on the 30K race and the possible implications of its cancellation.)

# THE HUMAN RACE



LEN WALLACH

Death touches my typewriter from time to time, but its final finger never writes so heavily as when it tallies an athlete's last scorecard.

The first time I had to write about death was in a personal letter to a friend's parents, but one expects soldiers to die; consequently the note was a comrade's way of acknowledging reality.

The next time it fell, my burden was to pass the news of the death of Ernie Vornbrock to his former star swimmer and now four-time Olympic coach, Jim Counsilman. Ernie was one of those giants of a man who had touched the lives of thousands of young athletes who had gone through his tutelage.

Then came a request from Jack Leydig to write a memorial about Steve Prefontaine. I only knew Pre from a distance but had been enamored by his personal courage and audacious defiance of authority. Writing about him was easier, as my vantage point was born in objectivity and not in emotion.

But when Ben Hirsch died, a part of me went with him. He was what I wanted to be. He was a model for surviving.

April 20th is just a few days past Boston's Patriots Day, the time of the marathon; consequently, each future year will bring the sad reminder of the death of this five-foot one-inch, 117-pound runner who filled his years with achievements like my children jam their Levi pockets with small treasures of string, pennies, and squashed jelly beans.

I had been working on an article about Ben for *Era* magazine, having contacted its editor in advance to discuss the theme of his 75-year life. Summing Ben up wasn't so easy, as there are several themes that came across in the nine hours of interviews held with him. His family was central to his existence. His wife, Ruth, daughter, Lynda, and grandson, Aaron, were the contemporary components of a clan whose beginnings are lost in the antiquities of the history of Europe's sufferings.

He was born in Rzeszow, a small way-station in time of the then Austro-Hungarian monarchy. Eventually this land became Poland marked the family home for his mother Rachael and merchant-farmer father, Aaron, who toiled to provide for the family of four boys and three girls.

"All my family are dead," he sighed. "Mostly during the last war; where and how I don't know. They died like six million other Jews somewhere...unknown, in concentration camps," Ben related, looking through me into empty space, occupied momentarily with thoughts of his childhood.

"Don't get me wrong. I don't identify myself as a Jew. It's just that my family's deaths, because they were Jews, makes me always



Ben Hirsch /Len Wallach Photo/

of how detestable war and cruelty is," Ben explained.

After seeking World War I refuge in Vienna to avoid continually being in the way of hostile Russian soldiers, and eventually, disillusioned by the religious values of his parents, he pioneered in 1920 a kibutz in British-mandated Palestine. At eighteen, he labored with a pick and shovel, building a road from Haifa to Nazareth, while soaking up history, languages, and ideas. "My philosophy was solidified there," he advised in explanation of his humanistic and freedom-loving concepts of life. "I was building a new society, as the old ones didn't work. They were meaningless," he concluded.

With the taste of freedom still on his lips, Ben boarded a leaky, rusty French ship at Haifa and sailed for a new emigrant life in the United States in 1923. "I was short, red-haired, young, and scared," he explained as he reviewed his early life in Chicago while he worked at an endless series of humbling jobs. One was a 14-hour, seven day a week routine in a wallpaper factory, where he earned only \$17 weekly, a rate of slightly more than 16 cents an hour.

Having recently mastered English and speaking seven others, Benedict Zvi Hirsch ceased to be a wallpaper laborer and became a distinguished scholar when he was accepted as a reference clerk in the Chicago Public Library. Thirty-six years later, after a life filled with professional achievements, he retired, but at the top of the heap, as the Director of the Foreign Language Division of the library.

However, the shelves in his small San Francisco apartment near Fisherman's Wharf revealed that foreign languages were but part of his scholarly interests. Alongside Thoreau, D.H. Lawrence, and copies of the novels of Jane Austen, were *Calories Don't Count*, *Prolongevity*, and *Live Longer Now*. The only clue to his new life in San Francisco was this small framed poem written in typical Shakespearian confused clarity:

Jog on jog on the footpath away  
And merrily hent the stile-a  
A merry heart goes all the day  
Your sad tires in a mile-a

This four-liner tipoff was backed up with a room filled with the gleam of trophies and medals won on the roads. Moving to California following his retirement from the library system, Ben, after serving as researcher in a major plastic-chemical firm and a consultant to an aerospace think-tank, found time to take evening walks along the beach in Santa Monica. Eventually the walks became faster and the distances greater, until he was one of the local joggers.

The jump from jogger to runner came at the Santa Monica Sports and Art Festival. This 1970 celebration of something-for-everybody, put on by the local Parks & Recreation Department, hosted a four-miler which Ben ran in 42:48. This performance brought to completion the metamorphic change from scholar to athlete. As in other forms of nature, this almost magical transition brought with it structural and appearance changes. Sitting in his comfortable apartment amid hanging plants and modern furniture, I was bathed with the music from Scheherazade and stuffed with apple-blackberry juice while Ben played host in a pair of running shoes, an old sweatshirt, and highschool corduroys. He looked like an older version of any kid I might see on a college campus. Even his square, mod, horn-rimmed glasses added to his rakish defiance of 75 years.

His running credits won't be chronicled in detail. It is suffice to say that he generally was first home in his age-group and usually the oldest entry of the fleet-footed flock. He won gold medals for so many events that he would get the races confused. As he listed the marathons he had run, I noted that he included Pikes Peak and Maui, the two toughest on the circuit, which he completed in a bit more than six hours. Three of the trophies on his desk were the DSE biggies for the 200 point count with marathons. He had so many ribbons in his back closet that they had to be bundled like tobacco leaves.

Ben loved the San Francisco scene and scurried about its environs as a running ambassador of goodwill. This diplomat without portfolio spread the good word about the joys of running to anyone who would listen. To those who used the Marina Green for their fledging workouts, Ben became an integral part of their lives. He reminded me of a parish priest at the early morning Mass as he ministered his athletic liturgy. Many a young maiden or struggling senior citizen received their first running communion from Father Ben, whose sweat-stained chasuble was a t-shirt blessed in some forgotten race. Men of holy orders, who pontificate from their pulpits, could take a humbling lesson from this missionary.

He was intensely proud that he was selected as one of the



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lead by *Runner's World* magazine to head up a part of a leg of the 'National Running Week's' run of sixty miles from Sausalito to Mountain View.

He and his wife, Ruth, were enviable, as they have sustained a loving marriage, mutually supportive and aware of each other's identity.

Each of us will have an anecdote to relate about our relationship with him. As the years go on, the distances in our stories will become longer, and Ben's feats will become more heroic. But I'll try to remember him as a little white-haired old guy who I waved at in races and wished that I had gotten to know sooner.

Jog on jog on the footpath away.....goodbye Ben.

### NOR-CAL PORTRAIT

(Ed. - Our current NorCal Portrait editor reports that work is starting to pile up and that he's offering this job to anyone else who's willing to do it. It essentially involves taking a filled-out 'form-sheet' (supplied by the portrait candidate) and then composing an article from that information...or you may wish to perform a live 'interview' in some cases, or perhaps a combination of both. At any rate, it's probably time for a change anyway as we'd like to spread the work around a bit. Anyone interested (no pay) should contact the editor as soon as possible.)

**MEET MARK STILLMAN:** (By Conrad Walker) - If Mark Stillman keeps meeting, and beating, the top competition, his right arm is going to need a rest.

The 17-year-old Willow Glen (San Jose) High School student explains, "I like to throw rocks at targets to release tension and help me to stay loose. I am notorious for it." He's also gaining notoriety for his cross country and track exploits since he began running seriously in the fall of 1974. the 5-10/137-lb Stillman capped a top-notch cross country season with a second-place finish in the CCS finals, after setting course records in the Sunnyvale and Artichoke Invitationals earlier in the schedule.

On the track, he's been just as hot. A 1:56.5/9:42 performer last year, Stillman has shown some speed this year with 51.1 and 23.7 clockings over the 440 and 220 distances. He has really shown talent in his favorite event, the mile, as his 4:11.5 currently ranks second in Northern California, behind Stan Ross' recent (San Jose Invit.) time of 4:10.83. (Ed. - Since this article was written, Mark has clipped off a state-leading 1:52.46 in his San Jose St. Invitational win on April 30).

Mark's future looks particularly bright because he has gotten his results off of 50 or less miles per week... puny mileage in comparison with many prep runners. Stillman describes his training: "After each season (track and cross country) I take a 3-4 week break. Then for two months I build up about 250-300 miles of distance background. As the season starts, Mr. Jones (Orbin Jones, Willow Glen coach) gradually phases in more quality work (usually tempo) until, at the end of the season, the workouts are almost totally quality (short and hard) work."

Mark also works out on the parallel bars to build his upper body, and wears heavy shoes in workouts as a conditioner. More important to the Tarrytown, N.Y. native, however, is style. "Often the runner tries to idealize his style in order to run the best times," notes Mark. "The theory is that when a runner avoids wasteful motions, he runs better. But he ends up setting himself back psychologically. He knows he is imitating a style; therefore, he loses confidence. And half of racing is in the mind."

Stillman puts his 'natural' running style to work in the hills, which he likes to run, and on the track...doing repetitive intervals, which he 'hates'.

Most of all, however, Mark gets satisfaction out of the act of running in itself, and the team companionship at Willow Glen. "When we took CCS in cross country, I finished behind a soph, Carlos Carrasco, but forgot about the disappointment after the results came out, because my teammates really deserved to share in the joy of CCS glory."

It is a joy that Mark Stillman will most likely feel again in the future.



Mark Stillman, finishing second in last fall's CCS cross-country finals. /Lois Gowen/

### WEST VALLEY PORTRAIT

**MEET NEAL PYKE:** (By Bill Clark) - For this month's club portrait, we have selected a member from perhaps the highest quality segment of the club: the race walkers. Neal Pyke's career as a walker contains a plot that would make a movie-writer proud. How many athletes can take up an event in March and then qualify for the Olympic Trials the same year? That's exactly what Neal did in 1976.

The plot begins in a small high school in Pennsylvania. The school did not have a track program, so Neal's first formal encounter with our sport was in 1973 while attending the University of Florida. There, he got caught up in the high mileage trip, training over 100 miles per week with two track sessions during the school year. Although he had respectable times in college (4:19.5, 9:15, 14:30, 29:53), Neal never quite obtained the results he expected.

So when work on his Industrial Engineering degree was completed in 1975, Neal and his wife Becky headed west to San Francisco, where they had left their hearts while on vacation in 1973. He was able to find work as an industrial engineer with the Navy in Alameda (but is currently seeking a more challenging position). Working eight hours per day put a damper on Neal's enthusiasm for 100-mile weeks, so he and Becky redirected their interests to the cultural and gastronomical aspects of the City.

Neal's enjoyment of the good life was interrupted when he



saw a 20K walking race. Although he had just finished a session of racquetball at S.F. State, Neal decided to walk a mile of the race. This wet his athletic appetite again, and he started an unbelievable rise to the top, as he explains: "Two weeks after that first mile I had my first race...10K in 52:57; a week later another 10K in 51:03. Three weeks after that I did my first two-mile at the San Jose Invitational, placing third in 14:50. The next week I had a 20K race that exceeded my expectations--1:37:21!! I had just qualified for the Olympic Trials. I wasn't anywhere close to being ready mentally or physically for the Trials. It was a great experience and I'm just happy I got to go."

How many participants in the Trials do you think started serious training after the trials? That's exactly what Neal did. He picked up a lot of tips from the other walkers in Eugene, and then embarked on a training program which emphasizes paying attention to the signs provided by the body. "If I really feel run down, and I don't feel like training, I don't. There are goals that I have and a plan for achieving them. Part of that plan includes rest when I need it. I'm very aware of my body and when it gives me the signs that I'm tired, I rest! I used to keep a very strict log of my mileage, trying to make sure that I got 'x' amount of miles (when running). When I first started walking, I started to keep a list of mileage in my diary, but I soon discovered that keeping track of the miles got in the way of listening to my body. After the Oly Trials, I've only kept track of the amount of time spent in working out; that's not with a stopwatch either. I usually round off to the nearest 1/4 hour."

Neal's current work schedule permits only a one hour stroll each night and a long (over 3 hours) walk on Sunday. He does intervals once or twice each week with repeats of anything from 1/4 to 5/4 or greater than the 20K race pace he hopes to achieve in the next year. This program apparently works, because Neal's success story has continued into 1977. He won the Examiner Games mile in 6:19.9, and then took second in the National AAU 2-mile in 13:09.4, which qualified him for the US-Canada-USSR meet. In the process, he dipped under the old American record for the distance. In the tri-meet he finished a respectable fourth with a 21:04 for three miles.

What's ahead for Neal in 1977? He's looking forward to some good races at distances from 20 to 50K. If he continues at the same rate of progression, Neal will be seeing a lot more international competition and top times in the years ahead. (Ed. -- Incidentally, Neal is still looking for a new job, so if any of our readers out there are in need of a good industrial engineer who'll bring fame to your organization, feel free to contact the NCCR or Neal directly at: 55 Leese St., San Francisco, CA 94110 (Ph. 415/648-6512). He'll be most appreciative I'm sure.)



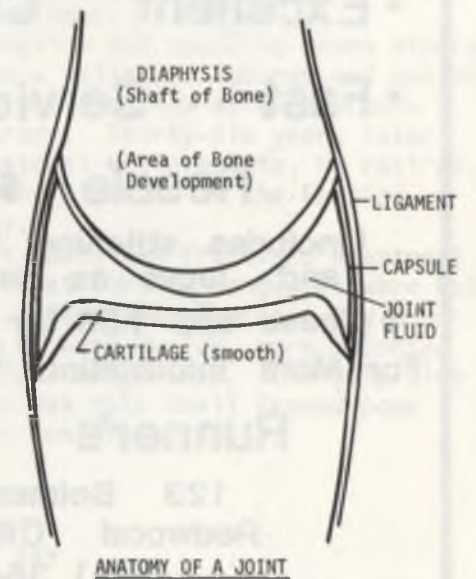
Neal Pyke at Natl. AAU 35-Kilo. /Lani Bader/

Many athletes are unclear about the true nature of their injuries, especially if there is a question between tendon and joint problems. Tendons are elastic tissues which connect muscles to bones. Ligaments are non-elastic tissues which connect bones to bones. In general terms, bones form the skeleton or basic structure. They serve as attachments of muscles for movement. They articulate (bend at joints) with other bones. The shape of the bones and joints determine the direction and range of motion, and therefore the 'natural ability' of the athlete. The smooth ends where bones contact each other are covered with cartilage and joint fluid, encapsulated, protected, and bound down with ligaments. Ligaments maintain joint alignment, provide stability, and serve as emergency structures that prevent dislocation. They are inelastic, but through flexibility training over time, they will change 'position', which may enhance athletic performance.

Within the foot, there are many joints. They have different sizes and shapes which govern the amount and direction of motion of each bone on another. Where one bone articulates on another, there is the covering of the bone (periosteum) which flows into the capsules and ligaments which cover the fluid-filled joint spaces. The fluid provides smooth gliding motion between the cartilaginous ends of the opposing bones. With normal function, stress is absorbed within this 'hydraulic' system.

Injury to the joint can occur at various structures. Basically, when there is joint injury, there is stiffness and pain with motion. Because of the variety of structures in and around a joint, many different things can happen with a traumatic, overuse or imbalance injury, but the important thing to remember is that because of their intrinsic poor blood supply, joints heal very slowly.

The most common types of joint problems are: arthritis (inflammation of the joint); capsulitis (inflammation of the covering of the joint); ligament injuries (sprains); more----



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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!

The following article is called JOINT PROBLEMS and is adapted from Harry's new book, "The Foot Book: Advice for Athletes"... available in May or June through World Publications and NCCR. Price of the book is not known (how much Harry?).





## THE RUNNING SHOE BUILT BY RUNNERS.



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cartilage damage; dislocation; crepitus (roughness within a joint giving a 'grating' sound and sensation with motion in certain positions).

Arthritis is a general term which refers to any inflammation of a joint. It can be caused by injury (traumatic arthritis), disease processes (rheumatoid arthritis), osteoarthritis, psoriatic arthritis, tubercular arthritis, gonorrheal arthritis, metabolism (gouty arthritis), drug or chemical reactions, or infection (pyogenic arthritis). Each of these is disabling and very serious.

The main type of arthritis seen in athletes is the traumatic type, where the stress through the joint exceeds the range of motion allowed by the structure. When this happens very suddenly, there is a stretch of the ligaments (which are inelastic). This pulls on the attachments. If it is severe, the ligament breaks and may permit joint dislocation, with or without bone injury. This demands immediate professional attention. Do not attempt to manipulate a dislocated joint! If the injury is less severe, there may be rupture or partial tearing in the joint capsule or ligament.

There are four classes of sprains, from mild to severe, depending on bone and joint damage. If there is any disfigurement, it indicates dislocation. If there is any grating or roughness in the joint, it indicates a fragment interfering with motion. If there is deep bleeding with rapid swelling, it indicates broken vessels in the area. All of these require immediate professional attention. While waiting for help to arrive, use I.C.E. (*ice, compression, & elevation*).

Less severe joint injuries often go unnoticed during competition, when the body is warm and moving. As the body cools down after competition, one joint remains swollen and stiff. It is important at this point to use I.C.E. Heat application will increase pain, swelling and disability. Often, this joint pain will not show until well after the activity, even until the next morning, when mild joint inflammation goes on during the night. Upon arising in the morning, the injured joint feels stiff and motions are slow, 'like a car with cold oil'. Sudden movements are painful. If swelling is evident, use ice. Do not attempt to return to activity without an excessive warm-up and complete relief of joint pain.

If untreated, joint arthritis is progressive. With the inflammatory process, the healing blood cells bring in scar tissue around the joint and thickening of the bone. The excessive inflammatory process must be stopped as soon as possible to prevent permanent disability.

Any joint which is injured can become arthritic. The most common lower-extremity joint injury in sports is the inversion ankle sprain.

If there is imbalance, leading to overuse stress on joints, arthritis can develop. Any structured imbalance which causes the joints of the foot to compensate and function at the end of their normal range of motion will produce progressive joint strain and inflammation, sending 'shock waves' through the foot and up the leg. Ligaments and capsules around joints are meant as 'emergency' structures and should not be under stress with normal activities. Well-conditioned muscles maintain normal joint alignment. With muscle imbalance or weakness, or with hereditary functional imbalance, the joints are forced to function under stress. These are the points of injury in sports. The injury may be rapid or cumulative.

Young, growing athletes are especially susceptible to joint injuries. Their joints are often especially loose, so it is difficult for them to gain stability for contact sports. In other sports, because of this laxity, many of their movements are less efficient than an adult's. Their coaches and trainers must emphasize strength and flexibility exercises for the normal function of joints.

For example, never use a side stretch or 'lotus position' on the knees, especially in youngsters. The knee is a hinge-type joint, and is most efficient with flexion-extension strength and stability exercises--never with a lateral force on the joint, which only increases susceptibility to injury.

Injuries to joints in youngsters are especially serious. If there is damage to the growth area of the bone, there is a progressive deformity with permanent disability. Therefore, all suspected joint injuries in children must be examined professionally.

Other types of arthritis, through disease processes, faults in metabolism, and exposure to specific drugs and chemicals are not within the scope of this article. However, athletes, coaches, and trainers should be aware that any puncture wound or injury to the skin near a joint can produce infection inside the joint (pyogenic arthritis). Also, if there is an injury to a joint while an athlete has an infection elsewhere

in his body, it is possible to get the infection in that injured joint. The most common symptom with this is pain and stiffness of the joint, with fever and chills. This demands immediate medical evaluation.

Joint problems in athletes are very common. Most are mild, transient, and self-limiting, with no disability. In any case, the situation must be evaluated carefully and treated promptly. Immediate treatment for joint problems anywhere in the body is I.C.E. (*Ice, Compression, Elevation*).

## SPECIAL ARTICLES

(Ed. - The article "*Athletic Service Corps*" will not appear in this issue because of lack of space and also receipt of some other items that seemed more timely. Hopefully we will insert this well-done article in the next issue. -- We are including two viewpoints on the *cancellation of the PA-AAU 30-Kilo Championships at Corralitos in March* and welcome comments in the form of 'Letters to the Editor' for next issue...the point being: 'running is at a point where participation seems to be far-exceeding its administration...corrective steps had best be taken in the near future, or complete chaos could be a possible result, including cancellation of many more races'.)

"A CONSPIRACY TO BECOME ROAD HAZARDS" (By Jan Sershen) - Weatherwise, this year's PA-AAU 30-Kilo Championship race was a carbon copy of last year--clear skies, warm air temperature, and a slight breeze from the northwest--conditions not exactly agreeable to the average Bay Area runner engaged in an all-out effort over 18.6 miles of paved roads.

The course through the countryside of Corralitos has always been one of my favorites in spite of the usually warm temperature. It's basically flat, on a fairly uniform road surface, with a minimum of pesky dogs and obnoxious motorists--not entirely idyllic, but easy on the mind as well as the body.

As the race started, Gary Goettelmann and I immediately took a share of the lead. Although a time-keeper was not present at the mile mark, the savvy that comes from participating in competitive running for a combined total of 33 years suggested to us that we were on a 5:15 pace--fast, but comfortable; something that either of us could maintain under perfect 'competitive' conditions.

We encountered the first aid-station at 8-kilometers and took advantage of same. My chronograph watch read 26:34--a relatively slow pace that reflected more the camaraderie of this day's competition than the effects of the comparatively hot weather we were encountering. After passing this first checkpoint, we recognized in the distance the figure of a police officer standing near his car, doing what appeared to be nothing more than watching the race. As we got closer to the officer, I expected to hear a few kind words of encouragement that 'lonely' long-distance runners usually get while racing on the roads through various communities.

Instead, said officer mumbled something about the race being over. Of course, Gary and I thought his comment to be in a spirit of frivolity--at least we hoped this was the case. So we continued our run. Said officer then YELLED, "The race is over!"

We then knew precisely what he said, and in certain terms, recognized the sincerity of his statement. Turning around and jogging back to said officer, we inquired as to his reason for obviously wanting us to stop our race in mid-course. Said officer replied that the Highway Patrol had stopped the race



"The Encounter" at PA-AAU 30-Kilo...Harold DeMoss (at window) listens & Gary Goettelmann takes notes. /Gail Goettelmann/



because a motorist had complained about some of the runners creating hazardous conditions for automobile traffic.

Neither Gary nor I fancied each other as road hazards, but since the officer presumably had the authority and unquestionably possessed the paraphernalia to back up his wishes of compliance to a fellow officer's order, we decided--discretion being the better part of valor, of course--that the race was, indeed, over.

At this point, we were still about three miles from the starting point of this two-loop course. Receiving no better suggestion nor disagreement from said officer, we promised to jog very carefully (as if there were any *other* way to jog!) along the shoulder of the road back to the race's staging area. Along the way we decided that, since the official race was now defunct regardless of whether we could convince the powers-that-be of the absurdity of their decision (afterall, we reasoned, what human activity isn't hazardous in the vicinity of car traffic?), we would remove our registration numbers and do what both of us normally do about 360 days-out of any given year: work out on the roads.

We passed by the starting line amid the friends and relatives of the runners (who had been informed earlier by the CHP of the race's cancellation) and began our second 15K loop on an unofficial basis. At approximately the 17-kilo mark, Gary and I, in light of our having lead this race from the very beginning, again became the instigators of a conspiracy to become road hazards and were subsequently stopped for a second time; this time by said officer and his 'backup(!)' of CHP personnel. In the intimidating atmosphere created by flashing patrol car lights and uniformed, gun-toting 'peace keepers', we were again informed by said officer that we were being road hazards (to whom we were being such a nuisance never really became apparent to us, since traffic, as usual on a country road on a Sunday morning, was anything but congested) and that we would have to immediately half our activity.

We informed said officer that we were not in an official race as had been the case on our previous encounter; that we were only on the road for a normal, everyday workout; and that we had removed our numbers to make our activity unofficial. We were informed that, should we persist in our apparent belligerent attitude toward their authority, we would be issued a citation and be ultimately given the 'honor' of 'telling it to the judge.'

Well, Gary, I, and others who had been joining us all this time, figured that a final decision was in order: it was either risk arrest or admit that the race, or workout, or contemptuous display to legally instituted authority, or whatever we were doing, was over. Dispite a few final hushed protests from those in the crowd with a little more courage than the rest of us, we gave up our confrontation with said officer and friends as a lost cause.

We headed back, en masse (and adding to our mass along the way), to the race's starting point and to a curious crowd that would witness the first unified body of finishers in a PA-AAU race (our last symbolic protest of the day, perhaps!). Back in the parking lot at Bradley School, we all stood around engaged in an act of mass-commiseration while waiting for the officers who had interrupted our activity to appear and thoroughly explain their actions. No one showed up. There'll be other road races. (Ed. - Said officer, or his appointee, did in fact show up at the finish...after most of the participants had left for home. See picture on opposite page. A few brave individuals did manage to continue on around the second loop without being halted, and to the best of our knowledge, Tim Smith is the new PA-AAU 30K champion for 1977!)

**MORE ON THE 30-KILO FIASCO:** (By Ulrich Kaempf) - (Ed. - Ulrich Kaempf wrote the following as an 'editorial'. It appeared in the March T.R.A.C. club newsletter and is reprinted here.) - Following are some thoughts that have been on my mind, and I hope that they will provoke some positive action on your part, either by implementing some of the recommendations or by responding with critical comments. (Ed. - Correction: this editorial is not about the 30K as such, but follows the same lines and is appropriate at this point...it was written just before the 30K fiasco.)

Recently, Sunday Fun Runners at Foothill College noticed that these events have been getting heavy coverage by Sheriff's deputies and the campus police. At one instance, a deputy asked to talk to the organizer of the run. I expected another emotional confrontation between police and runners. Instead, the deputy told us of a near accident, where a girl, running in the middle of the roadway, had a close call with an auto. He asked that the runners stay in a single file on the left

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side of the road or on the shoulder if there is one. It is known that local residents have complained, for whatever reasons, against the Fun Runners and it is therefore no surprise that the police are keeping an occasional eye on running events.

This incident got me to thinking a little bit about these problems -- and do you know what my conclusion was? That we runners are just about the most undisciplined users of the public roadways. As single runners, we can be tolerated, although we run stop signs, traffic lights, and rarely keep to one side or the other. In groups, the situation becomes more serious: three or four abreast, we often take over one side of the road. We don't even blink an eye when we enter a private path or climb a fence in and out of private properties. Do you remember the scenes at the hand-off points in the Tahoe Relays where we milled around in our own glory and virtually blocked the traffic on hiways 89 and 50? Yes, you not only remember, but you and I most likely have done any one of these things ourselves at one time or another. It is then not surprising that irritated property owners and other road users complain to the authorities so that the police have to take action.

In most cases, race organizers clearly state traffic regulations and beg for discipline for the safety of all participants. Further, all seasoned runners and most rookies know the rules of the game, but maybe because we think that we are something special or for some other reason our discipline goes to pot as soon as the gun goes off. Now, maybe we are a special breed, but not as far as the highway code, and city ordinances are concerned. There are all kinds of rules and regulations for people like us, and we might as well get used to that fact. It is not only for our own safety, but as a courtesy to others that we have to come to grips with the problem.

More and more people are running, and the problem is not just going to go away. Instead, it is getting more serious until something is going to happen like people getting injured or killed, race permits withdrawn, prosecutions, and finally, no runners allowed on traffic highways.

Now, nobody wants to see it come to that, but only we runners can prevent it from happening. How? By 'growing up' and shaking defiance and ignorance and by becoming responsible users of the public and private roads. Some of the simple habits we have to learn are: respecting other traffic as much as they respect us (and you must admit that 99% of all vehicles show tolerance towards us); adapt the few simple codes that cover pedestrians; be consistent with our habits; follow the



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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.

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instructions announced by race organizers; pick a safe place and time to do your running; show sympathy towards police and officials who regulate our activity; be aware at all times (even when the brain becomes oxygen-depleted) of our road habits and our own safety. And that is where I feel we have an excellent opportunity to get something good started by adapting, displaying, and teaching correct road running habits.

We are the 'pros' in the business, and by taking the leadership, we can influence the hundreds and hundreds of beginners who hit the road every month, to a degree where runners no longer endanger their own privileges. Because if we don't start to regulate our own activities, the authorities are going to do it for us by restricting or taking away our freedom, by denying race permits, and eventually keeping us off the roads entirely.

So let us take the initiative to turn the trend from poor or no discipline to responsible road running habits that everybody, runners and non-runners alike, can live with.

**A SHOE FOR YOUR FOOT:** (By Len Wallach) - Most runners have their bedroom closets filled with a variety of shoes in various states of degeneration from lengthy assaults on the tracks, roads, and hills. Since the advent of the running shoe-repair business, the life of these odoriferous bits of apparel have been prolonged by the skillful talents of a handful of artisans who ply their craft with techniques which would rival Michelangelo.

My closet is no exception, notwithstanding the quality of the aroma and one noticeable pair of shoes with neatly-sewn suede patches that resemble small postage stamps. A closer look at the soles reveals craftsmanship in rubber which could be hung in the Louvre. The bottoms cling to the nylon upper shoe with the grip of some secret glue that has managed to defy the best of Mt. Diablo and the Double Dipsea, as well as the wet sand of San Francisco's beaches.

This pair of pedal masterpieces are the result of the fingers of Jeff Sink, owner, salesman, shoe repairer, and janitor of *Runner's Workshop*, a small cottage industry in Redwood City. Jeff and his wife, Denise, are trying to make it with their hands the hard way. In a world of automation and

impersonal processing, they are a breath of fresh air. Each pair of shoes coming to their tiny shop gets the TLC that patients in a cardiology unit of a hospital would expect.

With homemade machinery they grind, glue, and saw the shoes back to health with the skill of a brain surgeon. Not a couple of marketing executives from the Harvard University School of Business, these two high school graduates have had to carve out a place in the sun by appearing at the events on the race circuit with an old card table, samples of the materials, and a pair of before-and-after shoes which would make a grown man cry.

Jeff not only designed a cross-country sole which looks like something out of a spaceship, but crafted the molding plates to manufacture it himself! He has machinery in his bloodstream, and his spotlessly clean miniature shop is a marvel of efficiency. No massed-production assembly-line methods are here. It's individual customers with individual feet, and the two of them approach their work with pride in themselves and their product.

If interested in getting your shoe repaired or customized to your specifications, contact them at 123 Belmont Ave., Redwood City, CA 94061... (Ph. 415/364-0696).

## 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.

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,



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 Ave., Santa Rosa 95405. Huntington Beach (Marina HS), every Sun. at 10 am, contact Rick Russ, 5582 Mussuale, Huntington Beach 92649. Ventura (Arroyo Verde Park), monthly (Sat.) at 9 am, contact "Inside Track", 1451 E. Main, Ventura 93001. Pacifica (Terra Nova HS), bi-weekly (Sun.) at 10:30 am, contact David Barry III, 170 Santa Maria Ave., Pacifica 94044. Reno, Nev. (Reno YMCA), monthly (Sat.) at 8 am, contact Cal Pettengill, 1670 Thomas Jefferson, Reno, NV 89509.

## Meet Directors!!!

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CONTACT US IMMEDIATELY FOR FURTHER INFORMATION.

★NOR-CAL RUNNING REVIEW★

- May 21 - 5-Mile Fun Run, (w/Armed Forces Day Celebrations), Lathrop, 11 am. Cdr., Sharpe Army Depot, Cpt. Adams, Lathrop 95331.
- May 21 - Guerneville 3 & 11.6 Kilo Fun Runs, Armstrong Grove, 10 am. Glenn McCarthy, 335 Algiers, Santa Rosa 95405. (WAS ON 5/22)
- May 22 - Golden Gate Charity Run, 6 Mi., Ft. Baker to SF Marina Green. (See PA-AAU LDR Handbook)
- May 22 - Levi Ride & Tie Race, 36 Mi., Pt. Reyes Natl. Seashore, 8 am (2 runners, 1 horse). Contact not known, sorry!
- May 28 - Lake Redding Run, (renamed NorCal 10-Miler; also 3 Mile X-C Run), 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-C Run, Sunset Park, Las Vegas, Nev., 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- May 28 - Fortuna Merchants Day Races, 2 & 6 Miles, 9th & Main, Fortuna, 1 pm. Dick Meyer, Rt. 1, Box 153-A, Eureka 95501.
- May 28 - Lions Gate Marathon, Vancouver, B.C. (Stanley Park), 7:30 am. (May 24 Deadline) Mrs. Ann Kirk (Ph. 291-2185, home).
- May 28 - Eastern Oregon Half-Marathon, Spray, Ore., 8 am. Gary Adams, Box 157, Long Creek, OR 97856 (Ph. 421-3429). (OA)
- May 28 - Around the Bay in May 10-Miler, Corona del Mar H.S., 9 am. John Blair, 1162 Dorset Ln., Costa Mesa 92646. (SPA)
- May 28 - Mt. Wilson Trail Race, 9.5 Mi., 9 am. James McRea, 55W. Sierra Madre, Sierra Madre 91024. (SPA)
- 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 - George Olson Memorial Mini-Marathon, Coalinga(?), time TBA. Coalinga-Huron Rec. & Parks, P.O. Box 386, Coalinga 93210.
- May 29 - TRAC 10-Kilo-Run, Hellyer Park, San Jose. (1977-78 PA-AAU LDRC SCHEDULING MEETING FOLLOWS RACE) (See PA-AAU LDR Handbook)
- May 29 - Santa Margarita Fun Run, Cuesta Park, San Luis Obispo, 9.5 Mi., 9 am. Stan Rosenfield, 1561 Hillcrest Pl., S.L.O. 93401.
- 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 93728. (CCA)
- May 30 - Memorial Day 3 & 8-Kilo X-C, Annadel State Pk., Santa Rosa, 10 am. Fred Kenyon, 1609 Mariner Dr., Sebastopol 95472.
- Jun 4 - Bonne Bell Mini-Marathon (Women's Natl. 10-Km. Road Champs), NYC, noon. NYRRC, PO Box 881, FDR Station, NY, NY 10022.
- Jun 4 - SLDC 4-Mile Relay, Laguna Lake Park (2 runners/team), 10 am. Ken Harvey, 2435 Del Campo, San Luis Obispo 93401. (SPA)
- Jun 4 - Mt. Misery 10-Kilo X-C Race (handicapped), Placerville. (See PA-AAU LDR Handbook)
- Jun 4 - Turner Festival 7-Mile Run, Turner, Ore., noon. Darrel Deedon, 5647 Valley View Rd. S.E., Turner, OR 97392. (OA)
- Jun 4 - Oregon AAU One-Hour Run, Duniway Pk., Portland, Ore., 7 pm. Larry Allen (Ph. 503/246-5436, ext. 36). (OA)
- Jun 5 - Roseburg to Coos Bay 5-Man Relay, 68 Mi., 8 am (Pre-entries req'd). Stan Stafford, 900 S.E. Douglas, Roseburg, OR 97470.
- Jun 5 - Statuto Races (4.29 & 8.58 Miles), San Francisco. (See PA-AAU LDR Handbook)
- Jun 5 - Carpinteria Ocean-to-Creek 10-Kilo, 10:30 am. Steve Lough, 5700 Via Real, Space 44, Carpinteria 93013. (SPA)
- Jun 5 - RRC Pajaro Dunes Beach Run, 10.07 Mi., (start at Manresa Bch.), 9:30 am. Don Amini, 217 Baldwin, Aptos 95003. (RRC)
- Jun 5 - Mt. Tam Railroad Grade Fun-Run, 9 Mi., Mill Valley Bus Depot, 10 am. Kees Tuinzing, 627 Galerita Wy., San Rafael 94903.
- Jun 5 - Jack Moore Race, 2 & 5.7 Miles, McKinleyville, 1 pm. Dick Meyer, Rt. 1, Box 153-A, Eureka 95501.
- Jun 11 - Lake Merced Relays (5 x 4.7 Mi.), San Francisco, 10 am. Sponsored by Pamakid Runners. (No Pre-Entries; Reg. closes 9:30)
- Jun 11 - CCA-AAU Hour Run (& Natl. Postal), Fresno(?), time TBA. Dave Bronzan, 1173 W. Eymann, Reedley 93654. (CCA)
- Jun 11 - Biathlon (bike & run), Sunset Park, Las Vegas, 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Jun 11 - Palos Verdes Marathon, 7:30 am. (Pre-Entries requested) Les Woodson, P.O. Box 153, Palos Verdes Estates 90274. (SPA)
- Jun 12 - Woodminster Run, 9.25 Miles, Oakland (handicapped). (See PA-AAU LDR Handbook)
- Jun 12 - Around-the-Butte 8-Miler, Spencer Butte JHS, Eugene, OR, 1 pm. Jon Anderson, 3550 Knob Hill Ln., Eugene, OR 97405. (OA)
- Jun 18 - PA-AAU Masters 2-Hour Run (& Natl. Postal), CSM, San Mateo, 9 am. (40+ Men & Women) Ruth Anderson, 1901 Gaspar, Okld 94611
- Jun 18 - Howarth Park 5.8-Miler, Santa Rosa, 10 am (boathouse, Lake Ralphine). Darryl Beardall, 609 Benicia, Santa Rosa 95405.
- Jun 18 - DSE Summer Solstice Run, 4.95 Mi., Lake Merced, S.F., 6:30 pm (& BYO Picnic). Walt Stack, 321 Collingwood, S.F. 94114.
- Jun 18 - Natl. 2-Hour Run (Postal), SLO High School, 9 am. SLDC, P.O. Box 1134, San Luis Obispo 93406. (SPA)
- Jun 18 - S.O.S. Stagecoach Run, 13.5 Mi., Jacksonville, OR, 8 am. Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535. (OA)
- Jun 19 - Chesnut Branch, Childrens Hospital Charity Run, 6.95 Mi., Lake Chabot, Castro Valley. (See PA-AAU LDR Handbook)
- Jun 19 - Hidden Valley 12-Miler, 9 am. Connie Rodewald, 852 Sharon, Camarillo 93010. (SPA)
- Jun 19 - Cooper's Figure-8 (2.5 & 4.8 Mi.), Coos Bay, OR, 1 pm. Jim Graves (Ph. 503/267-6893). (OA)
- Jun 19 - Father's Day Run, 6 Miles, Fresno, time TBA. Bob Fries, 1501 E. Browning, Fresno 93710. (CCA)
- Jun 24 - 3rd Lompoc Flower Festival (many races, 2days), Lompoc. Joe Sciame, 1305 N. Orchid St., Lompoc 93436. (SPA)
- Jun 25 - Bakersfield One-Hour Run, time TBA. Larry Arnt, 5000 Belle Terr., #72, Bakersfield 93309. (CCA)
- Jun 25 - DSE Kennedy Drive 4.7 Miler, Golden Gate Pk., S.F., 10 am (Polo Fields). Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Jun 25 - 5-Miler, Sunset Park, Las Vegas, Nev., 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Jun 25 - Y-to-the-Y Runs (2.2 & 5.3 Mi.), Pinole YMCA, 10 am. Ken Stein, Exec. Director, Pinole YMCA, 2454 Simas, Pinole 94564.
- Jun 25 - RTC 10-Kilo, Oakland, OR, 9 am. Stan Stafford, 900 S.E. Douglas, Roseburg, OR 97470. (OA)
- Jun 25 - ORRC Oak Hills Run (2 & 7 Mi.), Oak Hills Elementary School, Ore., 9 am. Larry Rice (Ph. 503/643-7309). (OA)
- Jun 25 - Basin Blues 5K & 15K Runs, (L.A. Area), 9 am. Steve Adams, 17159 Kingsbury, Granada Hills 91344. (SPA)
- Jun 26 - Holy City Summit Run, 9.08 Mi., (between San Jose & Santa Cruz on Hiway 17). (No Pre-Entries) (See PA-AAU LDR Handbook)
- Jun 26 - McDonald Forest 3 & 7 Milers, Corvallis, Ore., 1 pm. Ted Wolfe, 327 W. 7th, Albany, OR 97321. (OA)
- Jun 26 - Valley of the Flowers Marathon (& 1/2-Marathon), Lompoc, 8 am. Joe Sciame, 1305 N. Orchid, Lompoc 93436. (SPA)
- Jul ?? - Deseret News Marathon, Salt Lake City, Utah. Keith West, Deseret News Marathon, P.O. Box 1257, Salt Lake City, UT 84110.
- Jul 2 - Excelsior Beach Run, 6.25 Miles, Ocean Beach, San Francisco. (See PA-AAU LDR Handbook)
- Jul 2 - Bunion Derby, 3 Miles, Fresno, Time TBA. Larry Lung, 784 Jana Way, Hanford, CA 93230. (CCA)
- Jul 3 - Historic Folsom Road Run, 10 Kilos, Folsom (nr. Sacramento). (See PA-AAU LDR Handbook)
- Jul 3 - DSE Double Lake Merced Run, 9.4 Miles, S.F., 10 am. Walt Stack, 321 Collingwood, San Francisco 94114. (DSE)
- Jul 3 - Big Island Marathon, Hilo, Hawaii, 6 am. Big Island Marathon, P.O. Box 1381, Hilo, HI 96720.
- Jul 4 - DSE Baker Beach 4-Miler (& BYO Picnic), San Francisco, 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Jul 4 - Kenwood 10-Kilo Footrace, Kenwood (nr. Santa Rosa). (See PA-AAU LDR Handbook)
- Jul 4 - SPA-AAU 15-Kilo Championships, San Marcos HS, Santa Barbara, 10:30 am. John Brennan, 4476 Meadowlark, S.B. 93105.
- Jul 4 - ORRC Corbett Runs (1 & 5 Mi.), Portland, Ore., 9 am. Tom Cowling & Buck Monroe (Ph. 503/247-2043). (OA)
- Jul 5 - Sea King Back Bay 9-Miler, Corona del Mar H.S., 6:30 pm. John Blair, 1162 Dorset Ln., Costa Mesa 92626. (SPA)
- Jul 9 - Vandenberg to Santa Maria 10.6 Mile Charity Run, time TBA. Jerry Hill (Ph. 805/929-1312). (SPA)
- Jul 9 - Half-Hour Run, Univ. of Nevada (track), Las Vegas, Nev., 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Jul 9 - Lafayette 10-Kilo, Lafayette Reservoir. (See PA-AAU LDR Handbook)



- Jul 9 - Griffith Pk. Distance Club 13-Kilo, Los Angeles, 8 am. Tom Cory, 1915 Kenneth Rd., Glendale 91201. (SPA)
- Jul 9 - RTC Umpqua 10-Miler, Winchester, Ore., 8 am. Stan Stafford, 900 S.E. Douglas, Roseburg, OR 97470. (OA)
- Jul 10 - Felton Race to the Redwoods & Festival, 6.9 Miles, Felton (nr. Santa Cruz). (See PA-AAU LDR Handbook) (No Pre-Entries)
- Jul 10 - DSE Land's End 4-Miler (Balboa & Great Hwy), San Francisco, 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Jul 10 - San Francisco Marathon (PA-AAU Championships), McLaren Lodge (Golden Gate Pk.), 9 am. Marco Martin, 675 - 14th Ave., San Francisco 94118. (Pre-Entries encouraged) (First PA Sr. Man & Sr. Woman get airfare to respective Natl. Marathons)
- Jul 16 - (TENTATIVE) The Great Race (run, bike, watercraft), Sacramento. Tom McClelland, c/o Eppie's, 1828 - 29th St., Sacramento 95816. (Haven't heard for sure if this will be held this year...it was on this weekend last year I think.)
- Jul 16 - SPA-AAU (Coastal Section) & Natl. AAU One-Hour Postal, SLO H.S. track, 9 am. SLDC, Box 1134, San Luis Obispo 93406.
- Jul 16 - Oregon AAU One-Hour Run, Crater HS (track), Central Pt., Ore., 8 pm. John Frey, 1450 Fir South, Salem, OR 97302. (OA)
- Jul 16 - Scandia 6-Miler, Junction City, Ore., 6 pm. Mike McEldowney, Junction City Pks. & Rec., 680 Greenwood, J.C., OR 97448.
- Jul 16 - Foster City Levee Run, 6 Miles, 10 am (RRCA). Bob Fields, 917 Lido Ln., Foster City 94404.
- Jul 16 - Rincon Valley 3 & 8-Kilo Fun Runs, Tanglewood Pk., Santa Rosa, Time TBA. Glenn McCarthy, 335 Algiers, Santa Rosa 95405.
- Jul 16 - Bunion Derby, 6-Miler, Fresno, Time TBA. Larry Lung, 784 Jana Way, Hanford 93230. (CCA)
- Jul 17 - SCTC Olive Barber Runs (5 & 10 Mi.), Eastside, Ore., 1 pm. Art Steele (Ph. 503/269-5380): (OA)
- Jul 17 - Lake Coffenbury Run (2.5 Mi.), nr. Astoria, Ore., 1 pm. Carl Dominey, 1095 Duane St., Astoria, OR 97103. (OA)
- Jul 17 - PA-AAU 15-Kilo Championships, Los Altos Hills. (Top PA-AAU Sr. Man to Natl. 15-Kilo, Oct. 16, Mass.) (See PA LDR Hnbk.)
- Jul 23 - Marin Headlands Run, 5.4 Mi., Ft. Cronkite (Marin County), 10 am. Kees Tuinzing, 627 Galerita Way, San Rafael 94903.
- Jul 23 - Ukiah Valley Footraces, distances & times TBA. Leon Brunet, Box 624, Ukiah 95482.
- Jul 23 - Sunset Park 4-Miler, Las Vegas, Nev., 8 am. Las Vegas TC, P.O. Box 869, Las Vegas, Nev. 89101. (SNA)
- Jul 23 - Big Tree Road Runs (3 & 7 Mi.), Monmouth, Ore., 10 am. D.E. Wallace, OCE Summer Session Office, Monmouth, OR 97361. (OA)
- Jul 23 - Morrow Bay to Cayucos 6-Mile Run, (Morro Rock), 9 am. Sue Waterbury, SLDC, P.O. Box 1134, San Luis Obispo 93406. (SPA)
- Jul 24 - Orange County Team Race, 15-Kilos, Mason Park, Irvine, 9 am. Dave Sills, Suite 908, Southtower, Union Bank Sq., Orange.
- Jul 24 - Wharf-to-Wharf Race, 5.813 Mi., Santa Cruz to Capitola. (See PA-AAU LDRC Handbook)
- Jul 24 - DSE Ft. Point Run (via Promenade), 3.676 Mi., (Presidio Gate, Marina Blvd.), S.F., 10 am. DSE, 321 Collingwood, SF 94114
- Jul 26 - Santa Maria Fair 10-Mile Run, Time TBA. Ray Kring, Track Coach, Hancock College, Santa Maria 93454. (SPA)
- Jul 30 - Oakland 8.4-Mile Watermelon Run, Chabot Regional Park, Oakland. (See PA-AAU LDRC Handbook)
- Jul 30 - DSE Golden Gate Bridge Run, 4 Mi., (Meet at Fort Point), S.F., 10 am. Walt Stack, 321 Collingwood, S.F. 94114. (DSE)
- Jul 30 - SPA-AAU & Natl. AAU Postal One-Hour Run, UCSB, Santa Barbara, 3 pm. John Brennand, 4476 Meadowlark; Santa Barbara 93105.
- Aug 14 - Pikes Peak Marathon, Manitou Sprgs., Colo., 7 am. Rudy Fahl, 559-B Castle Rd., Colorado Sprgs., Colo. 80904.

## TRACK & FIELD

**IMPORTANT:** - The NCCR 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, 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+ coaches)!

**ALL-COMERS MEETS:** - Didn't get too much response to our plea for information, but we're listing what we got...if you hear of any others (or any changes) before June 25, please give us a call or drop a postcard in the mail. --- College of San Mateo: As of right now, CSM will not be having their normal summer series, thus leaving a big gap in the weekend competitions this year. --- West Valley College (Saratoga) will have a 6-meet series, beginning on June 7 and continuing every Tuesday evening thru July 12. Track is all-weather. Exact time and schedule of events may be obtained by writing: Bill Campbell, Track Coach (Athletic Dept.), West Valley College, Saratoga 95070. --- San Jose City College: Nothing definite on when these will start, but they will probably be on Mondays, beginning sometime in June. Exact dates and time schedule may be obtained from Bert Bonnano, c/o Athletic Dept., San Jose City College, 2100 Moorpark, San Jose 95114. Track is all-weather. --- Foothill College (Los Altos) will not have meets this summer as their track will have its infield under construction. --- Humboldt State Univ. (Arcata) will have to meets that we know of (maybe more) on May 22 & 29, beginning at noon (with PV & HT on Fri. eve). Meets will have some women's & masters events. Track is all-weather (I think). For further info: Jim Hunt, Track Coach, Humboldt St. Univ., Arcata 95521. --- Merced College will have a series starting June 21 (Tues.) and running thru Aug. 2, beginning at 7 pm. Track is all-weather. No entry fee; age-groups, men & women. Not a complete schedule of events...there will be two short (mile or less) races, one distance run, and a few field events. Last meet (Aug. 2) will be a pentathlon. For further information, contact Grover Prowell, 856 Modoc St., Merced 95340 (Ph. 209/723-9713). --- Diablo Valley College: There has been a series here nearly every summer for the past 5 or more years that I can remember, but I didn't get any definite information by presstime. They are usually a well-attended series. For dates & other information (like if they will be held at all!), contact Bob McGuire, Sr., 409 Odin Pl. Pleasant Hill 94523 (Ph. 798-6299). --- That's all folks... anyone know about possible meets at Laney JC or elsewhere?

**CODING:** - The following letter codes are used at end of information on some meets to distinguish entry restrictions: (B) Boys; (G) Girls; (AG) Age-Group; (HS) Jr. College; (C) College/Univ.; (W) Women; (JR) Juniors; (SM) Sub-Masters; (M) Masters (40+); (LM) Limited Masters events; (O) Open; (12-13) Age designations where appropriate. /Schedule compiled by Dave Shrock, Fred Baer & Jack Leydig/

**JUNIOR OLYMPIC TRIAL MEETS:** - NorCal & Northern Nevada athletes competing in the PA-AAU J.O. T&F Championships (see July 13 below) must qualify by placing among the top three in their event at one of the following Trial Meets, or by placing among the first six in one of the PA-AAU Age-Group Championships. Maximum age for participation in these meets is 17. After the PA-AAU Championships, competition progresses to the Regionals (see July 23) and then the Nationals (16-17 age group only) in August. For further information on the J.O. Program, contact the PA-AAU J.O. Chairman, Bob Escobar, 500 Hazel, Millbrae, CA 94030. Individual Trial Meet Directors are listed as follows (all meets are in June, with the exception of the two CYO meets listed first...contact persons are listed, as dates and exact locations are unknown as of this printing): (Mid-May) Peninsula Parochial League CYO (Ray Herold, Ph. 415/583-4850); Catholic Youth Organization (Jim Monroe, Ph. 415/893-5154, Oakland); (June) Del Norte T.C. (Dee Sullivan, Ph. 707/464-5329, Crescent City); Valley of the Moon TC (Fred Kenyon, Ph. 707/823-8338, Crescent City); Napa County Sheriff's Youth Act (Earl Randol, Ph. 707/224-3295); San Francisco P.A.L. (Sgt. Steve Spellman, Ph. 415/567-3215); Mid-Peninsula Elks (Ed Hanson, Ph. 415/343-6311, Burlingame); Foster City P.A.L. (Randy Sonnenberg, Ph. 415/574-5555); Los Gatos A.A. (Bruce Springbett, Ph. 408/354-2005); Watsonville High School (Athletic Dept., 78 Valley View Rd., Watsonville 95076; Bill McGarvey, Ph. 408/722-1102); Sparta TC (Victor Wright, Ph. 408/379-9116, San Jose); Crestmoor High School (Track Coach, 300 Piedmont, San Bruno 94066); Oakland Park & Rec. Dept. (Jimmy Hines, Ph. 415/273-3494); Berkeley Eastbay TC (Willie White, Ph. 415/644-6843); Diablo Valley T&F Club (Gary Santos, Ph. 415/685-5598, Pleasant Hill); Pittsburg High School (Curtis Atkinson, Ph. 415/432-2777); Greater Chico Kiwanis Club (Bob Brown, Ph. 916/342-1852); Wills Spikettes (Will Stephens, Ph. 916/484-2307, Carmichael); Monte Vista AC (Richard Cook/Dick Marlin, Ph. 209/632-5898, DeNair); Reno Mt. Rose Kiwanis Club (Ralph Cromer, Ph. 702/789-4214); Cal-State Hayward (Student Activities Office? or Jim Santos, Track Coach).

- 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).
- May 22 - Eastside Youth AC Meet, San Jose? (BAG) (AA Standard Meet); 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 (Boys), Yreka (HS); NCS Finals, Cal-Berk (2 days) (HS); Sac-Joaquin Section, Woodland HS, 5 pm (HS); CCS Finals, San Jose CC, late pm (HS).





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- 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), (*Entries Close May 24*), Hank Patton, 151 Manor Dr., San Carlos 94070 (Ph. 415/593-2637); PA-AAU Age-Group Champs, San Jose CC (2 days) (GAG,BAG), Hal Aperson, Box 1049, Cupertino 95014 (Ph. 408/257-1439).
- Jun 3 - State CIF Trials (Finals on 6/4 at 4 pm), UCLA, noon (HS); Calif. JC Decathlon Champs, Hancock JC, Santa Maria (2 days).
- Jun 4 - Age-Group Girls Meet, So. Tahoe JHS; Meet of Miles, (RRCA Postal Meet), Britton JHS, Morgan Hill (all ages), John Clary, 272 Sorrento Way, San Jose 95119.
- Jun 9 - Natl. AAU Sr. Men & Women's T&F Champs, UCLA (3 days) (*Entries close end of May?*), Will Kern, c/o Special Events, LA Times, Times-Mirror Sq., Los Angeles 90053.
- Jun 11 - International Prep T&F Invit. (& USTFF Jr. Champs), Northwestern Univ., Evanston, Ill., (HS Srs. only), Alan Janulis, York High School, Elmhurst, Ill. 60126.
- Jun 13 - Natl. AAU Jr. Women's Champs, UCLA (2 days), Pete Scanlan, 2529 Knoxville, Long Beach 90815.
- Jun 17 - Natl. AAU Jr. Men's Champs, Knoxville, Tenn. (2 days), Billy Maxwell, P.O. Box 47, Univ. of Tenn., Knoxville, TN 37916.
- Jun 18 - Compton Invit., Compton College (O,W,LM); Golden West Invit. (*Tentative Date*), Sacramento (HS); Masters Western Regionals, Santa Ana JC (2 days), Tom Clayton, 19303 S. Cliveden Av., Carson 90746.
- Jun 24 - Calif. Boys Age-Group T&F Champs, Long Beach (2 days), Jim Townsend, P.O. Box 2716, Long Beach 90801.
- Jun 25 - Senior Olympics, UC Irvine (*25 Yrs. & Older*), Warren Blaney, 5225 Wilshire Blvd., #302, Los Angeles 90036 (2 days).
- Jul 1 - Natl. AAU Masters T&F Champs, Naperville, Ill. (3 days), Wendell Miller, 180 N. LaSalle, Rm. 2207, Chicago, Ill. 60601 (SM,M...women too!).
- Jul 2 - Natl. J.O. Decathlon/Pentathlon, Yakima, Wash. (2 days).
- Jul 9 - Natl. AAU Boy's Age-Group Champs, Albuquerque, N.M., (2 days)...Info: Bob Escobar, 500 Hazel, Millbrae 94030.
- Jul 13 - PA-AAU Jr. Olympic Champs, Mills H.S., Millbrae (GAG, BAG) (5 days), Ed Parker, 284 Turnstone Ct., Foster City 94404 (*See Pg. 22 for qualifying meet locations*).
- Jul 23 - Region 13 Jr. Olympic Champs, Porterville College, Porterville (2 days?), Don Kavadas, 283 N. South St., Porterville 93257 (GAG,BAG); Golden State Masters Inv., Porterville College, 5 pm, Ted Ensslin, 143 N. Carmelita Way, Porterville 93257 (M).
- Aug 8 - World Masters T&F Champs, Gothenburg, Sweden (6 days) (Men 40+; Women 35+) (*Entries Close July 1*), World Masters Championship, Ullevi, Skanegatan, S-411 40 Göteborg, Sweden.
- Aug 12 - Natl. AAU Jr. Olympic Champs, Lincoln, Nebr. (3 days), AAU House, 3400 W. 86th St., Indianapolis, IN 46268 (Boys & Girls 16-17 Age-Group Only).

### 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, OR 97223.

- May 21 - California Relays, 2-Mile Walk, Modesto, 4 pm (Invitation only). Contact: Wayne Glusker.
- May 28 - Natl. Jr. & Sr. 15-Kilo Champs, Los Angeles (*or possibly June 4*).
- May ?? - Women's Sr. Natl. 10-Kilo Champs, San Jose (*sometime in either May or June*); Contact: Wayne Glusker.
- Jun 5 - Natl. Sr. 20-Kilo Champs, Seattle, Wash. Dean Ingram, 501 Cobb Bldg., Seattle, WA 98101.
- Aug 14 - Natl. Sr. 50-Kilo Champs, Columbia, Missouri.

PA-AAU 20-Mile Championships (Feb. 13, San Mateo): - Held in conjunction with the West Valley Marathon...5-mile loops. Dennis Reilly went out fast for 15 miles, but had his lead cut to 27 seconds at the end by fast-improving Dave Himmelberger...(1) Reilly 2:54:42, (2) Himmelberger/WVTC 2:55:09, (3) Sandy Briscoe/Un 3:24:37 (1st woman), (4) Goetz Klopfer 3:25:16. /Glusker/

Hellyer Park 5 & 10 Mile (Feb. 27, San Jose): - (10 Miles) 1-Manny Adriano/WVTC 1:18:22. (5 Miles) 1-Sally McPherson/WVTC 45:15, 2-Roger Duran/WVTC 50:28, 3-Mary Connelly 51:46, 4-Lorraine (?) 54:45, 5-Mary H. 57:22, 6-Kim (?) 58:11, 7-Yoko

Kumagai/WVTC 59:07, 8-Pauline Vasquez 61:49. /Wayne Glusker/

S.F. State 10-Kilo (March 6, San Francisco): - (1) Tom Dooley/WVTC 46:50, (2) Bill Ranney/Un 47:30, (3) Bryan Snazelle/Un 48:06, (4) Wayne Glusker/WVTC 49:26, (5) Dennis Reilly 49:34, (6) Mark Price/WVTC 55:45, (7) Sally McPherson/WVTC 57:29, (8) Harry Siitonen 68:56 (1st-ever walking competition for Harry). Marks were set on 440-yard track. /Wayne Glusker/

PA-AAU 50-Kilo Championships (March 13, Palo Alto): - (1) Tom Dooley/WVTC 4:35:38, (2) Wayne Glusker/WVTC 4:37:28, (3) Bryan Snazelle/Un 4:40:12, (4) Max Gould (60 years old!) 4:50:54. Conditions were a perfect 52° and overcast in a quiet residential neighborhood (2-mile loop+). Excellent early-season times. /Wayne Glusker/

Glusker & Himmelberger Tie for Natl. 35K Title (April 3, Palo Alto): - Averaging 8:27's for the 21-3/4 mile distance, Wayne Glusker and Dave Himmelberger (who closed up the gap over the latter stages of the race) tied it up at the National 35-Kilo Championship in leading WVTC to a perfect 6-point score and the team title, with Bryan Snazelle only a scant 40 seconds back of their winning 3:03:50 clocking. Sandy Briscoe led the women with a 3:50:16 mark, while WVTC's Phil Mooers did a 4:30:22 to lead the masters competition. Woodside Striders were a distance second in the team standings with 47 points. Other finishers: (4) Bob Rosencrantz/UW 3:05:54, (5) John Knifton/NYAC 3:08:00, (6) Bill Ranney/Un 3:14:06, (7) Duke Henslee/OTC 3:17:37, (8) Paul Hendricks/SDTC 3:36:08, (9) Sandy Briscoe/Un 3:50:16. /Wayne Glusker & Dave Himmelberger/



(Top) Start of Natl. 35K Race Walking Championships in Palo Alto. (Left) Wayne Glusker(r) and Dave Himmelberger finish in an intentional tie for first place at the same race. (Right) Third-placer, Bryan Snazelle, early in the race. /Lani Bader/

**PHOTO CONTRIBUTORS NEEDED:** - If you'd like to have the privilege of becoming one of our 'unpaid staff' by sending us pics and/or results on a regular basis, write NCRR for full info!



# Prep Ramblings

(By Keith Conning, NCRP Editor, 2235 Browning St., Berkeley, CA 94702 (Ph. 415/849-4406)...please send interesting information on high school track, cross-country, etc., directly to Keith, along with additions & corrections to our "NorCal Prep Bests" on the following pages.)

Vic Trapps (Pittsburg) is scholastically ineligible. Vic had bests of 9.6 and 21.4...Freida Cobbs (Berkeley), the state leader in the sprints with 10.4 and 23.9, has a pulled hamstring muscle. After leading Berkeley to victory in the 440 relay at the prestigious Arcadia Invitational, she had to pull up lame in the featured 100 yard dash, while Jeannette Bolden, the indoor sensation for the LA Mercuresses and a junior at Centennial of Los Angeles, won that race...Aran Collier (Tamalpais), who placed tenth in the State Meet 2-mile last year and second in the NCS X-Country Championships last fall, is out for the season. He hurt his feet, according to assistant coach Bruce Grant.

Vaulter Bob Slover, the Del Mar (San Jose) coach, is developing a vaulting powerhouse. His third best vaulter has cleared 14-6, while Blake Fearnside and junior Bert Tardieu are well over 15 feet.

Buchser wrapped up the Santa Clara Valley League dual meet championship with a stunning 69-67 triumph over Los Altos, only the latter's fourth dual meet loss in the 20 years the school has been in existence.

Eric Wolf (El Camino, Sac'to) finished fourth in the National Jr. Olympics' Decathlon in Chicago last year as a junior. His personal bests include: 100m--10.8, 200m--21.5, LJ--22'0½", HJ--6'5", SP--46'6", JT--155'7", PV--10'0", & 1500m--5:00.4.

Linda Goen (North, Bakersfield) was the star of the San Jose Relays with wins in the mile and 880, and a fourth in the 440. The next week she beat all the Southern California girls with wins in the mile and 880. Her 2:09.3 is only one-tenth second off the national record set by Kathy Costello of Pleasant Hill in 1975. Her 4:55.08 in the mile would give many a Master competitor a real challenge.

Sophomore Marquita Belk (Silver Creek, San Jose) led off Silver Creek's fantastic sprint relay team in the San Jose Relays. She has a 57.5 best this season. In the same meet, her teammate, Andre Phillips, broke the 440 intermediate hurdles record at the Relays with a 53.41. Other records falling at that meet were: Paul Bates (Menlo-Atherton) with a 23-7 long jump; and Mark Stillman (Willow Glen, San Jose) with a 4:11.54 in the mile run (see feature article on Mark in this issue).

James Burrell (Piner, Santa Rosa) is the finest sprinter to come out of the Redwood Empire since Montgomery's Mel Gray.

This could be the year of the sprinter in the Sacramento area. Not since Carl McCullough of Sacramento High flashed to a 9.5 in the 100 in the 1972 State Meet has interest in the 'century' been so high. Kennedy's Chris Dailey already leads the state with a legal 9.5. Johnson's Ken Bradley and Tyrone Wright have also posted fast times.

Senior Glen Borland (Del Norte, Crescent City) captured four first places in an early season meet: 440--54.4, 880--1:59.9, Mile--4:30.6, 2 Mile--9:43.1. The distance ace equalled his career bests at the two shorter distances before running the mile and two-mile.

St. Ignatius sprinter Bill Ryan was named athlete of the week and winner of the Fleeto Sports Award by the San Francisco County Committee on March 26th. Ryan, a 5-11, 175-lb senior, won the 100 in 9.8, the 220 in 22.9, and the high hurdles in 15.3, and also anchored the sprint relay.

At the beginning of April, Bill Mensing reported that Tim Holmes (Downey, Modesto) had just begun to get over a three-week bout with pneumonia, following January thru February hip pointer, strained bursa in foot, and two colds. Bill, Tim's coach, tried to set up a few really good 2-mile races earlier in the season with the abnormally large number of top two-milers in the NorCal area this year, thinking the experience would benefit all against south state distance men when the State Meet arrives.

Stagg (Stockton) ran the second fastest distance medley relay in the nation at the Pittsburg Relays, with a team of Jeff Baker (4:19), Rick Baker (1:58 last year), and Randy Hale (4:26 as a soph last year). They are coached by Randy's father Ray, who ran 4:21.2 in 1955 at Downey.

Liberty (Brentwood) sprinter Robert Maiocco, a 5-11, 155-lb. junior, is unbeaten in the 440 in 21 dual meets through March 18th. Last year he ran 48.89 in an all-comers age-group meet in Dayton, Ohio. His best 220 is 22.4

Analy (Sebastopol) senior John Balletto heaved the shot

59-9 at the Kennedy Relays to better his school record for the umpteenth time this season. That not only is six feet better than the existing Sonoma County League record held by Piner's Dave Albritton, but it's better than the North Bay League mark of 58-8½ set in 1966 by former Ukiah great, Dan Hook.

Royna Williams has helped the Tamalpais (Mill Valley) girls track team win three straight Marin County A.L. championships, and now it is her turn to be the Indians' leader as they go for the title again. Back in March she threw the shot 39-1, unofficially bettering her own Marin County A.L. record, and she broke her school record in the discus with a 116-7 toss. For these performances, she had been named the Independent-Journal 'Prep of the Week'. Williams believes that one of the main reasons for Tam's success in girls track is that the girls and boys team trains together under the same coaches.

Mt. Pleasant (San Jose) lost a 9.5 sprinter in Glenn Cannon, who three times qualified for the State Meet 100 finals, only to come up with another in Rodney Dawkins.

Junior Steve Osborn (Terra Linda, San Rafael) broke his femur during a football game against Drake last October. He is now a member of his school's mile relay team, despite running with a metal pin inside his right thigh that extends from the hip to the knee. Trojan track coach, Jim Dillon, says, "It was beyond his wildest dreams to be back."

Duane Green (Ayer, Milpitas) served notice he intends to be king of sprinters in the Mt. Hamilton League, if not the CCS, this season. He is starting a new season where he left off the last one when he ran in the State Meet. The other two qualifiers from the CCS last year were Glenn Cannon & Keith Taylor, now at UCLA and Cal, respectively.

Junior Sarah Sweeny (Marin Catholic, Kentfield) is the reigning queen of Marin County A.L. track now that Tam's Linda Broderick has graduated. Two years ago Sweeny took fifth in the State Meet mile as a frosh, and last year she was second behind Broderick. This year she should place high again.

Joel Wyrick, a junior at Mt. Pleasant (San Jose), broke his brother's five-year-old standard in the high jump at 6-8.

Del Norte's ace miler Glen Borland finished second in the mile behind South Eugene's (Oregon) sensation, Bill McChesney, in one of the feature races at the Crater High Classic in Central Point, Oregon, on April 23. McChesney outraced the field in the hot and humid weather to win in 4:14. Borland was runner-up in 4:21.7, and Eureka's Dan Smith grabbed fourth (4:27.2). It was the first time in 15 races Borland has not won. McChesney, who has been referred to as the nation's top high school distance runner, came back to win the 880 in 1:58.

The North Coast Section 'Meet of Champions' will be held on the new tartan track at Edwards Stadium (Univ. of California), Berkeley, on Friday and Saturday, May 27th and 28th.

*(From the Editor: - "I need correspondants from all over Northern California. I'm getting tired of living in libraries, especially when I miss track meets. It would be so much easier if you readers out there would just send me some clippings from your local papers. Compiling the list for girls was a monumental task, involving hundreds of sport sections from Santa Cruz to Eureka. Please encourage your local and regional papers to cover girls more completely. The S.F. Examiner used my list of top marks on April 12th & 13th...the first time this has been done since the Chronicle did it back in the 1950's.*

*I would like to acknowledge the help of the following people: Plato Yanicks (Menlo-Atherton coach), Bill Mensing (Downey, Modesto, coach), Bruce Grant (Tamalpais coach), Donn Kirk (author of "Highlights of the State Meet: 1915-1976"), Mike Kennedy (L.A. Times compiler of lists), Andy Gainza (father of a College Park co-ed), and many others. Let's see some others too...remember, this is your magazine!"*

## Top Nor-Cal Prep Marks

Guess our All-Time Listing was pretty accurate (or at least we didn't get too many complaints, etc.). Only correction that we got was an addition to the marathon list--Kevin Kirby, one of our photo contributors, noted that he did a 2:39:38 at the Avenue of the Giants Marathon back in 1975...thanks Kevin! He was a senior at McClatchy High in Sacramento at the time.

*On the following pages we list the top NorCal high school marks (10 deep) for both boys and girls. The list gives the leaders thru the weekend of May 1, and has been compiled by Keith Conning, our Prep Editor. Send additions & corrections for our final listing by not later than June 20 to Keith (addr. at top of opposite column). Information such as year in school, non-winning marks, etc., may not be complete...please advise if not.*



ABBREVIATIONS: - \*Junior; \*\*Sophomore; \*\*\*Freshman; w- Windy Mark; n- Non-winning mark; CCS- Central Coast Section; NCS- North Coast Section; NS- Northern Section; OS- Oakland Section; SFS- San Francisco Section; SJS- Sac-Joaquin Section.

- BOYS -

100 YARDS

9.5 Chris Dailey (Kennedy, Sacramento, SJS)  
 9.5 Willie Jackson (Franklin, Stockton, SJS)  
 9.6 Ken Bradley (Johnson, Sacramento, SJS)  
 9.6 James Burrell (Piner, Santa Rosa, NCS)  
 9.6 Vic Trapps (Pittsburg, NCS)  
 9.6 Wilkes (Santa Cruz, CCS)  
 9.65 Varsi Littlejohn (Mt. Pleasant, San Jose, CCS)  
 9.7 Duane Green (Ayer, Milpitas, CCS)  
 9.7 Henderson (Castlemont, Oakland, OS)  
 9.7 McNeil (Oakland, OS)  
 9.7 Mike Washington (Burbank, Sacramento, SJS)  
 9.7 Tyrone Wright (Johnson, Sacramento, SJS)

(Wind-aided)

9.5w Rodney Dawkins (Mt. Pleasant, San Jose, CCS)

220 YARDS

21.3 Andre Phillips (Silver Creek, San Jose, CCS)  
 21.4 James Burrell (Piner, Santa Rosa, NCS)  
 21.5 Willie Jackson (Franklin, Stockton, SJS)  
 21.5 Vic Trapps (Pittsburg, NCS)  
 21.6 Duane Green (Ayer, Milpitas, CCS)  
 21.7n Holland (Silver Creek, San Jose, CCS)  
 21.8 Chris Bailey (Kennedy, Sacramento, SJS)

200 METERS

21.60 James Burrell (Piner, Santa Rosa, NCS)  
 21.65n Mike Washington (Burbank, Sacramento, SJS)  
 21.67n Ken Bradley (Johnson, Sacramento, SJS)  
 21.76n Duane Green (Ayer, Milpitas, CCS)  
 21.92n Duane Taylor (Overfelt, San Jose, CCS)

440 YARDS

48.1 \*Mike White (Richmond, NCS)  
 48.8 John Porter (Highlands, North Highlands, SJS)  
 48.9 Ben Grant (Grant, Sacramento, SJS)  
 49.0 \*Paul Stewart (Kennedy, Richmond, NCS)  
 49.5 Niederburger (Encina, Sacramento, SJS)  
 49.5 Phylester Jones (Grant, Sacramento, SJS)  
 49.5 Andre Phillips (Silver Creek, San Jose, CCS)  
 49.6 Hilliard (South San Francisco, CCS)  
 49.7 Pat Holcombe (Hill, San Jose, CCS)  
 49.9 Campbell (Castlemont, Oakland, OS)  
 49.9 Jamie Richard (Kennedy, Richmond, NCS)

880 YARDS

1:52.46 Mark Stillman (Willow Glen, San Jose, CCS)  
 1:53.3 Dan Navarro (Oakmont, Roseville, SJS)  
 1:53.3 \*Mike White (Richmond, NCS)  
 1:54.4 \*Mike O'Reilly (San Rafael, NCS)  
 1:54.4 Stan Ross (Serra, San Mateo, CCS)  
 1:55.1n Schneider (Skyline, Oakland, OS)  
 1:55.2n Foster (San Mateo, CCS)  
 1:55.6n \*Val Hoag (Pinole Valley, Pinole, NCS)  
 1:56.2 Bruce Jensen (Buchser, Santa Clara, CCS)  
 1:56.2 Bolden (Johnson, Sacramento, SJS)

MILE RUN

4:10.83 Stan Ross (Serra, San Mateo, CCS)  
 4:11.54 Mark Stillman (Willow Glen, San Jose, CCS)  
 4:12.19n \*Rod Berry (Redwood, Larkspur, NCS)  
 4:14.6 Larry Greer (Paradise, NS)  
 4:16.7 Dan Navarro (Oakmont, Roseville, SJS)  
 4:17.0 Randy Hale (Stagg, Stockton, SJS)  
 4:17.1 Mike O'Reilly (San Rafael, NCS)  
 4:18.0 Jon Schmidt (Anderson, NS)  
 4:18.0 Rick Harbaugh (Piedmont, NCS)  
 4:18.5 Greg Hitchcock (South Lake Tahoe, SJS)

TWO MILES

9:09.4n Tom O'Neil (Jesuit, Sacramento, SJS)  
 9:10.4 \*\*Carlos Carrasco (Mt. Pleasant, San Jose, CCS)  
 9:11.3 Tim Holmes (Downey, Modesto, SJS)  
 9:12.54n \*Rod Berry (Redwood, Larkspur, NCS)  
 9:14.0 \*Bob Love (Carlmont, Belmont, CCS)  
 9:21.3 Greg Hitchcock (South Lake Tahoe, SJS)

9:22.7n Greg Mandanis (Carlmont, Belmont, CCS)  
 9:23.75n Dave Coulman (San Marin, Novato, NCS)  
 9:24.8 Tom Hussey (Washington, Fremont, NCS)  
 9:26.12n Colin Chapman (Redwood, Larkspur, NCS)

120 YARD HIGH HURDLES (39")

14.1 Hicks (Marysville, SJS)  
 14.1 Richard Clark (Menlo-Atherton, Atherton, CCS)  
 14.2 Tony Amerson (Pittsburg, NCS)  
 14.2 Tony Barton (Piner, Santa Rosa, NCS)  
 14.2 Crossley (Balboa, San Francisco, SFS)  
 14.2 Chuck Gangnuss (Dublin, NCS)  
 14.2 Martin (Galileo, San Francisco, SFS)  
 14.2 Andre Phillips (Silver Creek, San Jose, CCS)  
 14.3 Brad Anderson (Pinole Valley, Pinole, NCS)  
 14.3 Morris Coffee (Merced, SJS)  
 14.3 Byron Hawkins (Burlingame, CCS)  
 14.3 \*Mark White (Richmond, NCS)

330 YARD LOW HURDLES

37.5 Tony Barton (Piner, Santa Rosa, NCS)  
 37.9 Greg Marjama (Paradise, NS)  
 38.0 Andre Phillips (Silver Creek, San Jose, CCS)  
 38.2 Will Patterson (DeAnza, Richmond, NCS)  
 38.2 Ross (Hillsdale, San Mateo, CCS)  
 38.5 Tony Amerson (Pittsburg, NCS)  
 38.5 Mark Chapman (Yerba Buena, San Jose, CCS)  
 38.7 \*\*Steve Blagden (Mission San Jose, Fremont, NCS)  
 38.8 Chuck Gangnuss (Dublin, NCS)  
 38.8 Hall (Monta Vista, Cupertino, CCS)  
 (Intermediates--36")  
 37.1 Andre Phillips (Silver Creek, San Jose, CCS)  
 (Intermediates--440 Yards)  
 53.41 Andre Phillips (Silver Creek, San Jose, CCS)

HIGH JUMP

6-10 3/4 Reuben Edwards (Terra Linda, San Rafael, NCS)  
 6-10 1/2 Roy Hice (Oakland, OS)  
 6-9 1/2 Bill Graber (Los Altos, CCS)  
 6-8 Robert Churchill (Livermore, NCS)  
 6-8 Davidson (Napa, SJS)  
 6-8 Steve Link (Kennedy, Sacramento, SJS)  
 6-8 Lonnie Low (Tamalpais, Mill Valley, NCS)  
 6-8 Mike Pickett (Chico, NS)  
 6-8 Al Sullivan (Sonoma, NCS)  
 6-8 \*Joel Wyrick (Mt. Pleasant, San Jose, CCS)

POLE VAULT

15-6 Blake Fearnside (Del Mar, San Jose, CCS)  
 15-3 1/2 \*Bert Tardieu (Del Mar, San Jose, CCS)  
 15-0 Jeff Kitts (Monta Vista, Cupertino, CCS)  
 15-0 Ross McAlexander (Monta Vista, Cupertino, CCS)  
 14-6 Barnett (Camden, San Jose, CCS)  
 14-6 Rodriguez (Del Mar, San Jose, CCS)  
 14-6 Steve Westlund (Fremont, San Jose, CCS)  
 14-4 Bell (Lynbrook, Sunnyvale, CCS)  
 14-4 Bryan (Bellarmine, San Jose, CCS)  
 14-3 Allen Jamie (Carlmont, Belmont, CCS)  
 14-3 Matt Pleis (Del Valle, Walnut Creek, NCS)

LONG JUMP

24-4 3/4 Paul Bates (Menlo-Atherton, Atherton, CCS)  
 24-4 White (Camden, San Jose, CCS)  
 23-10 1/2 Woods (Los Gatos, CCS)  
 23-9 Joel Warren (Edison, Stockton, SJS)  
 23-7 1/2 \*Dave Fernandez (Castro Valley, NCS)  
 23-5 Ron Austin (Vallejo, SJS)  
 23-2 Anthony Glover (DeAnza, Richmond, NCS)  
 22-11 1/2 Key (Awalt, Mtn. View, CCS)  
 22-10 1/2 Matooka (Gunn, Palo Alto, CCS)  
 22-9 R. Johnson (Burbank, Sacramento, SJS)  
 (Wind-aided)  
 24-0w Steve Clark (Highlands, North Highlands, SJS)

TRIPLE JUMP (Continued on next page)

48-11 1/4 Paul Bates (Menlo-Atherton, Atherton, CCS)  
 48-1 3/4 Woodard (Silver Creek, San Jose, CCS)  
 48-0 White (Camden, San Jose, CCS)  
 47-9 1/2 Larry Leberz (Serramonte, Daly City, CCS)  
 47-9 Lonnie Sanders (Grant, Sacramento, SJS)  
 46-11 Ron Austin (Vallejo, SJS)  
 46-10 Curt Durham (Oakland, OS)  
 46-8 1/2 Mark Robinson (Berkeley, NCS)



TRIPLE JUMP (Continued)

- 46-7½ Mike Ashberry (Pittsburg, NCS)
- 46-7 Jim Rossi (Palma, Salinas, CCS)
- (No wind gauge)
- 48-10 Mark Robinson (Berkeley, NCS)

SHOT PUT (12-lb.)

- 60-9½ Pat Graham (Leland, San Jose, CCS)
- 59-9 John Balletto (Analy, Sebastopol, NCS)
- 59-4½ Kevin Messinger (Highland, North Highlands, SJS)
- 58-11½ \*Dave Porath (Atwater, SJS)
- 58- 3/4 Don Brown (Camden, San Jose, CCS)
- 57-10½ Rick Mohr (Analy, Sebastopol, NCS)
- 57-10½ Bruce Parker (St. Ignatius, San Francisco, SFS)
- 57-7½ Jeff Haile (Piedmont, NCS)
- 57-4½ Ray Gonzales (Silver Creek, San Jose, CCS)
- 57-3 Mark Strange (Mira Loma, Sacramento, SJS)

DISCUS THROW (3-lb., 9-oz.)

- 183-4 Ray Franklin (Los Altos, CCS)
- 183-1 \*Dave Porath (Atwater, SJS)
- 174-5 Steve Schwartz (Homestead, Sunnyvale, CCS)
- 172-2 Ray Gonzales (Silver Creek, San Jose, CCS)
- 171-4 Randy Perry (Antioch, NCS)
- 170-3 Dave Debus (Irvington, Fremont, NCS)
- 168-0 Kevin Messinger (Highlands, North Highlands, SJS)
- 167-11 Steve Ezerski (Cupertino, CCS)
- 167-4 Dave Powell (Vacaville, SJS)
- 166-6½ Strubel (Sunnyvale, CCS)

440 YARD RELAY

- 42.5 Mt. Pleasant, San Jose, CCS
- 42.6 Johnson, Sacramento, SJS
- 42.6 Silver Creek, San Jose, CCS
- 42.7 Oakland, OS
- 42.7 Pittsburg, NCS
- 42.7n Sequoia, Redwood City, CCS
- 42.8 Kennedy, Richmond, NCS
- 42.8 Serramonte, Daly City, CCS
- 42.9n Camden, San Jose, CCS

MILE RELAY

- 3:20.2 Highlands, North Highlands, SJS
- 3:22.0 Johnson, Sacramento, SJS
- 3:22.1 Skyline, Oakland, OS
- 3:22.2 Silver Creek, San Jose, CCS
- 3:22.3 Grant, Sacramento, SJS
- 3:22.7 Kennedy, Richmond, NCS
- 3:22.8 Mt. Pleasant, San Jose, CCS
- 3:23.0 Richmond, NCS
- 3:23.3 San Carlos, CCS
- 3:23.6 Liberty, Brentwood, NCS

- GIRLS -

100 YARDS

- 10.4 \*Freida Cobbs (Berkeley, NCS)
- 10.9 Huey (Vallejo, SJS)
- 10.9 \*\*Kim White (Berkeley, NCS)
- 11.0 \*\*Allison Durnell (Redwood, Larkspur, NCS)
- 11.0 \*\*Tracey Franklin (Richmond, NCS)
- 11.0 \*Eloise Mallory (Silver Creek, San Jose, CCS)
- 11.1 Traci Bradley (Johnson, Sacramento, SJS)
- 11.1 Sullivan (Ayer, Milpitas, CCS)
- 11.1 \*\*\*Kim Webster (DeAnza, Richmond, NCS)
- 11.1 \*\*\*Judy Young (El Cerrito, NCS)
- 11.1 Gilmore (McClatchy, Sacramento, SJS)
- 11.1 Lena Dilworth (Vallejo, SJS)
- (Wind-aided)
- 10.9w \*\*Tonya Alston (Chico, NS)

220 YARDS

- 23.9 \*Freida Cobbs (Berkeley, NCS)
- 25.1 \*\*\*Kim Webster (DeAnza, Richmond, NCS)
- 25.3 Sullivan (Ayer, Milpitas, CCS)
- 25.3 \*\*Kim White (Berkeley, NCS)
- 25.4 \*\*Allison Durnell (Redwood, Larkspur, NCS)
- 25.4 \*Eloise Mallory (Silver Creek, San Jose, CCS)
- 25.4 \*\*\*Judy Young (El Cerrito, NCS)
- 25.5 \*Michelle Hawthorne (El Cerrito, NCS)
- 25.5 Carrie McLaughlin (Grace Davis, Modesto, SJS)
- 25.5 Lena Dilworth (Vallejo, SJS)
- 25.7 Bradley (Johnson, Sacramento, SJS)
- 25.7n McKean (Ayer, Milpitas, CCS)



Serra's Stan Ross was the state leader in the mile at 4:10.83 as of the end of April and also owned a 1:54.4 clocking in the 880. He's shown here on the way to a CCS Region I X-Country victory last fall at the Crystal Springs course in Belmont. /Lois Gowen/

440 YARDS

- 55.3 Leanette Eddens (Ukiah, NCS)
- 57.5 \*\*Marquita Belk (Silver Creek, San Jose, CCS)
- 58.0 Acquistapace (Rio Americano, Sacramento, SJS)
- 58.1 Patty Voss (Lassen, Susanville, NS)
- 58.5 \*\*Kim White (Berkeley, NCS)
- 58.8 LaJean Fortune (Cordova, Rancho Cordova, SJS)
- 58.8 Arlene Van Warmerdam (Galt, SJS)
- 59.0 \*Michelle Hawthorne (El Cerrito, NCS)
- 59.2 Gilmore (McClatchy, Sacramento, SJS)
- 59.4 Luanne Park (Chico, NS)
- 59.6 Candy Ross (Berkeley, NCS)

880 YARDS

- 2:16.7 Nancy Huyck (Aptos, CCS)
- 2:19.8 \*Lori Saia (Drake, San Anselmo, NCS)
- 2:20.2 \*Sarah Sweeny (Marin Catholic, Kentfield, NCS)
- 2:21.4 Carolyn King (Lynbrook, Sunnyvale, CCS)
- 2:22.2 Cheri Williams (Livermore, NCS)
- 2:22.5 Heidi Moen (San Mateo, CCS) (Norway)
- 2:23.8 Patty Voss (Lassen, Susanville, NS)
- 2:24.2 Diane Kenny (Novato, NCS)
- 2:24.7 Karen Daley (Granada, Livermore, NCS)
- 2:24.8 Diane Pappas (Yuba City, SJS)

MILE RUN

- 4:57.52 Vicky Bray (Los Altos, CCS)
- 4:57.57n Nancy Huyck (Aptos, CCS)
- 5:00.24 \*Sarah Sweeny (Marin Catholic, Kentfield, NCS)
- 5:06.3 Stacey Kearns (Yuba City, SJS)
- 5:07.7 Kathy Adams (San Juan, Citrus Heights, SJS)
- 5:09.0 Karen Nachbar (San Juan, Citrus Heights, SJS)
- 5:12.0 Cheri Williams (Livermore, NCS)
- 5:14.0 Neilson (Carlmont, Belmont, CCS)
- 5:14.2 Heidi Moen (San Mateo, CCS) (Norway)
- 5:15.0 Peggy Bier (Independence, San Jose, CCS)

TWO MILES (Continued on next page)

- 10:56.8 Roxanne Bier (Independence, San Jose, CCS)
- 11:01.8 Karen Nachbar (San Juan, Citrus Heights, SJS)
- 11:19.0 Peggy Bier (Independence, San Jose, CCS)



**TWO MILES (Continued)**

- 11:21.5 Cheri Williams (Livermore, NCS)
- 11:28.0 Vicky Bray (Los Altos, CCS)
- 11:33.6 \*\*Darcy Burleson (Chico, NS)
- 11:36.8 Kathy Adams (San Juan, Citrus Heights, SJS)
- 11:37.0 Julie Hayes (Dublin, NCS)
- 11:38.2 Michelle Aubuchon (Livermore, NCS)
- 11:39.0 Arlene Daley (Granada, Livermore, NCS)

**110 YARD HURDLES**

- 14.4 Karen Kendall (Colfax, NS)
- 14.7 Cathy Yuhás (Independence, San Jose, CCS)
- 14.9n Candy Ross (Berkeley, NCS)
- 15.0 Susie Boehner (Clayton Valley, Concord, NCS)
- 15.0 Kim Burgess (Berkeley, NCS)
- 15.1 Gabriel (Ells, Richmond, NCS)
- 15.1 Paula Ng (Livermore, NCS)
- 15.2 Cheryl Hawthorne (El Cerrito, NCS)
- 15.2 Roslyn Ray (Newark, NCS)

**HIGH JUMP**

- 5-9 \*\*Tonya Alston (Chico, NS)
- 5-8 Candy Ross (Berkeley, NCS)
- 5-6 Sonya Harrigfeld (Beyer, Modesto, SJS)
- 5-6 Shawhan (LaSierra, Sacramento, SJS)
- 5-6 Ellis (Summerville, Tuolumne, SJS)
- 5-5 Barbara Korkendorfer (South Lake Tahoe, SJS)
- 5-4 Susie Boehner (Clayton Valley, Concord, NCS)
- 5-4 Margo Madrid (Livermore, NCS)
- 5-4 Carrie McLaughlin (Grace Davis, Modesto, SJS)
- 5-4 Julie Stevens (Granada, Livermore, NCS)

**LONG JUMP**

- 18-8 Paul Ng (Livermore, NCS)
- 18-3½ Becky Rohrer (Red Bluff, NS)
- 18-1½ Kathy Honour (Granada, Livermore, NCS)
- 18-1½ Carrie McLaughlin (Grace Davis, Modesto, SJS)
- 18-0 McCoy (Santa Rosa, NCS)
- 17-8 Susie Boehner (Clayton Valley, Concord, NCS)
- 17-8 Janet Scott (El Dorado, SJS)
- 17-5 Rushing (Merced, SJS)
- 17-4 Bradley (Johnson, Sacramento, SJS)
- 17-4 Barbara Korkendorfer (South Lake Tahoe, SJS)
- 17-4 McCree (Pittsburg, NCS)

**SHOT PUT**

- 43-7 Karen Stampfli (Lassen, Susanville, NS)
- 43-5 Burgan (Sonora, SJS)
- 43-3 Debra Thornton (Sacramento, SJS)
- 43-0 Donna Erickson (Mt. Shasta, NS)
- 42-6 3/4 Susie Springer (Salinas, CCS)
- 41-6 McCoy (James Logan, Union City, NCS)
- 41-3½ Debbie Munsell (Elk Grove, SJS)
- 40-6 \*\*Linda Read (Alameda, NCS)
- 40-0 Mathaline Otis (El Cerrito, NCS)
- 39-7½ Marta Kuehl (North Salinas, CCS)

**DISCUS THROW**

- 143-4 Karen Stampfli (Lassen, Susanville, NS)
- 135-3½ Susan Springer (Salinas, CCS)
- 134-11 Leslie Beniz (Gridley, NS)
- 130-8 Jill Ridenour (Yuba City, SJS)
- 128-0 Debra Davis (Berkeley, NCS)
- 128-0 Burgan (Sonora, SJS)
- 127-0 Carol Dolsby (Amador Valley, Pleasanton, NCS)
- 126-6 Vicki Hannaford (Mt. Eden, Hayward, NCS)
- 124-11 3/4 \*Dorma Gregory (Encinal, Alameda, NCS)
- 119-4 Sherry Mullaly (Kennedy, Fremont, NCS)

**440 YARD RELAY**

- 48.2 Silver Creek, San Jose, CCS
- 48.8 Berkeley, NCS
- 49.3 Tamalpais, Mill Valley, NCS
- 49.5 El Cerrito, NCS
- 49.6 Pittsburg, NCS
- 49.8 Vallejo, SJS
- 50.0 Chico, NS
- 50.1 Sacramento, SJS
- 50.23 Sequoia, Redwood City, CCS
- 50.3 Cordova, Rancho Cordova, SJS
- 50.4 DeAnza, Richmond, NCS
- 50.4 Hogan, Vallejo, SJS
- 50.4 Richmond, NCS

**MILE RELAY**

- 4:00.5 Berkeley, NCS
- 4:00.52 Saratoga, CCS
- 4:05.40 Sequoia, Redwood City, CCS
- 4:06.6 Granada, Livermore, NCS
- 4:09.0 Tamalpais, Mill Valley, NCS
- 4:09.8 El Cerrito, NCS
- 4:09.9 Cordova, Rancho Cordova, SJS
- 4:10.0 Moreau, Hayward, NCS
- 4:10.2 Chico, NS
- 4:10.8 Silver Creek, San Jose, CCS

**TRACK & FIELD RESULTS**

**NATIONAL AAU WOMEN'S INDOOR PENTATHLON** (Feb. 19, Sterling, Illinois): /Events are: 60H, SP, HJ, LJ, 800m/ - (1) Jane Frederick/LATC 4,545, (2) Judy Fontaine /AGAA 3,968, (3) Dana Collins/Ariz.St. 3,908. /Pete Cava, AAU/

**SAN DIEGO ST. 84, CAL 79** (March 12, Berkeley): DT: Santiago/C 164-3; 3000mSC: Wood/C 9:12.6; LJ: Dangerfield/C 24-0 1/2, Canfield/C 23-4; SP: Baudry/SD 57-2 3/4, Santiago/C 53-4½; 1500m: Clifford/C 3:52.8, Duffey/C 3:53.0; 110HH: Florant/C 13.6; 400m: Madruga/SD 49.2, Walker/C 49.4; JT: Packer/SD 224-6, Lewis/C 214-1; 100m: Hinton/SD 10.4, Newell/SD 10.4; 800m: Donohue/SD 1:53.1, Clifford/C 1:53.5; 400mIH: Crittenden/C 54.1; HJ: Lane/C 6-6; TJ: Dobbins/C 49-10 3/4, Thorp/C 48-10 1/4; 200m: Newell/SD 21.2, Taylor/C 21.5, Smith/C 21.6; 5000m: Pullen/SD 14:36.2, Blume/C 14:44.6, Duffey/C 14:55.2; 1600mR: SDS 3:18.9.

**STANFORD INVITATIONAL** (March 19, Stanford): /College & Invit. Events/ SP: Gorbet/Sac 55-0, Gummerson/SJ 54-1 1/4; HT: Sawyer/CSH 185-3, Conji/SJ 180-7; JT: Brown/Stn 213-1; 5000m: Murphy/Nev-R 14:13.6, Heath/IdahoSt. 14:13.8, Fultz/Un 14:29.2, Clark/WVTC 14:31.6, Pinocci/WVTC 14:33.0; LJ: Lofton/Stn 25-11 1/4, Dangerfield/Cal 23-6 1/2w, Wamble/CSH 23-3 1/2, Finley/SJ 23-1 1/2; HJ: Haber/CSH 7-0, Lane/Cal 6-10, Wiley/CSH 6-8; PV: Woepse/SJ 17-0 1/4, Bockmiller/SJ 16-6, Olson/CSH 15-6, Hintz/Cal 15-6; 3000mSC: Hurst/SJ 9:05.2, Langford/FSU 9:06.8, Schaeckerle/Chico 9:15.2, BeTah/WVTC 9:19.8; DT: Gummerson/SJ 169-0, Endler/FSU 168-2; TJ: Livers/SJ 52-0 1/4w, LeGrande/CSH 49-2; 110mHH: Carley/FSU 14.4, Roublick/SJ 14.5; 400mR: SJS 39.9, Stanford 40.0; 800m: Boit/Kenya-PCC 1:46.1, Robinson/BC 1:47.5, R. Brown/Un 1:49.3, McManus/FSU 1:50.5, Nichols/WVTC 1:50.9, Karila/Stanislaus 1:51.4; DMR: Idaho State 9:51.4, Cal 9:51.8, Stanford 9:53.6; 880R: Stanford 1:23.7, Idaho St. 1:25.1, SJS 1:25.4, FSU 1:25.4 (won 2nd heat), CP-SLO 1:25.7, Cal 1:26.0; SP: Weeks/Un 63-0 3/4, Albritton/Stn 62-11 1/2, Gummerson/SJ 55-0; 2MR: Stanford 7:35.8, Cal 7:36.0, CSH 7:43.4; 2 Mi: Macdonald/MPPR 8:42.6, Duffey/Cal 8:45.6, Kardong/CNW 8:46.4, Deis/FSU 8:51.4, Blume/Cal 8:55.8; MileR: Stanford 3:10.9, FSU 3:11.5, Idaho St. 3:11.5, Cal 3:15.3, SJS 3:16.0. /High School/ SHR: Sequoia 1:05.0, M-A 1:06.2; 400R: Sequoia 43.3; DMR: Awalt 10:44.3; 800R: Carlmont 1:31.3, Sequoia 1:31.5; 2MR: Buchser 8:14.6; MileR: San Carlos 3:23.3, M-A 3:26.3, Sequoia 3:26.5, Carlmont 3:26.5...no individual marks on results for field events (all held in relay fashion with totals given). /Marshall Clark/

**WOMEN'S INVITATIONAL** (March 19, Hayward): 3 Mi: Metteer/Cal 17:39.8; 440R: UCLA 48.0, CSH 48.1; Mile: Keyes/UCLA 4:54.1, Broderick/UCLA 5:00.1; 100H: Kuaale/OSU 15.2, Benford/CSH 15.2; 440: Weston/UCLA 56.0; 100y: Ashford/UCLA 11.1, Nickson/CSH 11.2; 880: Roberson/UCLA 2:14.2, Grigsby/HSU 2:17.9; 400mH: Crowder/UCLA 63.2, Snyder/UCD 64.6; 220: Nickson/CSH 24.4; 2 Mi: Broderick/UCLA 10:48.8, Jackson/UCLA 11:13.2; 2MR: UCLA 9:28.4; MileR: OSU 4:04.8, UCLA 4:05.2; DT: Vogelsang/UCLA 167-10 (Nat'l. Coll. Rcd.), Wagstaff/Cal 132-9; SP: Vogelsang 41-3 1/2, Wagstaff 40-7; JT: Smith/UCLA 177-7 1/2, Sulinski/CSH 165-7 1/2; LJ: Wall/UCLA 17-1 1/2; HJ: Remling/UCLA 5-8; Team Scores: UCLA 180, CSH 87, Cal 74, OSU 58, Chico 48. /S.F. Examiner/

**SAC'TO ST. 104, SF STATE 76, STANISLAUS 33** (March 26, San Francisco): HT: Mizuki/Sac 162-1; JT: McMullen/Sac 198-0; LJ: Butterfield/SF 21-7 1/2; PV: Stark/Sac 14-6; 10,000m: Van Horn/Sac 30:54.0, Flores/Sac 32:17.4; HJ: Yund/Sac 6-5 1/4, Tevis/Sac 6-5 1/4; 3000mSC: Britten/St 9:19.1; SP: Gorbet/Sac 54-1 3/4; 400mR: Sac 43.2; TJ: Ratliff/SF 45-1 3/4; 1500m: Karila/St 3:59.6; 110mHH: Swartzell/SF 15.0; 400m: Bolton/Sac 49.0, Clark/Sac 49.1; DT: Snyder/SF 142-5; *more----*



Duncan Macdonald, American record-holder for 5,000m, is shown leading the 2-mile at the Stanford Invit., which he won in 8:42.6, with second place going to Brad Duffey (second here) in 8:45.6 (PR). /Stacy Geiken Photo/



100m: Smith/Sac 10.6, McLaurin/SF 10.7, Harvey/SF 10.8; 800m: Mijares/Sac 1:50.7, Richardson/St 1:51.4; 400mIH: Nelson/St 55.2; 200m: Smith/Sac 21.9, Harvey/SF 22.2, Bolton/Sac 22.4, McLauren/SF 22.4; 5000m: Britten/St 14:45.1, White/Sac 14:56; 1600mR: SF 3:19.1, Sac 3:21.0. /David Fix/

CAL 93, OSU 61 (March 26, Oakland): DT: Santiago/C 170-1; SP: Santiago 54-1 1/4; 3000mSC: Wood/C 8:58.8, Schulz/C 9:09.0 (no water in jump); 400mR: Cal 40.7; 1500m: Clifford/C 3:53, Kumm/O 3:53.7, Bay/C 3:53.8; LJ: Smith/O 25-0 3/4, Dangerfield/C 24-9 3/4; 110mHH: Florant/C 13.8; 400m: West/BAS 47.0, Barnes/O 48.0; 100m: Farmer/Un 10.4, Jordan/O 10.4, Taylor/C 10.4, Smith/C 10.4; PV: Williams/BAS 16-0, Paton/C 15-6, Lewis/C 15-6, Hintz/C 15-6; 800m: Groth/O 1:52.4, Lewis/C 1:53.0, Barry/C 1:53.3; JT: Hibner/C 215-1; 400mIH: Susac/O 53.0, Uribe/C 53.7 (Wheeler/Un 51.2); 200m: Farmer/Un 21.2, Jordan/O 21.2, Smith/C 21.4, Taylor/C 21.4; TJ: Marlow/WVTC 52-1 1/4, Rimm/O 50-7 1/2; HJ: Friday/WVTC 7-0, Lane/C 6-10; 2 Mi: Duffey/C 8:58.2, Blume/C 9:02.4, Wood/C 9:08.8; MileR: Cal 3:17.5...other WVTC marks not available. /S.F. Examiner/

SAN JOSE ST. 120, NORTHRIDGE 25 (March 26, San Jose): HT: Congi/SJ 181-9, Kells/SJ 176-8, Shelton/WVTC 176-7; 400mR: SJS 41.67; SP: Semkiw/SJ 60-6 1/2, Gummerson/SJ 56-9; 1500m: Schilling/SJ 3:57.47; 110mHH: Austin/SJ 13.98; LJ: Gilles/SJ 21-6; JT: Dejak/SJ 225-2, Kennedy/Un 221-0, Moshos/WVTC 216-5; 400m: Cooper/SJ 47.89, Desmet/SJ 48.56; 100m: Kirtman/SJ 10.53; 800m: Nahirny/SJ 1:53.35, Hellebrand/N 1:54.10, Kasser/SJ 1:54.10; PV: Woepse/SJ 17-0, Rockmiller/SJ 16-6; 400mIH: Austin/SJ 52.9, Finley/SJ 53.31; 200m: Triplett/SJ 21.55; HJ: Nelson/SJ 6-10, R.Livers/SJ 6-8; DT: Weeks/Un 197-7, Gummerson/SJ 170-5; 2 Mi: Gruber/SJ 9:04.1, Kimball/SJ 9:07.8, Harvey/SJ 9:12.2; MileR: SJS 3:19.4; TJ: R.Livers/SJ 53-1 1/2, Haynes/N 50-10 1/2. /S.F. Examiner/

MERCED COLLEGE INVITATIONAL (March 26, Merced): Teams: Porterville 122, MPC 113.5, Cabrillo 70. HJ: Collins/MP 6-7 3/4; 220: Coulter/Cab 22.4; 3 Mi: Leano/P 14:05.5; LJ: Johnson/MP 22-2 3/4; TJ: Jones/WH 46-10 1/2. /Grover Prowell/

1980 WOMEN'S SEASON OPENER (March 27, Oakland): 5000mWalk: C.Sakelarios/RCF 26:59.0, McPherson/WVTC 27:00.0; 400mH: Souza/WS 64.0, Snyder/CN 64.0; 1500m: Bray/SJC 4:43.7, Regan/SJC 4:49.3, Trason/MP 4:49.5, Grigsby/HSU 4:52.0; 100m:(w) Costello/SJC 12.3, Regan/SJC 12.5, O'Rourke/ML 12.5; 800m: Wotherspoon/SJC 2:18.6, Maclay/CY 2:19.2, Grigsby/HSU 2:19.5; 880MedR: SJC 1:51.8; 3000m: Graham/WVTC 9:27.43, Olrich/WVTC 10:02.0, Trason/MP 10:07.0, Brogan/ATC 10:16.0; 440R: MLTC 47.6; 400m: Douglas/SJC 58.8; 100mH:(w) Costello/SJ 15.0, Souza/WS 15.4; 200m: Regan/SJC 26.9; MileR: SJC 4:09.6; SP: Cannon/ML 40-4 1/2; JT: Cannon/ML 184-3; HJ: Birkel/ATC 5-1; LJ: Phifer/CY 17-8 1/2; DT: Langford/ML 168-0 1/2; Pentathlon: Cornell/SV 3,808; 440R:(Youth) CY 51.3; 440R:(Midget) Hilltop TC 53.2; 880R:(Youth) CY 1:49.4; MileR:(Midget) CY 4:28.7; Pentathlon(12-13): Sanders/1980-TC 3,120. /Ellis Jones/

SACRAMENTO RELAYS (April 2, Sacramento): 4MR: Oxy 17:30.0; SMR: SacSt 3:28.2, WVTC 3:32.6; 3000m: Innes/HSU 9:24.8; HT: McKenzie/WVTC 200-5 1/2, Sawyer/CSH 183-11; JT: Kennedy/Stars 228-5, Schwall/UCD 226-4; 110mHH: Planter/HSU 14.5; 880R: CSH 1:28.6; LJ:(w) Silva/WVTC 24-3 1/2, Anderson/WVTC 24-1, Wamble/CSH 23-5 1/4, Marlow/WVTC 23-2 1/2; DMR: Stanislaus 10:27.4; 100m:(w) West/BAS 10.3, Smith/Sac 10.4, Ware/ARC 10.6; SP: Gorbet/Sac 54-5, Doll/WVTC 52-0 1/2; 5000m: Innes/HSU 14:55.6, Prowell/FPTC 15:01.2, Seaver/WVTC 15:03.6, Harms/AGRC 15:06.6; 400mR: HSU 41.8; TJ:(w) Marlow/WVTC 52-8 1/2; 2MR: FPTC 8:02.2; 1600mR: Stanislaus 3:16.5, Sac 3:16.7; PV: Robinson/CSH 16-7 1/2, Williams/BAS 16-0; DT: Fyfe/Un 155-3; HJ: Haber/CSH 7-3 1/4. /Greg Marshall, Bruce Drummond/

CAL vs. USC (April 2, Los Angeles): /Only Cal marks listed for most part/ 400m: (2) Walker 48.1; 800m: (3) Clifford 1:52.1; 1500m: Clifford 3:48.1, (3) Duffey 3:52.1; 5000m: Duffey 14:26.3, Blume 14:44.7, Wood 14:45.8; 110mHH: Johnson/USC 13.84, Florant 14.05; 400mIH: Andrews/USC 50.4; MileR: USC 3:11.1, Cal 3:12.3; HJ: Lane 6-10; PV: Paton 15-6; LJ: (2) Dangerfield 23-2; TJ: (2) Dobbins 48-4 1/2; SP: Fruguglietti/USC 188-2, Elder/USC 186-7, Santiago 173-7. /S.F. Examiner/

STANFORD vs. UCLA (April 2, Los Angeles): /Only Stanford marks listed for most part/ 100m: Banks/S 10.63; 200m: Lofton/S 21.0, Banks/S 21.2; 400m: Hampton/UCLA 46.8; 800m: Williams/UCLA 1:52.6; 1500m: Crowley 3:52.5, (3) Hadley/S 3:55.9; 5000m: Parietti 14:36.9; 110mHH: Foster/UCLA 13.87; 400mIH:

(2) Shellworth 53.4; 3000mSC: Haldeman 9:06.7, Gail 9:09.4; LJ: Banks/UCLA 25-9 1/2, Lofton 25-8; SP: Albritton 64-0; DT: Harvey/UCLA 178-7; JT: Brown 202-2; MileR: UCLA 3:09.6, Stanford 3:12.8.

SAN JOSE ST. 93, LONG BEACH ST. 47 (April 2, San Jose): HT: Congi/SJ 183-1; SP: Semkiw/SJ 61-6; 400mR: SJS 40.33; 1500m: Nahirny/SJ 3:53.5; JT: Dejak/SJ 212-10; LJ: (2) Finley/SJ 24-7; 110mHH: Cooper/SJ 13.76, (3) Austin/SJ 13.98; HJ: Livers/SJ 6-10; 100m: Triplett/SJ 10.29, Williams/LB 10.29, Kirtman/SJ 10.30; 800m: Kasser/SJ 1:54.2; 400mIH: Roublick 53.67; PV: Woepse/SJ 17-6; 200m: Triplett 21.24; DT: (2) Feuerbach 169-10; TJ: Livers 54-3 1/2; 5000m: Gruber/SJ 14:45.5, (3) Kimball 14:59.6. /S.F. Examiner/



Quentin Wheeler (second from right) on his way to an early season win in the Brotherhood Games, with veteran Ron Whitney (in Striders jersey) taking a close second. /Jim Engle/

HERBERT HOOVER RELAYS (April 2, Atherton): /30-39/ 100y: Sumner 9.6, Wiens 10.3, Corbin 10.3; 220: Sumner 23.5, Weller/WVTC 24.2; JT: Christensen 158-8; SP: McCormick 40-0 1/2; TJ: Christensen 38-6 1/2; 440R: Masters Str. 45.7; 880R: Masters Str. 1:34.8; /40-44/ 100: Cain 10.3, Tarango 10.5, Parish 10.6; SP: Wassam 39-1 1/2; 220: Cain 23.7, Tarango 23.9, Bruhner 24.4; JT: Letcher 171-1; LJ: Cain 19-8 3/4; HJ: Durrenberger 4-11; DT: Wassam 117-4; 4MR: WVJS 20:11.9; 440R: NCSTC 46.9; 880R: NCSTC 1:42.2; /45-49/ 100: Marlin/NCSTC 11.0, Powell 11.1; LJ: Yonge/WVTC 18-2 3/4; /50-59/ 100: Cooper 11.0, Roemer/NCSTC 11.4, Zumwalt 11.4; SP: Wigginton/NCSTC 38-3; JT: Roemer 124-6; 440R: NCSTC 50.5; DT: Wigginton /110-5; 880R: NCSTC 1:48.6; /60-69/ 100: Satti 12.4; 220: Satti 28.5; SP: York 43.6; JT: York 94-2; LJ: Satti 16-0; DT: York 113-8; /Women 30+/ 100: Sherrard 11.4, Oberra 12.0; 220: Sherrard 27.0, Oberra 28.3, Gerard 29.0; Mile: Brieger 6:21.5, Maynard 6:24.9. /Van Parish, Kathy Brieger/

KING CITY INVITATIONAL (April 2, King City): /Varsity/ 100: Taylor/Ov 10.0; 220: Taylor 22.5; 440: Ingram/Cabr 51.5; 880: Jensen/Buch 1:56.2, Maxwell/Wstmr 1:57.0, Tapia/Cabr 1:57.2, Capion/Soq 1:57.5, Garibaldi/HMB 1:57.7; Mile: Navarro/Okmt 4:21.8, Holladay/Gil 4:26.1; 2 Mi: Holladay/Gil 9:39.8, Baldacchi/Wstmr 9:42.4; 120HH: Anderson/Lompoc 14.9; 330LH: Anderson 39.2, Solomon/Cabr 39.4, Davis/Branham 39.4, Monroe/Ov 39.4, Severin/Wat 39.5; 440R: Cabrillo 43.7, Overfelt 43.7; MileR: Cabrillo 3:24.4, Oakmont 3:28.6; DT: Shuck/N.Sal., Sorrenson/Svyle 150-7; LJ: Wells/Ov 20-10 1/4; HJ: Branch/Am 6-2; SP: Walker/Lompoc 55-7 3/4; TJ: Wadlow/Hill; PV: Snyder/Cabr 14-1 1/2, Frazier/Cabr 13-6, Renter/Okmt 13-6; /Frosh-Soph/ 100: Leberz/Gil 10.4; 220: Diaz/Jeff 23.3; 440: East/Soq 52.6; 880: Garcia/Gil 2:01.1, Ross/Buchser 2:01.7, McCracker/Buch 2:01.8; Mile: Island/Soq 4:37.1, Martinez/Nwk 4:39.3; 2 Mi: Martinez 9:57.9, Lawson/Seaside 9:58; 70HH: Barmer/Cabr 8.9; 330LH: Barmer/Cabr 39.7; 440R: Newark 46.0; MileR: Cabrillo 3:36.7; SP: Forsman/Sal 51-0 1/2; PV: Marquez/Svyle 11-0; HJ: Provost/Gil 5-11; LJ: Leberz/Gil 20-7 1/2; DT: Leberz/Gil 42-0 1/4. /Track Coach, King City/

EASTER RELAYS (April 2, Pleasant Hill): 400mIH: Hicks/Sky 52.3, Richardson/SR 53.9, Anderson/SJCC 54.3; 3000mSC: Dauncey/Lassen 9:43.6, Chain/DA 9:44.0; DMR: Seq 10:19.8, CSM 10:20.4, Fresno 10:24.4; 440R: SJCC 41.5, LMJC 41.7, Alameda 42.3; SP: Laut/SJCC 60-4; 110mHH: Monroy/SJ 14.8, Smith/Sky 14.8; SMR: SRJC 3:27.6, Laney 3:33.9; 100m: Taylor/Mod 10.6;





Houston McTear lunges at the tape to beat Olympic 200m gold medalist, Don Quarrie over half that distance at the San Jose Relays in a special invitational event. /Jim Engle/

JT: Finke/Mod 193-1, Spencer/Sol 189-1; LJ: McRae/Ch 23-6 1/2, Pulliam/Ala 23-2; 2MR: SJCC 7:46.8, Hartnell 7:49.4, Marin 7:52.6; 880R: SJCC 1:26.5, Alameda 1:26.6, Los Medanos 1:26.7, Skyline 1:27.6, CCSF 1:28.2, Laney 1:28.3; PV: Oravetz/WV 16-6, Reyes/FCC 15-6, McDonald/SR 15-6; SHR: Seq 60.3, Chabot 60.3, SJCC 60.3; HJ: Wilson/DVC 6-10, Williams/Ala 6-10, Dimes/Sol 6-10, Gibbs/SJ 6-10; 4MR: Skyline 17:44.6; MileR: Skyline 3:15.6, Alameda 3:16.2, SJCC 3:17.2; DT: Trafalis/CSM 156-8, John/Sky 155-7; TJ: Tate/FCC 49-1, Rojas/SJCC 47-0 1/2, Nicks/Ala 47-0 1/2; 5000m: Mello/CSM 15:05.4, Lange/Sky 15:21.6. /Gay Bryan/

HILL-KIWANIS INVITATIONAL (April 2, Los Altos Hills): DMR: Pinole 10:40.2, Mt. Pleasant 10:45.4; 440R: Mt. Pleasant 42.5, Sequoia 42.7, Silver Crk 42.8, Pittsburg 42.8; DT: Franklin/LA 177-0, Gonzales/Scrk 170-1, Debus/Irv 166-7, Schwartz/Hom 164-7; LJ: Bates/M-A 24-4 3/4, Key/Aw 22-11 1/4; 2 Mi: Carrasco/MPT 9:10.4, Hussey/W-Fre 9:24.8; 120HH: Clark/M-A 14.2, Hawkins/Bur 14.3, Phillips/Scrk 14.4, Dixon/Seq 14.6; 330IH: Phillips/Scrk 37.1, Patterson/DA 39.0; 2MR: Pinole 8:10.4; SP: Parker/SI 57-10 1/2, Gonzalez/Scrk 57-4 1/2; 100: Trapps/Pitt 9.7, Green/Ayer 9.8; 440: Hilliard/SSF 49.6, Holland/Scrk 50.0, Wolfe/SSF 50.2; Mile: Stillman/WG 4:14.1, Greer/Para 4:16.6, Hitchcock/SLT 4:18.5, Holmes/Down 4:23.0, Hussey/W-Fre 4:23.1; HJ: Graber/LA 6-8, Woods/LG 6-6, Unrub/Lyn 6-6; PV: Fearnside/DM 15-2 1/4, Kitts/MV 14-0, Tardieu/DM 14-0, Budde/LO 14-0, McEleney/Lyn 14-0, McAlexander/MV 14-0; 880: Johnson/MSJ 1:57.5, Jones/Log 1:58.7, Green/MP1 1:59.0; 220: Trapps/Pitt 21.5, Green/Ay 21.6, Oravillo/Seq 22.1; TJ: Bates/M-A 47 1 3/4, Woodare/Scrk 46-7 1/2, Lanagan/Scrk 46-1 1/2, Rossi/Palma 45-8 3/4; MileR: Mt. Pleasant 3:22.8, SSF 3:24.4, San Carlos 3:24.8, M-A 3:25.2. /Frosh-Soph/ MileR: Silver Crk 3:31.7, M-A 3:32.9, Cubberley 3:33.0, Santa Clara 3:33.3. /Hank Ketels/

SAN JOSE RELAYS: (April 9, San Jose): /Jr.College/ 3000mSC: Leano/Port 9:03.4... (4) Weed/AR 9:28.6, Watkins/MP 9:32.8; 100(Open): McTear/SMCC 10.18, Quarrie/TS-Jam 10.29, Farmer/ICAC 10.50, Wells/PPC 10.57, Jackson/Ala 10.58; DMR: Fullerton 10:10.4, Pasadena 10:15.4, ARJC 10:16.7, (5) CSM 10:19.0; 440R: SJCC 40.60, Pasadena 40.96, LosMed 41.09; LJ: Jones/ELA 25-1 3/4w, Peterson/CSM 24-6 3/4w, Mitchell/Pas 24-3 1/2; JT: Carli/Can 211-4, (6) Hurd/DA 195-3; 440IH: Hicks/Sky 52.00, Richardson/SR 52.78; SMR: Alameda 3:23.18, SRJC 3:24.82; 110mHH: Turner/Full 14.45, (3) Claxton/Ala 14.64; DT: Powell/SJStars 208-3, McGoldrick/Un 206-11, Weeks/SJStars 197-0, Kennedy/SJStars 194-6, Overton/Un 190-7; 100m: Jackson/Pas 10.56w, Jones/SJ 10.57w, Lewis/DVC 10.57w; 2MR: Fullerton 7:41.1, SJCC 7:44.2, Hartnell 7:49.4, COM 7:52.1; HJ: Ward/Bak 6-11, Gibbs/SJ 6-11; DT: John/Sky 162-7; SP: Laut/SJ 60-3 1/2, Summers/Pas 58-10 1/2; PV: Brown/EC 17-0, (tie) Oravetz/WV & Jovivartio/Pas 16-7, Reyes/FCC 16-0, (6) Black/CSM 15-6; 200m: (Open)(w) Harris/LM 20.01, McCullough/TS 20.90, McTear/SMCC 21.04, Abrahams/PPC 21.25, Farmer/ICAC 21.40; 880R: Pasadena 1:25.72, SJCC 1:25.97, Alameda 1:26.90, CRC 1:26.99, Laney 1:27.73; SP(Open): Weeks/SJStars 64-1, Wilkins/PCC 64-0 1/2, Feuerbach/PCC 63-3; MileR: Alameda 3:14.41, SJCC 3:14.98, Skyline 3:15.35, CSM 3:18.88; TJ: McRae/Ch 53-4w, DeFrance/Bak 51-11 1/2w, Tate/FCC 51-11 1/2w, Frazier/CRC 50-5 3/4w, Rojas/SJ 49-9w; /High School/ LJ: Bates/M-A 23-7, Taylor/Pied 22-2 1/4;

DT: Thomson/SY 179-8, Franklin/LA 174-2, Cutler/Wooster 171-7; DMR: Eisenhower/Rialto 10:26.59, Westmoor/DC 1:35.05; HJ: Low/Tam 6-8; 440R: Pittsburg 42.77, Johnson/Sac 42.89, Mt. Pleasant 43.00; 440IH: Phillips/Scrk 53.41, Luttrell/SC 54.89, Ferrari/Wooster 55.53; SP: Graham/Leland 58-7, Balletto/Analy 57-11 1/2; 110mHH: Phillips/Scrk 14.24, Amerson/Pitt 14.37, Clark/M-A 14.44; Mile: Stillman/WG 4:11.54, Ross/Serra 4:12.04, Berry/Rdwd 4:12.19; 100m: Burrell/Pin 10.69, Wright/Johnson 10.80, Stewart/Cam 10.88; 440: Porter/Hglds 49.44, Ferrari/Wooster 49.50, Carter/MP1 49.94; TJ: Woodward/Scrk 48-1 3/4, Leberz/Srmt 47-9 1/2, Ashberry/Pitt 46-7 1/2; 880: Kingsland/ElMod 1:53.9, Ross/Serra 1:56.3, Maxwell/Wstmr 1:56.6; 200m: Burrell/Pin 21.60, Washington/Brbk-LA 21.65, Bradley/Johnson-Sac 21.67; 2 Mi: Assumma/Eis 9:11.69, Berry/Rdwd 9:12.54, Love/Carl 9:15.04; PV: Sidler/VPK 15-6, Cook/Woost 15-6, Ross/SY 15-0; MileR: Johnson 3:23.08, Highlands 3:23.94, Srmt 3:24.6; /Girls/ 880: Goen/NBak 2:12.8, Huyck/Apt 2:16.7, Miller/SBarb 2:17.6; 440R: Scrk 48.77, WBak 49.38, Tam 49.46; 440: Belk/Scrk 57.5, Miller/SBarb 58.0; 100m: Durnell/Rdwd 12.22, Costello/Lyn 12.28, Bradley/Johnson 12.29; Mile: Goen/NBak 4:55.08, Bray/LA 4:57.52, Huyck/Apt 4:57.57. /B. Bonanno/

ARIZONA ST. 85, CAL 69 (April 9, Tempe, Ariz.): 3000mSC: Wood/C 9:26.2; 440R: ASU 40.01, Cal 40.08; 1500: Clifford 3:45.4; SP: Santiago 56-1; 110mHH: Florant/C 13.95; 400: Darden/A 46.25, (3) Wallace/C 47.17; JT: (2) Cooper 212-4; 100m: (2) Taylor 10.63, Smith 10.70; LJ: Jackson/A 23-11 1/2, Dangerfield 23-11 1/2; 800: Bay 1:50.8, Barry 1:51.1, Brown 1:51.4; 400mIH: Walker/A 50.76; 200: Burl/A 20.71, (3) Taylor 21.38; DT: Pushkin/A 183-5, Santiago/C 180-5; TJ: Thorp 46-11 1/4; PV: Haynie/A 17-0, Hintz/C 16-6; 5000m: Duffey 14:11.5, Elder/A 14:12.0; HJ: Arney/A 7-0, Lane/C 6-10; MileR: ASU 3:12.7, Cal 3:15.0. /S.F. Examiner/

STANFORD 90, OCCIDENTAL 64 (April 9, Stanford): SP: Albritton/S 64-4; 3000mSC: Sweeney/O 9:14.0, Haldeman/S 9:15.0; 400R: Stanford 40.8; 1500: Colley/O 3:50.2, (3) Parietti/S 3:51.4; PV: Bell/O 14-6; LJ: Lofton/S 25-4 1/2; HJ: Hall/O 6-8; 400: Sheats/S 47.3, Banks/S 49.9; JT: Brown/S 202-1; 100m: Lofton/S 10.7; 800: Cleary/O 1:52.7, Hickman/S 1:53.6; 400IH: Shellworth/S 52.7; 200: Lofton/S 20.9, Holmes/S 21.8; DT: Buss/S 166-7; TJ: Williams/O 48-9 1/2; 2 Mi: Crowley/S 9:06.8, Kissin/S 9:09.0, Parietti/S 9:09.4; MileR: Stanford 3:17.0. /S.F. Examiner/

ALL-CLUBS MEET (April 16, San Jose): 100m:(w) (I) Kirtman/SJ 10.5, Desmet/SJ 10.5, Livers/SJ 10.5; (II) Shavers/BAS 10.5; 200m:(w) (I) McIntyre/Nev 20.7, Rodgers/BAS 20.8, Livers/SJ 21.1, Triplett/SJ 21.2, Desmet/SJ 21.2, (II) Kirtman/SJ 21.3; 400m: Rodgers/BAS 47.2, West/BAS 47.2, Rochee/SJ 48.9, Adams/BAS 49.2, Harris/WV 49.2; 400mR: SJS 41.0, BAS 41.3, Army 41.5; MileR: SJS 3:15.9, WVTC 3:16.6, BAS 3:16.9; 880: Schilling/SJ 1:52.0, Karila/SS 1:52.6, Nahirny/SJ 1:52.8, Nichols/WVTC 1:54.6; Mile: Richardson/SS 4:12.0, Kimball/SJ 4:12.8, Kasser/SJ 4:13.7, Reese/A 4:14.0, Gruber/SJ 4:14.2; 2 Mi: Wysocki/Nev 9:01.0, Prowell/FPTC 9:10.9, Seaver/WVTC 9:11.7, Harvey/SJ 9:18.2; 110mHH:(w) Austin/SJ 13.9, Roublick/SJ 14.0; 400IH: Wheeler/CTC 51.6, Wyatt/WVTC 53.4, Roublick/SJ 53.6; LJ:(w) Carter/A 25-11 1/2, Anderson/WVTC 24-8, Brooks/Un 23-10 1/2, Brown/FPTC 23-5 1/2; TJ: Marlow/WVTC 51-6w, Johnson/A 50-0w; PV: Woepse/SJ 17-0, Ripley/PCC 16-6, Bockmiller/SJ 16-0; SP: Feuerbach/PCC 65-2, Weeks/Stars 64-7 1/2, Wilkins/PCC 61-8, Semkiw/SJ 60-5, B. Feuerbach/SJ 59-6 (Exhib: Oldfield 63-2); HJ: Woods/PCC 7-1, Livers/SJ 7-1, Friday/WVTC 7-0; DT: Powell/Stars 218-0, Stadel/Stars 217-0, Weeks/Stars 207-7, McGoldrick/Mac 205-6, Plucknett/BAS 192-0, Kennedy/Strs 187-4 (Exhib: Oldfield 189-3); JT: Staengel/SJ 202-2; HT: McKenzie/WVTC 201-6, Shelton/WVTC 178-10, Congi/SJ 176-11, Miller/SJ 159-10. /Ernie Bullard/

BAKERSFIELD RELAYS (April 16, Bakersfield): /Jr.College/ 100m: McTear/SMCC 10.0, Berry/SJ 10.4; 1500: Tipton/Pal 3:53.9, (3) Dowling/DVC 3:56.3; 5000: Ramirez/Oxn 14:35.2, (3) Kinger/CSM 14:45.4; 10,000: Burkin/Valley 31:11.6, (3) Mello/CSM 31:48.2; 3000mSC: Brennenman/Cany 9:21.0, Martinelli/Sky 9:26.4; 110HH: Stai/Pal 14.0, Hicks/Sky 14.2; 400IH: Pratt/Bak 51.6, Smith/Sky 52.6; 440R: Pasadena 40.5, SJCC 40.6, SMCC 40.8, CRC 40.8; 880R: Mesa/Ariz. 1:24.5, SJCC 1:25.1, Pasadena 1:25.1, CRC 1:25.3; MileR: Mesa/Ariz. 3:09.7, Alameda 3:10.8, SJCC 3:12.3, (5) Laney 3:13.4; 2MR: Fullerton 7:36.8, (3) SJCC 7:39.0; 4MR: ARJC 17:08.0, CSM 17:19.2, (5) Skyline 17:39.4; SMR: Alameda 3:20.4 (Mickens 1:49.5), Mesa/Ariz. 3:22.0; DMR: Grossmont 10:02.2, (4) ARJC 10:12.2; HJ: Ward/Bak 7-0, Gibbs/SJ 7-0, (4) Williams/Ala 6-10, (5) Turner/CCSF 6-10; more----



PV: Oravetz/WV 17-0, (4) Black/CSM 16-0, Dillard/CSM 15-6; LJ: Mitchell/Pas 25-0 1/2, Turner/Ala 24-11, Peterson/CSM 24-10; TJ: DeFrance/Bak 49-10 1/4, (3) Frazier/CRC 49-8 1/2; SP: Laut/SJ 61-5 1/2, Chew/Mesa 56-0; DT: Chew/Mesa 168-10, (4) John/Sky 160-4; JT: LaPerriere/Pal 245-0, Petranoff/Pal 232-8; HT: Fuller/LB 169-0; SHR: MSAC 59.4, (4) Contra Costa 60.3; Decathlon: Harris/Cany 7,042. /High School/ 2 Mi: C. Assumma/Eis 9:08.8, O'Neil/Jesuit-Sac 9:09.4, F. Assumma/Eis 9:09.4, Ebner/BA 9:09.5, Young/CM 9:09.5, Sanz/Cantwell 9:10.9, Schriver/Montebello 9:11.7; DMR: Dos Pueblos 10:21.6, Skyline/Okld 10:24.3; PV: Curran/Crespi 16-1 1/2, Crook/Wooster-Reno 15-0; /Girls/ Mile: Goen/NB 4:54.7, (5) Sweeny/MarinCatholic 5:06.2; 110H: Gourdine/ElToro 14.6, (5) Ross/Berk 14.9; 440R: Berkeley 48.9; DMR: SantaBarbara 12:20.6, (5) Marin Catholic 13:01.8; HJ: Gosswiller/Upland 5-8, Ross/Berk 5-6. /Conning/

UCLA 82, CAL 72 (April 16, Berkeley): 100m: Foster/UCLA 10.3, (3) Walker/C 10.4; 200: Taylor/C 21.3, Walker/C 21.5; 400: Myles/UCLA 47.0, Wallace/C 47.4; 800: Clifford/C 1:50.5; 1500m: Clifford 3:53.8; 5000: Duffey/C 14:16.4, Simonian/UCLA 14:17.0, Blume/C 14:28.4; 3000mSC: Wood/C 9:02.4, (3) Schulz/C 9:17.6; 110mHH: Foster/UCLA 13.5, Owens/UCLA 13.7, Florant/C 13.9; 400IH: Mardis/UCLA 53.5, Uribe/C 54.0; 400R: UCLA 39.5, Cal 39.9; 1600mR: Cal 3:10.4, UCLA 3:11.4; LJ: Banks/UCLA 25-3 1/4; JT: Lewis/C 217-5, Cooper/C 216-0; PV: Tully/UCLA 17-0 1/2, Paton/C 16-0, Lewis/C 16-0; SP: Overton/C 54-7; HJ: Heisler/UCLA 7-0; TJ: Banks/UCLA 52-9 1/4; DT: Overton/C 188-2, Santiago/C 187-11. /Keith Conning; L.A. Times/

KENNEDY RELAYS (April 16, Richmond): 4MR: Redwood 18:01.1, Piner 18:35.0; SMR: Richmond 3:32.2, Oakland 3:33.0, Seaside 3:34.1; 2MR: Pleasant Hill 8:16.5; 440R: Kennedy 43.3, DeAnza 43.4; 280SHH: Kennedy 35.7, Berkeley 36.2; 880R: Kennedy 1:29.6, Oakland 1:30.8; DMR: McAteer 10:55.4, Piner 10:57.0, San Marin 10:57.1; MileR: Kennedy 3:24.0, Seaside 3:24.9; 330LH: Anderson/Pitt 38.5, Patterson/DA 38.8, Barton/Pin 39.0; 100Y: Burrell/Pin 9.7, Perry/Kenn 9.8, Taylor/Ov 9.8, Durham/Okld 9.9; 120HH: Amerson/Pitt 14.2, Barton/Pin 14.5, Patterson/DA 14.5, Rollins/Berk 14.5; PV: Stanley/Mont 13-3; HJ: Hice/Okld 6-10 1/2, Low/Tam 6-7, Edwards/TL 6-7; TJ: Cunningham/Balboa 45-10; (SP & LJ were in relay fashion...no individual marks available). /Roddy Lee/

WOODY WILSON RELAYS (April 16, Davis): /College/ Teams: CSH 138.5, FSU 136.9, Northridge 101.4; HT: Sawyer/CSH 189-11 1/4; SMR: FSU 3:24.9, SacSt 3:27.3; JT: Kibbee/N 221-10 1/2, Richards/Davis 213-4; DMR: Northridge 10:07.5, FSU 10:10.4, CSH 10:10.8, HSU 10:17.5; SP: Gorbet/Sac 53-11 3/4; LJ: Wamble/CSH 23-8 3/4; 110mHH: Carley/FSU 14.2; 3000mSC: Munoz/N 9:25, Hiede/HSU 9:29.0; 800mR: Stanislaus 1:27.1, CSH 1:27.1; 2 Mi: Emry/UCD 9:07.3, Peters/HSU 9:09.4; HJ: Haber/CSH 7-2 3/4, Yund/Sac 6-8, Wiley/CSH 6-8; PV: Robinson/CSH 16-8, Nelson/CSH 15-8, Olson/CSH 15-8; 400mIH: Mince/FSU 52.6; DT: Endler/FSU 164-0 1/2; 2MR: Northridge 7:40.8, FSU 7:42.3, CSH 7:48.1; 400mR: CSH 40.7, FSU 41.1; TJ: Zizzo/FSU 47-3 1/4; 1600mR: FSU 3:13.4; /Jr.College/ Teams: Chabot 111, SacCC 77, SRJC 74; JT: Cole/Butte 203-6 3/4; SP: McDonald/Shasta 51-8 1/2; LJ: Martin/Ch 22-9 3/4; SMR: SRJC 3:27.3; DMR: Solano 10:23.4, Chabot 10:24.9; HJ: Peterson/Ch 7-0, Dimes/Sol 7-0, Kelso/Sac 6-8; 110mHH: McDonald/SR 14.6w; 3000mSC: Baez/COM 9:37.9; 800mR: Los Medanos 1:28.2, Chabot 1:29.0; DT: Albritton/SR 149-10 1/2; 2 Mi: Hensen/Sisk 9:38.7; 400mIH: Starmer/Butte 54.4; TJ: McRae/Ch 48-0 3/4; 2MR: Chabot 8:03.1; 400mR: Chabot 41.7, Los Medanos 42.1, SacCC 42.1; 1600mR: SRJC 3:16.8, SacCC 3:19.1; PV: McDonald/SR 15-8 7/8; /Women/ Teams: CSH 98, Chico 57, UCD 54, Hawaii 51; DT: Pyles/H 120-6; SP: Trimble/UCD 39-8; 2 Mi: Anex/UCD 11:17.3; JT: Sulinski/CSH 180-11, Brandt/Chico 152-3 1/2; Mile: Grigsby/HSU 5:11.5, Mears/DA 5:12.2; 400mH: Snyder/UCD 63.8, Winlock/CSH 63.8; 2MR: DeAnza 10:21.3; 440R: CSH 48.5; HJ: Blackburn/CSH 5-5 3/4; MileR: CSH 3:56.1; LJ: Compagnin/CSH 16-8 3/4. /Bill Adams/

STANFORD SPRING DECATHLON (April 19-20, Stanford): Reilly/Unat (11.0, 21-11, 40-5 1/2, 6-4 1/2, 51.5, 15.8, 116-6, 13-5 3/4, 194-1, 4:17.8) 7,346; Kring/WVTC (11.1, 22-5, 37-11 1/2, 6-2 1/2, 50.2, 15.7, 113-5, 14-5 1/2, 144-5, 4:24.4) 7,131; Johnk/Stanford 6,319; Galvez/Un 5,947; Hirschberg/Stanford 5,852. /Kenny Kring/

KIWANIS-BRANHAM GIRLS INVIT. (April 23, San Jose): SP: Zaphiropolis/Hom 39-8 1/4, Reyner/Hom 39-2 3/4; LJ: Paul/Leland 17-10 3/4, Soto/Gil 17-5 1/2, Lundy/Apt 16-10 3/4; 110LH: Costello/EC 14.6; 440R: Lynbrook 50.7; 880: Huyck/Apt 2:15.4, Bray/LA 2:18.1; 100: Costello/Lyn 11.1, Sullivan/Ay 11.2; 440: McKean/Ay 59.0, Austicamp/Soq 59.5; Mile: Bray/LA 5:06.6,



(Left) Dan Aldridge handily wins the Brotherhood Games 800m title. /Jim Engle/ Stanford's James Lofton has been hot in not only his specialty, the long jump, but also in all the dashes thru the 400.

Huyck/Apt 5:07.2; DT: Zaphiropolis/Hom 125-4; 220: Holliday/Ay 26.0, Costello/Lyn 26.3; 2 Mi: Nielsen/Carl 12:09.7; MileR: Branham 4:11.7, Los Altos 4:13.8; HJ: Martin/SLV 5-4. (Note: Several marks above will make the "Prep Bests" listed earlier...we received results too late for inclusion in the list this time. Help! We need first names on top performers for our listings...please send them if you know.) /L. McLeroy/

NOR-CAL RELAYS (April 23, Merced): 100m: Taylor/Mod 10.3; 110mHH: Thomas/MPC 14.2, Dorval/Butte 14.3; 10,000m: Sane/Sterra 33:11.8; 400mIH: Starmer/Butte 54.0, Marci/Mod 54.6; SP: Turton/Port 53-7 1/2; 880R: Modesto 1:28.4; SHR: Seq 60.0; DT: Turton/Port 162-3; HJ: Williams/Ala 7-0, Dimes/Sol 6-8, Simmons/Ala 6-8; TJ: Wright/Ala 47-6 1/2; PV: McDonald/SR 15-6; 4MR: Solano 18:06.0; MileR: Merritt 3:19.8, Modesto 3:20.8; 3000mSC: Leano/Port 9:11.0; 440R: Modesto 42.4, Butte 42.5; JT: Cole/Butte 199-3, Finke/Mod 193-11; 5000m: Gathungu/Port 16:18.9; 2MR: Hartnell 7:49.6, FresnoCC 7:51.3, Merritt 7:56.2. /Tom McCall; Grover Prowell/

CAL 84, STANFORD 70 (April 30, Stanford): PV: Hintz/C 14-0, Paton/C 14-0, Lewis/C 14-0; LJ: Lofton/S 26-1 1/4, Dangerfield/C 24-0 1/2; HJ: Lane/C 6-8; SP: Albritton/S 67-9; JT: Lewis/C 206-8; 3000mSC: Blume/C 9:09.8, Gail/S 9:19.2; 400mR: Cal 40.1, Stanford 40.1; 1500: Clifford/C 3:47.5, Crowley/S 3:49.4, Hadley/S 3:53.0; 110mHH: Florant/C 14.4; DT: Overton/C 191-2, Albritton/S 165-11; 400m: Lofton/S 46.4, Sheats/S 46.7; 100m: Taylor/C 10.6; 800: Wells/S 1:53.3, Barry/C 1:53.4; 400mIH: Shellworth/S 52.2, Uribe/C 53.5; 200m: Lofton/S 21.0, Taylor/C 21.0, Banks/S 21.2; 5000m: Duffey/C 14:49.0, Parietti/S 14:49.4, Schulz/C 14:55.0; MileR: Stanford 3:14.1, Cal 3:20.4. /S.F. Examiner/

SAN JOSE INVITATIONAL (April 30, San Jose): /No high school or women's marks available at time of publication...we'll print these next time if someone sends them to us/ - HT: Congi/SJ 185-11, Shelton/WVTC 181-9; Mile: Schilling/SJ 4:00.27, Kimball/SJ 4:07.1, Wysocki/Nev-R 4:07.1, Nahirny/SJ 4:08.3; JT: Grant/Un 240-6, Kennedy/PCC 236-4, Omphrey/TS 235-8; 5000m: Roemesser/FPTC 14:13.8, Wysocki/Nev-R 14:18.76, Gruber/SJ 14:27.2, Sweeney/AGRC 14:29.3; 3000mSC: Hurst/SJ 9:06.4, Munoz/Nev-R 9:07.6, Brooks/Un 9:15.5, Reese/Army 9:17.4; 400mR: Maccabi 39.67, Tobias 40.46, BAS 40.5, CSH 40.6; LJ: Carter/Army 2309 1/4, Anderson/WVTC 23-5; PV: Pullard/Mac 17-0, Woepse/SJ 16-6; SP: Feuerbach/PCC 65-9, Walker/Un 65-2, Weeks/Stars 63-9, Marks/WVTC 62-7; 110mHH: Cooper/SJ 13.88, Whitfield/Mac 13.90, Carty/WVTC 13.96; HJ: Haber/CSH 7-4, Livers/SJ 7-2, Woods/PCC 7-0, Nelson/SJS 6-10; 400m: Brown/Mac 46.67, Lloyd/CPSLO 47.05, Brown/Un 47.5; 100m: Abrahams/Tob 10.17, (4) Triplett/SJ 10.3; 800: Maher/FPTC 1:53.37, Eaton/CPSLO 1:53.51, Romain/WVTC 1:53.6, Thomas/WVTC 1:54.7; 400mIH: Wheeler/Mac 50.32, Williams/Mac 50.32, Cooper/SJ 50.35, King/Mac 50.4; TJ: Butts/TS 53-10 3/4, Livers/SJ 53-10, Freeman/Un 51-10 1/4, Marlow/WVTC 51-9 3/4; 200: Abrahams/TS 21.24; 10,000: Hart/BYU 30:02.9, Innes/HSU 30:18.7, Garcia/WV 30:23.7;



(San Jose Invit. - continued) - MileR: SJS 3:10.87, CPSLO 3:10.96, Tobias 3:13.8, Army 3:16.0; DT: Wilkins/PCC 218-4, Stadel/TS 209-7, Weeks/Stars 202-10, Powell/Stars 200-0.

S.F. STATE 84, CHICO ST. 84 (April 30, San Francisco): HT: Smith 7C 184-8 1/2; JT: Myers/C 226-10 1/2; 10,000: Moreno/SF 32:07; LJ: Woods/SF 22-8; 3000mSC: Martinelli/SF 9:37.3; 400mR: SFS 42.8; HJ: Armosino/SF 6-5 1/2; 1500m: Ruggle/C 4:05.6; 110HH: Allmond/SF 14.5, Crenshaw/C 14.6; SP: Crum/C 46-6; TJ: Ratliff/SF 46-11; 400: Porter/C 48.5, Ruppenstein/SF 49.5; 100m: Harvey/SF 10.7; 800: Mulkey/C 1:55.8; 400mIH: Swartzell/SF & Crenshaw/C 54.9; PV: Franson/C 14-0; 200: Porter/C 22.4; DT: Smith/C 147-9 1/2; 5000m: Keller/C 15:24.8; 1600mR: SFS 3:18.2. /David Fix/

### LONG DISTANCE RESULTS

CULVER CITY MARATHON (Dec. 5, Culver City): - Just received the full results with splits...check out issue #63 for Natl. Women's Championship results and top eight men...others: 9-Macvig/SFVTC 2:25:31, 10-Rios/SMTC 2:25:58, 11-Ziegler/Un 2:27:18, 12-Findley/SMTC 2:29:00, 13-Scobey/SFVTC 2:29:07...17-Serna/UCI 2:32:07, 26-Brennand/SBAA (40+) 2:35:42, 45-Julie Brown/LATC 2:45:32, 49-Diane Barrett/Un 2:46:23, 54-Arce/Un 2:47:33, 58-Jerome/TRAC 2:49:25, 67-Leydig/WVTC 2:51:15, 68-Joan Ulliyot/WVTC 2:51:15, 210-Irene Rudolf/WVTC 3:19:25, 216-Peggy Lyman/WVTC 3:20:22, 345-Weil/Un 3:53:37, 352-Siitonen/NCS 3:57:11. /J. Brennand & Culver City Parks & Recr. Dept./

ROSEBOWL HANDICAP (Dec. 26, Pasadena): 1-Simonian/UCLA 49:11, 2-Moses/UCI 49:20, 3-Cornish/SMTC 49:22, 4-Frickel/SFVTC 49:51, 5-Simons/AZTL 50:02, 6-Nitti/SMTC 50:51, 7-W.Waltmire/AIA 51:17, 8-White/Un 51:28, 9-Perez/AZTL 51:29, 10-Rios/SMTC 51:30, 11-Chaidez/Un 52:00, 12-Hughes/SFVTC 52:12, 13-Alfaro/AZTL 52:26, 14-Greifinger/SMTC 53:10, 15-Robinson/SMTC 53:12...31-Smartt/MS (40+) 55:16, 79-Terry Hom/SMTC 62:51, 89-Vicky Cook/SURR 64:21. (Others I missed 1st time thru: 28-Pat Miller/CCAC 55:02, 40-Lund/WVTC 56:50). /10.08 Miles/ /John Brennand/



Tina Anex of UC Davis sped to a 2:56:22 clocking at Mission Bay to move into third on the NorCal all-time list. /UCD Publicity Dir./

MISSION BAY MARATHON (Jan. 15, San Diego): - /1106 finishers!/: 1-Kirk Pfffer/JT 2:16:03(Rcd), 2-Harper/JT 2:18:19, 3-Fleet/JT 2:20:40, 4-Kurrle/SFVTC 2:23:40, 5-Trup/JT 2:26:30, 6-Hattersley/JT 2:26:39, 7-Akiyama/SDTC 2:27:39, 8-Moffitt/AZTL 2:27:51, 9-Goettelmann/WVTC 2:27:53, 10-Walton/Un 2:28:55; 11-Sargenti/Un 2:29:52, 12-O'Neil/Un 2:30:30, 13-Grieco/Fresno 2:30:51, 14-Kittleson/Clairemont TC 2:31:09, 15-Lane/Un 2:31:23...22-John Brennand/SBAA (40+) 2:33:07, 28-Dillie/WVTC 2:35:41, 31-Kaprys/AGRC 2:36:18, 32-Jenkins/FPTC 2:36:32, 33-Mead/FPTC 2:36:55, 36-Hopkins/FPTC 2:38:32, 37-Higley/WVTC 2:38:34, 46-Almeida/SDTC (50+) 2:40:56, 60-Wiermaa/SDTC (40+) 2:42:10, 102-Jerome/TRAC 2:49:39, 109-Ricker/FPTC 2:50:16, 116-Lawrence/Tamalpa 2:50:52, 120-Merrow/Phaethon 2:51:39, 156-Brock/Un 2:55:05, 168-Tina Anex/AGRC 2:56:22, 184-Larry Czelusta/Un 2:57:44, 187-McAbee/NCS 2:57:55, 205-Underwood/BC 2:59:31, 218-Nicki Hobson/SDTC(40+) 3:00:38, 229-Judy Milkie/SFV 3:01:35, 231-Holmes/BC 3:02:42, 279-Kellman/Un 3:07:54, 281-Stein/TRAC 3:08:01, 295-Cordellos/PMK 3:08:45, 313-Hedges/BC 3:10:01, 619-Mayer/Un 3:10:17, 356-Dion/CRC 3:14:24, 381-Eileen Burger/AGRC 3:16:13, 396-Williams/Okld 3:16:52, 402-Currier/SLT 3:17:23, 495-

Fahlen/Sacto 3:23:46, 553-Freer/WVTC 3:27:24, 589-Ford/SCruz 3:30:09, 611-Myers/WCrk 3:31:24, 631-Staff/HMB 3:33:00, 645-McIntosh/BC 3:34:01, 656-Helgerson/Un 3:35:01, 699-Ronny Lawrence/Tamalpa 3:37:43, 774-Kallett/Sacto 3:43:32, 809-Gail Goettelmann/WVTC 3:45:47, 980-Correa/SF 4:09:06, 1010-Jan Herhold/Oroville 4:19:39...Teams: Jamul Toads "A" 6:55:02, SDTC 7:32:28, (WVTC 7:42:08...not listed as third; team not declared?), Jamul Toads "B" 7:43:25, FPTC 7:51:49. --- HALF-MARATHON: 1-Pullen/JT 66:52.3, 2-Smith/Tustin 67:20, 3-Lord/JT 68:32, 4-St. John/JT 69:08, 5-Cour/SDTC 69:12, 6-Neveu/JT 70:15, 7-Dolainski/Un 70:59...65-Leal-Ann Reinhart/SFV 81:05. /Bill Gookin/

POP MARTY MONTEBELLO RUN (Feb. 6, Montebello): /9.601 Miles/ 1-Vic Simonian/UCLA 48:28, 2-Perez/AZTL 49:11, 3-Colburn/Un 51:43, 4-Ramirez/Un 51:57, 5-Ridley/CCAC 53:14. /J. Brennand/

SAN MARTIN RUNS (Feb. 6, San Martin): /10 Miles/ 1-Macallair 59:40; /7.28 Miles/ 1-Nichols 35:14, 2-Hernandez 36:21, 3-Vasquez 37:21; /3 Miles/ 1-McCreary 15:38, 2-Huber 16:45; /2 Miles/ 1-L. Wright 13:42, 2-B.Wright(40+) 13:42, 3-Carol West 14:06; /1 Mile--Girls/ 1-E. Ruiz 7:34. /Bill Flodberg/

DSE FERRY BLDG. RUN (Feb. 27, San Francisco): /3.85 Miles/ 1-Ernie Rivas 19:06, 2-Niemiec/WVTC 19:10, 3-Muela/ETC 19:38, 4-Watts 20:00, 5-Cross/WVTC 20:18...105-Debbie Gazafy 24:43, 133-Tina Chee 25:47...539 finishers. /DSE Newsletter/

SPA-AAU 30-KILO (Feb. 27, Culver City): 1-Ron Kurrle/SFVTC 1:38:58, 2-Rios/SMTC 1:41:15, 3-Moffitt/AZTL 1:41:45, 4-Cornish/SMTC 1:42:13, 5-McCauley/SFVTC 1:43:07, 6-Brennand/SBAA (40+) 1:44:14, 7-Levinson/STC 1:45:21, 8-Clark/MS(40+) 1:45:26, 9-Durand/STC 1:47:09, 10-Burgasser/STC 1:47:13, 11-Rupp/STC 1:47:21, 12-Hemphill/SBAA 1:49:27, 13-Lacie/STC 1:49:29, 14-Crum/STC(40+) 1:49:32, 15-Boden/Un 1:49:37, 16-Rudberg/STC(40+) 1:49:58...41-Jackie Hansen/SFVTC 2:02:08, 48-Terry Hom/SMTC 2:04:19, 52-Linda Heinmiller/SMTC 2:04:58... 125 finishers. /John Brennand/

SAN FERNANDO HANDICAP (Mar. 5, San Fernando): /6 Mi. - Handicap...fast times listed/ 1-Vince Engel/BB 30:51, 2-Covert/Mac 30:53, 3-Moffitt/AZTL 31:21, 4-Chambliss/BB 31:49, 5-Blakely/Un 33:04, 6-McCalley/SFVTC 33:22, 7-Duarte/Un 33:28, 8-White/OF 33:42, 9-Burgasser/STC 33:43, 10-Marshall/Un 33:45...43-Jackie Hansen/SFVTC 37:43...158 finishers. /Connie Rodewald/

ELYSIAN PARK RUN (Feb. 27, Los Angeles): /6.100 Mi./ 1-Mark Covert/Mac 28:34, 2-Frickel/SFV 29:03, 3-Kurrle/SFV 29:31, 4-Askren/AZTL 30:12, 5-Foose/SFV 30:16, 6-Burgasser/STC 30:17, 7-Blakely/Un 30:20, 8-Lorden/Un 30:24, 9-Rupp/STC 30:28, 10-Dimas/RRR 30:47...16-Logan/TSTR(40+) 31:28, 19-Holte1/STC(40+) 32:00...65-Kathy Martin/STC 37:34...148 finished. /Rodewald/

DSE TWIN PEAKS RUN (Mar. 6, San Francisco): /3.6 Mi./ 1-Gerry Garcia/Army-WVTC 19:02, 2-Niemiec/WVTC 19:17, 3-Muela/ETC 19:21, 4-Gulli 20:01, 5-Steer 20:03, 6-Randolph 20:13, 7-D. Martinez 20:23, 8-Reichle 20:42, 9-Gormley 20:56...50-Joan Ulliyot/WVTC 22:46, 67-Debbie Gazafy 23:10, 77-Gail Gustafson/Un 23:32, 79-Jeanie K-Jones(40+)/PMK 23:36...300+ finish. /DSE/

SPA-AAU 25-KILO (Mar. 12, Lunada Bay): 1-Bob Hayes/AIA 1:21:46, 2-Frickel/SFV 1:22:36, 3-Smead/AIA 1:23:00, 4-P.Ryan/GWAA 1:23:30, 5-Chambliss/BB 1:23:48, 6-Kurrle/SFV 1:24:10, 7-Dulaney/AIA 1:24:15, 8-Arquilla/AIA 1:26:01, 9-Cook/AIA 1:26:35, 10-Brennand/SBAA(40+) 1:26:39, 11-Ocana/CCAC 1:27:15, 12-Mally/Un 1:27:18, 13-W.Waltmire/AIA 1:27:54, 14-Martinez/AIA 1:29:17, 15-Pontinen/SBAA 1:29:17...26-Rudberg/STC(40+) 1:32:12, 46-Miki Gorman/SFV 1:38:40, 61-Jackie Hansen/SFV 1:43:28...213 finishers. /Carl Paulson, Ron Walker/

DSE LAKE MERCED RUN (Mar. 13, San Francisco): /4.95 Mi./ 1-Jan Serphen/ETC 24:42, 2-Spino/Esalen 24:52, 3-Proteau 25:09, 4-Rivas/PMK 25:30, 5-Smith/PMK 25:48, 6-Conroy/ETC 25:50, 7-Garcia/WVTC 25:55, 8-Cross/WVTC 26:34, 9-Swezey/PMK 26:36, 10-Steer 26:44, 11-Stewart 26:52, 12-Green 26:53, 13-Myers/PMK 26:58, 14-Randolph 27:07, 15-Maher 27:14, 16-Orwig/WVTC 27:18, 17-Niemiec/WVTC 27:21, 18-Kay 27:29, 19-Plymale/PMK 27:36, 20-Miller 27:38, 21-Wheeler 27:42, 22-Wiley/PMK 27:43, 23-Span 27:46, 24-Berg 27:48, 25-Ianelli 27:52...35-Pierce/PMK(40+) 28:17, 45-McAbee/NCS 28:42, 140-Joan Ulliyot/WVTC 31:36, 199-Pat Whittingslow 32:55, 208-Peggy Lavelle/ML 33:10...785+ finishers!/. /DSE Newsletter/

I.A.A.F. WORLD X-C CHAMPIONSHIPS (Mar. 20, Dusseldorf, W.G.): /Sr. Men--12.3 Km./ 1-Schots/Belg 37:43.0, 2-Lopes/Por 37:48, 3-Uhlemann/WG 37:52, 4-Fava/It 37:53, 5-Ford/GB 37:54, 6-Robertson/NZ 37:57, 7-Lismont/Belg 38:04, 8-Simmons/GB 38:12, 9-Black/GB 38:13, 10-Sellik/SU 38:15...24-Wells 38:40, 42-Tuttle 38:52, 79-Bordell 39:12, 99-Wysocki 40:02, 104-Sandoval 40:05, 106-Anderson 40:11, 111-Rojas 40:16, 112-Flanigan 40:17, 151-Engel 41:31...Teams: Belgium 126, GB 129, USSR 144, ...12-USA 454. /Jr. Men--7.5 Km./ 1-Thom Hunt/US 23:15.0, 2-Llorente/Sp 23:28, 3-Paunonen/Fin 28:39, 4-Deleze/Swit 23:43, 5-Spilsbury/US 23:44, 6-Lees/GB 23:48, 7-Butler/Can 23:49, 8-Muir/Scot 23:55, 9-Abascal/Sp 23:56, 10-Ekblom/Fin 23:57...12-Froelick 24:04, 18-Fox 24:19, 33-Schulz 24:39, 34-Creer 24:40 ...Teams: USA 36, Spain 40, Canada 67, GB 80. (Women follow)



# MONTECITO-SEQUOIA RUNNING CAMP

## AUGUST 15-29, 1977

**Montecito-Sequoia Lodge – Near Sequoia National Park in the California Sierra – Altitude 7200 feet.**

**RUN AMONG THE GIANTS** – Montecito-Sequoia Lodge is located in the middle of Giant Sequoia country (the Sequoias are the world's largest trees). The US Chamber of Commerce recently declared this area one of the Seven Scenic Wonders of the United States. Now, here's an opportunity for you to spend two weeks in the land of these giant trees at a running camp with a truly first-rate instructional staff, including:

- **Peter Snell**, one of the all-time greats of middle-distance running.
- **Ian Jackson**, runner, teacher and author of *Yoga and the Athlete*.
- **Dr. Joan Uillyot**, one of the world's best female marathoners and author of *Women's Running*.
- **Don Kardong**, fourth-place finisher, 1976 Olympic marathon.
- **Dr. Steve Subotnick**, runner and podiatrist, author of *The Running Foot Doctor*.
- **Dave Prokop**, runner, coach and editorial staff member, *Runner's World Magazine*.

Whether you'd like to become a better runner or coach, get more enjoyment and benefit out of your running or jogging, or whether you'd simply like to spend two weeks in a beautiful area, running, relaxing and socializing with others who run, this camp should be of great interest to you.

**A Partial List of Subjects to be Covered:** The Lydiard Training System (Used by the Top Runners of New Zealand and Finland) ● Organizing a Training Program ● Yoga, Feldenkrais and Stretching for Running ● Speed Training ● Women's Running ● Diet, Nutrition and Fasting ● Becoming a Better Marathoner ● Running Injuries ● Body Awareness ● Stress Reduction ● Weight and Strength Training for Running ● Advice for Joggers ● Getting Started in Running ● Running Style ● Abdominal breathing ● Running, Vitality and Longevity ● Masters Running ● Altitude Training.

There will also be discussion groups, films, question-and-answer periods, group runs and training sessions, and special trips to some of the area's scenic spots, including Crystal Caves, an impressive walk-through water-carved limestone, and the General Sherman Tree, the world's largest living thing.

**Who Can Attend?** The Montecito-Sequoia program is designed to accommodate everyone from beginning jogger to prospective Olympian. Even non-runners are welcome (as long as they're not afraid to catch the running bug while they're at the camp). Since we'd like to see entire families attend, too, we're even setting up recreational (non-running) programs for young children.

**Cost?** The cost of attending the camp will be \$136-\$225 per week, depending on accommodation (all inclusive).

For a free brochure on the camp and a registration blank, fill out the section below and mail to:

Montecito-Sequoia Running Camp,  
C/O Montecito-Sequoia,  
1485 Redwood Drive,  
Los Altos, Calif. 94022

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



(World X-C, Continued) - /Women--5.1 Km./ 1-Valero-Omedes/Sp 17:26, 2-Bragina/SU 17:28, 3-Romanova/SU 17:35, 4-Bondarchuk/SU 17:38, 5-Tomasini/It 17:44, 6-Katyukova/SU 17:46, 7-Ford/GB 17:47, 8-Kinsey/US 17:49, 9-Garrett/NZ 18:00, 10-Buerki/Switz 18:02, 11-Mills/US 18:03...14-Brown 18:07, 15-Neppel 18:08, 48-Brown-Heritage 18:58, 54-Forbes 19:04...Teams: USSR 15, USA 48, NZ 76, Poland 101, GB 118, WG 126. /Pete Cava, AAU/

MORRO BAY ROAD RUN (Mar. 26, Morro Bay): /5 Mi./ 1-Reynoso/CP 23:50, 2-Cadena/SLDC 23:50, 3-Warrick/CP 24:13, 4-Carnahan/FPTC 24:16, 5-Tracy/CP 24:19, 6-Dabill/SCH 25:32, 7-Higginbotham/Wings 25:35, 8-Arreola/SLDC 25:46, 9-Capriotti/CP 25:56, 10-Beaton/SLDC 26:18, 11-Nanninga/WVTC 26:18, 12-Rupp/STC 26:23...25-Coffey/SLDC(40+) 28:52, 29-Perkins/LVDC(40+) 29:27, 45-Liz Bradley/CP 33:19...60 finishers. /Stan Rosenfield/

NATL. MASTERS 15-KILO X-C (Mar. 27, Tapia Park, L.A.): /Men/ 1-Crum/STC 55:51, 2-E.Gookin/SDTC 56:16, 3-B.Gookin/SDTC 56:24, 4-Davis/MS 57:16, 5-Van Manen/SBAA 57:30, 6-Smartt/MS 57:58, 7-Fekker/STC 58:11, 8-Thompson/STC 58:17, 9-Sturak/MS 58:36, 10-Cronin/STC 58:44, 11-Rudberg/STC 58:54, 12-Stock/SDTC 59:21, 13-Holtel/STC 59:30, 14-Fry/Un 60:17, 15-Clark/MS 60:36...23-Gil/STC(50+) 62:18, 29-Nagelschmidt/Un(50+) 63:17, 44-Seekins/STC(60+) 68:23, 45-Lowell/STC 68:30 /team results not available on finish sheet. /Women/ 1-Stock/SDTC 66:21, 2-Anderson/NCS 67:08, 3-Gookin/SDTC 69:42, 4-Miller/STC 69:43, 5-Cartwright/SFV 73:26, 6-Wood/SDTC 74:12, 7-Brieger/PA 74:26, 8-Maricle/PA 75:56... 95 finishers (both races). /Frank Freyne, Marty Maricle/

SPA-AAU 15-KILO X-C CHAMPS (Mar. 27, L.A.): 1-P.Ryan/GWAA 51:53, 2-Arquilla/AIA 52:22, 3-Cook/AIA 52:43, 4-Weeks/BB 52:57, 5-Durand/STC 53:19, 6-Rowley/CCAC 53:35, 7-Ocana/CCAC 54:23, 8-Duarte/Un 54:47, 9-Pontinen/SBAA 54:50, 10-Broten/STC 54:54, 11-Hemphill/SBAA 55:13, 12-Adams/BB 55:24...122 finished. /Brennan/

DSE LEGION-OF-HONOR RUN (Apr. 3, San Francisco): /4.5 Miles/ 1-Reese/Army 23:26, 2-Niemiec/WVTC 23:34, 3-Hamilton 24:08, 4-Galli 24:36, 5-Myers/PMK 24:52, 6-Randolph 25:03...93-Gail Gustafson/Un 30:25, 122-Colleen Fox 31:53...420 finished. /DSE/

CONEJO 10-KILO (Apr. 9, L.A. Area): 1-Scobey/SFV 32:16, 2-White/OF 33:07, 3-Lorden/Un 33:28, 4-Miller/CCAC 33:50, 5-Young/Un 34:11, 6-Foose/SFV 34:22, 7-Burgasser/STC 34:37...18-Nicholson/STC(40+) 37:10, 43-Kathy Martin/STC 40:27...153 finished. /Connie Rodewald/

DSE NOB HILL RUN (Apr. 17, San Francisco): /2.4 Miles/ 1-Hamilton 14:06, 2-Danilson 14:44, 3-Scott 14:54, 4-Plymale/PMK 14:57, 5-Hershon 15:02, 6-Horning 15:10, 7-Nelson 15:14, 8-Vascesco 15:26, 9-Carlton 15:26, 10-Watkins 15:31, 11-Mortimer 15:35... 52-Julie Ortiz 17:53, 54-Colleen Fox 17:54, 60-Diane Strada 18:10, 74-Jenny Ray 18:59...235 finished. /DSE Newsletter/

**NORCAL DOES WELL AT BOSTON MARATHON (Apr. 18, Hopkinton, MA):**

- This was a big year for participation at Boston...not only were there 3000+ official entries, but NorCal had its share of them, as can be noted from the results below. On our special Boston group (NCRR), a record 50+ made the trip, including a contingent from *Runner's World Magazine*, who is doing a special on this year's run. Except for the heat, which caused most runners to be 5-10 minutes off their expected pace, the entire experience was pretty enjoyable. The only problem of great consequence was the problem at the start: too narrow & way too many runners, which reminded of 'Bay-to-Breakers mania'. Three NorCal men in the top 8, with Ron Wayne, in 4th, the top American. Brian Maxwell (3rd) and Chris Berka (8th) were the other two, and Berka led his WVTC team to third in the team battle, behind powerful Atlanta TC and Washington RC (Jim Bowles & Jack Leydig were the other two scorers). Joan Ulliyot (7th) and Penny DeMoss (8th) placed well among the women, both running 3 hrs+. Judy Gumbs-Leydig looked a cinch for no worse than third going into the Newton Hills (running 2nd), but the hot weather got the better of her and she failed to finish. Results of all NorCal people that Joe Henderson and I could account for in looking over the results and asking around...if we missed someone, be sure to let us know. Also, the results may change, as these were 'preliminary'...and so goes another hot Boston (mostly upper 70's and higher): --- 1-Jerome Drayton/TOC 2:14:46, 2-Bally/Turkey 2:15:44, 3-Maxwell/Un-Canada 2:17:21, 4-Wayne/NTC 2:18:18, 5-Vin Fleming/GBTC 2:18:37, 6-Tom Fleming/NYAC 2:18:46, 7-Tuttle/TS 2:19:42, 8-Berka/WVTC 2:19:48, 9-Fultz/Un 2:20:44, 10-Pate/CTC 2:21:16, ...21-Kurrle/SFVTC 2:23:49, 38-Bowles/WVTC 2:26:41, 52-Thompson/NMC 2:29:25, 80-Paulson/SLT 2:32:13, 129-Leydig/WVTC 2:35:40, 140-Butterfield/BAA(40+) 2:36:11, 141-Nikcevic/Un 2:36:14, 199-Meyer/HSTC 2:40:09, 230-Goetelmann/WVTC 2:41:44, 259-McDevitt/WVTC 2:43:01, 261-Chaffee/ETC 2:43:05, 276-Stagliano/DSE 2:43:55, 289-Kruse/Un 2:44:26, 313-Stein/Un 2:45:21, 322-Olson/ChicoSt. 2:45:36, 462-Anderson/Svyle 2:50:21, 490-Rasmussen/Davis 2:51:00, 509-McManus/Berk 2:51:43, ??-Flory Rodd/NCS 2:52:14, ??-Ed Jerome/TRAC 2:52:43, 603-Sampson/Berk 2:53:54, 611-Stewart/SF 2:54:09, 633-Lenon/Woodside 2:54:51, ??-Hamer/WVTC 2:55+, 639-Whittingslow/SFOC 2:55:05, 646-Nolan/Belmont 2:55:16, 661-Roland/SRosa 2:55:35, 711-Pawlak/SJ 2:56:37, 722-Helms/CM 2:56:55, 731-Kerr/SF 2:57:05, 834-Jeffrey/MP 2:59:41, 844-Wood/NCS 2:59:57, 851-Soubier/DSE 3:00:03, 882-Schafer/WVTC 3:00:54, 892-Lewis/SF 3:01:05, 894-Campbell/Carmel 3:01:08, 918-Johnson/Svyle 3:01:59, 932-Paffenbarger/NCS 3:02:24, 961-Cook/WVTC 3:03:04, 982-Daniell/SWEAT 3:03:34, 994-Treacy/SF 3:03:57, ??-Reynaga/WVTC 3:03+, 1018-H.DeMoss/WVTC 3:04:38, 1090-Cushner/SF 3:06:46, 1092-LaPierre/Tahoe 3:06:48, 1100-Richey/CRC 3:07:03, 1148-Dahl/Berk 3:08:33, 1155-Dugdale/Salinas 3:08:54, 1164-Dally/WVTC 3:09:23, 1169-Gillette/WVJS 3:09:43, 1198-Ruiz/SF 3:10:42, 1226-Hughes/PH 3:11:10, 1237-Holmes/BC 3:11:24, 1250-Peterson/Albany 3:11:47,



(Left to Right) NorCal runners did well at Boston this year, led by Brian Maxwell's 3rd place 2:17:21. /Sue Perry/ Right behind Brian came Ron Wayne (1st American) at 2:18:18; Chris Berka got a PR 2:19:48; Joan Ulliyot was 7th woman (3:01:17). /Jeff Johnson/



1308-Staib/MatherAFB 3:13:11, 1315-Lenihan/SJ 3:13:21, 1326-Duncan/WVTC 3:13:40, 1355-Brock/SF 3:14:34, 1357-Fuller/LG 3:14:37, 1362-McManus/Okld 3:14:58, 1436-Henderson/RW 3:17:00, 1448-Rowerdink/Lodi 3:17:21, 1533-Sloan/Auburn 3:20:04, ??-Subotnick/WVTC 3:20+, ??-Buccowich 3:21+, 1640-Dunlavey/PA 3:23:42, 1651-Fox/WVJS 3:24:02, ??-Wilson 3:24+, ??-Moorman/PMK 3:25+, 1716-Greenberger/PA 3:25:39, 1746-Gault/SF 3:26:26, 1748-White/Colusa 3:26:35, 1790-Main/Belvedere 3:28:02, 1821-Wolinsky/Berk 3:29:20, 1839-Smith/SWEAT 3:29:59, ??-Helm 3:31+, 1865-Myers/WCrk 3:31:15, 1867-Guilfooy/Ft.Ord 3:31:18, 1879-Waldo/CastroVly 3:31:53, 1939-Wright/Mont 3:34:32, 2037-Cuzzillo/NCS 3:39:43, 2072-Crangle/Okld 3:41:47, 2124-Zigmant/WVTC 3:45:28, 2148-Myers/SF 3:47:17, 2156-Fish/Alameda 3:47:50, 2188-Albritton/SF 3:51:34, ??-Wurm 4:12+, ??-Levinson 4:32+, ??-Siitonen/NCS 4:45+.../Women/ 1-Miki Gorman/SFV 2:48:44, 2-Bevans/Baltimore 2:51:27, 3-Lorraine/ATC ??, 4-01-inek/Canada 2:56:17, 5-Matoecik/HE 2:57:09, 6-Forshee/MSU 2:59:05, 7-Ullyot/WVTC 3:01:17, 8-P.DeMoss/WVTC 3:01:45, 9-White/Wash RC 3:04:10, 10-Sullivan/Hartford 3:04:47, 11-Petersen/LagunaBeach 3:05:08, 23-R.Anderson 3:11:45, 33-Bast/Sacto 3:14:24, 34-Daniel/Redding 3:15:32, 38-Gustafson/Un 3:20:36, ??-Cutler 3:43+, 83-Whittingslow/Okld 3:43:30, 84-Burns/Berk 3:43:36, 86-Sacker-mann/B'game 3:44:02. (Note: Seems like women's times were really fouled up...two different sets in papers & another one from race director. We'll note important changes next time.)

/Joe Henderson, Jack Leydig, Phil Lenihan, & others/

**BIDWELL CLASSIC RACES A HUGE SUCCESS** (Mar. 5, Chico): - Chico's first-ever marathon, held concurrently with a half-marathon and a three mile, drew a total of 405 runners (all races) and started what the organizers hope will be the start of a top-flight, traditional race in the Northern California area. Pat Buzbee's 2:36:52 led the pack, as fairly warm (60's and low 70's) temperatures kept down the times somewhat, although much of the course was in the shade. Jake White of the Tax Reducers was a close second in 2:37:44, setting a club record in the process (we think). Another San Jose resident, Dan Leahy, grabbed over-40 honors with his 3:08:34. He was followed closely by Merrill Cray of Chico, the first woman finisher in 3:09:31, a personal best. Sally Edwards of Sacramento was a distant second at 3:18:42. Britt Brewer, also of Chico, was tops in the 10-13 division with a good 3:01:34. In all, 119 of the starters made it through the entire distance. At the half-marathon distance, WVTC's Ted Quintana, a student at Cal-State Hayward, took an easy 2-minute victory over Chico's David Wood in 1:08:29. Paul Holmes of Sacramento was first master in at 1:23:13, while Wendy Rosin (1:41:14) led all the women. Ted's teammate, Randy Sturgeon, took a fairly close victory over Gene Meyers, 14:25 to 14:33, at the three-mile distance. Kathleen Sullivan's 18:29 proved an easy winner for the women, and even bested the first master, Tom Jennie of Redding, who recorded an 18:33. Race-director Walt Schafer didn't have the time to co-ordinate everything and run the marathon, but he slipped into the three mile and took sixth without a warmup. /Walt Schafer/

1-Pat Buzbee/Turlock 2:36:52	14-Santos Cervantes 2:53:39	27-Ed Wasp/S.F. 3:05:19	40-Pat Anthony/Stktn 3:14:56
2-Jake White/TRAC 2:37:44	15-David Moss 2:54:48	28-Gary Crangle/Pdmt 3:05:58	41-Charles Hansell 3:17:15
3-Byron Richardson/WV 2:41:09	16-Fraser Rasmussen 2:57:29	29-J. Lanzavecchia 3:06:33	42-Donald Hill/S.F. 3:17:18
4-Kerry Kilgore/SUND 2:43:14	17-Thomas Brown/Fresno 2:58:41	30-Pete Hanson/Colfax 3:08:20	43-Clyde Helms/CMadera 3:17:20
5-Frank Burk/Chico 2:47:16	18-Lenny Stein/S.F. 2:59:24	31-Dan Leahy/San Jose 3:08:34*	44-V.I. Wexner 3:17:25
6-Ed Stromberg/Sacto 2:48:13	19-Hank Dickerson/Ore 2:59:52	32-Mike Swanson/Sacto 3:09:11	***WOMEN***
7-Bob Myers/PMK 2:49:27	20-Erwin Forbes 2:59:57	33-Don Mason/Fairfld 3:09:27	34-Merill Cray/CRC 3:09:31
8-Jeff Wall 2:50:42	21-Mike McLain/Madera 3:00:23	34-Merill Cray/CRC 3:09:31	46-Sally Edwards/OPHIR 3:18:42
9-Clifford Stewart 2:51:21	22-Britt Brewer/Chico 3:01:34	35-Bob Hedges/Sacto 3:10:01	47-Caron Schaumberg/VM 3:19:32
10-Mike Buzbee/YubaCity 2:51:31	23-Steve Crescenti 3:02:56	36-Michael Moore/Rodeo 3:12:00	49-Teri Hagerty/SUND 3:20:52
11-Ross Rowley/Stktn 2:51:46	24-Phil Wilder/Okld 3:04:03	37-Richard Keene/Berk 3:12:18	58-Karen Diekmeyer/SUND 3:27:09
12-Gene Schaumberg/VMTC 2:51:50	25-Kent Ball/Chico 3:05:00	38-Tony Mezzapelle 3:13:42	65-Karen Gallagher 3:34:07
13-Larry Pugh 2:53:14	26-Don Richey/CRC 3:05:00	39-Larry Dion/Chico 3:14:12*	73-Bettina Brownstein 3:39:36

1-Ted Quintana/WVTC 1:08:29	12-Mike Rowerdink 1:18:05
2-David Wood/Chico 1:10:33	13-Tom Thomas 1:18:13
3-Fred Veliz/FairOaks 1:12:22	14-Richard Stiller 1:18:32
4-Tom Burns 1:12:55	15-Dick Look/Redding 1:18:52
5-Kurt Graves 1:14:18	16-Tom Hayes/Redding 1:19:06
6-Frank Hagerty/SUND 1:14:39	17-Jeff Nicklaw 1:19:06
7-Dirk Feenstra/Sacto 1:15:02	18-Jerry Swartsley/SOS 1:21:13
8-Doug Rennie/BC 1:16:11	19-Lyle Lough 1:22:12
9-Roger Stordahl 1:16:21	20-Paul Holmes/BC 1:23:13*
10-Greg Durbin 1:17:15	21-Steve Daniels 1:23:36
11-David Mineau 1:17:55	22-Joe Henderson/R.W. 1:23:44

1-Randy Sturgeon/WVTC 14:25	19-Peter Castellanos 17:48
2-Gene Meyers/Chico 14:33	20-Gary Johnson 17:51
3-Michael Williams 15:19	21-Jeff Alaways/Chico 17:59
4-Lloyd Leighton 15:27	22-Mark Thomas/Chico 18:09
5-Peter Hallingsworth 15:54	23-Garrett Grant/Chico 18:22
6-Walt Schafer/CRC 16:10	24-John Rice/Chico 18:23
7-Wayne Moss/Weaverv'le 16:18	25-Jim Howard/Redding 18:24
8-Greg Williams/Chico 16:35	26-Kathleen Sullivan/CRC 18:29
9-Ken Takao/Lodi 16:59	27-Joshua McKinney 18:32
10-William Lionberger 17:10	28-Glen Bayley/Chico 18:32
11-Bryon Taylor/Chico 17:11	29-Tom Jennie/Redding 18:33*
12-Bill Willson/Chico 17:22	30-Steve Nicklow 18:35
13-Jim Myers/PMK 17:26	31-Richard Henneman 18:42
14-Jack Frost/Redding 17:30	32-Tim Morrison/Davis 18:43
15-Ivan Miller/Chico 17:35	33-Maurice Wiebelhaus 18:48
16-Eric Iverson/Davis 17:36	34-Jamie Purganan 18:55
17-Glenn Reed/Redding 17:43	35-Joe Knox/Chico 18:56
18-Ron Harrison/Orland 17:44	36-Jim Nulty/Stktn 19:04

**DSE OCEAN BEACH RUN** (Apr. 24, San Francisco): /6.0 Miles/ 1-Peter Hamilton, Jan Sershen/ETC, Bob Darling/ETC 29:50, 4-Reese/Army 30:40, 5-Trujillo 31:18, 6-Coniglio 31:26, 7-Randolph 31:56, 8-Latimer 32:09, 9-Swezey/PMK 32:18...88-Ruth Anderson/NCS 38:40, 94-Skip Swannack/WDS 39:10, 99-Pat Whittingslow/PMK 39:37...387 finishers. /DSE Newsletter/

## N.Y.C. MARATHON TOUR

The Boston Marathon (1977) is now history...the NCRR took over 50 California runners to this year's race at a big savings in airfare and plans are being made to make up a similar group for the New York City Marathon (also the Sr. & Masters Natl. AAU Marathon Championships this year). By the time this issue gets to you, we should have final plans together...so if you are remotely interested, please drop us a postcard and we'll send full details. Look to save about 25% on airfare...hotel is included in the package. We must all leave together, but you may stay as long as you like and come back via some other routing for only a small extra fee...please state your preference for leaving (Fri. or Sat.). The race is on Sunday.

23-Lenn Mackey/Chico 1:25:59	56-Wendy Rosin/Chico 1:41:14
24-Richard Purdy/Davis 1:27:49	64-Deni Luper/Chico 1:44:09
25-Tom Wilson/Chico 1:28:39	67-Sue Schnell/Stktn 1:44:28
26-Gary Lampson 1:29:30	
27-Johnny Wattenburg 1:29:47	
28-Andy Park/Chico 1:29:48	
29-Robert Staib/Mather 1:30:01	
***WOMEN***	
37-Charles Zappettini/SF 19:06*	
38-Dan Alarid/Elk Grove 19:06	
39-Robert Ross/Chico 19:28	
40-Ray Mahannah/Modesto 19:29*	
41-Mason Nichols/Chico 19:38	
42-Richard Moreland 19:39	
43-Clifford Williams 19:49	
44-Victor Beers/Paradise 19:56	
45-Gregory Larson 19:59	
46-Richard Crain/Alturas 20:05	
***WOMEN***	
26-Kathleen Sullivan/CRC 18:29	
47-Kathy Kaiser/Chico 20:08	
51-Kim Carter/Shasta 20:20	
52-Patti Hosszit/Sacto 20:20	
54-Tracy Zimmerlee/Chico 20:30	
61-Lynn Scheel/Chico 21:13	
67-Michele McLain/Madera 21:27	



Merill Cray won Bidwell Classic Marathon. /Walt Schafer/



**CLARK SLOSHES TO VICTORY AT GARLAND RANCH RUN** (Mar. 12, Carmel Valley): - Despite rainy conditions, a gratifying turnout of 131 made for a very successful race on this very challenging 10,000 meter x-country course. A steady rain (why does the little rain we get seem to fall on the weekends?) made the footing very tricky on an already difficult course. Bill Clark assumed a 14-second victory over Ft. Ord's Richard Guilfooy, with a slowish 36:36. Seventeen-year-old Craig Cushenburg of the Buffalo Chips was third in 37:00. Perhaps the most surprising performance of the day was turned in by 16-year-old Ann Trason, who upended favored Sharon Furtado in a super time of 41:09, some 49 seconds ahead of her rival. Bill Flodberg's 41:27 was just over a minute in front of Richard Bawcom in the over-40 race. Another super effort was turned in by Mike Jones of the Soquel RC, who is blind. He was timed in 43:17 for 36th place overall. /Gary & Gail Goettelmann; Skip & Lynne Marquard/

1-Bill Clark/WVTC	36:36	14-David Garcia/Un	39:39	27-Richard Bawcom/Un	42:32*	40-Frank Dice/Un	43:39
2-Richard Guilfooy/Un	36:50	15-Ted Wilson/KJ	39:57	28-Dave Unger/Un	42:42	41-William Wade/Un	43:41
3-Craig Cushenburg/BC	37:00	16-Marco Martin/PMK	40:15	29-Sean Flavin/PC	42:47*	42-Steve Hehner/Un	43:54
4-Joseph Day/Shrev.TC	37:33	17-Don Dugdale/Un	40:30	30-Scott Hall/Un	42:48	43-Robert Arce/DSE	43:56
5-Jim Hiserman/MPTC	37:37	18-Jay Cook/Un	40:49	31-Farnz Brazil/Un	42:50*	44-Ed Healy/AA	44:02*
6-Don Roth/Un	37:55	19-Mark Mondragon/Un	41:07	32-Keith Campbell/LVRC	42:53*	45-David Key/MPAC	44:08
7-Lloyd Sampson/Un	38:41	20-Ann Trason/Un	41:09	33-John McCrillis/TRAC	42:55	***WOMEN***	
8-Mark Driscoll/Un	38:42	21-John Brazinsky/MPAC	41:17	34-Mark Rottman/MPAC	43:07	20-Ann Trason/Un	41:09
9-Craig Powell/BC	38:44	22-Bill Flodberg/WVJS	41:27*	35-Phil Wilder/Un	43:11	25-Sharon Furtado/WVTC	41:58
10-Robert Crowther/Un	39:04	23-Bud Chrisman/Un	41:38	36-Mike Jones/SoqRC	43:17	73-Vicki Blankenship	47:29
11-James Kee/Un	39:22	24-Jerry Costa/MVS	41:52	37-Art Riggs/Un	43:25	77-Gail Campbell/WVJS	48:16
12-Bruce Campbell/Un	39:25	25-Sharon Furtado/WVTC	41:58	38-Jan Senecal/Un	43:26	80-Barbara Wangoe/Un	48:48
13-Haywood Norton/Un	39:35	26-Thomas Freeman/Un	42:25	39-Roy Scellato/TRAC	43:32	93-Ellen Clark/WVTC	51:13

**PA-AAU 50-KILO: LABRIE WINS TITLE--BRYAN SETS MASTERS RECORD** (Mar. 20, Sacramento): - Darryl Beardall was the early leader here, passing 5 and 10 miles in 29:05 and 59:35, before Howard Labrie started pulling ahead shortly after. Coming through the turnaround in 1:32:45, a full minute up on his rival, Howie clipped of a 2:38+ marathon before finally recording 3:10:20 on a rather warm-ish day. Sometime shortly after 23 miles, Roger Bryan, a 2:38 marathoner, went by the faltering Beardall and sped on to a new PA masters record of 3:14:03. Beardall held on to third and a time of 3:19:19. Penny DeMoss defended her 1976 title by completing the 31+ miles in 3:53:39, five minutes over her world mark, set here last year. Don't know who the team winners were, as the scoring was disputed and we haven't heard any word otherwise yet. Looks like it was a battle between the Buffalo Chips and Tax Reducers. Somebody let us know! /33 finishers/ /A. Underwood/

1-Howard Labrie/SRRC	3:10:20	9-Jim Yaniglos/BC	3:46:13	17-Dieter Diekmeyer/SUN4	4:03:50*
2-Roger Bryan/TRAC	3:14:03*	10-Ross Rowley/SUND	3:51:25	18-Dee Baltzer/Un	4:04:20
3-Darryl Beardall/MH	3:19:19*	11-Fraser Rasmussen/BC	3:52:00	19-Ron Prior/OPHIR	4:06:00
4-Jim Bowles/WVTC	3:23:18	12-Dwight Hendrix/Un	3:52:40	20-Hal Baker/BC	4:11:07
5-Ed Jerome/TRAC	3:28:11	13-Penny DeMoss/WVTC	3:53:39	21-Jack Wiley/PMK	4:14:42
6-Mike Souza/BC	3:33:00	14-Marc Hoschler/BC	3:55:18	22-Richard Cooper/Navy	4:15:38
7-Tom Hannickel/OPHIR	3:39:25	15-John Ulate/TRAC	3:55:24	23-Robert Ogg/BC	4:19:47
8-Bill Peck/Bak.TC	3:44:59	16-Art Waggoner/BC	3:57:08*	24-Vic Crosetti/TRAC	4:22:15*

**RECORDS TUMBLE AT BUFFALO STAMPEDE** (Mar. 20, Sacramento): Four very tough records fell by the wayside during the popular 10-miler, held concurrently with the PA-AAU 50-Kilo over the past few years. Brian Maxwell and Jim Nuccio had the race pretty much to themselves right from the start as they decided to intentionally tie it up at the end in a course-record time of 50:18, edging Ron Elijah's 1975 mark by 4 seconds. Kent Guthrie smashed George Martin's masters standard by nearly a full minute, as he cruised to a 53:51, good enough for 14th overall. Jim O'Neil lowered his own 50-and-over mark by a huge margin with his 55:55 (57:38 was the old record). Ruth Anderson was the other record-breaker in the women's veteran class, knocking a minute and a half from her 1976 time. Merrill Cray of Chico was the women's winner overall, however, clocking 65:43, well off the 63:44 set last year by Karen Bain. Other division winners were: 30-39--Frank Krebs 53:44; 19-Under Women--Nina Beatie 70:34; 13-19--David Colbert 56:18; 12-Under--Harold Kuphaldt 71:05. This year's race attracted a record 300+ runners (288 finished). /Abe Underwood/



Howard Labrie winning the PA 50-Kilo title. /Jim Engle/

1-Brian Maxwell/NikeTC	50:18	30-Brian Bonner/LVRC	56:30	59-Mark Burch/CRC	59:44	88-Harold DeMoss/WVTC	63:14*
tie-Jim Nuccio/WVTC	50:18	31-David Mineau/CRC	56:34	60-Jack Nelson/Un	59:48	89-Larry Pugh/Un	63:24
3-Dave Boyet/AGRC	51:48	32-Edward Kelley/CRC	56:42	61-Hoyt Walker/LVRC	59:55	90-Jeremiah Russell/BC	64:13*
tie-Mark Proteau/AGRC	51:48	33-Ron Holloway/Un	56:51	62-Kurt Schroers/SUND	59:56	91-Ken Takao/SUND	64:21
tie-Peter Sweeney/AGRC	51:48	34-Doug Essary/Army	57:01	63-Lyle Freeman/Un	59:58	92-Mike Rowerdink/SUND	64:22
6-Adam Ferreira/HH	52:10	35-Kevin Hanson/HH	57:05	64-Mark Gallo/BC	59:59	93-Rich Pardy/Un	64:28
7-Ed Schelegle/AGRC	52:14	36-Walt Schafer/CRC	57:11	65-Ted Brock/BC	60:04	94-Dana Larsen/Un	64:39
8-David Wood/CRC	52:44	37-Bob Coleman/Un	57:16	66-Skip Seebeck/Un	-----	95-Wesley Hurlbert/Un	64:47
9-Jon Higley/WVTC	53:11	38-Robert Bourbeau/WVJS	57:18*	67-Danyal Kasapligil/Un	60:23	96-Nelson Bettencourt/Un	64:53
10-Ron Elijah/Un	53:19	39-Michael Garrett	57:29	68-Chuck Nichols/BC	60:28	97-Mike Loeffler/Un	64:54
11-Jim Howard/BC	53:37	40-Jim Holben/WVTC	57:39	69-Britt Brewer/CRC	60:35	98-Derl Crowder/Un	64:56*
12-Frank Krebs/BC	53:44	41-Rick Rockwell/ETC	57:42	70-Barry Anderson/Un	60:37	99-Thomas Reed/ER	64:58
13-Russell Jones/ShoreAC	53:49	42-Ray Menzie/WVTC	57:45*	71-Jeff Nicklow/OPHIR	60:48	100-Jim Krajeirik/Un	65:02
14-Kent Guthrie/WVJS	53:51*	43-Tim Rostege/WVTC	57:46	72-Robert Jamieson/Un	60:58	101-Dave Davis/BC	65:10*
15-Harry Ellis/AGRC	53:55	44-Rick Edson/BC	57:46	73-Tom Callander/Un	61:08	102-Don Spickelmier/BC	65:11
16-Fred Veliz/Un	54:16	45-Ed Stromberg/BC	57:49	74-Doug Carroll/Un	61:16	103-Dan Davidson/BC	65:12
17-Bruce Rider/WVJS	54:22	46-Mike Eash/ETC	58:03	75-Evan MacBride/BC	61:23	104-Web Chadwick/Un	65:12
18-Bob Cooper/WDS	54:53	47-Gary Alderman/PMK	58:18	76-John Dressler/LVRC	61:24	***WOMEN***	
19-Gary Green/BC	55:08	48-Paul Holmes/BC	58:29*	77-Scot Hunter/Un	61:46	107-Merrill Cray/CRC	65:43
20-Tom Burns/HH	55:14	49-Bill Fairwell/Un	58:30	78-Sammy Trujillo/Un	61:57	135-Ruth Anderson/NCS	68:03*
21-Doug Butt/WVTC	55:27	50-Jesus Garza/Un	58:36	79-Gary Crangle/Un	62:02	139-Karen Diekmeyer/SUND	68:31
22-Keith Crowder/WVJS	55:34	51-Greg Durbin/Un	59:00	80-Mike Swanson/Un	62:20	149-Madeleine Roesse/AGRC	69:30
23-Greg Jewett/PMK	55:48	52-Joe Kattenhorn/BC	59:01	81-Jim Finnegan/BC	62:28	183-Gail Campbell/WVJS	72:33
24-Rudy Dressendorfer/AGRC	55:50	53-Robert Felsch/Un	59:22	82-Robert Hedges/BC	62:30	190-Bettine Brownstein/BC	74:08
25-Jim O'Neil/SFOC	55:55*	54-Terry Mullen/TRAC	59:26	83-Gough Reinhardt/LVRC	62:48*	197-Deryl Elijah/Tam	74:37
26-John Kleinbach/ETC	56:00	55-Mike Catlin/AGRC	59:31	84-Charlie Eiriksson/Un	62:56	204-Karen Gallagher/ER	76:19
27-Joseph Day/Shrev.TC	56:04	56-Scott Ellis/Un	59:33	85-Wes Fujii/Un	63:01	210-Sue Schnell/SUND	77:38
28-Doug Rennie/BC	56:10	57-Larry Sumner/BC	59:38	86-Tony Baccelli/Un	63:04	218-Sally Edwards/Un	78:15
29-David Colbert/Un	56:18	58-Mike LaPierre/BC	59:42	87-Steve Mahab/Un	63:07	221-Ellen Coleman/Un	78:49



GUTHRIE TAKES WIND-BLOWN LAKE MERCED MASTERS RACE (Mar. 27, San Francisco): - Current NCRR Masters "Point" leader, Kent Guthrie, missed Jim Shettler's course mark by some 30 seconds but still handily won the annual NorCal Seniors TC's race around Lake Merced. His 26:49 was considerably slower than what he had expected, but all times were affected by a strong wind that lashed the backside (final 2 miles) of the 4.95 mile loop course. Jerry Lewis of the sponsoring club was 11 seconds back, upsetting 1976 LDR Point Leader, Ralph Bowles, by 15 seconds. Jim O'Neil was easily the class of the 50-and-over field with his 27:18 in fourth, while Carl Martin's 29:49 placed next in that group. Ageless Ed Preston, who just turned 60 recently, clipped off a fine 30:35 to easily outclass his competition in that division (Ray Mahannah's 33:29 was next). Jeanie Kayser-Jones annexed the women's title with her 32:32, far ahead of Ruth Waters' 35:12. Ruth Dettering's 37:33 took the 50-plus trophy. Virginia & Seymore Collins defeated Marge & Ed Heinlein (68:17 to 70:22) in the husband-wife team battle, while Wally Hanson grabbed 70-and-over honors at 43:52. The fact that the Natl. Masters 15-Kilo was held the same day in L.A. didn't seem to effect the turnout (172 finishers, men and women). This is perhaps one of the largest all-masters races in the country...any other contenders? /Jack Bettencourt/

1-Kent Guthrie/WVJS	26:49	19-Tim Treacy	30:15	37-Peter Woodward	31:54	55-Bob Daniel	33:18
2-Jerry Lewis/NCS	27:00	20-Mike Korbholz	30:20	38-Sig Ketterer	31:55	56-Jerry Watson	33:20
3-Ralph Bowles/WVJS	27:15	21-Jim Nicholson/NCS	30:21	39-Doug Moore	32:13	57-Peter Sorensen	33:24
4-Jim O'Neil/SFOC	27:18	22-Don Huff	30:22	40-Jim Collins	32:25	58-Ray Mahannah/NCS	33:29
5-Ulrich Kaempf/TRAC	28:09	23-Stu Ruth	30:30	41-John Elliott	32:27	59-Peter Dahl	33:33
6-Ken Napier/WVJS	28:17	24-Bryan Holmes/WVJS	30:32	42-Ed Heinlein/NCS	32:30	60-Dick Greene	33:36
7-Don MacDonald/PMK	28:26	25-R.P. Mueller	30:34	43-Walt Byrd	32:31	61-John Dougherty	33:41
8-Pat Cunneen/PMK	29:02	26-Ed Preston	30:35	44-Jeanie K-Jones/PMK	32:32	***WOMEN***	
9-Norm McAbee/NCS	29:08	27-Phil Paulson/PMK	30:36	45-Jim McRae	32:43	44-Jeanie K-Jones/PMK	32:32
10-Jack Jamieson	29:18	28-Richard Austin	30:39	46-Jerrold Glendenning	32:46	86-Ruth Waters/NCS	35:12
11-Bob Cushen/NCS	29:21	29-Earl Norgard	30:40	47-Seymore Collins	32:51	91-Virginia Collins	35:28
12-Paul Weggeman	29:28	30-Richard Houston/NCS	30:44	48-Gail Wetzork	32:53	102-Carroll O'Conner/NCS	36:54
13-Bill Bugler	29:35	31-Sam Roake	30:52	49-Dave Bradwell	32:56	109-Ruth Dettering/NCS	37:33
14-Carl Martin/WVJS	29:49	32-Warren Moorman/PMK	31:05	50-Bob Clark	32:59	113-Marge Heinlein/NCS	37:52
15-James Jacobs/NCS	29:53	33-Preston Hill	31:21	51-Arnold Knepper	33:07	123-Elaine Pedersen	38:35
16-Don Carpenter	29:55	34-Tokihiko Suyehiro	31:25	52-Allan Smith	33:12	125-Catherine Smith	38:44
17-Mike Stafford	30:00	35-John Naylor	31:32	53-Harry Hill/WVJS	33:13	126-Nancy Schell	38:46
18-Mike Murphy	30:07	36-Hans Roenau/MH	31:51	54-Carl Gingrich	33:15	132-Claudia Shenefield	39:56

COOPER WINS ILSANJO 10-MILER: BEARDALL AND CRAY BLITZ DIVISION RECORDS (Mar. 27, Santa Rosa): - Woodside Strider ace, Robert Cooper, known more for his feats at the longer distances, was quite at home here in the hilly Lake Ilsanjo x-country run, clocking a good 55:59, although well off Hans Templeman's 1975 course standard of 54:16. Hersh Jenkins was about 100 yards back in 56:18. Santa Rosa's own Darryl Beardall clobbered the masters record (61:57 by Bill Jensen in 1975) with his 57:10, which was good enough for fifth overall. Craig Roland was a distant second at 62:11, beating Bob Malain's 64:00. Most of the over-40 crowd chose the Lake Merced run today (see above). Merrill Cray came down from Chico to improve on her own course mark of 69:41 by recording a quick 68:30. Her nearest opposition was about a mile back. Mike Plummer's 56:51 set a new junior division mark, as the top three finishers were under Dean Behrman's 1975 time of 60:35. Steve Rypins clipped the 13/under record of 71:45 (Jim Myers - 1976) in good fashion with his ultra-quick 68:31. Valley of the Moon TC, the sponsoring club, walked off with team honors, scoring a 70 to 169 victory over their local rivals, the newly-formed Empire Runners. /Fred Kenyon; Tad Woliczko/

1-Robert Cooper/WDS	55:59	12-Tim Swezey/PMK	59:27	23-Tom Lamrie/Un	61:57	34-Gough Reinhardt/NCS	66:39*
2-Hersh Jenkins/ER	56:18	13-Joe Menville/Un	59:33	24-Craig Roland/Un	62:11*	35-Marvia Pettey/Un	66:49
3-Mike Plummer/WV-Chabot	56:51	14-Gene Fitzgerald/PMK	59:42	25-Robert Felsen/Un	62:29	36-Tom Clancy/ER	66:52
4-Tad Woliczko/PMK	56:54	15-Larry DeWitt/VMTC	59:52	26-Dave Zumwalt/Un	63:03	37-Bob Johnson/Un	67:01
5-Darryl Beardall/MH	57:10*	16-Dave Sjostedt/VMTC	60:13	27-Jack Hackmann/VMTC	63:51	38-Ralph Single/Un	67:13
6-Kim Baez/Unat	57:43	17-Ed Jerome/TRAC	60:22	28-Bob Malain/NCS	64:00*	39-Dave Innes/Un	68:00
7-Pat Miller/NikeTC	57:51	18-Fred Kenyon/VMTC	60:40	29-Dennis Doris/Un	64:30	40-Larry Arata/Un	68:01
8-Roger Scott/ER	57:53	19-Ross Rowley/SUND	60:56	30-Dave Warren/ETC	64:38	***WOMEN*** (Div. Place Only)	
9-Fred Maier/VMTC	58:07	20-Ron Kessecker/VMTC	61:03	31-Don Madronich/Un	64:58	1-Merrill Cray/CRC	68:30
10-Doug Rustad/Unat	58:19	21-Mickey Brodie/Un	61:06	32-Dave Larsen/DSE	65:17	2-Gail Campbell/WVJS	75:37
11-Greg Jewett/PMK	58:47	22-Stan Andersen/Un	61:43	33-Joe Camisa/Un	65:28	3-Beckie Simmie/VMTC	78:29

PROTEAU EASY WINNER AT INSPIRATION POINT (Apr. 2, Berkeley): - A crowd of 200-plus distance runners showed up for the first running of the Inspiration Point 7.6 Miler. Mark Proteau of the Aggie R.C. had little trouble in establishing an early lead and went on to win in 38:58, a full 200 m. ahead of Army's Cliff Reese. A great time was had by all, which included T-shirts to all participants and two kegs of beer at the finish. Since no divisions were noted in the results, we're just guessing on who took over-40 honors, but I suspect that Bryan Holmes' 46:27 in 47th place was tops, followed by Richard Austin in 48:00. Anyone having an idea of the top six masters should contact the NCRR immediately, as we can't count the race in our LDR "Point Race" unless we find out. It appears that Ruth Anderson took the women's title in 52:13, almost a half-mile ahead of her nearest opposition. That's all the info we've got...only names and times were given...anyone have a set of printed results? /Terry Hughes/



Start of the First Annual Inspiration Point Race. /T. Hughes/

1-Mark Proteau/AGRC	38:58	14-Brian Bonner	42:50	27-Ross Montello	44:44	38-Marvin Winer/WVTC	45:41
2-Cliff Reese/Army	39:38	15-Mike Wheeler	42:53	28-Kurt Wayne	44:51	39-Jack Ball	45:50
3-Ken Scalmanini/PMK	40:04	16-John Sproul	42:54	29-William Jenney	44:53	40-Orville Fisher	45:56
4-Bob Wolfe/BAA	40:37	17-Neil Berg	42:58	30-Doug Varn	44:57	41-Jeff Houston	45:58
5-Greg Jewett/PMK	41:03	18-Win Sale	43:08	31-Tom Robinson	45:02	42-Michael O'Donnell	46:06
6-Tom Coniglio	41:05	19-Harry Cross/WVTC	43:09	32-Pat Miller/NikeTC	45:02	43-Christopher Grampp	46:07
7-Michael Duncan/WVTC	41:39	20-Ted Wilson/KJ	43:18	33-Dan Hintz/WVTC	45:03	44-David Sampson	46:09
8-Steve O'Brien	41:54	21-Bryan March	43:43	34-Kevin Coulter	45:07	45-Dave Larson	46:17
9-Homer Latimer	42:14	22-Robert Turnbull	43:49	35-William Lovelace	45:10	46-Ignatius de Villiers	46:17
10-Mike Eash/ETC	42:15	23-Hoyt Walker	44:17	36-Dave Unger	45:35	47-Bryan Holmes/WVJS	46:27*
11-Gary Alderman	42:20	24-Dennis Coulter	44:20	37-David Moon	45:37	48-Michael Korbholz	46:29
12-Jim Holben/WVTC	42:43	25-Bill Frank	44:30				
13-Lloyd Sampson	42:48	26-Tom Mota	44:33				



49-Paul Curry	46:43	55-Michael MacKenzie	47:28	61-Mike Griffith	48:15	76-Jim Patterson	49:33
50-Mark Scheuer	46:53	56-Gary Chan/WVTC	47:34	62-Jeffery Rogers	48:42	***WOMEN***	
51-David Horning	46:55	57-Pete Schoener	47:47	63-Richard Mayers	48:42	92-Ruth Anderson/NCS	52:13*
52-Don Huff	47:09	58-G. McDaniels-Thomas	47:57	64-Brad Kearns	48:44	137-Judith Narte	55:59
53-Thomas Burns	47:09	59-Richard Austin	48:00*	65-Pete Werbel	48:54	138-Liz Ray	56:00
54-John Foley	47:18	60-Lee Sorenson	48:06	66-Robert Arce	49:09	179-Amy Wulfig	62:53

RECORDS TUMBLE AT ARROW 10K (Apr. 3, Sunnyvale): - Bill Clark broke away from a tight pack of teammates Bill Seaver and Mike Pinocci over the final mile of this super-flat course in Moffett Industrial Park to win by 4 seconds and set a new course standard in the process, pulling the other two under Jan Sershen's 31:13 record too. His 30:57 also broke his division mark (30-39) of 31:51. Kent Guthrie wasted little time in picking up another victory with a quick 33:15, pulling Ulrich Kaempf (34:10) under Ken Napier's old mark as well (34:49, in last year's first running of the race). Penny DeMoss took a victory over some pretty classy competition that included Arrow TC's Kerry Brogan and sub-3 hour marathoners Peggy Lyman and Judy Leydig, but her 39:07 was way shy of Roxanne Bier's 37:01. She did, however, set a (20-29) division record. The other two marks that fell went to Carl Martin (36:42), who pulled two others in the 50-plus division under the old mark, held by Vic Crosetti (40:53), and to Robert Smith, whose 36:05 broke Dan Gonzales' mark (36:56) in the 13-16 age-grouping. A total of 218 finished the 6-mile plus race in sunny weather (about 70°). There was a 3-Kilo race in conjunction with the longer one, and Mark Frise of Sunnyvale was the hands-down winner in 10:11.8, with Helen Floyd next at 12:51. Gary Woodruff (12:56) and Joe Kennedy (12:57) were also under thirteen minutes ...15 finishers were listed, although there may have been more? /Jerry Lewis/

1-Bill Clark/WVTC	30:57	27-Egil Krogh/DIRT	35:44	53-Rudy Escobedo/Un	37:37
2-Bill Seaver/WVTC	31:01	28-Rob Bates/Un	35:47	54-Robert Jeffory/Un	37:38
3-Mike Pinocci/WVTC	31:12	29-Ron Orsua/Un	35:55	55-Anthony McDonald/WVTC	37:48
4-Gary Goettelmann/WVTC	31:49	30-John Ulate/TRAC	35:57	56-Daniel Garcia/Un	37:48
5-Bruce Rider/WVJS	32:35	31-Robert Smith/Un	36:05	57-Skip Marquard/WVTC	38:08
6-Paul Thompson/Un	32:41	32-Kurt Sterling/Un	36:06	58-Lorenzo Chambliss/Un	38:28
7-Roland Watson/WVTC	32:51	33-David Garcia/TRAC	36:07	59-Walt Van Zant/WVJS	38:49
8-John Clary/TRAC	32:55	34-Gary Grellman/Un	36:32	60-Edward Vocke/Un	38:55*
9-Tad Woliczko/PMK	33:04	35-Ben Sawyer/Soquel RC	36:34*	61-Derl Crowder/WVJS	39:04*
10-Kent Guthrie/WVJS	33:15*	36-Malcolm Stewart/Un	36:37	62-Penny DeMoss/WVTC	39:09
11-Jake White/TRAC	33:23	37-Don Dugdale/Un	36:40	63-Steve Tamagni/Un	39:15
12-Bill Meinhardt/WVJS	33:33	38-Carl Martin/WVJS	36:42*	64-Rich Henke/Un	39:23
13-Dennis Tracy/WVTC	33:36	39-Santos Reynaga/WVTC	36:43	65-Kerry Brogan/Arrow	39:26
14-Joe Day/Shrev. TC	34:19	40-Ivar Sisniega/Un	36:44	66-Clives Davies/Un	39:28
15-Richard Stiller/TRAC	34:26	41-Roy Scellato/TRAC	36:51	67-John Warren/Un	39:29
16-Keith Crowder/WVJS	34:30	42-Bruce Carradine/DIRT	36:52*	68-Brian Bergstrom/Arrow	39:30
17-Ulrich Kaempf/TRAC	34:40*	43-James Moore/ETC	36:56	69-Peggy Lyman/WVTC	39:31
18-Ramsay Thomas/WVTC	34:54	44-John Brazinsky/MPAC	36:58	70-Keith Campbell/LVRC	39:35*
19-David Sullivan/Navy	34:55	45-Robert Ernst/Un	37:03	***WOMEN***	
20-Tim Rostege/WVTC	35:05	46-Myron Nevraumont/Un	37:05	62-Penny DeMoss/WVTC	39:09
21-Pat Miller/Nike TC	35:10	47-Nicholas Winter/LVRC	37:06	65-Kerry Brogan/Arrow	39:26
22-Wayne Plymale/PMK	35:11	48-Richard Lyman/Un	37:08	69-Peggy Lyman/WVTC	39:31
23-Danyal Kasapligil/Un	35:12	49-Peter Wood/NCS	37:10*	75-Judy Leydig/WVTC	39:48
24-Robert Welck/MPAC	35:26	50-James Jacobs/NCS	37:16*	102-Barbara Pike/Un	41:54
25-Michael Healy/DIRT	35:28*	51-Richard Shirk/Un	37:26	108-Gail Campbell/WVJS	42:27
26-Larry Hildenbrand/Un	35:37	52-Terry Mullen/TRAC	37:32	118-Michelle Miller/CY	43:13



Bill Clark, winner of the Arrow 10K, shown leading teammate Bill Seaver in the PA Sr. X-C Championships last fall. They finished in that order again today. /Tim Smith/



Start of the Livermore 8.5 Mile Run. /Don Homan Photo/

TWO RECORDS SET AT LIVERMORE DESPITE HIGH TEMPERATURES (Apr. 23, Livermore): - With temperatures in the high 70's, times were generally off what they should have been. Bill Seaver downed teammate Bill Clark by 47 seconds to grab the win, but his 44:10 was way off Jim Nuccio's 1975 standard of 42:28. Come-backing Tom Laris filled the third slot with a good 45:18. Tom is now 36. Kent Guthrie came through with a fine 47:48 in the high temperatures, finally knocking off Ken Napier's 1972 mark of 48:34, set in the race's first year. Ruth Anderson's 59:40 took over a minute from her 1976 record (60:57), and she beat all other females today too...Gail Campbell was next at 61:10. Ulrich Kaempf was runnerup in the masters division with 49:36, followed by Roger Bryan's 50:01. Other divi-

sion winners were: Carl Martin (54:38) in the 50-and-over bracket; Jack Vicory (55:00) in the 18-and-under category (new division this year). A total of 257 finished this ever-popular race in the foothills around Livermore. /Tom Jefferson/

1-Bill Seaver/WVTC	44:10	24-Gary Alderman/PMK	50:51	47-Chuck Askin/Un	53:45	60-Reggy Babel/Un	55:45
2-Bill Clark/WVTC	44:57	25-E. Hurtado/OPD	50:53	48-Joe Camisa/Un	53:50	61-Rich Ludt/Un	55:46
3-Tom Laris/WVTC	45:18	26-Nicholas Winter/LVRC	50:55	49-Dennis Coulter/Un	54:21	62-Gary Chan/WVTC	55:47
4-Dave Parish/SJCC-WVTC	46:42	27-Mark Lund/WVTC	51:04	50-Tim Pettibone/LVRC	54:34	63-Larry Shaw/LVRC	55:50
5-Bill Spence/WVTC	47:24	28-Dick Cordone/Un	51:09	51-Carl Martin/WVJS	54:38*	64-Server Sadik/LVRC	55:55
6-Mark Proteau/AGRC	47:28	29-Boyd Tarin/Nev-WVTC	51:15	52-Bryn Barnard/LagunaTC	54:42	***WOMEN***	
7-Jake White/TRAC	47:33	30-Hoyt Walker/LVRC	51:34	53-Dick Ryon/LVRC	54:44	93-Ruth Anderson/NCS	59:40*
8-Kent Guthrie/WVJS	47:48*	31-Bill Dunlop/LVRC	51:47	54-Jack Vicory/CHTC	55:00	108-Gail Campbell/WVJS	61:10
9-Keith Crowder/WVJS	48:28	32-Bert Johnson/LVRC	51:49	55-Dave Unger/Un	55:11	112-Karen Diekmeyer/SUND	61:34
10-Patrick Miller/Un	48:39	33-Rey Corona/Un	51:59	56-Ed Fuller/Un	55:20	162-Carroll O'Conner/NCS	67:19*
11-Greg Jewett/PMK	48:52	34-Bob Woodward/Un	52:04	57-Dieter Diekmeyer/SUN	55:29*	173-Colleen Fox/PMK	68:14
12-Brian Bonner/LVRC	49:08	35-Kurt Mayne/Un	52:08	58-Derl Crowder/WVJS	55:30*	174-Mary Gaffield/Un	68:18
13-Don Flaten/Un	49:13	36-Malcolm Stewart/Un	52:30	59-Jim Wurm/Un	55:39	175-Sue Schnell/SUND	68:19
14-Ulrich Kaempf/TRAC	49:36*	37-Roy Scellato/TRAC	52:40				
15-Burt Davis/SBAA	49:53	38-Paul Holmes/BC	52:44*				
16-Roger Bryan/TRAC	50:01*	39-Clark Danielson/Un	52:58				
17-Richard Stiller/TRAC	50:19	40-Steven Robinson/LVRC	53:04				
18-Tim Rostege/WVTC	50:23	41-Robert Ernst/Un	53:06				
19-Mike Wheeler/PMK	50:37	42-Bryan Holmes/WVJS	53:09*				
20-Ross Rowley/SUND	50:38	43-John Dressler/LVRC	53:16				
21-Ed Lee/LVRC	50:39	44-Kevin Coulter/Un	53:21				
22-Wayne Plymale/PMK	50:40	45-Bill Lovelace/PMK	53:28				
23-Jerry Lewis/NCS	50:50*	46-Gough Reinhardt/LVRC	53:38*				

## LATE GNUS

OTHER RESULTS: More on these next issue with listings of top finishers--Ernie Rivas won the Avenue of the Giants Marathon in 2:23:35 with over 1000 starters...Ron Wayne approached the Golden Park 8-Mile record with a 40:08... (results were a mess because of unofficial runners & I'm still working on them)...Correction: Ann Thrupp won DSE Lake Merced Run on 3/13 in 29:48 (not Joan Ulliot)...New World Record in marathon by Chantal Langlace (France) in 2:35+ (no details).



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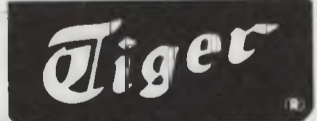


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